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**Tradition Nine**  
 A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Sunday, November 4

# 23<sup>rd</sup> Annual Archives Breakfast!



Amy Filiatreau, GSO Archivist

Once again, for the 23<sup>rd</sup> consecutive year, preparations are underway to hold the Archives Breakfast, a celebra-

tion of the history of Alcoholics Anonymous in both the GTA region and worldwide. It will be held again at the Oasis Convention Centre, 1036 Lakeshore Road E. in Mississauga. Coffee will be served at 9 am, buffet breakfast at 10, followed by an open AA meeting at 11.

This year's speaker will be Amy Filiatreau, the non-alcoholic Archivist for the General Service Office. Amy has been working for us since early last year. She says that members of her family "have been involved in A.A. since before I was born. This job feels like a natural fit." "I have always loved the

Fellowship of A.A. and the people who are drawn to what it offers," says Amy. "I'm thrilled to be here and I hope to serve the membership and friends of A.A. for many years to come."

Amy is planning on bringing with her some audio recordings from our past 'that no one perhaps has heard for sixty years' and will be playing them for us.

Tickets are available from your Group's Intergroup Representative or GSR, as well as from members of the Archives committee and the Office Staff at 234 Eglinton.

Roy R.  
 Chair, GTA Archives Committee Chair

## Mississauga Roundup 2007

They say that seeing is believing. This year's 2007 Mississauga Fall Round Up promises to be the best and brightest celebration of recovery and fun you'll find anywhere in Ontario! And so, for one full day, on **Saturday, Sept. 29, 2007**, we invite you to 'Come to Believe' and see for yourself. It works.

The 32 Alcoholics Anonymous groups from District 6, along with our Al-Anon and Alateen friends, will be meeting at the familiar multi-spired St. Mary's Ukrainian Catholic Church on Cawthra Road, just to the south of Burnhamthorpe. (There is ample free parking available on site.) Registration from 8-9 a.m.

You will hear a full line-up of AA and Al-Anon speakers, sharing their experience,

strength and hope in our journey of recovery. You will receive a buffet lunch. There will be a sobriety countdown. And – most importantly – you will experience friendliness, along with a belief that this Program really does work.

The cost? When you 'Come to Believe' on September 29th, you will receive everything for \$20 for AA/Al-Anon, and \$5.00 Alateen, including lunch. For information and updates on ticket purchases and conference details, please consult our new website [www.mississaugafall-roundup.org](http://www.mississaugafall-roundup.org). It's worth a look if you haven't seen it.

For further information, or to volunteer, contact: Murray J., 905-826-9409

Geoff S.  
 Daily Reflections Group, Oakville

### Attention Groups!

The Greater Toronto Intergroup is asking for those groups who have their group lists filed with them, to please update those lists before our yearly Gratitude month mailing!

### Attn: Individuals!

If you are a 12-Step volunteer, please update your info at Intergroup!

*Better Times* is looking for a business manager, circulation people, a secretary, and more committee members!

(Mrs.) Kaye H., Thornhill Group  
 (54 years sober as of June 07)  
 recovering in Kingston General Hospital from a nasty fall  
 Room K442  
 76 Stuart St., Kingston, Ont.  
 K7L 2V7

## 2nd Annual East Toronto Archives Breakfast

It was a celebration of the past, the present and the future!

On Sunday, May 27, 2006, one hundred and twenty five AA members sat down for a helping of fellowship and food at the second annual East Toronto Archives Breakfast at Flippers Restaurant in Scarborough.

This event was conceived as a means of increasing awareness of the history of Alcoholics Anonymous in Districts 18 and 22, and to foster fellowship and unity among the members of both districts as we celebrate our common heritage in East Toronto.

That may sound a little dry, so before we go any further, it's time for some mathematics. Don't panic! Don't panic! It's a very simple formula: Fellowship + Service + AA Members = FUN!

As I sat at the door taking tickets with a full view of the room, I could feel, as always, the love and sense of belonging – the same feeling I have experienced many times since I first came through the doors of Alcoholics Anonymous. Contrast this happy scene with memories of the haunting aloneness of Sundays past.

The chatter and laughter gave truth to the vital impor-

ance of fellowship within AA. Displays of Grapevine and Archival material added interest for those who wished to browse through our past. The Archives display was artfully perched atop the bar; I knew bars were still good for something!

Following breakfast, everyone settled in to listen to our two speakers.

