



Quinte West Messenger

August 2009 Newsletter

Notice: Meeting Cancellation

The Colborne Live and Let Live Group regrets to announce that they must cancel the regularly scheduled Sunday morning meeting for 02 Aug 2009. This is due to non-availability of the meeting location for that date only.

Hope to see everyone at our Thursday and subsequent Sunday meetings.

Fragrance Chemicals: Not An Outside Issue!!

Do AA members wearing fragrance chemicals have the right to compromise the ability of other struggling alcoholics to be active participants in Alcoholics Anonymous?

Is the hand of AA not to be extended to every alcoholic who reaches out to AA? How can AA members carry the message to the alcoholic who still suffers if the fragrance they wear makes the alcoholic reaching out ill? What is the likely outcome for the newcomer who gets sick during and after every meeting - possibly for as long as 48 hours - from hair sprays, perfumes and colognes? Is it even right to encourage such a person to attend AA meetings? How can Alcoholics Anonymous attract members with health conditions worsened by scent?

While some members love wearing fragrance and use it as an expression of their personal identity, are we not to put principles before personalities?

Some AA members who have health issues aggravated by fragrance turn to AA on line and over the telephone, resigning from their current service positions and losing the immediacy of the fellowship of the AA rooms; the gut wrenching honesty, the laughter and tears, the feeling of the Higher Power moving through the rooms, inspiring that precise message needed to heal and stay sober another day.

AA members may suggest that "they" should start their own meeting but that is only possible with the support of members willing to respect the scent policy and do service work.

Misperceptions about scent issues persist. It is a health issue; it's not about preference or control. Even expensive scents make people ill. Scent does not magically wear off during the day. Hairspray applied in the morning can still trigger illness in those sensitive to its effects at the evening AA meeting, especially in a small, poorly ventilated room. When people wear heavy scent all the time, it tends to build up in their hair and wardrobe to such a degree that, even if they don't add a squirt that day, they may still trigger illness in some individuals.

How widespread is the problem? Over 20 % of people today are adversely affected by exposure to synthetic fragrances. Fragrance is increasingly recognized as a significant source of indoor air pollution. It is especially harmful to those with chronic respiratory conditions such as asthma, sinusitis, bronchitis or COPD, migraine headache sufferers, those with allergies or sensitivities to fragrances and those with depressed immune systems or nervous system disorders.

Continued on Page 2....



.....**Not An Outside Issue!** - continued

Aside from varied physical effects such as nausea, headaches, sore throat and difficulty breathing, it can also directly affect the brain causing mental and emotional difficulties such as disorientation, confusion, anger, anxiety, irritability, depression and panic attacks.

Certainly in the Trenton area, those particularly vulnerable to fragrance chemicals ought to be able to attend AA meetings without getting ill, right? After all, there are three meeting locations with low scent policies: the hospital, base and St. George's Church. Yet, attendance at any of these meetings quickly reveals that while some members do refrain from wearing scent, other's don't.

Low scent policies are not enforced and support for them is not consistent. Some members try to shut down the voice of anyone who raises the issue. Some express concern that those who wear scent at low scent meetings will be upset and not come back if the issue is raised. There were similar concerns years ago that smokers would not go to AA meetings, if they could not smoke in them.

In my opinion, newcomers to AA, in particular, are especially at risk for relapse if they cannot attend AA meetings without feeling ill. It is pertinent to note that there is a sharp increase in the number of young people suffering from asthma and in chemically sensitive individuals, as well. This problem will not magically evaporate. It is likely to have an even greater impact on the ability of alcoholics to participate in Alcoholics Anonymous in the future.

It is my hope that AA members who have not already done so will find the willingness to respect the health needs of those adversely affected by fragrance chemicals and refrain from wearing scented body care products at meetings, especially hairspray, perfume or cologne.

After all, does not the principle that "no alcoholic man or woman could be excluded from our society" lie at the very foundation of our traditions? (Alcoholics Anonymous, xix) We are an inclusive, rather than exclusive society, are we not? We "hang together or die separately" (xix). Your choice of an unscented body care product might save the life of a fellow suffering alcoholic in dire need of a meeting.

Submitted by: Carol L.

Editor's Note: The above article makes perfect "scents" to me.



Thoughts to consider...

