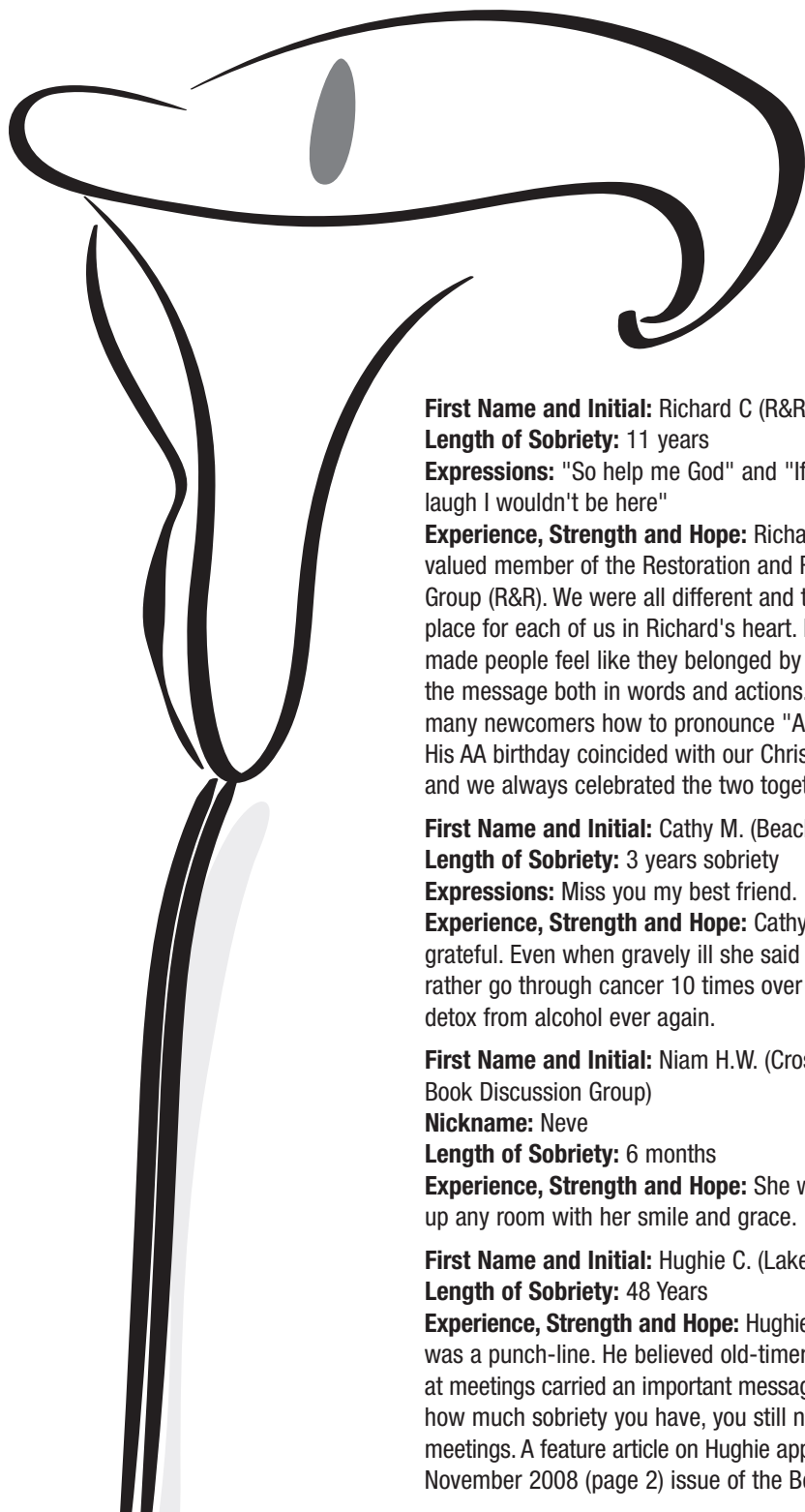


Things We Cannot Change



This insert is to commemorate the lives of our fellow members of Alcoholics Anonymous who have passed away over the last year. Thank you to all the members and groups across the Greater Toronto Area who submitted dedications, and who made this possible.

