

The County Connection

District 23 - Area 86



Fall Edition
2013



District 23

2014-2015 Election of Trusted Servants

Officers:

District Committee Member (DCM): Dave T.
Alternate DCM: Lori C.
Treasurer: Ron K.
Secretary: Kim F.

Subcommittee Chairs:

Co-operative with the Professional Community
(CPC): Dan F.
Correctional Facilities: Mike C.
Grapevine/Literature: Rosi V.
Newsletter/Website: Jim B.
One-Day Round-Up: **Open**
Public Information (PI): Dan F.
Telephone Answering Service (TAS): Roy R.
Treatment Facilities: Ben H.
Workshop: **Open**
Coffee Maker: Dorothy C.

Here is your chance to get active....

Speak to your GSR about the **Open positions or attend the next District Meeting! (Held the 2nd Sunday of each month Church of the Epiphany in Kingsville 1:00pm)**

Sponsors!

A man in a hot air balloon realizes that he is lost. He reduces height and spots a man below. He goes closer and yells out, "Excuse me, can you help me? I promised a friend that I would meet him a half and hour ago, but I don't know where I am!"



The man below says, "Yes, you are in hot air balloon, hovering about thirty feet above the ground. You are at latitude 42 degrees north and longitude 58 degrees west."

"You must be a sponsor", said the man in the balloon.

"I am", replies the man on the ground, "How did you know?"

"Well," he says to the sponsor, "everything you have told me is technically correct. But I have no idea what to make of your information, and the fact is that I am still lost."

"You must be a sponsee", the man on the ground stated.

"That's right, but how did you know?" asked the balloonist.

"Well," replies the sponsor, "you do not know where you are or where you are going. You have made a promise that you have no idea how to keep, and you expect me to solve your problem. The fact is, you have the same problem you had when we met except now it is somehow my fault."

Workshop!

Topic: **Service Work**

Date: November 16, 2013

Time: 10:00 am—2:00 pm

Where: Knox Presbyterian Church
in Leamingon

(Where the Live and Let Live Group meets)

"There is never need to praise ourselves. We feel it better to let our friends recommend us."

AA Co-Founder, Bill W., April 1946
"Twelve Suggested Points for AA Tradition"
The Language of the Heart

"If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear."

— [A.A. Milne](#), *Winnie-the-Pooh*

"I felt myself move with a new power, courage, and faith that, by the grace of God, I have acquired as a result of working the Twelve Steps of Alcoholics Anonymous."

Conn., June 2005
"Life and Taxes"
Spiritual Awakenings II



"My Higher Power works incognito, defying definition and requiring faith."

State College, Penn., April 1994
"Working Incognito"
Spiritual Awakenings

Perseverance is not a long race; it is many short races one after the other.
-Walter Elliot

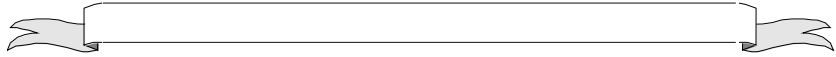
"Not only ... could spiritual experiences make people saner, they could transform men and women so that they could do, feel, and believe what had hitherto been impossible to them. It mattered little whether these awakenings were sudden or gradual; their variety could be almost infinite."

AA Co-Founder, Bill W., July 1953
"A Fragment of History: Origin of the Twelve Steps"
The Language of the Heart

"Ego was being replaced with self-respect ... resentment and hatred were being replaced with tolerance and understanding ... fear was being replaced with trust ... loneliness and self-pity were being replaced with gratitude and love -- all because I was working the program to the best of my ability and wasn't drinking."

Toledo, Ohio, September 1982
"Above All, an Alcoholic"

In Our Own Words: Stories of Young AAs in Recovery



Words of Wisdom

You're good, but you're going to be great .
You're the best, but you're going to get better.
Sometimes the paths we take are long and hard,
but remember:

Those are the ones that lead to the most beautiful views.

Challenges come along, inevitably;
How you respond to them determines who you are;

Deep down inside, and everything you're going to be.

Increase the chances of reaching your goals by;
Working at them gradually.

The very best you can do is all that is asked of you.

Realize that you are capable
of working miracles, of your own making.

Remember that opportunities have a reason for knocking on your door,
And the right ones are there for the taking.



You don't always have to win,
But you do need to know what it takes to be a winner.

It's up to you to find the key that unlocks the door;



Prayer for the Day

I pray that the fever of
resentment, worry, and fear
may melt into nothingness.

I pray that health, joy, peace,
and serenity may take its
place.

AMEN

Anger

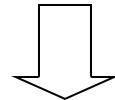
“It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we

permit these, do we squander the hours that might have been worthwhile. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of harboring resentment is infinitely grave. For then we shut ourselves off from the sunlight of the spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

If we were to live, we had to be free of anger. The grouch and the sudden rage were not for us. Anger is the dubious luxury of normal men, but for us alcoholics it is poison.”

*—ALCOHOLICS ANONYMOUS

pg. 66—*



“What freedom I felt when this passage was pointed out to me!

Suddenly I saw that I could do something about my anger, I could fix me, instead of trying to fix *them*.

I believe that there are no exceptions to the axiom. When I am angry, my anger is always self-centered. I must keep reminding myself that I am human, that I am doing the best I can, even when that best is sometimes poor. So I ask God to remove my anger and truly set me free.”

