

**The County Connection  
District 23 Area 86  
Fall & Winter Edition  
2017-2018**

**2017-2018 Election of Trusted Servants**

**Officers:**

District Committee Member (DCM):	Dale R.
Alternate DCM:	Bob J.
Treasurer:	Dave T.
Secretary:	open

**Subcommittee Chairs:**

Co-operation with the Professional Community (CPC) and Public Information (PI):	Mark M.
Correctional Facilities and Bridging the Gap:	Mike C.
Literature Grapevine :	Dianna
Newsletter / Webpage:	open
One Day Round-Up	Marlene ST L.
Telephone Answering Service (TAS):	Lloyd G.
Treatment Facilities and Bridging the Gap:	Ben H.
Workshop:	Dee R.
Coffee Maker:	Cathy N.

*Visit the next district meeting held the 2nd Sunday of each month at the Church of the Epiphany in Kingsville at 1:00 PM*

**Essex County AA-District23 Website**

**Visit: [www.essecountyaa.com](http://www.essecountyaa.com)**

**Stay connected**

**Find a meeting**

**See special events and announcements**

**View current and past newsletters**

**Links to other AA websites and info and more**

## Points Of View:

### Tradition 9

*“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”*

The first written long form of tradition 9 had stated, “Alcoholics Anonymous needs the least possible organization.”

A simple universal ideal that no fees, no dues, no rules will be imposed on anybody, only one alcoholic bringing recovery to the next. Today we have changed our minds. We are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. We do organize special services for 12th Step work such as the answering service, the A.A. books and pamphlets, our meeting places and clubs, our dinners and regional assemblies. We cannot secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Our groups play an important part in worldwide A.A. and in carrying its message. Each member helps shape the group conscience. Unless a group is organized enough to have business meetings, a way to reckon its own group conscience, and an active, elected GSR (general service representative) to carry that group's conscience to the district level, such a group could be compared to a member who just doesn't drink, and goes to meetings, but does not work the Steps or become an otherwise active member. The group's elected GSR makes sure it's understood at the district and area levels, and that it's part of the delegate's thinking, which he or she takes to the annual General Service Conference of A.A. Delegated with the full authority of the groups, the Conference is responsible for developing and maintaining all the services needed to carry A.A.'s message of hope and recovery. At the bottom of our upside-side down organizational structure, the trustees, taking their authority from the Conference, take actions that allow the GSO staff to carry out the day-to-day operations of those services. *All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the "Whole. They derive no real authority from their titles: they do not govern. Universal respect is the key to their usefulness.*

Excerpts have been used from Editorial by Bill W., A.A. Grapevine August 1948

Yours in Service,

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**To My Dear Fellow AA Members,**

Nov.8, 2017

I fall short. That is what I know for sure!

I wondered how to start this latest rendition of my thoughts, my opinions and my feelings, always wondering if these groups of words, put together will make sense to anyone else but myself. That is a tough pill for me to swallow and it has taken years to believe that I had anything worthwhile to offer. I may not, but what I do know now, is, I have feelings, they are mine and mine alone, so whether they make sense or not, they are very real to me! Also, one other thing I have learned in this beautiful program is..... I am not my feelings. They are not who I am, they are just something I feel, which makes me the unique character I am. I never knew that there were so many stages or emotions that I go through before I get to the defensive one, that with constant monitoring, will be the deciding factor whether I will need to make amends or not. Let me explain. Someone says something, off the cuff, 1<sup>st</sup> (thoughts) “I am just going to sit down over there instead” ...Oh My Gosh; I wonder what they meant by that? Oh, they must not like me (hurt) or they wouldn't have said that, I will avoid sitting at their table from now on if they are going to be like that, (anger) etc. I am just trying to give an example that everyone will understand who has the isms, how in less than a second, in our minds, we can make a friend into a person we will no longer talk to.

On any certain day, without that constant conscience and monitoring I can go wild with judgements and take everything personally when, in all reality.....Now wait for this.... WHATEVER IS SAID OR THOUGHT IS NOT MY STUFF AND IT IS NONE OF MY BUSINBESS!!!!

Oh boy was that another one of those realities that was very hard to take. "What do you mean someone is talking bad about me, and you say it is none of my business?" What the heck? So, with lots of healing and a lot of shrinking of my EGO, I started to get it. If people need to talk about me or around me, that is their stuff, go ahead, then they are leaving someone else alone. This fact for me, also works in the reverse before I open my mouth about anyone else. So, I try to ask myself, is it Kind, is it true, is it necessary and even if I have just one NO to any of these, I better, THINK, THINK, THINK, and pause before I talk.

That is how, just maybe, I have learned to live better, and that is how I don't need to make as many amends.

Back to the start, I fall short, so through the years I have had to focus numerous times on a few quotes, that seem to carry me through rougher times and have allowed me to forgive myself a bit quicker for being so human. I will consider this to be part of my lessons, though everyone has been tremendously painful. "We are not saints"

Of course, I have wanted to be the Mother Theresa of MADD Canada or just Mother Theresa, when I was still floating on the newly sober (high)cloud!!! Wow, look at me, I am wonderful, I have 60 days in without a drink. I am darn near perfect, LOL. Then after a few more meetings, when analyzing and questioning, I hear; "What do you get when you sober up a horse thief? A sober horse thief!"

