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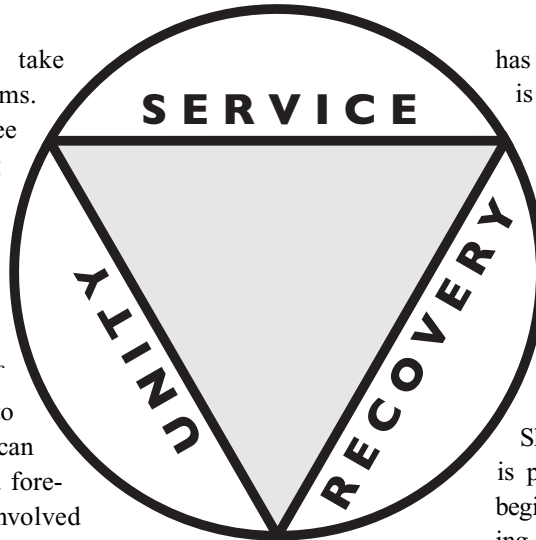
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# THE ARMS OF SERVICE

**S**ervice in AA can take many different forms. It can be making the coffee at my home group, sitting on committees, being involved at District, or talking to the new comer. The theme for this year's **Information AA Day** is *The Arms of Service*, which refers to the levels of service one can be involved in. First and foremost a member can get involved at the group level; then at your local Intergroup, District or at the Area level.

Service is part of the recovery process from a fatal disease. Giving away what has been so freely been given to us is a



mantra that helped me get out of myself and to think of others.

The **Information AA Day** will allow us to hear what service has done to and for people and, ultimately, how rewarding it

has been. **Information AA Day** is also an opportunity to hear our delegate's report from the General Service Office in New York. There is also a guest speaker from GSO.

Please join us Saturday May 5 at Lansing United Church, 49 Bogert Ave which is a short walk from the Sheppard subway station. There is parking in the area. The day begins at 9:00 with an open meeting and there is a buffet lunch included with your \$5.00 ticket.

Service has made a difference in my sobriety. Hope you find the day informative.

Phil M.  
Bayview Group  
2007 Chair

## If not us... then who?

**O**ur personal recovery depends upon AA unity; we hear it all the time at our groups. Yet, there is one more place where this philosophy and mantra is vital: Intergroup. Add the 7th Tradition to this and you get to a place where it is clear that unity – one of AA's three legacies – is essential for the survival of our organization as well as ourselves.

Unity, then, takes time and effort from volunteers and the collection and use of financial resources. We can't carry the message to the NEXT suffering alcoholic if we don't have the tools today. The privileges we enjoy today were paid for by yesterday's sacrifices. Yester-

day's donations paid today's phone bill.

This philosophy follows the FUBU principle: For Us By Us.

A deviation from this means things go FUBAR, and we all know what that stands for!

At the November 2006 Intergroup general meeting, a question was raised from the floor: "What is the Operating committee going to do because of a lower than expected level of Gratitude donations?"

The short answer: nothing, except take direction from the groups.

The fact is, Intergroup belongs to the groups, *not* the Operating Committee.

Intergroup's continued success is the responsibility of the groups, not nine individuals.

Some other questions that could be asked include: "What did you or your group do for the Gratitude campaign? Did group conscience allow a group list to be submitted? If the answer was 'No' did un-addressed envelopes for your group get picked up? As an Intergroup rep, did you make the announcement at any meeting?"

Of course, the above is not an exhaustive list of questions for the real question is: If not us, then who?

Jim A.  
Thursday East End Group

*Tradition  
Four  
Each group should  
be autonomous  
except in  
matters  
affecting other  
groups or A.A.  
as a whole.*

# Betty F.

## 50 years of Sobriety and Service

In January 1957, Betty F. had finally had enough pain and remorse, put the plug in the jug and joined Alcoholics Anonymous.

As a result, on February 26, 2007, several members of A.A. gathered together at the Armour Heights Group to celebrate 50 years of continuous sobriety for this special lady.

Ken A. of Armour Heights chaired her meeting and Jim C. from the North Toronto Group shared his story.

However, this celebration almost never came to be. The members of Armour Heights became very concerned in December 2006 when Betty became severely ill. Almost all the members of the group visited her in hospital, after notification from her son.

