

GOD GRANT ME THE SERENITY, TO ACCEPT THE THINGS I CANNOT CHANGE



**DISTRICT 9
NEWSLETTER
FEBRUARY 2010**



COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE

Responsibility Declaration

I am responsible...
When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there.
And for that: I am responsible.

DISTRICT INFORMATION

DCM - Malcolm 270-6377
ADCM - Donnie 862-7498
Secretary - Bob 565-2906
Treasurer - Peter 562-0008

COMMITTEES

Treatment Facilities:
Charlie 270-5557

Corrections:
Mike 862-7064

PI & CPC Committee:
Jim 539-0670
John 849-9009

Literature Committee:
Ron 270-5848

Telephone Answering Service: 562-8019

Alcoholics Anonymous on the web: www.aa.org
The Grapevine web site is www.grapevine.org

Area 82 information @ www.area82aa.org
Check out other meetings and events in Nova Scotia,
Newfoundland & Labrador.

**The 27th Mid-Winter Roundup, "There is a Solution"
March 12, 13 & 14.**

The Roundup committee meetings will be held weekly up to the week of the roundup. The dates are; February, 2nd, 9th, 16th, 23rd; and March 2nd and 9th. Tuesday evenings 6:30 pm at the Friendship Hall, Charlotte St. Sydney. Join us to see what is being done and what has to be done! Many hands make light work! This is a great weekend to meet up with old friends and meet new ones. Friendships that will last a lifetime. Lots of meetings and lots of fellowship, what a combo!

Editor's note: My cell phone number has changed, it is now 902-371-1939. Sorry for any inconvenience!

"When I walked into my very first meeting, I saw a group of men sitting around. One by one they got up and shook my hand and smiled, said who they were and welcomed me. I looked around and there were no other women there. My male friend who brought me said that there would be some ladies turning up, and they did very shortly. At the time, I turned to him and told him no problem, and it was so true, that it didn't matter who was here because I came for me. I knew that I would sit down and drink with any of these guys, so why wouldn't I sit down with all these people and get sober! It is funny, I look back today and I see that night as coming home. I knew I was in the right place. I had felt so very comfortable. I was among many friends who cared. They are still friends today!"
How important it is to make the newcomer feel at home!
Trisch M.

All information is to be in by the 25th of the preceding month or at the District meeting to Trisch M.

Phone: 902-371-1939 or Email: trischmclean@live.com

Next District Meeting: Feb 21st, 2010, 1:30 pm at Friendship Hall, 135 Charlotte St., Sydney

‘One Day at a Time’

**FEBRUARY
CALENDAR**

DATE	HOME GROUP	ANNIVERSARIES MEETINGS & EVENTS	CHAIR GROUP	TIME & PLACE
Feb 7th	HOW Group	Donnie D Celebrating 15 yrs. Meeting, lunch & fellowship	HOW Group	Christ Church Hall 21 Trinity Ave Sydney
Feb 13 th		Valentines Day Dance Alanon & AA Speakers Meeting, Lunch & Dance	Alanon	Christ Church Hall 21 Trinity Ave Sydney

“Keep Coming Back”

"I wanted to be famous but God made me anonymous."

I had some pretty big plans when I entered the program. Even though my sponsor told me it wasn't about money, property and prestige, I knew better. I was convinced that, being sober, I would finally write the books and create the products that would get me the recognition and riches I deserved. I even told my sponsor how good of a circuit speaker I would be and asked what I needed to do that. He smiled and suggested that a year of sobriety might be a good start.

As I began working the program, I made some startling revelations. In doing inventories, I found that there was a time when I had a lot of money, property and prestige, but I was still miserable. As I did more work, I discovered that the hole I felt inside could never be filled up with anything outside me, and the more I chased that, the emptier I felt. It was only when I surrendered the character defect of feeling terminally unique that I began to feel better.

One of the truest things I've learned in the program is that I will always feel less than when I compare my insides with someone else's outsides. It has taken years, but I now understand why character building and my spiritual connection must come ahead any outside success if I'm to be happy. I now understand the folly of wanting to be famous and the wisdom of God's plan of anonymity for me.

Ed Shepley sent a message to the members of The Big Book.

‘Serenity is not freedom from the storm but peace amid the storm’

LONG FORM OF THE STEPS:

SECOND STEP

Came to believe that a power greater than ourselves could restore us to sanity.

HAVING taken the first step we naturally ponder what we can do to receive assistance. Looking into the past we discover that our attempts to give up alcohol through our own will power have always failed. It is comforting to know, however, that many great minds are agreed that trying to use will power is like trying to lift yourself by your bootstraps. The sincere efforts of our families and friends to help us have been unsuccessful. We have fancied ourselves as rugged individualists. We have liked to think "I am master of my fate, I am captain of my soul." A little honest thinking convinces us that we have been miserable failures as captains and masters.

Many of us tried doctors and hospitals. Some of us tried religion. We found deep sympathy, but we did not find sobriety. The results were always the same – we got drunk again.

Will power, help from families and friends, medicine, and formal religion having failed, there is but one place to turn. That is to God as we understand Him. This is not as difficult as it might seem. You are not asked to go to church. You are not asked to seek advice of a clergyman. You are only asked to quit trying to run your own life, and to keep an open mind. You are asked to accept reaching from a group of men who have ironed out the same problem that is bringing you deep trouble.

Perhaps the easiest approach to the Second Step is to think back to our childhood. When we got into trouble we ran to our mother or father, knowing there was complete safety in their arms. We told them our troubles and our minds were relieved. Picture, then, God as a universal Father, ready to listen to your troubles, ready to give you that same understanding and protection you received from your parents in childhood.

If your faith is not too strong at first try solving it this way: Look around at your new friends in AA. The program has worked for them. Their troubles were as great as yours. They were down-and-outers morally and in many cases physically. Yet they have followed the rules and have managed to keep sober. It is just a matter of following the advice of your new friends. Follow the program they lay out for you. Have faith in that program. It has worked for them. It can work for you.

SHORT AND LONG VERSION OF THE TRADITIONS: SECOND TRADITION:

2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
2. For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience.

THE CONCEPTS:

SHORT FORM:

2. The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in world affairs.

LONG FORM:

2. When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and

thereby made the Conference - excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter - the actual voice and the effective conscience for our whole Society.

THE PROMISES OF A.A.:

'The promises of Recovery are not just those found after Step 9. The promises of Recovery are found all through the Big Book, each of us will find many more that are special to us if we take the time to read the Big Book with an open heart and mind.'

2. We are going to know a new freedom and a new happiness.

PROMISES OF STEP TWO

Big Book page #25

- There is a solution.
- We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.
- The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.
- The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.
- He has commenced to accomplish those things for us which we could never do by ourselves.

Big Book page #28:

- A new life has been given us or, if you prefer, "a design for living" that really works.
- Big Book page #46:
- We found that God does not make too hard terms with those who seek Him.
- To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.

Big Book page #47:

- As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way.
- It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

Big Book page #50:

- In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them.

Big Book page #55:

- Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us.

Big Book page #57:

- Even so has God restored us all to our right minds.
- But He has come to all who have honestly sought Him.
- When we drew near to Him He disclosed Himself to us!

'I came; I came to; I came to believe (Steps 1, 2, 3)'