

The County Connection

District 23 - Area 86



Spring Edition
2013



District 23 Website

Hello Everyone!

My name is Dawn and I am an alcoholic. I am a member of the Leamington Group and I am the current newsletter and website representative for our District. Our website has been up and running for a few months now and the response has been fantastic! The traffic to the site is both new and returning visitors, from our own area and from literally around the world! I think that is pretty amazing and humbling! We've received lots of positive feedback on the site from within our own District and from Area 86 as well. I'd like to thank our District for their support in getting the website up and running as well as acknowledge the website sub committee members Ron K, and Dave M. for their hard work and dedication. Our ultimate goal is to spread the AA message to the struggling alcoholic outside of the program, as well as current members everywhere.

I am always looking for contributions to the newsletter as well as announcements for the website so please forward any suggestions to newsletter@essexcountyaa.com for consideration. Thank you to everyone who have already contributed!!

Yours in service,
Dawn A.



District 23 Announcements



- Leamington Group Breakfast Meeting will be held Sunday, May 5, 2013. Doors open at 8:00am Breakfast at 9:00am. Speaker: Ray P. from the Sober Soldier group in Detroit. Bring family and friends, it's a wonderful day for fellowship!
- District 23 One Day Round Up "Our Primary Purpose" will be held on August 3, 2013 at the Lakeside Park pavilion in Kingsville. Featuring: Long timer panel, Al-Anon and AA speakers. Tickets are \$30 for the day which includes dinner. Cut off date for tickets is July 27, 2013. Doors open at 9:00am. Hope to see you there!
Visit our website www.essexcountyaa.com for updates

"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](#)

**Quote
Worthy**

"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](#)

"Sobriety does interesting things to the mind - clears it up some, lets a bit of honesty and truth filter in, and begins to demand reality."

Pompano Beach, Fla., June 1978

From: "It Takes What It Takes"

Step by Step

"If you do what you've always done, you'll get what you always got."

Quote by Mark Twain



District 23 Birthdays

Apr 1—Jun 30



FELLOWSHIP OF MIRACLES

Rosi V. Apr 18, 1996

LIVE AND LET LIVE

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

PENTHOUSE

Dave T Jan 4, 1983
Serge B Jan 8, 1988
Kelly B Feb 7, 2011

HARROW

Joel B Apr 4, 2008
Patty K Apr 26, 2009
Shari D May 16, 2008
Mike L May 22, 1997
Tim C Jun 1, 2009
Larry T Jun 28, 1980

PENTHOUSE

Brian C Apr 3, 2011
Mike L Apr 10, 1983
Jim B Apr 24, 1979
Tom O May 5, 2005
Ryan L May 29, 2010
Ed F June 1, 1998
Jeff D June 24, 2008

SUN PARLOR

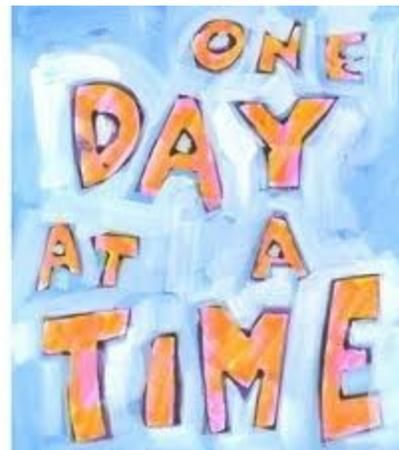
John R Apr 9, 2004
Betty F May 21, 1977
Paul P. June 10, 1985

LEAMINGTON

Al A Apr. 22, 1990
Judy P. Apr. 29, 2007
Doug W. Apr. 30, 1991
Lori C May 11, 1995
Bob B May 19, 1976
Gord B. May 20, 2010
Rodger R. May 22, 1988

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





A Call for Sponsorship

A member can't say enough about that special one-on-one bond of recovery

I think we could emphasize the importance of sponsorship more in the program, especially to newcomers, and how vital it is in working our AA program. Although we sometimes refer to our sponsors when we share at meetings, we don't often focus on what sponsorship does for us, both as sponsees and as sponsors.

I wasn't really aware of how much of an impact my sponsor had on my recovery until I had to move away to another town for my job. I was sober for about 18 months and had done the Steps with him, including a Fifth Step. When I arrived in my new town, the first thing that I did was to seek out where the AA meetings were (his suggestion). I was pleased to find out that there was a meeting every night of the week. I soon became a welcomed regular.

Over time, as I shared my story with this new group, an interesting pattern emerged: I found myself quoting my sponsor on many topics and ideas that he had shared with me and how he had impacted my recovery. I was discovering that my experiences with him were a huge part of my recovery. It became clear to me that through him, I had a lot to offer in the rooms, for people were coming to me after meetings to say that they liked what I had to say.

I suppose at that point I could have taken credit for all this perceived knowledge, but I knew that this is not what my sponsor was doing when he shared it with me. He was just passing on what was given to him.

Over time, several members asked me to be their sponsor, and I was then able to experience the rewards offered on the other side of the sponsorship card. When asked, I would simply explain to them what I believed my role was and then try to help them to get the best shot at the AA program I could provide. I found that working the Steps with another alcoholic, whether they stayed sober or not, was vital to my ongoing recovery.

I have since moved back to the town where my sponsor lives today, and my relationship with him continues to grow stronger every day. I've heard it said in the rooms that we cannot have both a friendship relationship and a sponsor relationship at the same time. But in my case, I could not disagree more. This bond we have is one of my most valued possessions today, and I will guard it with my life.

—Rick N., Burnaby, British Columbia, AA Grapevine May 2013

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

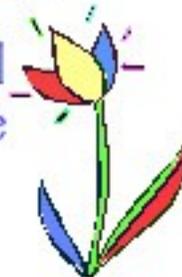


If you feel you are being harassed tell someone you trust. If you see someone else being harassed speak up and tell your GSR.

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

Blessed are we
who can laugh
at ourselves...

For we shall
never cease
to be
AMUSED



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!



From the Literature.....

"So when AA suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself.

Pride says, 'You need not pass this way,' and fear says, 'You dare not look!' But the testimony of AA's who have really tried a moral inventory is that pride and fear of this sort turn out to be bogeymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the first fruits of Step Four."

Twelve and Twelve, Step Four, pg. 49

ACCEPTANCE *— *BIG BOOK* pg. 449—*

"And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as what needs to be changed in me and my attitudes."

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!