First up was Dorothy C. of the Danforth Group who spoke with modest, appealing humour about how AA has changed over the years. John G. of the Unionville Group followed with more amusing anecdotes and interesting history of earlier times.

The lively sobriety countdown is always a highlight of such events. Kay H. "won" a copy of Language of the Heart for her fifty four years of sobriety while two newcomers with two months each received copies of the Big Book.

You may be asking, "Why have an Archives Breakfast?"

Well, we have already talked about how much fun we have at such events. However it's also a reminder "of how far we have come. Knowledge of our past helps ensure that our original message of recovery, unity and service will continue undiluted and true." (A.A. Archives Pamphlet)

*Ed H.*

*Twelve Steps Group, Member East Toronto Archives Breakfast Ctte.*

## Editor's Say...

### How do you spell Gratitude?

Hey, it's the September issue of Better Times. What else would you expect but an article on gratitude? But more unexpected for me is that I'm writing that article! So, our annual Gratitude Month is coming up in October. That's when our Intergroup asks you for a contribution to keep things going. If you're on the mailing list, you'll be expecting to get some mail soon. If your group doesn't submit your group list, then hopefully your group rep will have picked up some envelopes at either the monthly meeting, or from 234. In an effort to make things more economical, they'd love to have your email address so postage (and postage oversights) can be reduced and hopefully eventually eliminated. And my sponsor gave me the formula for donations that he used: the price of a bottle of his favourite hooch times the number of years of his sobriety. And that's not the price when he stopped drinking but today's price! And I mean hey, if I was

out there I'd be spending that in a couple of weekends!

But what exactly is it that I'm grateful for? Well, I like waking up each day in my little (albeit messy!) apartment, clear-headed and ready for another day. Right now, and for the foreseeable future I've got a great job that I love. Everyday I interact on some level with others in a generally sane and humane way, both in the program and especially out of it. I remember how impressed I was when I finally 'joined' AA. This organization had been around for more than sixty years, just waiting for me (and everyone like me) and my hope now is that it will continue to be around for those yet to come. And I try to remember something I read: grace is getting what we don't deserve, and mercy is not getting what we do.

So, for me anyway, I like to think of grace + attitude = gratitude. And when I feel that I can handle whatever comes my way!

*John P., Welcome Group*

**Better Times would like to thank John G., Unionville Group, for his column "For The Sake of Discussion" that has been run on page two for well over the past year. Thoughtful, insightful and perceptive, John's column was widely read and highly regarded by the AA community.**

**BT thanks John for his valuable contribution to the GTA AA newsletter.**

*The editors.*

### Don't Let Sobriety Ruin Your Driving Record

I met Marvyn at a meeting of the Start Today Group one Saturday night when he handed me a flyer about Topic suggestions for Better Times newsletter. He underlined the topic, "Don't let sobriety ruin your driving record" and off he went distributing flyers to interested members.

Arriving home I placed the bright orange flyer on the coffee table. Seeing it, I became more conscious of how I drove. The rewards of sobriety meant that I have become involved in

life and often find myself in a rush. When I get in the car, I expect road and traffic conditions to adjust to my mere presence on the road.

Our literature talks about "expectations being directly proportionate to serenity". When slower drivers do not get out my way as I expect they should, I lose my serenity and get frustrated

Awareness is the first step towards change. I started evaluating this business of sobriety ruining my driving record. One of the first thoughts to strike me was the concept of Power and Control. I do not always get my own way in dealing with others, but

once I get behind the wheel of my own car, it is "power-n-control" baby!!

I thought of the phrase out of the Big Book, "Lack of power, that was our dilemma". I thought of how I was able to discover a Power greater than myself; I thought of the 1st Step and the unmanageability of life. Through the awareness of the lessons I continue to learn in AA, I find myself a more considerate driver, certainly not always, but more often than I have been. Being a regular attendee at meetings, I am aware of the slogan, "Easy Does It". This slogan really works in traffic.

Being an AA member means that I have become aware of these traits and the solutions to it. I find myself a more inconsiderate driver coming home after work, which brings to mind the slogan, "H.A.L.T." or Hungry, Angry, Lonely, Tired! For the hunger, I save myself a piece of fruit for the drive home; for the anger, I simply tell myself that I love everyone and everyone loves me; for the lonely, I simply turn on the radio and for the tired, I acknowledge my fatigue and try being more vigilant of my own driving.