....the road to recovery is always under construction....

....losers make promises; winners make commitments...

....newcomers are the lifeblood of the program, but our old timers are the arteries...

... God can't hand you anything new until you let go of what you're holding...

...Yesterday is so far in the past I can't see it; tomorrow is too distant in the future to be seen. So I'll take a good look at what I can see – today...

... Every AA meeting is a payment on your sobriety...



Tradition Five...

Hello Friends I'm an alcoholic currently serving district 30 as the District Committee Member, my name is Tom. This month I would like to talk about my favourite tradition. Tradition 5 says "Each group has but one primary purpose – to carry it's message to the alcoholic who still suffers."

Please keep an open mind to this message since it is my opinion only and not the opinion of AA or of any other organization.

In the first place people have asked me "What is this message?" My answer has always been that given me by an old timer I hung out with during my early sobriety. The message according to Roger is that the Principles of AA will make our live manageable. That leads to the next question, "What are these principles?" Again I return to the oldtimers. The oldtimers have taught me that the principles of AA are those taught in the Twelve Steps. These are in simple terms Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly Love, Justice, Perseverance, Spirituality, and Service.

Then the final question is "Who is the still suffering alcoholic?" It has been told to me that all alcoholics whether they have 15 minutes of 75 years of sobriety can still suffer. Therefore as a group it is our primary purpose to carry that message to them. So when I practice these principles on all my affairs I should treat everyone with all these fine traits I have asked my higher power to use to replace my defects of character. Thus whenever I see a fellow alcoholic who is suffering from anything at all it is my purpose to attempt to ease that suffering.

I can do that with a smile, a hug if acceptable, a hand shake, and even best wishes. Sometimes it might be necessary to sit quietly before or after a meeting and just listen to someone's troubles. I try not to judge, comment, or even evaluate. Listening is often all that is required. Sometimes I am able to do this perfectly but usually I am found wanting. But I have learned that we strive for progress rather than perfection.

Thank you for listening to the ramblings of an alcoholic. If I have made anybody's day a little better that makes two of us.

Tom JC

August AA History

Aug 1934 - Rowland H and Cebra persuade court to parole Ebby T. to them.

Aug 1939 - Dr. Bob wrote & may have signed article for Faith magazine.

Aug 1981 - Distribution of Alcoholics Anonymous passes 3 million.

Aug 1, 1943 - Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3, 1954 - Brinkley S. gets sober at Towns Hosp after 50th detox.

Aug 8, 1879 - Dr. Bob born in St. Johnsbury, VT.

Aug 9, 1943 - LA groups announce 1000 members in 11 groups.

Aug 11, 1938 - Akron

& NY members begin writing stories for Big Book.

Aug 15, 1890 - E M Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".

Aug 16, 1939 - Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio.

Aug 18, 1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19, 1941 - 1st AA Meeting in Colorado is held in Denver.



Quinte West Messenger

August History Cont'd

- Aug 25, 1943 - AA group donates Big Book to public library in Quincy, MA.
- Aug 26, 1941 - Bill writes Dr Bob to tell him Works Publishing has been incorporated
- Aug 28, 1954 - "24 Hours a Day" is published by Richmond W.
- August 1981 - Sales of the Big Book passes 3,000,000
- August, 1941 - 1st meeting in Orange County, California held in Anaheim

District 30 Upcoming Events

August 2009

Name	Anniversary To Be Celebrated	Meeting
Wayne A.	15 Years	August 13, 2009
Larry S.	15 Years	August 31, 2009

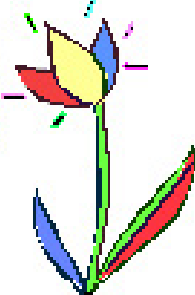


September 2009

Name	Anniversary	To Be Celebrated	Meeting
Delphine W.	1 Year	Sept. 9/09	Alderville Pioneer Group
Les C.	40 Years	Sept. 16/09	Alderville Pioneer Group
Trenton Anniversary	41 Years	Sept. 19/09	See Flyer
Dot & Eric M.	30 Years	Sept. 23/09	Alderville Pioneer Group
Jimmie D.	1 Year	Sept. 30/09	Alderville Pioneer Group

Blessed are we
who can laugh
at ourselves...

For we shall
never cease
to be
AMUSED



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