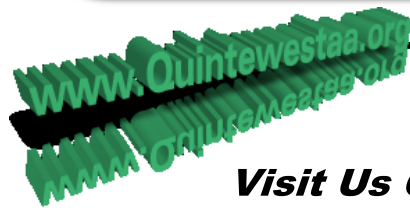




# Quinte West Messenger

## May 2009 Newsletter

Sign outside an AA meeting



**Visit Us On The Web**

### Belief...Or Lack of Belief ?

Who first suggested the actual compromise words I do not know, but they are words well-known throughout the length and breadth of AA today: In Step Two we decided to describe God as a "Power greater than ourselves." In Steps Three and Eleven we inserted the words "God as we understood him." From Step Seven we deleted the expression "on our knees." And, as a lead-in sentence to all the steps we wrote the words: "Here are the steps we took which are suggested as a Program of Recovery." AA's Twelve Steps were to be suggestions only. Such were the final concessions to those of little or no faith; this was the great contribution of our atheists and agnostics. They had widened our gateway so that all who suffer might pass through, regardless of their belief or lack of belief.

-- Bill Wilson, from "The Three Legacies of Alcoholics Anonymous: Service" in Alcoholics Anonymous Come of Age, page 167

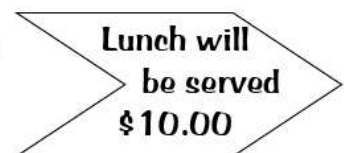
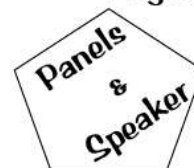
*Come and join us in Celebrating  
the Alderville Pioneer Group's  
34th Anniversary*



*Taking place @ the  
Aldville Pioneer Group  
(Fenella Hall on Hwy 45)  
Wednesday Night meeting  
May 13th 2009  
@ 8:00 p.m.*

*Congratulations!*

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



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



# Quinte West

Page 2  
May 09

## Messenger

Area 83 Area Assembly  
March 29, 2009



### DCM Report District 30 Quinte West

Good morning friends, I'm an alcoholic, member of the Keep It Simple Group in Frankford Ontario. Best Group by a dam site in the Province of Ontario. My name is Tom. I am presently serving as the district committee member for district 30 Quinte West.

Alcoholics Anonymous is alive and well in Quinte West. The district is financially sound and all positions at the table are filled with only one of the district committee chairs is filled by a sitting GSR. So there is a lot of experience and wisdom at the table for this term. The district meetings are well attended with over 80% of the groups regularly sending representation to the table.

We have recently welcomed a new group to our district. The ODAAT group in Bewdley has left district 86 and rejoined district 30. Welcome to district 30 ODAATers. I would also like to announce that two new meetings have began in Quinte West. A Big Book study meeting on Friday evenings and a Women's meeting on Tuesday evenings. Both of these meetings are in Trenton.

The district has a few new changes on it's web site. The district officers can now be reached directly by Email just by clicking on the position on the contacts page on the web site. [www.quintewestaa.org](http://www.quintewestaa.org) Also our web master John S. has began a newsletter for the district. This can be accessed from the web site as well. As a matter of fact the April issue will be in place on April 1<sup>st</sup>, have a look there is a great deal of AA history on this issue. We are also looking into the feasibility of placing a monthly report of information to members on the site. Things like this report will be found there allowing feedback to come directly from members to the officers.

Quinte West has now amalgamated the telephone answering service into a single location linked by a single phone number. The new "1-800" number is 1-866-951-3711. This number serves all sections of the district which is uniquely served by three telephone area codes. Now all alcoholics in Quinte West living in area codes 905, 613, and 705 have quick and easy access to AA. The answering service that we are now using understands the concern of the still suffering alcoholic and will work swiftly to connect them with an alcoholic in their neighbourhood.

Our annual round up is scheduled for May 9<sup>th</sup> 2009 in Codrington, Ontario. Codrington is 10 kilometres north of 401 on old highway 30 between Brighton and Campbellford. See you there. Details will be found on the web site as they become available.

