



Quinte West Messenger

November 2009 Newsletter

November Grapevine Now Available!



"... a magic carpet on which each of you can ride to the more distant reaches and watch new brothers and sisters emerge from darkness into light."

Bill W., 1959, referring to the Grapevine.

International Convention 2010
July 1 - 4, 2010
San Antonio, Texas USA

REGISTRATION DEADLINE

The Pre-Registration deadline is Friday, May 14, 2010. After this date, all registrations will be subject to the On-Site registration fees.



Register Online at: <http://www.aasanantonio.org/2010-aa-international-convention>

The 12 Steps



Step Eleven

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

The 12 Traditions



Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

Eleventh Step Prayer Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted—to understand, than to be understood—to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen. —*Twelve Steps and Twelve Traditions*





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District Committee Member
District 30
Area 83

Hello Friends, I'm an alcoholic my name is Tom.

Sometimes when we are engrossed in the business of AA we occasionally lose sight of the big picture. I know I do but then I am an alcoholic and alcoholics tend toward self, when all else fails.

As my many AA mentors kindly remind me as I journey along the road to happy destiny all I can do is share my experience, strength and hope with others. I cannot expound great wisdom from my seat of expertise because I am wiser or more worldly than others I can only speak from my own experiences. But paramount to all this wisdom is the primary purpose as stated in our fifth tradition. "Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* - that of carrying its message to the alcoholic who still suffers.

And just what is that message? That by applying the principles and program of Alcoholics Anonymous, one can get sober and live a happy and meaningful life. There is no hidden purpose there is no ulterior motive, there is only that simple message "We can get sober if we work the program."

As the old timers often remind us. There are three things we must stress with a new comer who wishes to become sober.

1. Don't Drink
2. Go to meetings
3. Work the Program

The first is entirely up to the individual. No matter how much I try I cannot stop another person from drinking if they don't want to stop. All I can do is tell them what worked for me and share the hope that I experienced when I was a newcomer.

I have some control over the second, I can help to ensure that our meetings are available and welcoming to the suffering alcoholic. I can meet and greet the newcomer, the returnee and the occasional visitor. I can enquire after their health and be a friend. When I make a meeting an enjoyable experience, I make it easier for the sufferer to attend and desire to come back.

I also have a great deal of control over the third. When I work the program and practice the principles in all my affairs I make it easier to help the suffering alcoholic to work his program. Saying "Work the Steps!" doesn't do the job. Showing an alcoholic how I work the Steps and discussing how I got through the difficult parts helps in his "Working the Program."

Why am I speaking on the fifth tradition today?

As I was reviewing the need for Operating Procedures for the district, I contacted a number of other districts. One thing that ran through many of these districts was the reminder that we have but one primary purpose. Therefore I beg of you all, when reviewing your actions in AA be reminded of the consequences of your actions with respect to the fifth tradition.

Ask yourself "How will this affect the still suffering alcoholic?"

I know I will try to do that more often.

Tom JC.

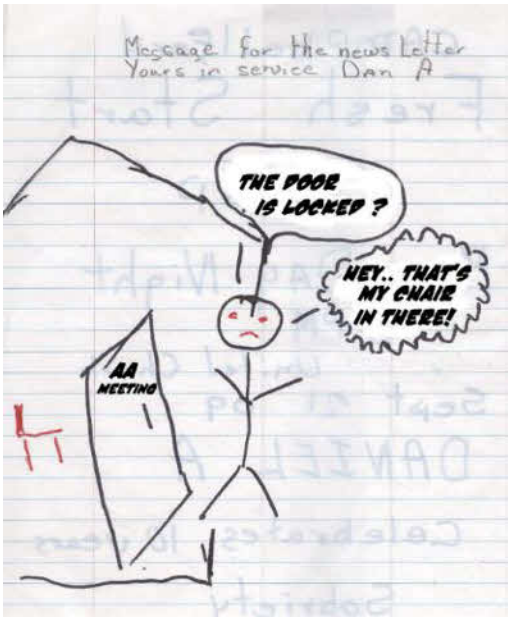




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THE LIGHTER SIDE OF SOBRIETY...