—DAILY REFLECTIONS pg. 292—

AA Grapevine Online

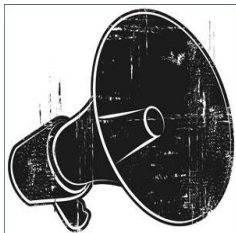
August 2013: Right Place, Right Time

As an AA Grapevine rep I have been given the opportunity to have many wonderful conversations from "behind the table." I've also learned how being a GVR can be an effective Twelfth-Step tool. I first made myself available for election to an area officer position several years ago. My AA service sponsor insisted I make myself available for every office. Being an arrogant, egotistical, self-centered alcoholic, I thought she was being very insightful. Obviously she must've known how valuable I could be to the Fellowship. Fortunately, what she actually knew was that I needed to have the opportunity to be humbled by the election process. As the election began, my ego still hung onto the extremely slim possibility of being a delegate. I was thrilled: I actually got two or three votes. Though my ego made a valiant effort to soar, something told me to settle down and wait. On the second ballot, I was down to one vote. (Do I need to admit I had voted for myself?) And at the end of two ballots, of course, I dropped off. This scenario was repeated six more times that evening. God, my service sponsor, and the Third Legacy procedure had all given my ego a pummeling I was not soon to forget. However, apparently a wee bit of humility was pounded into me. As the newly-elected chairman descended from the dais, I approached him, saying I was willing to serve in one of the appointed positions. When asked which one, I suggested the area Grapevine chairman. At the January Winter Assembly, I collected the boxes and was officially appointed to present the area Grapevine display for the next two years to any group or gathering in the area that requested my presence. At one of these events, an opportunity to be of maximum service presented itself. I set up the tables in the foyer of the local Veterans Hall for a monthly Sunday-morning speaker breakfast meeting. Standing behind the display, I noticed a young woman walking toward the outer doors. Something motivated me to speak to her. Her name was Sally. I introduced myself and learned that she was very new to the Fellowship. As we chatted, the woman who was to be the speaker in a few moments passed by. I introduced Sally as a newcomer. They walked back into the hall chatting amiably, and I soon forgot the encounter. One year later, at our monthly birthday meeting, Sally proudly sat at the head table. As she began to share, I marveled at how much she had changed and how much better she looked than the first time I'd seen her. I was nearly brought to tears of gratitude when she recounted the event that kept her sober a year before: "My recovery home took me to some dumb speaker meeting," she told the crowd. "This just didn't appeal to me. Everybody was laughing and talking and I didn't feel I belonged there. As soon as I finished my breakfast, I headed for the door in the direction of the liquor store down the street to buy a bottle and get drunk. Then this guy with a bunch of books on some tables stopped me. He held out his hand and introduced himself. He was nice enough, so I didn't feel right ignoring him. But I was about to leave when he called to another woman walking past the tables and introduced us. She was about my age, but didn't look as if she'd ever had a drunken day in her life. When he told her I was a newcomer, I groaned to myself. How could I leave now? If I walked out it would be much too obvious. I'd better stick around a bit. I'd just wait until she began talking and sneak out then. I never did leave that morning, for something the speaker said clicked." Sally stayed sober that Sunday morning, and remains so today—nearly six years later. Both Sally and the speaker had been in the right place at the right time. The speaker had reached out the hand of AA to Sally and was given the opportunity to carry the message.

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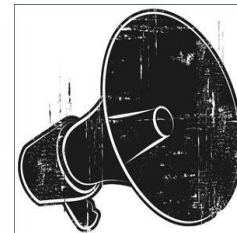
Evidently my house had been in order also, for my Higher Power grabbed me by the scruff of the neck, held out my hand and spoke through my mouth. Nothing I did that morning was of my own doing, nor was it the result of one of my finest ideas. My finest ideas had not gotten me sober. I was allowed to be God's servant, to be his vehicle, simply because I was there being of service to the Fellowship, the area, the speaker meeting and myself. What had happened was that I had extended my hand to be of help to an alcoholic in need of recovery. And for that, I am always responsible. To this day, I am grateful and humbled by having been given that opportunity.

—Brent G., Springville, Calif.



Meeting Changes

- **Fellowship of Miracles—only open for Birthdays**
- **Courage to Change meetings now located at:
House of Shalom
247 Brock St. Amherstburg**



Essex County AA—District 23 Website

Visit: www.essexcountyaa.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!



If you would like to contribute to the
"County Connection" newsletter please email
your

submission or comments to:

newsletter@essexcountyaa.com

Thank you!

Dawn A.



Have a great day

unless you have
made other plans!



District 23 Birthdays

Oct 1—Dec 31



LIVE AND LET LIVE

Mary K. Oct. 5 1980
 Judy L. Oct. 8 2010

PENTHOUSE

Jim L. Oct. 15 1985
 Tom C. Oct. 23 1985
 Ken M. Dec. 12 2000
 Tim C. Dec. 19 1992

HARROW

Scott N. Oct. 2 2009
 Chris B. Oct. 5 2009
 Al K. Dec. 20 2004

SUN PARLOR

Brian M. Oct. 12 1990
 Dave M. Nov. 23
 1982
 Janet H. Nov. 24
 1994
 Bill W. Dec. 2 1974
 Mike C. Dec. 25 1988

LEAMINGTON

Bill W. Oct. 1 1981
 Fred C. Oct. 9 2005
 Linda H. Oct. 17 2008

Groups removed from list by Group
 conscious in 2010:
 COURAGE TO CHANGE
 MORNING FELLOWSHIP
 NEW BEGINNINGS
 FIRST THINGS FIRST
 MCGREGOR
 WHEATLEY ACTION
 THINK THINK THINK
 ESSEX