May those we have lost not be forgotten.

First Name and Initial: Richard C (R&R Group)

Length of Sobriety: 11 years

Expressions: "So help me God" and "If I couldn't laugh I wouldn't be here"

Experience, Strength and Hope: Richard was a valued member of the Restoration and Recovery Group (R&R). We were all different and there was a place for each of us in Richard's heart. He always made people feel like they belonged by carrying the message both in words and actions. He taught many newcomers how to pronounce "Anna-Nim-Ity. His AA birthday coincided with our Christmas Dinner and we always celebrated the two together!

First Name and Initial: Cathy M. (Beaches Group)

Length of Sobriety: 3 years sobriety

Expressions: Miss you my best friend.

Experience, Strength and Hope: Cathy was grateful. Even when gravely ill she said she would rather go through cancer 10 times over than to detox from alcohol ever again.

First Name and Initial: Niam H.W. (Crossroads Big Book Discussion Group)

Nickname: Neve

Length of Sobriety: 6 months

Experience, Strength and Hope: She would light up any room with her smile and grace.

First Name and Initial: Hughie C. (Lakeshore Grp)

Length of Sobriety: 48 Years

Experience, Strength and Hope: Hughie's presence was a punch-line. He believed old-timer presence at meetings carried an important message: no matter how much sobriety you have, you still need to go to meetings. A feature article on Hughie appeared in the November 2008 (page 2) issue of the Better Times.

First Name and Initial: Howard S.

Nickname: Stan

Length of Sobriety: Less than 1 year

Expressions: I will keep trying

Experience, Strength and Hope: Howard joined Back to Basics R.H. on January 23rd 2006.

First Name and Initial: Richard H.

Length of Sobriety: 25 years of sobriety

Experience, Strength and Hope: Richard passed away January 9th, 2009. He was a long standing member of the Sunday Northwestern Group.

First Name and Initial: Lisa M.

Experience, Strength and Hope: Lisa was a member of Roxglen Traditional Group.

First Name and Initial: Bob M. (Anniversary Group)

Length of Sobriety: 35 years

Experience, Strength and Hope: Bob passed May 18/08). He was one of our old timers who was very much respected. He lived by the Big Book... whenever he spoke we all perked up and listened.

First Name and Initial: Agnes M. (Anniversary Grp)

Nickname: Banana Bread Lady

Length of Sobriety: 21 years

Experience, Strength and Hope: Agnes passed Nov. 24 2008 on her 21st anniversary. She was renowned for her famous Sat. Morning banana bread. Like the mother of our group, she kept us in line. She walked the talk.

First Name and Initial: Marilyn B. (Anniversary Grp)

Length of Sobriety: 1 year

Experience, Strength and Hope: Marilyn passed on Nov. 29 08. We lost her so fast. A dear and gentle friend to many of us. Always willing to help out.

First Name and Initial: Marilyn McC.

Length of Sobriety: 3 1/2 years

Expressions: "Abandon All Hope of a Better Past"

Experience, Strength and Hope: Marilyn was a valued member of "A Place to Share". She was G.S.R., Intergroup Rep and an enthusiastic member of AA. She was also known for her "World's Best Butter Tarts. We will always remember Marilyn with fondness.

First Name and Initial: Ede

Length of Sobriety: 4 1/2 years

Expressions: Cry, Cry

Experience, Strength and Hope: Ede was one of God's angels who carried a message of hope to many newcomers, her family, The Tuesday Night Women's Group, her friends and her two housemates. Miss her dearly.

First Name and Initial: Bill G

Experience, Strength and Hope: Bill passed in April 2008. He was a member of the Rexdale Group.

First Name and Initial: Wilbur M. (Owen Sound Group)

Length of Sobriety: Unknown

Experience, Strength and Hope: Wilbur passed July 17th 2008

First Name and Initial: Nancy R. (Erin Mills Group)

Length of Sobriety: 34 years

Experience, Strength and Hope: When asked last minute to participate in any capacity for AA, Nancy's response was always "I'd love to!". To live a happy life, she said you had to free your heart from anger, free your mind from worry, live simply, give more and expect less.