Her recovery from this illness was a testament to prayers and good thoughts, as she made a full recovery.

Before coming to Armour Heights 8 years ago Betty belonged to The Hill Group, The Willowdale Group and the Traditional Group. During those years Betty did her best to do 12 Step Work and got involved with Intergroup.

Today, Betty still comes to meetings on a regular basis and continues to do service at the group level by making sure the group is always supplied with cookies and goodies. The fact is she continues to be our constant reminder of what one can achieve in life after alcohol and in recovery.

Linda McL  
Armour Heights

## Top Ten Reasons for Going to AA

- 10 You suspect your mother-in-law has taken out a contract on your life.
- 9 Your loved ones have left the house empty and no forwarding address.
- 8 Your dog has taken up residence in your neighbour's yard and won't come home.
- 7 Your long distance phone bill indicates calls to people you've never heard of.
- 6 You can't remember how you ended up in Topeka, Kansas with a strange woman beside you in bed.
- 5 Someone finds your underwear under the boss's desk after the office party the night before.
- 4 Your worst drinking buddy indicates that he doesn't want to drink with you anymore.
- 3 You find yourself in a church basement with people you thought you would never associate with, and you don't necessarily dislike them.
- 2 You find your mind still can learn from these amazing teachers and sobriety is not all that distasteful.

*And the top reason for going to AA!*

- 1 Miracles begin to happen in your life!

Andrea W.  
King City Group

## The Welcome Group April 1957 – April 2007



This simple message of comfort and reassurance, hand-lettered decades ago onto a big piece of canary yellow cardboard, has greeted untold thousands of newcomers as they attend their first meeting of the Welcome Group. For many, this first meeting was the start of their journey as they took the initial steps on the road to recovery.

But the Welcome Group has not been content simply to wait until the suffering alcoholic

stumbles through its doors. The Group has a strong tradition of service in the Fellowship of A.A. ... "You are no longer alone" ... "There is a way out" ... "Come with us and you too can find that path" ... carrying these messages of hope into detox centres, jails, treatment centres, mental institutions, probation and parole offices – indeed anywhere that 12th Step work is carried out. Often, you will find a Welcome Group member helping to carry the message.

### 50th Anniversary Meeting – April 22nd

Groups are the foundation of our Fellowship and the Welcome Group has been providing that foundation since April 21, 1957.

The Welcome Group will be holding its 50th anniversary meeting Sunday, April 22 at 8:30 pm at Glebe Road United Church.

It is extending an invitation to

members of A.A. across the GTA and beyond, especially to those who are alumni of the Group, to attend and to join in the celebration of 50 continuous years of service.

**Sheldon O'G.**, a member of the Group since 1964, will be the Chair. The Speaker will be former Welcome Group member and 44-year AA member **Sean McC.**

### 'Remembering When' Panels and Film – April 21st

The Welcome Group is hosting a special event on Saturday April 21 from 2 p.m. to 5:30 p.m. in a pre-celebratory event to the group's 50th anniversary (to be held the following night, on April 22).

The Remembering When panel will host a number of the group's long-timers sharing the stories of their early sobriety in

the group and recounting their memories of those who helped to establish its enduring tradition of service.

A special highlight of the afternoon will be a rare showing of the film, "*Bill's Own Story*." This one-hour film treasure from A.A.'s General Service Office archives will be introduced by **Maire O'B.**, the GTA Intergroup Archivist. The film has **Bill and Lois W.**, in the setting of their home Stepping Stones, recounting the story of the founding of A.A.

At both events, the Welcome Group assures everyone of a warm celebration involving food, refreshments and, above all, fellowship.

*On behalf of the Welcome Group, we look forward to seeing you there.*

Mark C.  
Welcome Group

## Nell Wing

On the cold blustery morning of March 3rd 1947, Nellie Elizabeth Wing arrived at AA Headquarters at 415 Lexington Avenue. Alcoholics Anonymous was 12 years old; Nell Wing was 29. She started her 35 year career with AA as a receptionist, later becoming secretary of A.A. World Services, Inc. She was told that the pay would be small but the spiritual rewards great. For the rest of her life, Nell attested to the strength of this fact.