I wonder how did the old-timers ever do this job without a web site?

Yours in Love and Service,  
Tom C.  
District Committee Member - Quinte West District 30



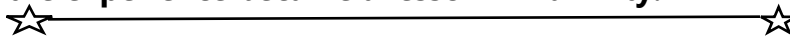


# Messenger



**Question:** What is Rule 62?

**Answer:** Rule 62, "Don't take yourself too damn seriously," is found on Page 148 of the book *Twelve Steps and Twelve Traditions* published by Alcoholics Anonymous World Services, Inc. In discussing Tradition Four - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole" - Bill W.'s essay spoke of an example where a group had grandiose ideas, partly because an enthusiastic promoter got them all excited about building "a great big alcoholic center" using other people's money. The deal went sour and the experience became a lesson in humility.



## OVER SERIOUS ANONYMOUS



1. We admitted that we were powerless over seriousness - that our lives had become unmanageable.
2. Came to believe that only by lightening up could we achieve a state of non-seriousness.
3. Made a decision to turn our constant self-criticism over to our sense of humour and learn to "lovingly and wholeheartedly" laugh at ourselves.
4. Decided to give ourselves a break once in a while, instead of constantly doing searching and fearless moral inventories of ourselves.
5. Admitted to God, to ourselves, and to another human being that our wrongs were often in our heads.
6. Were entirely ready to accept that our characters were as good as anybody else's and possibly better than most.
7. Quit harping on our shortcomings.
8. Made a list of all person we thought we had harmed and saw that they'd forgotten all the crap we'd blown out of proportion.
9. Quit making amends for breathing air and taking up a few square feet of the planet's surface.
10. Resigned ourselves to the fact that we were going to criticize ourselves at times but would try to stick to our guns when we knew we were right.
11. Sought through prayer and meditation to calm down and realize we're not responsible for everything.
12. Having experienced immense relief from these steps, we would try to carry this message to other over-serious people and to practice these principles in all of our affairs.

May Word Search - 17 Words to find  
Words may be Forward, Backward,  
Up, Down, or Diagonal.

- |          |            |         |
|----------|------------|---------|
| SERENITY | CHANGE     | COURAGE |
| WISDOM   | MEDALLION  | ROUNDUP |
| MEETING  | SERVICE    | UNITY   |
| RECOVERY | ACCEPTANCE | FEAR    |
| HALT     | GRAPEVINE  | STEPS   |
| COFFEE   | MESSAGE    |         |

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C D O C E L J S P E T S B P E
I U U I M T H Q G S B O U B N
M E S S A G E W H E N D E U I
Q E I N Q O I C H A N G E N V
U C C K M S E O O U T F C I E
R S I N D E L C O F F E E T P
V Z U O A K D R I H I H J Y A
C F M J R T E A E V M H I E R
R F V U K F P P L K R G N S G
J R A E F J D E D L Q E U B N
P Z O A J P J I C F I O S H I
N Y Q V Y W C L L C W O X A T
B N Y T I N E R E S A E N L E
S A R Y R E V O C E R U D T E
H C S P Q P R C O U R A G E M

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**Solution On Page 5**



## AA History – May

1st Wisconsin AA meeting held in hotel in Milwaukee - May 1, 1941  
1st Meeting in San Bernardino, CA May 2, 1941  
1st AA group formed in New Orleans, Louisiana - May 3, 1941  
Cleveland Drunk Squad tells Akron Oxford Group members they're starting a meeting of Alcoholics Anonymous - May 1939  
Long form of 12 Traditions published in AA Grapevine for first time - May 6, 1946  
Bill W buried in private ceremony, East Dorset, Vermont - May 8, 1971  
Bill calls Walter Tunks from the Mayflower Hotel, refers him to Henrietta Siberling, sets up meeting with Dr Bob - May 11, 1935  
Mothers Day, Bill and Dr Bob meet for the first time - May 12, 1935  
Long Beach, CA Central Office opened May 14, 1848  
Al-Anon is founded by Lois W. and Anne B. - May 1951  
Ruth Hock finds that Joe W. (credited with coming up with the name Alcoholics Anonymous) has a "wet brain" - May 16, 1941  
*Dayton Journal Herald* reports pictures of AA members wearing masks to protect their anonymity - May 17, 1942  
Dr Bob tells Bill that "I reckon we ought to be buried like other folks" after hearing that local AA's want a huge memorial - May 18, 1950  
Dr Paul O. (the Big Book page 449) died this morning at the age of 83. - May 19, 2000  
"Dr Bob and the Good Oldtimers" is published - May 29, 1980