First Name and Initial: Rene D.

Length of Sobriety: 50+ years

Experience, Strength and Hope: Rene was a founding member of the Shepherd Group. Rene devoted her life to the fellowship, the program and helping others.

First Name and Initial: Janet T. (Shepherd Group)

Length of Sobriety: 30+ years

Expressions:

Experience, Strength and Hope: Janet was always so very welcoming of everyone; especially newcomers.

First Name and Initial: Carol C. (King City Group)

Length of Sobriety: 8 years sobriety

Experience, Strength and Hope: Carol fought a valiant battle with cancer for the last years of her life and will always be remembered as writer, teacher, traveller, and musician in whom abided a creative and indomitable spirit. She is missed by all.

First Name and Initial: Heather M.

Length of Sobriety: 7 years

Experience, Strength and Hope: Heather was a member of the Glenholme Group

First Name and Initial: Roy A.

Length of Sobriety: 28-40+ years?

Experience, Strength and Hope: He was an oldtimer - a character and fixture at the Hill Group. Hardly a meeting went by where Roy wasn't up on stage fixing the microphone volume. He said he missed the restaurant Frans since it closed on St. Clair Ave because newcomers at the Hill group wouldn't have the social opportunity it afforded after the meeting. The Hill misses and remembers Roy.

First Name and Initial: Mary M

Nickname: Weepy Mary (she cried so much in early sobriety! But

embraced it as a powerful tool for healing)

Length of Sobriety: 45 years

Experience, Strength and Hope: Mary was one of the very early members of the Hill Group and according to those who were around say she was a Beacon of hope especially for women coming into the program as she often spoke at their Open Meetings sharing her Experience, Strength, Hope and Tears.

First Name and Initial: Rene D.

Length of Sobriety: 40+ years

Experience, Strength and Hope: Rene was another Grande Dame of AA, leading the way in the earlier years of fellowship in Toronto. She was an inspiration to so many in AA.

First Name and Initial: Albert W. (Isabella Group)

Length of Sobriety: 38 years sober

Experience, Strength and Hope: Albert was a member of the Isabella Group. A feature article on Albert appeared in the November 2008 Issue of the Better Times.

First Name and Initial: Wayne D.

Experience, Strength and Hope: Wayne was a Past Toronto Intergroup Chair. A feature article on Wayne appeared in the May 2008 issue of the Better Times.

First Name and Initial: Bob D

Length of Sobriety: 32 years

Experience, Strength and Hope: Member of the Pathfinders Group.

First Name and Initial: Betty M.

Length of Sobriety: 30+ years

Expressions: "the newcomer is the most important person in the room"
Experience, Strength and Hope: Member of the Kingsway Group, Erin Mills and Credit Valley groups. She passed away on June 22 2008.

First Name and Initial: George C.

Experience, Strength and Hope: Member of the Miracle Group.

First Name and Initial: Charles M. (St. Jamestown Group)

Experience, Strength and Hope: Who said that the only thing one can do by themselves is drink. For everything else they need to be involved with others in recovery. Feature Article January 2009 Issue Page 2

First Name and Initial: Jack S.

Length of Sobriety: 37 years

Experience, Strength and Hope: Jack was a member of the Kingsway Group. He passed away December 12, 2008.

First Name and Initial: Nino S

Experience, Strength and Hope: Nino was a newcomer to AA and a member of the Erin Mills Group.

First Name and Initial: Leo D

Length of Sobriety: 23 years

Expressions: "live & let live"

Experience, Strength and Hope: Leo was a member of Bramalea Friday Niters. He passed away January 30th, 2008

First Name and Initial: Connie B

Length of Sobriety: Newcomer

Experience, Strength and Hope: Connie was a member of the Lakeshore Group. She passed away July 2008.

First Name and Initial: Suzanne V

Length of Sobriety: Newcomer

Experience, Strength and Hope: Suzanne was a member of the King City Group.