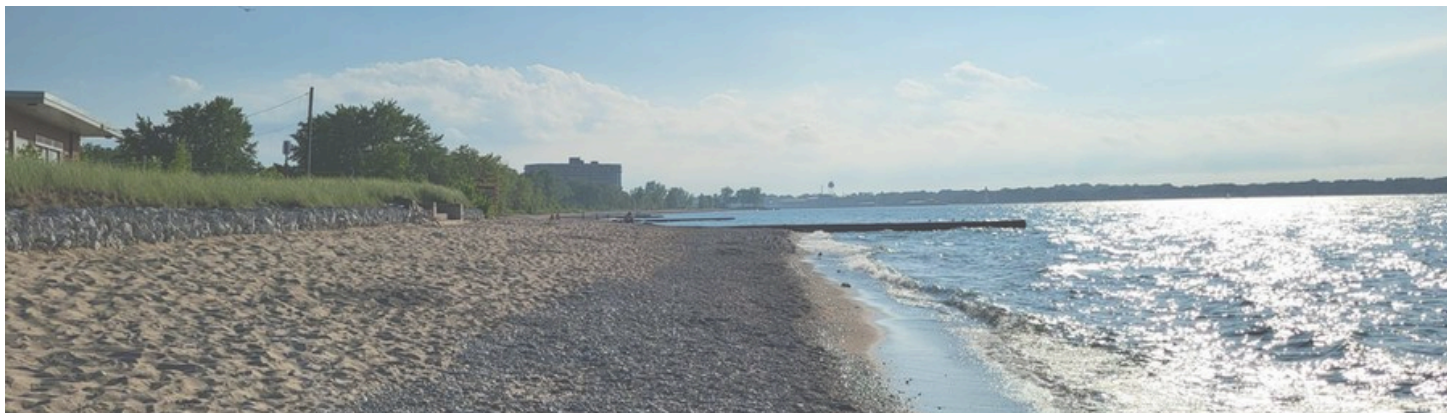




# THE UPDATE

Alcoholics Anonymous Sarnia/Lambton District 14

Issue 10 ~ SUMMER 2024 [newsletter@aa.sarnialambton.com](mailto:newsletter@aa.sarnialambton.com)



## Upcoming Events

### July 3-6<sup>th</sup>

International Convention,  
90<sup>th</sup> Anniversary,  
Vancouver, BC

### July 11<sup>th</sup>

90<sup>th</sup> Anniversary  
Celebration, Friday Night  
Open, 8:00 p.m.

**July 11<sup>th</sup>** Watford Annual  
BBQ, 6:00 p.m.

### August 8-9<sup>th</sup>

ODAAT Campout  
Lakewood Christian  
Campground

Welcome to the Summer Edition of our community newsletter! As we step into the vibrant and active months of June, July, and August, we're excited to explore how we can stay grounded, connected, and joyfully sober throughout the season.

Summer often brings a flurry of social events, travel, outdoor adventures, and family gatherings. For those of us living alcohol-free, it's a powerful opportunity to practice and celebrate the principles that guide our recovery. This season, we're focusing on Traditions 6, 7, and 8 of Alcoholics Anonymous—and how these spiritual principles offer meaningful support for a fulfilling sober life, not just in meetings, but every day.

In this issue, you'll find reflections on these traditions, tips for sober fun in the sun, and members stories that show how we can stay true to our values while enjoying everything this beautiful season has to offer. Whether it's a picnic, beach day, road trip, or a quiet moment of reflection under the sun—there's no shortage of joy in a summer lived sober, clear, and connected.

Here's to a summer of responsible, sober, and joyful living—together.



226-254-0509



[www.aa.sarnialambton.com](http://www.aa.sarnialambton.com)



# WE ARE NOT ALCOHOLIC EXPERTS

## TRADITION SIX – JUNE

*"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

## NON AFFILIATION

Members of the group come together each week to seek the experience, strength, and hope of others. If the group were to spend part of that time talking about outside activities, it would take away from that crucial support. If outside issues are allowed to dominate the discussion, it negatively affects the unity and focus of the group.

Tradition 6 of AA is meant to guide people toward recovery. This helps ensure that the focus of the group stays on supporting members throughout the process.

[verywellmind.com](http://verywellmind.com)



AA members employed by outside agencies "wear two hats"—but Tradition Six cautions any such members against wearing both at once! On the job, they may be alcoholism counselors; they are *not* "A.A. counselors." At meetings they're just A.A.'s, not alcoholism experts.

**At A.A., we don't spill drinks—we spill laughs**

**What's an alcoholic's least favourite yoga pose?  
Downward Spiral.**

**I asked my sponsor how they stay so calm.  
They said, "I sponsor you. Nothing shocks  
me anymore."**

**Early recovery is like a toddler learning to walk.  
You fall a lot, cry sometimes, and people still cheer  
when you eat solid food.**



226-254-0509



[www.aasarnialambton.com](http://www.aasarnialambton.com)



# NON-AFFILIATION

*"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

The 6th tradition speaks to me because it reminds me to keep my eyes on the prize: helping the alcoholic who still suffers. That's my lane. When I start co-signing causes, lending A.A.'s name out, or mixing money with the message, things can get messy real fast. Even if my heart is in the right place, distractions come easy—and ego loves a stage. I am full of ego some days more than not. I need to check myself often.