## District 30 - Celebrations



### May 3

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

### May 9

Pass It On - One Day Roundup - Codderington Hall

### May 10

Art B - 30 Years - Cobourg (Sunday Night) Group

### May 13

Alderville Pioneer Group - 34th Anniversary

### May 14

Bob A. - 15 Years - Frankford Keep It Simple Group

### May 24

Service Information Day - Peterborough Intergroup



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## I Alone Can Do It.... But I Can't Do It Alone.

We're the luckiest people alive because we don't have to do anything alone! Whether we have a new assignment to tackle, a new relationship to cultivate, A new boss to please, we'll never fail as long as we rely on the program, our sponsors, and our Higher Power.

That doesn't mean we won't have trying times and some failures. But the Companionship we need for handling the difficult periods will never be denied us. Perhaps we think it will. Maybe that's why we try to do too much alone.

We didn't end up in this Twelve Step program as the result of living peaceful, productive lives. We're here because we got scared. Our lives weren't working. And they won't work now if we insist on doing it alone. This is our second chance.

Let's take it.

~ Anonymous



# Messenger

## Take a Bucket

Sometime when you are feeling important;  
Sometime when the ego's in bloom;  
Sometime when you take it for granted,  
You are the most qualified one in the room;  
Sometime when you feel that  
Your going would leave an unfillable hole;  
Just follow these simple instructions, and see  
how  
They humble your soul.  
Take a bucket and fill it with water;  
Put your hand in it up to your wrist.  
Pull it out, and the hole that remains is

A measure of how you'll be missed.  
You may splash all you please when you enter;  
You may stir up the water galore.  
But stop and you'll still see in a minute  
That it looks just the same as before.  
The moral of this story is quite simple.  
Just do the best that you can.  
Be proud of yourself, but remember:  
There is no indispensable man.



**May Word Search - Solution**

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      S P E T S P E
                U N
M E S S A G E W           D U I
E               I C H A N G E N V
      C M S E           U       I E
      N D E   C O F F E E T P
      O A   D R I           Y A
M       T   A   V           R
                P   L   R       G
R A E F           E   L   E       N
                C   I   S H I
                C   O   A T
Y T I N E R E S A   N L E
Y R E V O C E R       T E
                C O U R A G E M
    
```

**SERVICE INFORMATION DAY**

**Quinte West District 30 & Kawartha District 86**

Sunday, May 24<sup>th</sup> 2009

Kawartha District Intergroup Office  
625 Cameron St., Peterborough, Ontario K9J 3Z9  
(705) 745-6111    <http://www.peterboroughaa.org/>

Program	Time	Presenter
Meet & Greet	12:15	
Luncheon	12:30 – 1:00	
Opening & Traditions	1:00	Tom C., Quinte West DCM
Delegate's GSC Report	1:05 – 1:50	Sandy S., Delegate
Public Information (PIC) Workshop	2:00 – 2:50	Kawartha District
General Service Rep (G.S.R.) Workshop	3:00 – 3:50	Quinte West District
Ask-It-Basket - All Questions Welcomed	3:50 – 4:00	Gary C., Kawartha Alt. DCM
Closing Remarks	4:00	Fred W., Kawartha DCM

Note: There will be time at the end of each presentation for some questions also time at the end of the day for further questions submitted to the ASK-IT-BASKET.

*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](mailto:district30@quintewestaa.org). Current and past issues are available online at our website: [www.quintewestaa.org](http://www.quintewestaa.org)*