



Quinte West Messenger

April 2009 Newsletter

Hot News....

A new "800" number is now in effect for District 30. This means TOLL FREE calling from anywhere in our district. In the past we were maintaining two phone numbers due to the different area codes in our district and even with that, some calls from some locations within our district were still long distance to either of these numbers. This potentially could discourage someone with a drinking problem from calling for help. The new toll free "866" service also extends through the 705 area code as well as our 905 and 613 codes we currently cover. The cost of this new service will result in an estimated savings of over \$150 monthly. The new AA Helpline for our district is now: 1-866-951-3711



Attention Women...

A NEW Womens Closed Discussion meeting has started in Trenton on Tuesday nights at 7:00 PM. "AA Women In Sobriety" will meet at St. Georges Anglican Church - 9 Byron St. In Trenton. The Church is located behind Liquidation World and the entrance is the side door of the building on the back of the church.

Please Note: The church has a "low scent" policy.

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

(Although known most widely in its abbreviated form above, the entire prayer reads as follows)

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.

Amen.

by Reinhold Niebuhr (1892-1971)



Pass It On 2009

One Day Roundup
10:00 AM May 9, 2009

Codderington Community Center
10km north of 401 on Hwy 30
Registration at 9:00 AM

Panels
&
Speaker

Lunch will
be served
\$10.00

**"More Info To Come
When Available"**



April Celebrations

Ron W. - Apr. 22 - 25Years - Alderville Pioneer Group

Donna S. - Apr. 25 - 25 Years - Trenton Group

Melody F. - Apr. 26 - 25 Years - Colborne Live & Let Live Group

Arna C. - May 3 - 35 Years - Cobourg (Sunday Night) Group

Art B. - May 10 - 30 Years - Cobourg (Sunday Night) Group

Information about these medallions is available on our website

On The Lighter Side.... An Old Timers Prayer



**GOD, GRANT ME THE SENILITY
TO FORGET THE PEOPLE I NEVER LIKED ANYWAY,
THE GOOD FORTUNE TO RUN INTO THE ONES
THAT I DO,
AND THE EYESIGHT TO KNOW THE DIFFERENCE.**

Please Note: Melody's medallion will be held at Friendship House, located at 77 Elgin St, (corner of Elgin and King) in Colborne - 2 to 4 PM

A.A. History in April

April 1

1939 - "Alcoholics Anonymous", AA's Big Book was published.

1940 - Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.

1966 - Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.

1984 - 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

April 3

1941 - First Florida AA meeting was held.

April 4

1960 - The Chicago Daily News reported that Fr. Ed D., a Jesuit priest who helped start the first AA group in St. Louis, had died at age 62.

April 7

1941 - Ruth Hock, Bill W.'s secretary, reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10

1939 - The first ten copies of the Big Book arrived at the office Bill shared with Hank P. in Newark, New Jersey.

April 11

1938 - Alcoholic Foundation held its first meeting.

1939 - Marty M. attended her first meeting at the home of Bill and Lois W. in Brooklyn.

1941 - Bill and Lois W. moved into their new home, Stepping Stones.

April 12

1942 - The Windsor Daily Star in Ontario, Canada, reported that over 400 AA's attended a testimonial dinner for Dr. Bob.

April 16

1940 - A sober Rollie H. caught the only opening day no-hitter in baseball history since 1909.



A.A. History in April (cont'd)

April 16

1973 - Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 17

1941 - 2nd group in Los Angeles, the "Hole in the Ground Group" was formed.

April 19

1940 - First AA group in Little Rock, Arkansas, was formed.

April 22

1940 Bill W. transferred his Works Publishing Stock to the Alcoholic Foundation. The date on which Hank P. transferred his stock is uncertain.

April 23

1940 - Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.

April 24

1989 - Dr. Leonard Strong died. He was Bill's brother-in-law and a non-alcoholic AA Trustee.

April 25

1951 - AA's first General Service Conference was held.

April 26

1939 - Bill & Lois W. moved in with Hank P. after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 30

1989 - The film "My Name is Bill W.," a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

Other April events for which we have no specific dates:

1940 - The "Texas Preamble" used to open meetings in Texas, was written by Larry J. of Houston.

1940 - The first AA pamphlet was published, entitled simply "AA."

1958 - The word "honest" was dropped from "an honest desire to stop drinking," in the AA Preamble.

1960 - Bill W. refused to be on the cover of Time Magazine.

1988 - Cybil C., the first woman member in Los Angeles and archivist, died.



No... This isn't the classified section..

AA teaches us to reach out and ask for help when we need it. We need your help with articles and stories for the newsletter. We need input from the groups and members to get news of your events out to others.

Help us make "The Messenger" an interesting, informative, and entertaining newsletter. Email your submissions to:

District30@quintewestaa.org





On Cultivating Tolerance

by Dr. Bob S.

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During nine years in AA, I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in education advantages; and in sympathy toward those whose religious ideas may seem to be at great variance with our own.

I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes. To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance, we might tend to become a bit smug or superior - which, of course, is not helpful to the person we are trying to help and may be quite painful or obnoxious to others. No one of us wishes to do anything that might act as a deterrent to the advancement of another - and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words, it often promotes an open-mindedness that is vastly important - is, in fact, a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

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EDITOR'S CORNER

Reflections....

I'm sitting here just enjoying the day... living in the moment. It's a warm 80 degrees with a gentle breeze blowing in from the Gulf. There's a small bird hiding somewhere above me in one of the palm trees singing away. It's a different sound, almost musical. He sounds happy. A salamander just ran across my foot and scurried under a rock. Out foraging for his daily food I guess. Cute little guy, they're everywhere around here. My neighbor stops and says "Hello" and we chat for awhile, just idle conversation, then he continues on his morning walk... just enjoying the day. I think back about nine years ago when my life was a shambles. I wouldn't have heard that bird. I wouldn't have noticed that salamander and I wouldn't have had the time of day for my neighbor unless he was offering me a drink. I'm amazed at how things have changed since I found the program and fellowship of Alcoholics Anonymous. I thank God everyday for what I have been given.

It's almost that time of year to pack up and head home to Canada and although slightly saddened to leave the many new AA friends I have made here in Florida, I also eagerly anticipate returning home to renew acquaintances with my many friends back home.

One thing I have learned in AA is that the program is completely portable.... You can take it with you wherever you go.

I'll see you all soon and I hope your day is as great as mine.

Your's in service,

John S.

The *Messenger* is published monthly by District 30 to provide members with information about events and happenings in our area. Member submissions are encouraged and may be submitted to: district30@quintewestaa.org. Current and past issues are available online at our website:

www.quintewestaa.org