If you're new, here's the scoop: A.A. doesn't partner with other organizations or slap its name on outside projects. That might seem odd at first, but it keeps A.A. neutral, safe, and focused on recovery. No politics, no business ventures, no side hustles—just one drunk helping another.

And for those people who've been around a minute—it's a gut-check. Am I still doing this for the right reasons? Am I letting the message lead, or getting pulled by prestige or people-pleasing? Tradition Six calls me back to my center every time.

My experience?

Early in recovery, I had a habit of trying to 'fix' everything and everyone. I struggle still. If it looked like service, I'd sign up. I confused being busy with being useful. Eventually, I got caught up in a project that had nothing to do with A.A.—but it felt important, even noble. Until it started draining my time, energy, and focus away from my own program. I was run on ego, not principle sometimes.

Tradition Six taught me that just because it's good doesn't mean it's mine to carry. A.A.'s strength is simple, its one alcoholic helping another, no strings attached. That's enough. In fact, it's everything.

"We have no monopoly on God; we merely have an approach that worked for us."

– Big Book, p. 95

When I stay aligned with my purpose, I leave space for something greater than myself to do the work. That's where grace shows up. The promises are present, I'm comfortable in my own skin and have some sense of peace. It's progress not perfection and I am honest in the fact, that there's always improvement for growth if I do the work.

~ Kathleen O.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

**Don't Drink & Go To Meetings**





# I AM RESPONSIBLE

## **SELF-SUPPORT**

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office

In keeping with our Seventh Tradition, each group is self-supporting. We have no dues or fees, but we do have expenses, so please give what you can. If you can't give, keep coming back, we need you more than we need your contributions.



## **TRADITION SEVEN – JULY**

***Every AA group ought to be fully self-supporting, declining outside contributions.***

### **SELF-RELIANCE & RESPONSIBILITY**

*AA groups practice self-sufficiency by relying solely on voluntary contributions from members, ensuring they meet their financial needs without outside funding. This protects the group's integrity from external influence and promotes individual responsibility, as members support their own recovery and the well-being of the fellowship. Financial independence also upholds the group's spiritual focus, keeping the mission centered on helping alcoholics rather than being swayed by financial interests.*

[verywellmind.com](http://verywellmind.com)



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

**Don't Drink & Go To Meetings**







# THE POWER OF STEPS 6, 7 & 8

## A.A. TRIVIA

Q: How many steps were there originally?

A: 6

Q: The 12 Steps are for the alcoholic, the 12 Traditions are for the group and the 12 \_\_\_\_\_ are for the fellowship as a whole.

A: Concepts

Q: The beginning of the Big Book has not been changed since 1939, but exactly how many pages does that consist of?

A: 164

If you would like to share with our fellowship of Alcoholics Anonymous by submitting a story, joke, cartoon, announcement, event, or information, please reach out to:

[newsletter@aaarnialambton.com](mailto:newsletter@aaarnialambton.com)  
Newsletter Chair: Jamie S.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

**Don't Drink & Go To Meetings**





# TRADITION EIGHT

Tradition Eight of Alcoholics Anonymous (A.A.) states that the fellowship should remain forever non-professional, but service centers may employ special workers. This means that while A.A. itself should not be a paid counseling service, A.A. service centers (like those at the General Service Office) can hire staff to handle administrative and logistical tasks

### **Non-Professionalism:**

A.A. emphasizes that help should be given freely, not for a fee. This is rooted in the idea that the desire to help and be helped is a more effective catalyst for recovery than financial gain.

### **Service Centers:**

While A.A. itself is non-professional, service centers like the General Service Office need staff to manage operations like answering mail, distributing literature, and coordinating contacts with the outside world. These staff members are not considered professional A.A. counsellors, but rather employees who help the fellowship function.

### **Purpose of Non-Professionalism:**

The non-professionalism of A.A. is designed to maintain the fellowship's focus on the shared experience of recovery and to prevent it from becoming a commercial enterprise

### **Special Workers:**

The service center staff can be A.A. members or non-members with necessary skills, and they are paid for their work. They are not involved in counseling or sharing recovery experiences.

AVeryWellMind.com



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

**Don't Drink & Go To Meetings**





# NON-PROFESSIONAL

## **The 33rd Annual Bluewater ODAAT Campout "The Hello Friends Campout"**

**August 8th & 9th, 2025**

Tickets \$35.00 for the weekend including  
Saturday Night Dinner,  
\$20.00 for Fellowship Only

THE COMMITTEE NEEDS HELP!  
VOLUNTEERS ARE NEEDED TO HELP  
WITH THE CAMPOUT.