In the fall of 1936, Nell Wing had entered Keuka College in upstate New York graduating with a degree in Education. She taught underprivileged Mexican children who called her "Mees Weeng" for her first year in San Antonio, Texas. Returning home, she joined the U.S. Coast Guard and was stationed for two years in Seattle. Following her discharge, she sought employment in New York to supplement her postwar severance pay hoping to head for Mexico to study sculpture. She was a watercolour artist and a sculptor. The agent who surveyed her resume leaned across the table and asked her quietly, "How would you like to work at Alcoholics Anonymous?"

Nell retired in 1982. She had been employed as Bill's administrative assistant till his passing in 1971. Later, she traveled the world as the first AA archivist. She authored the book "Grateful to Have Been There" relaying her experiences with AA for 42 years. Her friendship with Lois and Bill was close, dear and personal. Nell was the friend who held Lois' hand when Bill passed away in Miami in January of 1971.

Nell Wing passed away Feb. 14th 2007, at the age of 89.

Bernadette MacL.  
King City Group

### Recent Medallions

|             |    |                       |         |
|-------------|----|-----------------------|---------|
| Peter F.    | 5  | Kingsway              | Mar. 3  |
| Mary-Lou H. | 10 | Kingsway              | Mar. 18 |
| Paul Y.     | 15 | Back to Basics (Ajax) | Mar. 18 |
| Rob S.      | 1  | Mississauga           | Mar. 18 |

### Upcoming Medallions:

|            |    |             |          |
|------------|----|-------------|----------|
| Eric M.    | 5  | East York   | April 3  |
| Clayton M. | 1  | Mississauga | April 8  |
| Henry 2.   | 25 | East York   | April 10 |
| Trevor O.  | 1  | Mississauga | May 6    |

### Meeting Changes:

**Parkdale Women's Discussion Meeting** (C) Sundays 2 pm (WEST): 1322 Queen St W at St. Clare Centre (St. Francis Table), just west of Queen & Dufferin, N side of Queen. Enter thru door on left. Women only; closed disc.

**River Grove Group** (O/C) Tuesdays 8:30 pm (SUB.WEST): Jubilee Victory Church - Training Centre (Unit 17), 2900 Argentia, Mississauga. Corner of Winston Churchill Blvd & Argentia (behind Home Depot).

**Midtown Group** (C) Tuesdays 8:00 pm (CENTRAL):  
*Now starts at 7:30 pm*

**Deer Park Group** (C) Wednesdays 8:00 pm (CENTRAL): *Now starts at 7:30 pm*

**Dry on Danforth Meeting** (C) Wednesdays 1 pm (EAST): Now meetings Monday thru Thursday at 12:30 pm at same location. *Now an open speaker format.*

**Westmoreland Group Disc.** (C) Thursdays 8:30 pm (CENTRAL): *Now at 8:00 pm*

**The Only Requirement Beginners' Meeting** (C) Fridays 7 pm (SUB.NW): *Now at Emmanuel United Church, 420 Balmoral Dr, between Dixie & Bramalea Dr, north side of Balmoral.* Closed Discussion meeting. Service meeting; wheelchair access, non-smoking.

**Oak Discussion Group** (C) Saturdays 7:15 pm (CENTRAL). *No longer an open speaker meeting at 8:30 pm; just the discussion at 7:15*

### Meeting Changes:

**All Hope Group** (O) Saturday 7 pm (EAST): Ralph Thornton Centre, 765 Queen St. E. at Saulter, 3rd floor, 2 blocks E of Broadview (accessible). Needs support in the forms of attendance & chairing.

### Event notices:

**Back to Basics Group**, Richmond Hill, will be celebrating their 15th Anniversary on April 13, 2007. Open meeting followed by refreshments, everyone welcome!

**The Welcome Group** will be celebrating 50 years, April 22 at our regular time. Special meeting April 21, 2-5:30 pm, featuring a special showing of "Bill's Own Story", and long-timers sharing their

memories of earlier years in AA at Welcome.

**East York AA Roundup**, Saturday, April 28, 2007. Panels on AA, Alanon, Alateen, Newcomers, Relationships. Topic discussions. Ask-It- Basket. Keynote speaker. Pot-luck dinner. Doors open at 11 am. 7th at the door.