The doctor told his patient that he had 10 days to live unless he quit drinking.

The man said, "Isn't there anything else I can do besides quit drinking?"

The doc said., "Well, you could go down to the beauty parlor & get a mud pack every day."

The man said, "Really? Will it help?"

The doc replied, "No, but it'll get you used to dirt."

A cop pulled over a guy & said, "Your eyes are awfully red. Have you been drinking?"

"Gee officer," the man said, "Your eyes are awfully glazed. Have you been eating donuts?"

November AA History

1st AA Group in Anchorage, Alaska -
November 1, 1947

Reverend Sam Shoemaker dies - November
1, 1963

Fitz M leaves Towns Hospital to become
AA #3 in NY with Bill W and Hank P -
November 1936

"First Mass AA Meeting" in Oklahoma
City, 8 present, 1 was drunk - November
1941

President Johnson appoints Marty M to
the 1st national advisory committee on
alcoholism - November 9, 1966

1st AA group formed in Minneapolis -
November 10, 1940

Bill W's final drunk begins on Veterans
Day and lasts about a month - November
11, 1934

1st AA meeting is held in Boston -
November 12, 1940

Bill wants to go back to work, NY drunks
want him to stay on as head of the

Bill wants to go back to work, NY drunks
want him to stay on as head of the
movement - November 13, 1939

Alcoholic Foundation publishes 1st *AA
Bulletin* - November 14, 1940

Bill W suggests that groups devote
Thanksgiving week to discussions of the
12 Traditions - November 15, 1949

Dr Bob S dies in Akron, Ohio - November
16, 1950

The Big Book is published in paperback -
November 1986

AA's in San Francisco hold 1st California
AA meeting in the Clift Hotel - November
21, 1939

Willard Richardson, past Treasurer/
Chairman of Alcoholic Foundation, dies -
Nov 21, 1952

William Griffith W. born, East Dorset, VT -
November 26, 1895

Hank P writes Bill advocating autonomy
for all AA groups - November 28, 1939



November is Gratitude Month...

Each year we receive the same question from many members: "Why is November called "Gratitude Month?"

Answer: Each Fall in the 1940s the General Service Board hosted small "Gratitude Dinners." By the 1960s they had become larger, more elaborate "Gratitude Luncheons." The motivation behind these get togethers was personal gratitude for sobriety and to express appreciation to our professional friends for their articles, books, radio and T.V. interviews relating to A.A. over the past year. Held without fail in November at NYC's Roosevelt Hotel, Bill W. always addressed the gatherings. The luncheons were discontinued in 1968, but the concept of "Gratitude" persisted within the membership until today the month of November is accepted by A.A. members Worldwide as "Gratitude month...."

Alcohol as a cleaner...

An AA friend of mine says he read a newspaper story that alcohol will remove stains from clothing. This is quite correct. But, that is not all. Alcohol is very versatile. It will also remove winter, summer, spring and autumn, and clothes from a spouse and children, if used in sufficient quantity. Alcohol will remove furniture and rugs from a home, food from a table, lining from a stomach, vision from the eyes, and judgment from the mind. Alcohol will remove reputations, a good job, good friends, happiness from children's hearts, sanity, freedom, man's ability to adjust and live with his fellowmen and remove life itself.

Yes, as a remover of things, alcohol has no equal.



*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

Articles by members appearing in "The Messenger" are personal opinion and not necessarily the opinion of this newsletter, our groups, District 30, or AA as a whole. Personal opinion is our right as AA members and will be honoured and protected by this newsletter providing it is not detrimental to another member, group, or AA as a whole. As with any publication you may find articles you disagree with and we suggest you simply skip over them or if you feel inclined, submit your own views on the subject.

John S. - Newsletter Editor