


The County Connection

District 23 - Area 86



Summer Edition
2013



“Our Primary Purpose” ONE DAY ROUND UP

In beautiful, historic, Kingsville Ontario -
August 3, 2013

Lakeside Park Pavillion - 315 Queen Street



Long-Timers Panel

Al-Anon Speaker: Nick P., from Pittsburg, PA

*A.A. Speaker: Said A., from St. Catherines, ON
Sunday Morning Sunshine Group*

Evening Speaker: Mari G., from Toronto, Ontario

Doors Open at 9:00am

Tickets: \$30

Coffee, tea and muffins available throughout the day.

Lunch provided.

Dinner by:

“FIREHOUSE CATERING”

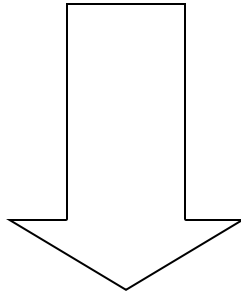
Cut off date for tickets: **July 27, 2013**

For more information: www.essexcountyaa.com

Or email: onedayroundup@essexcountyaa.com

To Do List

1. Get a sponsor ✓
2. Get a Group ✓
3. Get ACTIVE....here is your chance



A message from our CPC Chairperson:

I am looking for anyone who may be interested in getting involved in the Cooperation with Professional community Committee (CPC).

The primary focus will be to arrange a list of contacts with the professional community to inform them of the help available in Alcoholics Anonymous.

We will draft a letter to outlines what AA is, what we do and what we don't do.

Once the letter is drafted it can be processed for delivery, compile a mailing list and mail the letter.

We can then arrange a follow-up to see if there is any interest.

A presentation can be developed for those professionals who are interested.

If this is the sort of service you may be interested in you can let your general service rep know or see Danny F from the First thing First group.

Thanks for your interest, it is greatly appreciated.

Dan F



District 23 Birthdays

July 1—Sept 30



FELLOWSHIP OF MIRACLES

Dave K	July 18 1993
Gary B	July 28 2004
Linda M	Sept 3 1982
Natalie K.	Sept 19 2009

LIVE AND LET LIVE

Pat D	Sept 26 1986
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PENTHOUSE

Roy R	Aug 2 1996
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HARROW

Kevin D	Sept 11 2004
Matt J	Sept 12 2009

SUN PARLOR

Gary F.	July 9 1980
Ellen C	July 28 1989
Kim P	Aug 8 2009
Kim F	Aug 15 1981
Leonard A	Aug 18 1981
Daniel A	Sept 9 2009
Carl C	Sept 18 1986

LEAMINGTON

Rudy K	July. 14 1978
Bob R.	July 18, 1989
Paul B.	July 25, 1998
Ben H	Aug 10 1998
Paul J.	Aug 12 2001
Henry D	Aug 13 1999
Bill B.	Sept. 17, 2010
Terry C	Sept 20 2004
Ken C.	Sept. 23, 2010
Mark L	Sept 26 2000
Peter Q.	Sept. 26, 2011
Todd W	Sept 27 1990

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



Father of the Bride

Once too drunk to walk down the aisle, a newly sober dad finds there's something amazing to cry about

Men don't cry!" "Drink like a real man." "Work hard and long and don't whine." These are all lessons I learned from what I now know were alcoholic parents who did the best they could with what they had to work with. It's how they were taught to live, and what they thought was the proper way to raise a boy to be a man. Turning my life and my will over to a Higher Power seemed so alien and against everything I learned growing up.

So what was the miracle that allowed me to embrace Step Three and AA? There have been many. They are usually small and could have been missed had I not been open to seeing and accepting them. One in particular stands out early in my sobriety.

I have three daughters, and along with that normally comes three weddings, three receptions, three sons-in-law, three walks down the aisle, and three father/daughter dances. Because of my drinking, my first daughter asked me not to walk her down the aisle, not to dance with her at the reception and to stay away from her new in-laws as much as possible.

I allowed resentment, anger and self-pity to overcome me and was drunk during the entire event, not remembering much of it. I had the right, the reason and justification to drink, damn it! I came to accept that I was out of the traditional wedding picture for the rest of my life, and I expected the same treatment from my other daughters. They hated me.

Fast forward about a year and I was divorced, living alone and in rare contact with my daughters. But I was 80 days sober and working the program in AA. On April 1, I received a call from one of my daughters. She wanted to meet with me and take a walk. A little surprised, I accepted and thought what a miracle God had just given me. I wasn't even close!