*Mike H.*

*Last Chance Group*

## Their Own Home

Up until 1941, Bill and Lois lived in many places, most recently, the 24th Street Clubhouse. A set of circumstances were set in order, some might say coincidences, which brought the homeless couple to a most beautiful phase in their lives. After six and a half years of sobriety and countless moves, they were on the verge of finding "Stepping Stones".

It was a beautiful Saturday in January when they drove to Bedford Hills to see a house that a Mrs. Helen Griffith had built there. Helen, who was not related to Bill, was a woman of means who was very interested in new houses. She had built this place for a friend who declined it when it was not the small weekend cottage she wanted.

Helen's husband had died of alcoholism. Her best friend had achieved sobriety in the Jersey group of Alcoholics Anonymous. Helen Griffin respected Bill W. for all he was doing with alcoholics. She felt the house had Bill and Lois names on it. They never imagined that they ever could afford such a wonderful place in the heart of Westchester County but Helen Griffith and her friend Joan worked out a plan for them. They could buy the house for \$6500 with no money down and payments of \$40 a month.

Already paying \$20 monthly for storage, Bill and Lois felt it was an offer they could not refuse.

Their income at the time was \$55 a week which came from the Rockefeller fund and Big Book Royalties. It hardly left them with enough to cover other expenses; however, the Fellowship seemed assured of a future and they had enough money to support themselves in a modest fashion.

On April 11, 1941, for the first time in 23 years of marriage, Bill and Lois basked in the joy of owning their own home.

Bernadette MacL.  
King City Group

### Recent Medallions

Roslyn	30	Leslie	July 28
Bev W.	15	Streetsville Action	Aug 1
Gerald H.	1	New Anchor	Aug 2
Nancy Z.	1	Aurora	Aug 5
Joe B.	15	Aurora	Aug 5
Diana N.	5	Bloordale	Aug 6
Gerry	1	Armour Heights	Aug 6
John C.	30	Rox Glen Traditional	Aug 9
Harold S.	5	King City	Aug 13
Karyn S.	10	Erin Mills	Aug 13
Cheri T.	1	East York	Aug 14
Eric S.	35	Markland Wood	Aug 16
Lou M.	1	Thursday East End	Aug 16
John D.	30	Back to Basics	Aug 17
Rodney S.	10	Black River	Aug 17
Ron C.	1	SOS	Aug 17
Tracy J.	1	Aurora	Aug 19
Scott J.	1	Aurora	Aug 19
Todd	1	Aurora	Aug 19
Joe B.	15	Aurora	Aug 18
Stefan F.	5	King City	Aug 20
Harold W.	35	Port Credit	Aug 25
Guelph M.	1	East York	Aug 28
Walt O.	15	Chartwell	Aug 30
John A.	15	U of T	Aug 30

### Upcoming Medallions:

Cal S.	15	East York	Sept 4
Nancy B.	1	Lansing	Sept 8
Penny McC	15	Aurora	Sept 9
Richard B.	1	King City	Sept 10
Ken R.	1	East York	Sept 11
Kingsley	15	Shepherd	Sept 11
Debbie M.	1	New Anchor	Sept 13
Ben W.	45	Thornclyffe Park	Sept 14
Andrea W.	25	King City	Sept 17
Jeff G.	1	Shepherd	Sept 18
Paul D.	1	East York	Sept 18
Geraldine H.	1	East York	Sept 25
Brian S.	1	Westmoreland	Oct. 2

**St. Clement's Group celebrates 55 years of sobriety on Wed. Sept 19.**

### Meeting Changes:

**Circle of Hope Grp.** (O/C) 7:30 p.m. Fridays (SUB.NW): DISCONTINUED.

**Milton Sunday Night Live** (C) 8 p.m. (SUB.NW): has a NEW LOCATION - Allendale Retirement Complex, 500 Childs Dr, MILTON. At Main & Ontraio St, south of Plaza. Meeting held in Senior's Activity Centre.

**Heron Park Drop-In Disc.** (C) Fridays (EAST): Meeting time is 12:15 noon to 1:15 pm.

**Stepping Stones Disc.** (C) Saturday 8 p.m. (CENTRAL) has a NEW LOCATION - St Peter's Catholic Church, 840 Bathurst St (at Bloor). Across from Bathurst subway. Steps 1-2-3, 4-12, Open Topic, and Big Book. Speaker mtg 2nd Sat. of the month.

### New Meeting:

**Stepping Stones Disc.** (C) Wednesdays (CENTRAL): Same time, location, and format as Saturday meeting (new info noted above).