**Hamilton Archives Breakfast**, Sunday April 29. For more info, go to [www.aahamilton.com](http://www.aahamilton.com) or call John (905) 522-8399.

**Information AA Day**. Saturday May 5 at Lansing United Church, 49 Bogert Avenue.

**42nd Annual Blossom Time Convention**. Mother's Day Weekend May 11-13, 2007 at Niagara College - Glendale Campus, Niagara-on-the-Lake, ON. For registration or info, go to [www.blossomtimeconvention.com](http://www.blossomtimeconvention.com) or write Blossom Time Convention, Box 831, Niagara Falls, ON L2E 6V6

**28th Annual Eastern Ontario AA Spring Conference "The Only Requirement"** - May 11-13, 2007 Bronson Centre, 211 Bronson Avenue, Ottawa, Ontario. Spring Conference 2007 c/o Ottawa AA Intergroup, 108-211 Bronson Ave., Ottawa, Ontario, K1R 6H5 Telephone: Morris R. at 613-747-7150 (leave a message for Spring Conference). Internet: <http://al-anon-ottawa.ca/Springathon07.pdf> e-mail: [springathon07@magma.ca](mailto:springathon07@magma.ca)

**The 2nd Annual East Toronto Archives Breakfast**. Sponsored by Districts 18 & 22 Sunday May 27, 2007 at Flippers Restaurant at White Shields Plaza (NW corner of Kennedy Rd & Lawrence Ave E) Tickets \$15.; available from the following members: Eddy G (416) 536-7536, Matti H (416) 751-7715, Ed H (416) 750-0173, John M (416) 277-4285, Patrick F (416) 357-0553, & Cathie D (416) 693-1584.

### Things we cannot change

Isobele from the Lighthouse Group passed away Mar. 6.

### April 2007 GREATER TORONTO AREA INTERGROUP Monthly Boardroom Bookings for SUBCOMMITTEES

\*Subcommittees meet at the Intergroup Office (234 Eglinton Ave E, Suite 202) unless indicated otherwise.

|                |   |                 |
|----------------|---|-----------------|
| Mon. Apr. 2    | <b>Corrections</b> .....                                  | <b>7:00 pm</b>  |
| Wed. Apr. 4    | <b>Self-Support</b> .....                                 | <b>7:00 pm</b>  |
| Mon. Apr. 9    | <b>CPC</b> .....  | <b>7:00 pm</b>  |
| Thurs. Apr. 12 | <b>Grapevine</b> .....                                    | <b>7:00 pm</b>  |
| Fri. Apr. 13   | <b>Archives</b> .....                                     | <b>7:00 pm</b>  |
| Sat. Apr. 14   | <b>Website</b> .....                                      | <b>1:00 pm</b>  |
| Sun. Apr. 15   | <b>Access Ability</b> .....                               | <b>11:00 am</b> |
|                | <b>Monthly Phone Training Session</b> .....               | <b>1:30 pm</b>  |
| Mon. Apr. 16   | <b>Public Information</b> .....                           | <b>7:30 pm</b>  |
| Tues. Apr. 17  | <b>Finance Subcommittee</b> .....                         | <b>4:30 pm</b>  |
|                | <b>Operating Committee</b> .....                          | <b>7:30 pm</b>  |
| Wed. Apr. 18   | <b>Better Times Newsletter</b> .....                      | <b>7:00 pm</b>  |
| Thurs. Apr. 19 | <b>Treatment Facilities</b> .....                         | <b>7:30 pm</b>  |
| Tues. Apr. 24  | <b>Monthly General Meeting</b> .....                      | <b>8:00 pm</b>  |
|                | <b>of GTA Intergroup - at Glebe Rd. United Church</b>     |                 |
|                | <b>20 Glebe Rd. East (N of Davisville subway station)</b> |                 |
| Fri. Apr. 27   | <b>TWELFTH STEP Committee</b> .....                       | <b>6:30 pm</b>  |
| Mon. Apr. 30   | <b>INFO AA DAY</b> .....                                  | <b>7:30 pm</b>  |
| <b>TBA:</b>    | <b>Ad Hoc Recommendation Committee</b>                    |                 |

# Are we being Responsible?

When was the last time you saw a bar closed outside of regular operating hours? Personally, I have never seen a bar closed for business. So, I have to ask, why do we cancel or close meetings?