"So, do you mean that you are left with everything underneath the alcohol, like character defects and bad habits, etc.?"  
"OH NO."

And folks we sure are, The One year is a gift, I get it! 2<sup>nd</sup> Year, the real work begins? Yes! And it is an ongoing work in progress and I never want to stop until the day I die because I have been given that rare opportunity to do life over with a new happiness and a new freedom. Yes, it is the hardest work of my life, simple, but extremely hard to change every single thing about yourself. But worth every excruciating lesson along with being the most rewarding journey I have ever been on. The sober Chapters, consist of new fellowships, belonging, miracles, support, and Unconditional love known nowhere else. To be able to share what someone else has given you and use that to help others.

There is nothing like it or that can compare to my AA family. Nothing!!!

So, again back to, I fall short. I dislike business meetings: Now don't get me wrong, I usually go to them and stay, while kicking and screaming all the way, and writing down the minutes as secretary. I am such a suck. I love my group, I know all that Service is absolutely necessary, imperative and makes AA flourish and grow and allows us to keep existing. I get all that. And....I have the utmost respect for everyone who is involved in service at every level and steps up. We all have a place. So I say when I retire from my full time job, I will delve a bit into service, but for now, I will do the best I can and hope my group won't throw me out for my immature and impatient ways at the business meeting.

So, Fellow AA's,

REMEMBER PROGRESS NOT PERFECTION!!!

Thanks for Reading!!!

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This Newsletter is a member to member publication and the viewpoints expressed herein do not represent those of AA as a whole.

# BIRTHDAY LIST

## PENTHOUSE

Dave T. Jan.4 1983  
Serge B. Jan. 8 1988  
Rick O. Jan. 30 1995  
Barb B. Feb. 22 1991  
Mike L. Apr. 10 1983  
Billy T. Apr. 18 2006  
Jim B. Apr. 24 1979  
Tom. O. May 1 2005  
Bob H. June 3 2005  
Jeff D. June 24 2008  
Chris R. July 17 2009  
Roy R. Aug. 2 1996  
Monique N. June 17 2010  
Barb M. Oct. 4 2004  
Gary V. Oct. 13 2003  
Jim L. Oct. 15 1985  
Tom C. Oct. 23 1985  
Bob P. Dec. 8 1983  
Ken M. Dec. 12 2000  
Tim C. Dec. 19 1992

## LIVE AND LET LIVE

Ron K. Jan. 10 1981  
Brian A. April 14, 2007  
Lloyd G. Apr. 15 1993  
Glen R. May 14 1978

## FELLOWSHIP OF MIRACLES

Myra G. Jan. 18 2004  
Russ M. Jan. 18 1979  
Jeff L. Mar. 1 1994  
Rosie V. Apr. 18 1996  
Judy P. Apr. 28 2007  
Randall June 20 2004  
Dave K. July 18 1993  
Gary B. July 29 2004  
Linda M. Sept. 3 1982

## HARROW GROUP

Tim M. April 20, 2001  
Kevin D. Sept. 11, 2004  
Dave D. Feb. 15 1997  
Mark M. Dec. 8, 1989  
Al K. Dec.20, 2004  
Joel B. April 4, 2008  
Shari D. May 16, 2008  
Joe Z. July 30, 2011  
Suzanne G. April 18, 2014  
Shannon G. June 1, 2015  
Nancy Nov. 11, 2015

## SUN PARLOUR

Bill W. Dec. 2 1974  
Dave H. Jan. 9 1973  
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  
Dave C. Feb.9th.2013  
Terry M. June 26th.2009  
Rob G. Aug.2nd.2011  
Janet H. Nov. 24th.,1996  
Dave M. Nov. 23 1982  
Mike C. Dec. 25 1988

## Removed by Group conscience

NEW BEGINNINGS  
Mc GREGOR  
HUMBLE BEGINNINGS  
COURAGE TO CHANGE  
FIRST THINGS FIRST  
MORNING FELLOWSHIP  
WHEATLEY ACTION  
THINK THINK THINK  
LEAMINGTON

## ESSEX GROUP

Pauline R. Jan 1, 2015  
Vicki F. Jan.1, 1996  
Roy Mc A. Feb.23, 1987  
Kevin P. Apr.14, 2012  
Linsey M. May 16, 2014  
Brandon G. Jun. 3, 2016  
Tom B. Jun.11, 1976  
Rollie R. Aug.22, 2015  
Ray K. Sep.11, 1986  
Denise P. Sep.17, 1991  
Scott K. Sep.21, 2010  
Andy L. Sep.29, 1 994  
Mike B. Oct.12, 1984  
Shirley D. Oct.13, 1988  
Pauline D. Dec.21, 1978  
Leo D. Dec.22, 1999

## MEMBERS AT LARGE

Bill W. Dec. 11 1934  
Dr. Bob S. June 10 1935