During our walk, she told me that there was something different about me. She said that she felt something in my voice, something in my eyes, and something in my smile had changed. With tears running down her cheeks, she said, "Dad will you walk me down the aisle and dance with me at my wedding? It would make me so proud." Then she paused for a moment. "The only way my wedding day would be complete is with you in it," she said. "Sober, of course." Then she smiled.

Cont'd....

I didn't lose it per se, but I know her hair was soaked with my tears while we hugged there in the park. I still cry even while writing this. For me this was a miracle, and I felt it was God's will for me, at this point in my sobriety, to accept this miracle as a sign I was on the correct path. The wedding went off without a hitch, as my drinking obsession was removed. This was yet another miracle.

Things are good today, and my relationships with all my daughters are growing. I am not new to AA, but I am new to working the Steps with my Higher Power, a sponsor and the friends I've made in the rooms. I'm a beginner and have made Step Three part of my daily routine. It's progress, not perfection. And it's one day at a time with one small miracle thrown in here and there, if I look for them.

-Anonymous
July 2013 Grapevine Stories Online

"I sometimes forget to feel gratitude for my sobriety ... This is why I must continue to work with others, to go to meetings, to be of some service to the world around me -- not because these are 'good' things, but rather so that I can once again be stimulated into feelings of gratitude for this life I have found."

Los Angeles, Calif., May 2000
"Taking Gratitude for Granted"
Voices of Long-Term Sobriety

"My soul remained a mystery until my Higher Power settled inside me, appearing to me as a very real feeling of love and caring. Kindness slowly took precedence, and I became comfortable with the idea that I didn't need a drink."

Cornwall, Ontario, January 2005
"From Rags to Riches"

Voices of Long-Term Sobriety



Boredom is the feeling that everything is a waste of time; serenity, that nothing is.

-Thomas Szasz

"Don't cry because it's over, smile because it happened."
-Dr. Seuss

"On a daily basis I choose not to drink - or to fear, hate, be angry, or indulge in any other defect that's raising its ugly head. They're all there waiting, and when given a chance they charge into the center of my life and try to take over. But when I work Step Seven I find that my life is filled with good, and people actually like to be around me - something they never did in my drinking days."

July 1995, Kathmandu, Nepal
"A Lifetime Supply,"
Step By Step: Real AAs, Real Recovery

"JUST
DO
IT"
-Nike

"No one can make you feel inferior without your consent."

-Eleanor Roosevelt,
This is my Story

"Thanks to my God, AA, and the Twelve Steps, sobriety has become the 'easier, softer way' for me."

Magalia, Calif., May 1992
"A Power Greater Than Compulsion"
Voices of Long Term Sobriety

The Prayer of Saint Francis

Lord, make me an instrument of thy peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

O divine Master, grant that I may not so much seek

To be consoled as to console,

To be understood as to understand,

To be loved as to love;

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in dying to self that we are born to eternal life.

**MY BEST
THINKING
GOT ME
HERE**

*For Today
I'm shutting off my brain!*

when you reach
the end of your rope..



tie a knot in it
AND HANG ON!!

**Does the noise
in my head
bother you????**

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



From the Literature.....

“The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker” Big Book, Page 30

“The delusion that we are like other people, or presently may be, has to be smashed.” Big Book, Page 30

“Selfishness – Self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking and self-pity, we step on the toes of our fellows and they retaliate.” Big Book, Page 62

“He made up his mind that until he had been successful in business and had retired, he would not touch another drop. An exceptional man, he remained bone dry for twenty-five years and retired at the age of fifty-five.....Then he fell victim to a belief which practically every alcoholic has...that his long period of sobriety and self-discipline had qualified him to drink as other men. Out came his carpet slippers and a bottle. In two months he was in a hospital, puzzled and humiliated.” c. 1939, AAWS, Alcoholics Anonymous, More About Alcoholism, p. 32.

"Heaven knows, we have tried hard enough and long enough to drink like other people. Here are some of the methods we have tried: Drinking beer only, limiting the number of drinks, never drinking alone, never drinking in the morning, drinking only at home, never having it in the house, never drinking during business hours, drinking only at parties, switching from scotch to brandy, drinking only natural wines, agreeing to resign if ever drunk on the job, taking a trip, not taking a trip, swearing off forever (with and without a solemn oath), taking more physical exercise, reading inspirational books, going to health farms and sanitariums, accepting voluntary commitment to asylums--we could increase the list ad infinitum." c. 1939, AAWS, Alcoholics Anonymous, More About Alcoholism, p. 31.

If you would like to contribute to the
“County Connection” newsletter
please email your
submission or comments to:
newsletter@essexcountyyaa.com
Thank you!
Dawn A.

