

# ***The County Connection***

## **District 23 - Area 86**



*Spring Summer Edition*  
**2015**



**"The difference between my will and God's will is that my will starts out easy and gets hard, and God's will starts out hard and gets easy."**

### **SPONSOR'S CREED (Good follow up with thoughts of our last Workshop)**

1. I will not help you stay and wallow in limbo.
2. I will help you grow, to become more productive, by your own definition.
3. I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of our own living.
4. I cannot give you dreams or fix you up, simply because I cannot.
5. I cannot give you growth, or grow for you. You must grow yourself, by facing reality, grim as it may be at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world, you have your own world.
8. I cannot convince you for the crucial choice of choosing the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad and inhibiting for you, and you for me.
11. You must know--my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hint that you are trying to grow.

If you accept all of this, then perhaps we can help each other to become what God meant us to be--mature adults, leaving childishness forever to little children.

May God bless you on your journey,



God grant me  
the Serenity  
to accept the things  
I cannot change  
Courage to  
change the things I can  
and the Wisdom  
to know the difference

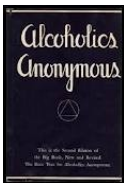
# District 23 Announcements



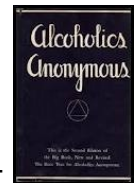
Welcome to the three fairly new morning meetings!!!  
Monday/Wednesday Leamington and Friday Kingsville all 10:00am.  
Essex Group relocated back to the Essex United Church on March 6th.



“Pour alcohol on a bundle of nerves and it generally turns into a can of worms.”



"Those severe growing pains which invariably follow any radical departure from AA Tradition can be absolutely relied upon to bring an erring group back into line. An AA group need not be coerced by any human government over and above its own members. Their own experience, plus AA opinion in surrounding groups, plus God's prompting in their group conscience would be sufficient." *AA Co-Founder, Bill W., March 1948*



*From: "Tradition Four"*

[The Language of the Heart](#)

"AA is a caring community ... of people who understand how others can be trapped in deep loneliness and despair."

*Toledo, Ohio, May 2001*

*From: "Why I Keep Coming Back"*

[Voices of Long-Term Sobriety](#)



"In the life of each AA member, there still lurks a tyrant.

His name is alcohol."

*AA Co-Founder, Bill W., July 1946*

*From: "The Individual in Relation to AA as a Group"*

[The Language of the Heart](#)

"When I go to a meeting today, I no longer have the delusion that I am supporting a good cause. I need AA; AA did quite well without me during my ten years of self-exile. I go to AA meetings today to hear and see how God is working. When I share at a meeting, it is not to try and 'help' those poor wretches, it is because I need their help and guidance."

*El Paso, Texas, October 2006*

*From: "Garden Hose Sobriety"*

[Voices of Long-Term Sobriety](#)

## QUOTE

"If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic. If that be the case, you may be suffering from an illness which only a spiritual experience will conquer." Pp 44, "Alcoholics Anonymous"

The good news is that there's a well-worn path through the forests of good intentions, grandiose ideas, melodramatic responses, and ill-thought intervention. When you are sick and tired of being sick and tired all the time; when you're mind won't shut up from the condemnation and resolutions; when you're at the jumping off point and can't see life with or without alcohol, there's remains one last house on the block with open doors full of people with open hearts who have been where you have been and done what you have done that are living happy and usefully whole lives once again.

Let them help....

Peace.



# *District 23 Birthdays*

## *Submitted for*

### *April - September*



#### ESSEX

Marlene S. Apr. 6, 1996  
 Tom B. June 11, 1986  
 Tom D. Sept. 11, 2013  
 Ray K. Sept. 11, 1987  
 Denise P. Sept. 17, 1991  
 Andy L. Sept. 29 1994

#### FELLOWSHIP OF MIRACLES

Rosie V. Apr. 18, 1996  
 Judy P. Apr. 28, 2007  
 Dave K. July 18, 1993  
 Gary B. July 29, 2004  
 Linda M. Sept. 3, 1982

#### LIVE AND LET LIVE

Lloyd G. Apr. 15, 1993  
 Glen R. May 14, 1978

#### LEAMINGTON

Paul M. Apr. 28 2013  
 Lori C. May 11 1995  
 Todd B. May 14 2012  
 Bob B. May 19 1976  
 Gord B. May 20 2010  
 Roger R. May 28 1988  
 Tara D. May 23 2012  
 Doug W. May 24 1991  
 Rudy K. July 14 1978  
 Bob R. July 18 1989  
 Rob G. Aug. 2 2011  
 Ben H. Aug. 10 1998  
 Paul J. Aug. 12 2001  
 Henry D. Aug. 13 1999  
 Terry C. Sept. 20 2004  
 Ken C. Sept. 23 2010  
 Peter Q. Sept. 26 2011  
 Todd W. Sept. 27 1990

#### PENTHOUSE

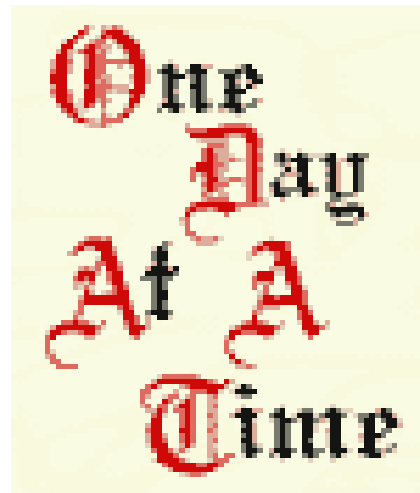
Jim B. Apr. 24 1979  
 Ryan L. May 29 2010  
 Ed F. June 1 1998  
 Jeff D. June 24 2008  
 Roy R. Aug. 2 1996  
 George H. Sept. 15 1991

#### SUN PARLOUR

Betty F. May 21 1977  
 Paul P. June 10 1985  
 Gary F. July 9 1980  
 Ellen C. July 28 1989  
 Kim F. Aug. 15 1981  
 Leonard A. Aug. 18 1981

Groups or individuals not submitted for listing are by Group or individual conscious and they need to address any changes through their GSR.

- Website/Newsletter Committee



# Don't Quit

When things go wrong as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must, but don't quit.  
Life is funny with its twists and turns,  
As every one of us sometimes learns,  
And many a failure has turned about  
When they might have won had they stuck it out.  
Don't give up though the pace seems slow;  
You may succeed with another blow.  
Success is failure turned inside out;  
The silver tint of the clouds of doubt.  
And you can never tell how close you are;  
It may be near when it seems so far.  
So stick to the fight when you're hardest hit  
It's when things seem worst that you must not quit.

Author: Anonymous

## District 23 No Harassment Zone

### Know your Rights!



- Right to feel safe
- Right to your personal space
- Right not to be bullied
- Right not to be intimidated

If you feel you are being harassed tell someone you trust. If you see someone else being harassed speak up and tell your GSR.

We are all responsible for making our meetings a  
**NO HARASSMENT ZONE.**

If you would like to contribute to the  
"County Connection" newsletter  
please email your  
submission or comments to:  
[newsletter@essexcountyyaa.com](mailto:newsletter@essexcountyyaa.com)  
Thank you!



*Recovery  
is not  
Sexually  
Transmitted*



## Essex County AA—District 23 Website

Visit: [www.essexcountyyaa.com](http://www.essexcountyyaa.com)



Stay connected  
Find a meeting  
See special events and announcements  
View current and past newsletters  
Link to other AA websites and info  
And much more!

