

QUINTE WEST MESSENGER

INTRO Hi friends my name is Mark , I am an alcoholic and pleased to be your newest newsletter editor of the once again up and running Messenger.

In taking on this latest venture do I an alcoholic have any experience at something like this no though am raring and willing to give this a try that's all this fellow has to do is try that's it. Like to say thanks though to John our District webmaster for coming up with this idea a good one indeed thanks John well done my friend.

SHARING TIMES

Approached a few members letting them know if we are willing to share experiences just drop a brief article of a simple story in about 150 words or less nothing to wordy hadn't received anything yet. Though it is only early in this endeavour so have done some thought process as to what to share about first. What come to mind was our First step and the way it been presented to me when I first arrived at the doors of this Fellowship some few 24 hrs ago. Been at a point where food had been no worry as foodlines at shelters along with food banks so that left me to throw away my income at that time on my drinking habit. Then out of the blue I get put in the path of this fellow who was a social worker to me at that time little did I know I was getting to know another alcoholic like myself. He became my sponsor upon me asking of course helping to get me to understand a vicious cycle id been living will pouring alcohol into system that I hadn't been nor cared to see at that time.

He patiently asked if id ever felt restless irritable then discontented before starting a drinking spree then once finished fall into the feelings of guilt remorse and resentment. My reply after inwardly conceding that I was beat and needed help was to say yes these feelings have occurred with me. We also shared about the craving and obsessive thoughts that happen before we are headed out on that next spree. Have since learned from so many members along with the reading materials read so much of the First Step admission was the first followed by honesty and acceptance some bitter pills to swallow. When drinking id always think this spree will be different then the last one then at some point after a loss of control things became worst not better then the cover up. Times in stopping on my own id only go for a short brief period of time thanks to the Fellowship ive learned to smash that thought of ever thinking id can drink normally as this is a disease. Acceptance passage in the pages of the story of the Dr Alcoholic Addict is great reading I highly recommend it helps a great deal for this alcoholic. In throwing in a little of our first Tradition as well this alcoholic's recovery hinges as well on this Fellowships unity though recovery can be found individually through other avenues to each their own. This fellowship teaches me im not alone and don't have to live alone with this problem not to say forever just go a day at a time in each present day.

Mark B.

DISTRICT 30 HAPPENINGS

Over the last little while a lot has been happening with our District first and fore most being a committee working on putting together a package of procedures to give the District some structure as we continue to trudge along in the fellowship. Thank you to Kim S. , Tom H. , Bob A. and Miles C for all their time and effort in this project well done now it is up to the groups as groups decide how we function as a district . We the members serving their presently are trusted servants voted in by the groups and the rep they send the table.

Upcoming is our District 30 Round Up happening this year at the OddFellows Hall in Cobourg on May 29th being a Saturday Theme is Adopt a Professional this time around. Here is hoping attendance is great and one can get a fellow doctor. Police officer , clergyman, employer and lawyer to attend giving them an idea what this Fellowship is all about and the part they can take in helping a fellow person get to us themselves. Key note speakers are Rob W. our Alt Delegate and Dave T. Our Area CPC chair along with all kinds of committee tables being set up like Grapevine, Treatment , Public Information , Etc cost is only ten dollars for the lunch be a great day come one come all.

UPCOMING ANNIVERSARIES (at print time)

Happen to be for two members presently serving as trusted servants for your district.

First being Susan Mc our District treasurer celebrating 5 yrs on June 20th at the Red Wood Group in Trenton a 10am meeting .

Last being your new editor celebrating 17 yrs on Wednesday June 2nd Mark B.

In closing I hope you take the opportunity to read this as much as I enjoyed keeping it simple in putting it together for you to read.

Mark