

QUINTE WEST MESSENGER – March 2011

EDITORS QUOTES

Hello fellow members of AA in our beloved District 30 my name is Mark im a fellow alcoholic and editor of our Newsletter. Yes its been a little bit between newsletters though here we go again with another edition hope you all enjoy the reading as I do putting this together for you all to view.

TIPS OF GRATITUDE

We have just recently ended a 2 year term and have started a new one. Lets tip our hats to fellow members Diane D of the Keep It Simple Group and Tom our irish friend from the Trinity Group in Cobourg for their commitments put forth to our District table. Here is hoping we see you both again some where down our service road. And yes lets not forget Iris our friend from the Let and Let Live Group in Colbourne for her tremendous minute taking . A sincere thanks goes to all three of you may you all return some day. LOL yes I may have repeated myself oh well that's life.

OUR NEW COMMITTEE 2011- 2012

Your DCM is Miles C . Trenton Group Your Alt. DCM is Pierre of the Fresh Start Group in Campbellford, Your Secretary is Kim from the Alderville Pioneer Group, Your Treasurer is Susan of the Redwood Group, Your registrar is Tom from the Keep It Simple Group, Your Literature Chair is Bob from the Keep It Simple Group, Your Grapevine Rep is Jacqui from the Cobourg Group, Your Treatment Chair is Justin from the New Generation Group Cobourg , Your Co operation With the Professional Community Chair is Dan of the Fresh Start Group, Your Corrections Chair is Les from the Alderville Pioneer Group, Your Public Information Chair is John from the Easy Does It Group, Your Self Support Chair is Mark from the Trenton Group and yes also Your Newsletter Editor. Yes lets not forget our Archives who is Bill from the Cobourg Group and your Web master John. Fellows members this is your District Committee for this term. Lets also not forget the hard work and commitment from the Groups within our District who send a Group Service Rep as we wouldn't have a functioning table with out their time as well. Its all about carrying AA's message which starts at your Group level.

DID YOU KNOW

Already this term though its only our first month that our Area had its first meeting in Belleville planning the first upcoming Area Assembly in Kingston which happens at the end of March in Kingston. Share this message this is open to all , we find out newcomers reach us via levels of service provided by our fellowship. As well as how your contributions are shared in keeping our fellowship alive and well. So want to hear bout this attend a service meeting get active more hands mean less work with a better inner feeling as the higher powers work is never done.

Now on to What this newsletter is about which is a article based on a members experience strength and hope been proofed hope you enjoy the reading as much as I have til next time Mark B

Silent Sobriety

I recently had an opportunity to join several of my AA women friends for a Silent Retreat Weekend in Cobourg at Villa St Joseph Residence. The entire weekend was absolutely awe-inspiring. The rooms were quaint and comfortable. The food was remarkable in both its simplicity and taste. The waterfront scenery and the fall colours were an added bonus making the atmosphere one of total contentment. No kids to contend with, no meals to prepare, no dogs to walk - just me time with me (and eight others!) connecting to my higher power.

During that time I did carry around my blackberry - not to communicate externally, but to send myself emails - I find lately I can type faster than I can write :)

In order to share with you the feeling of the weekend, I thought I'd share my Messages to Me.

Friday: I was drawn immediately to the water. As I climbed over the huge slabs of stone that were surely put in place over a century ago, I knew few others would make the journey. The water waved white gloved as if expecting company - it was close enough to mist my feet occasionally,

like a puppy jumping up to play. - then being pulled away by its mother.- just in time for another to prance fwd - the sun has set behind a comforting fog of cloud - leaving enough light to see the molten silver waves riding on the black velvet water, edged in white lace. - how could we not believe in the awesome!

Saturday: I had a great day:) I danced with the wind, sang to the waves, climbs rocks at the waterfront, picked wildflowers, and laid in the sun on top of a very huge stone. And didn't have to speak at all!!

Sunday: At the beach - again :) - I sat again on one of the massive stones with my back to its brother. I watched the calm water play and push pebbles forward and backward. It reminded me of times when I, as a child, would search the beach for pebbles with fossils. It was a bit of a game for me and my younger siblings. It was something I passed on to my kids and I still have a few of their finds at the house - I jumped down from the rock and decided I wanted to find a fossil - after a trip down the stony beach, I came up empty handed. I had to laugh! Once I popped myself back onto the stone I closed my eyes and drank in the sounds, the smells, the warmth, and the quiet. As lunchtime drew near, I opened my eyes to collect my thoughts, and my book, and started to rise - I quickly looked down at my hand as something caught my eye - there beside me the whole time was a fossil impression - I laughed out loud as I soon found dozens of fossil prints left behind on the rock I was calling chair- a snail - a fishy looking thing and others of no recognition - rather apropos don't you think? - sometimes what we are looking for is right with us all along!!

Monday Morning: The sky is grey and had not yet decided what to do - the air, heavy with moisture, is sneaking into the crevasses and cracks of the house. The trees are starting to dress for the fall ball - the soft folds of nature overlapping seasons reminds us that we have no control over time - it is what we do with our time that makes us whole; when I danced to the centre of the labyrinth yesterday morning, I sat and asked myself what I have learned this weekend - four words popped into my head - WE CHOOSE - my choice! How amazing is that?

"There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow." Orison Marden (1848-1924)

Anita H