**\*\*Book your campsite directly with  
Lakewood Christian Campground\*\***  
Phone: 1-519-899-4415  
E-mail: lakewood@xcelco.on.ca

FOR MORE INFO OR TO VOLUNTEER  
PLEASE CONTACT: **Allan Bettridge**  
**(519) 466-3199 Cell / Text**

### **TRADITION EIGHT - AUGUST**

*"Alcoholics Anonymous should  
remain forever non-professional,  
but our service centers may  
employ special workers."*

#### **NON-PROFESSIONAL**

In other words, A.A. is a program  
of service. When a newcomer in  
crisis reaches out to someone in  
the program, help is extended in  
a free and non-professional  
manner.

Tradition 8 protects the group  
and the group members by  
minimizing opportunities for  
controversy.

While there are leadership  
positions within A.A., no individual  
leader has complete control over  
the group. This is by design.

Finally, this tradition outlines clear  
boundaries of roles and  
transactions within the program.

*verywellmind.com*



226-254-0509



[www.aasarnialambton.com](http://www.aasarnialambton.com)



# DISTRICT 14, AREA 86 SERVICE POSITIONS

## Treatment Chairperson

Treatment Committees are formed to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics in treatment and outpatient settings. A Treatment Committee may function within the structure of a general service committee on the area or district level or it may serve within the structure of a central office/intergroup. Prior to forming these committees, this Twelfth Step service is sometimes handled by an individual group or member. As A.A. groups grow in number in a community, experience suggests that a committee works more effectively. In some parts of the country, A.A.s interested in carrying the message into treatment and correctional settings work together on Hospitals and Institutions committees independent of, but in cooperation with, general service and intergroup committees. This structure also works well in areas where lines of communication between the various service entities remain open.

Ever since A.A.'s co-founders first stayed sober by carrying the A.A. message into hospitals, many other alcoholics have discovered the great value to their own sobriety of working with suffering alcoholics in treatment settings. In 1934, Bill W. kept trying to help drunks in Towns Hospital in New York City. None of them seemed interested at that time, but Bill stayed sober. Dr. Bob worked with thousands of alcoholics at St. Thomas Hospital in Akron, Ohio. In 1939, Rockland State Hospital, a New York mental institution, was the site of one of our first A.A. hospital groups. Today many A.A. meetings take place in inpatient and outpatient settings all over the world. Twelfth Stepping and sponsoring other alcoholics — where they are — has long been one of the most important and satisfying ways of keeping ourselves sober.

A.A. Guidelines on Treatment Committees (MG-14)

In District 14, the Treatment Chairperson reaches out to the Withdrawal Management Department of Bluewater Health to provide literature and to serve as a liaison between the hospital and Alcoholics Anonymous. The Chairperson also coordinates weekly meetings at Ryan's House, scheduling A.A. members who share their experience, strength, and hope with the residents of the facility. The Chairperson also works with the Cooperation with the Professional Community (CPC) and Public Information (PI) Chairs to carry the A.A. message to the public. The Treatment Chairperson reports to the District Community at the monthly District meeting.

~ Damien N.



Have immediate access to local meeting times and locations. Download the **Meeting Guide** app to keep you connected to the program.

**Don't Drink & Go To Meetings**







We celebrate our recovery milestones together in the fellowship of Alcoholics Anonymous. It brings hope to the newcomers and builds unity in our A.A. community!

HAPPY  
*Birthday*

## June

Keri M. Bridgeview Group June 4, 2021  
Jane W. Murphy Road Group June 8, 1996  
Kimberly P. Wednesday Night Group June 19, 2022  
Melissa T. Wednesday Night Group June 25, 2022  
Holly W. The Hub Group June 27, 1996  
Margot Sunday Morning Group June 28, 2023

## July

Shayne D. As Bill See's It July 2, 2022  
Sheila K. Sunday Morning Group July 2, 2013  
Stephen H. Murphy Road Group July 13, 2015  
Al T. Freedom Group July 15, 1988  
Tim C. Wednesday Night Group July 15, 2000  
Stewart Wednesday Night Group July 18, 1992  
Tammy F. Murphy Road Group July 20, 2006  
Damien N. Sunday Morning Group July 27, 2023  
Kyle A. Wednesday Night Group July 28, 2007  
Taryn B. Serenity by the Lake July 29, 2023



We celebrate our recovery milestones together in the fellowship of Alcoholics Anonymous. It brings hope to the newcomers and builds unity in our A.A. community!

HAPPY  
*Birthday*

### August

Rob H. The Hub Group August 16, 2020  
Florence K. Bridgeview Group August 18, 1985  
John M. Came to Believe August 21, 1995

*Happy Birthday to Alcoholics Anonymous*

*June 10<sup>th</sup>, 1935*

*90 years of helping alcoholics find recovery!*

*THANK YOU BILL & DR. BOB!*

**\*\* Please note: Birthday Announcements can only be included in the newsletter if each group's GSR submits an updated list to Jamie S. at [newsletter@aaarnialambton.com](mailto:newsletter@aaarnialambton.com) \*\***



226-254-0509



[www.aaarnialambton.com](http://www.aaarnialambton.com)