What could possibly be a good enough reason to deny a still suffering alcoholic a chance to *live* without alcohol?

My homegroup has to relocate four times every year. It's a fact we have come to accept and work with in order to offer the still suffering alcoholic a chance to get to a meeting.

Yet, all too often, as phone greeters, we hear of meetings where members or potential members have shown up only to find the door locked; now, is that being responsible?

Have we forgotten what it was like to finally get up the nerve to call for help and go to a meeting?

Along the same vein is the recurrent problem of volunteers missing or cancelling their shifts. How many times have phone greeters signed up for service only to NOT show up or even call ahead to make other arrangements. The question, then, is how responsible are we really?

When the old timers asked me to be willing to go to any lengths to achieve sobriety that meant I would have to give up some of my free time. Period.

Given the fact that my addiction consumed at least 80 per cent of my time when I was practicing, there should be few excuses not to give back.

For that reason, and because I am sober, I try to work on my balance of Recovery, Work, and Home. That does not mean I simply attend meetings; it means I get active, give back and realize I must participate in all facets of my life.

As a result, I would like to challenge the membership of AA to get more involved with



this program. Our Twelve Step list consists of a lot of aging members and we need more members to step up and become 12 steppers. The fact is we need to replenish our 12 steppers and phone greeters. Will you be responsible?

Yours in service  
Tim C.  
12 Step Chair

And the winner of the Better Time's draw for a "Serenity Prayer" plaque at the recent ORC is Adelle L. of the Erin Mills Group in Mississauga!

## February '07 Intergroup Report

Chairs are becoming scarce at Intergroup meetings. Quite literally, seating devices are scarce! Where once the Operating Committee spoke to a room filled with empty chairs, they are speaking to a room filled with people! This is due, in part, to a few recent changes at Intergroup. Listening to the concerns of groups, Intergroup and the Operating Committee have become increasingly transparent. This, combined with the continued effort of Intergroup Representatives to carry the message of Toronto Intergroup back to their groups has afforded more interest and more participation at the Intergroup monthly general meetings. Not only is attendance up, so are the donations. The prudent reserve is now around \$73,000 – an increase of \$13,000 from two

years ago. While this is a significant change, we are still aware of the limitations we face since the drop from \$100,000 where the reserve was benchmarked years ago.

### SUBCOMMITTEE REPORTS

The **Access Ability** subcommittee struggled this past month as the Chair, Morton, passed away. However, they continue to carry the message. The subcommittee will be attending the *People in Motion Show* and will once again be at *Mayfest* this spring. The Access Ability subcommittee is looking for a new Chair.

The **Public Information** subcommittee, via the districts, delivered 10,000 "If you think you have a problem" business cards and 2000 beginners pamphlets to businesses in the GTA!

The **12-Step** subcommittee is looking for new members as well as telephone greeters, (especially women). Telephone

training sessions are the 3rd Sunday of each month at 1:30pm at the Intergroup office, located at 234 Eglinton Ave. East.

Mike C., Beverly Hills, is the new **Treatment Facilities** subcommittee chair. (Note: as the time this report was written, Mike was in hospital. Please join us as we hope Mike has a speedy recovery!).

The theme for the May 5 **Information AA Day** is *The Arms of Service*. Held at Lansing United Church the cost for the day is only \$5.00 and includes lunch! Tickets can be obtained from your Intergroup Representative or your GSR.

The **Website** subcommittee is looking for a new Chair and committee members. They provided mock-ups of the new site. Look out for the new and improved website coming to an Internet near you!

To volunteer or find out more

about any subcommittee at Toronto Intergroup please speak with your Intergroup representative or contact Intergroup at 416-724-8395, or attend one of the many monthly subcommittee meetings listed on the previous page. Minimum suggested sobriety for participation is 1 year (although all are welcome). See you next month at the Intergroup meeting but make sure you get there early to get a seat!

Tim R.  
Chartwell Group

By the time you read this, our yearly Ontario Regional Conference will be over. For those of you unable to attend, look here next month for a full report!