### Meetings needing support:

**Friendship Room Mtg.** (O) 6 p.m. Fridays (CENTRAL): Salvation Army, 107 Jarvis St & Richmond. Ring bell to enter. Last Friday of the month is a closed discussion. **The Beverly Hills Group**, which celebrated 37 years of service to "still suffering alcoholics" last Nov. 11, needs help. As our group has aged, so have our members; some have passed on; others have moved on. The thing is, we have to ask members of AA to please come and Guest Chair our meetings, on Friday evenings. We are only in need of guest chairs, speakers and new members. Our meeting is held at \*Greenborough Community Church, 2000 Keele St.\* (just north of Eglinton Ave.) at 8pm on Friday evenings. If you are able to come and Guest Chair (bring a speaker, we'll do the rest) please contact our secretary at Mike C. (416) 322-2107, mike\_c@rogers.com. If not, please forward this message to any AA members who you think can help.

### Event notices:

Hamilton & Districts 39th Annual **AUTUMN LEAF ROUNDUP 'There is a Solution'** Sept. 14-16, at the Sheridan Hotel, Hamilton. For more info, call 1-800-514-7101 or Hamilton Central Office 905-522-8392.

**\*Come Celebrate With Us!\*** The Danforth Group celebrates their 60th anniversary this September. A special invitation goes to those past members and attendees to join in the festivities. Open meeting with a special speaker, loads of food and fellowship ensures that a good time will be had by all. Come share in the tradition, Big Book Draw, sobriety countdown and much more. Get in touch to find out the date for this celebration.



### GREATER TORONTO AREA INTERGROUP MONTHLY BOARDROOM BOOKINGS FOR SUB-COMMITTEES

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

#### CORRECTIONAL FACILITIES:

Every first Monday of the month at 7:00 pm

#### SELF-SUPPORT:

Every first Wednesday of the month at 7:00 pm

#### GRAPEVINE:

Every second Thursday of the month at 7:00 pm

#### ARCHIVES:

Every second Friday of the month at 7:00 pm

#### WEBSITE:

Every second Saturday of the month at 1:00 pm

#### COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC):

Every second Monday of the month at 7:00 pm

#### ACCESS ABILITY:

Every third Sunday of the month at 11:00 am

#### PHONE TRAINING SESSION:

Every third Sunday of the month at 1:30 pm

#### PUBLIC INFORMATION:

Every third Monday of the month at 7:30 pm

#### TREATMENT FACILITIES:

Every third Thursday of the month at 7:30 pm

INFORMATION AA DAY: Starting Sept. 2007,

Every last Monday at 7:30 pm

#### TWELFTH STEP:

Every last Friday of the month at 6:30 pm

#### FINANCE SUBCOMMITTEE\*:

Second-last Tuesday of the month at 4:30 pm

(\*non-committee members: attendance by appointment only)

#### OPERATING COMMITTEE\*:

Second-last Tuesday of the month at 7:30 pm

(\*non-committee members: attendance by appointment only)

#### Better Times NEWSLETTER:

Last Wednesday of the month before the Intergroup meeting, 7:00 pm

#### THE MONTHLY GENERAL MEETING of GTA

Intergroup is held on the last Tuesday of the month at 8:00 pm at the Glebe Road United Church - 20 Glebe Rd E, off Yonge St. (near Davisville subway)

## John C. 30th!

The RoxGlen Traditional Group on Thursday, 9th August, 2007 welcomed over 200 people to celebrate John C.'s 30th AA anniversary. The 'Longtimers Brigade' came from all over the city to recognize John C.'s sober years in AA. He is formerly from the Kingsway Group, but now calls the RoxGlen group home.

John spent his early educational years at Ridley in St. Catharines, a classic British Public School style. He left with an alcoholic's aversion to authority. There was a war on and John found himself careening around Europe with the 1st Canadian Armoured Carrier Regiment. One of John's long-time sponsees insists that John was awarded the Iron Cross by the German Army for saving many German soldiers' lives due to poor marksmanship. When John arrived home, he took up law but alcohol was 'waiting in the weeds'. John first became 'The man in the corner office who was never there'—nobody knew where he was - nor did he. As he slipped deeper into alcoholism, he

## "Laughter in Our Sobriety"

It has been my privilege to provide the cartoon feature, "Overheard At A Meeting" for the Better Times since July 2001. At that time, Ann P. was editor and Miles W. was desktop publisher. They were introduced to me at the ORC Conference that year and I was "hired" on the spot!

The humour began when other cartoonists who applied for the same job inquired what the position paid! (Ha! Surely you jest!) Right away it was clear they weren't in the fellowship. However, I did insist on having four issues of Better Times mailed to me: one to send to each of my three children and one for my files.

This brings me to the obvious laughter in our fellowship which to my mind is necessary to sobriety and spiritual in its character. Why even in the big, BIG book, it speaks of "laughter being the best medicine."

Upon my entrance into Alcoholics Anonymous, I was not full of laugh-

became the infamous 'Man in the Blue Bathrobe'.

John realized that AA might be a way back to life. After deciding to stick with it, John got into service and started getting involved. His areas of involvement became ever more widespread: covering treatment facilities, recovery programs and support organizations for the legal profession - for John knew that even lawyers can fall into addiction, depression and loneliness.

He was involved with the Renascent Fellowship's facilities, serving as volunteer President and is still a continuing Director.

John's 30th Medallion speaker was Jack R. from Orillia (12 and 12 Group) and John's sponsor Dennis F. (Kingsway) presented the medallion from the group. Naturally there were many humorous anecdotes during the evening especially John's standard response: 'I don't have resentments - I give them' and 'when you know everything, you don't need an open mind!'

AA has truly blessed John and for many others, we are blessed to have him with us in the Fellowship.

*anonymous*

ter; more like "the snake that didn't have a pit to hiss in". That all changed as I worked on my defects and enhanced my attributes. I was advised to take stock of the good in me, as well as the shortcomings.

I love my sober life with the hearty laughter I hear at meetings and good natured ego deflation from fellow AA's with one another. This encourages me to not take myself too seriously, except for my adherence to the Twelve Steps and the AA program.

My freedom in sobriety permits me to enjoy life, even facing my responsibilities with a happy, open-minded sense of humour. There is nothing in my way, now that I am sober and growing emotionally daily.

Allow me to express my gratitude for those who contribute ideas to the monthly cartoon. Please keep 'em coming and continue to enjoy the humour!

Thank you for your support. Try to keep a lot of laughter in your sobriety. I thank you and my Higher Power for this in mine.

*David N., Anniversary Group*



## July '07 Intergroup Report

If you blinked you missed the meeting. Intergroup Chair, Stephanie L, Erin Mills Group promised to have us out of the meeting within an hour and the meeting was over within 30 minutes! Attendance at this meeting: 54 members (3 district reps, 3 sub-committee Chairs, 40 group reps, and 8 alternates).

Please note that there was no Corrections, CPC, Grapevine, Information AA Day, Public Information, Self Support, Treatment or Winter Season Open House sub-committee reports.

The Finance Sub-committee informed us that we were in the red by approximately \$4,500 for the month of June with a year to date shortfall of \$2,700. Sounds bad except when you compare it to 2006 when there was a year-to-date shortfall of \$9,400. The Finance sub-committee is looking for 2 junior members.

The Ad Hoc committee is recruiting members to help repair the damage between Intergroup and the Groups and Intergroup and the Districts. The committee is looking to streamline Intergroup with a deadline of one year. This is the 3rd phase of this process.

The Access Ability sub-committee is in need of a secretary.

In an effort to reduce the number of "missed" announcements, the Better Times sub-committee

distributed flyers which hopefully will streamline the process. The deadline for submissions continues to be the 10th of the month prior to the medallion date. i.e. the deadline for October medallions is September 10th.

The Archives sub-committee annual breakfast will be Sunday, November 4. Tickets are \$25 and will be available to Intergroup and District Reps next month.

Scott M (Bloordale) provided the 2008 ORC sub-committee report. The deadline for submissions for graphic ideas for the theme of "Happy, Joyous and Free" was August 15. Note: at time of writing, Rene T, Silverbirch Group, 2008 ORC Chair, was home resting after serious health concerns.

Telephone training for the 12 Step sub-committee is the 3rd Sunday of every month at the Intergroup office. One year of continuous sobriety is required.

There is a delay in the "go live" date of the new website due to illness and work commitments. A new webmaster and volunteers to upload information are required.

The motion presented at the Intergroup June meeting has been withdrawn and will be submitted in writing at the August meeting. The motion centered on sub-committees not meeting during the summer months.

Meeting adjourned at 8:29 with the Responsibility Pledge.

*Tim R., Chartwell Group*