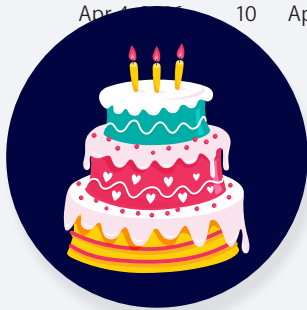


Birthdays!

Name	Sobriety Date	Yrs	Celebration
210 Group			
David R.	Apr 1, 2025	1	Apr 7, 8pm
Laura O.	Apr 3, 2022	4	
Gudrun (Goodie) A.	Apr 18, 2017	9	
Angel Group			
Kelsey L.	Apr 4, 2022	4	
Beginner's Group			
Cole M.	Mar 23, 2025	1	Apr 1, 7pm
John W.	Apr 22, 1978	48	Apr 29, 7pm
Dawn C.	Apr 24, 2024	2	
Early Bird Grapevine Group			
Pat J.	Apr 3, 1973	53	
Bonnie S.	Apr 4, 2007	19	
Jillian S.	Apr 8, 2024	2	
Heidi F.	Apr 20, 2025	1	
Maude B.	Apr 24, 2017	9	
Liberty Breakfast			
Dean F.	Apr 1, 2025	1	
Shawna	Apr 22, 2022	4	
Mike W.	Apr 23, 2018	8	
Pond Mills Men's Group			
Jeff T.	Apr 1, 2004	22	
St. Jude's Group			
Scott H.	Apr 18, 2022	4	
Janet D.	Apr 19, 1984	42	
Strathroy Friendly Group			
Bob H.	Apr 4, 2002	24	
The Solution Group			
Andrea M.	Apr 20, 1999	27	
Nick D.	Apr 23, 2023	3	
Cam L.	Apr 29, 2025	1	
True North			
Louise T.	Apr 1, 2015	10	Apr 10, 11am



Do you think you may have a problem with alcohol?

Please call our 24hr Helpline at
(519) 438-1122

or Toll-free at **1 (888) 661-7764**

or email us at **londonmdxtas@gmail.com**.

Emails and phone calls are kept confidential.

AA District 11 London-Middlesex Newsletter



April 2026

Next District 11 Hybrid Meeting

Tuesday, April 14, 6:30 PM

501 Nelson Street, Unity Church

Zoom ID: 890 3108 9359 Password: 049374

Central Office

2A5-30 Adelaide Street North

London, ON N6B 3N5

519-438-9006 | aadistrict11.ca

centralofficemgr.aadistrict11@gmail.com

February Hours

Mon & Wed: 12pm – 3:30pm

Sat, Apr 11: 12pm – 3:30pm

Sat, Apr 25: 12pm – 3:30pm

For Main Door Entry After Hours please call
the Office at 519-438-9006



Finding the Central Office

2A5-30 Adelaide Street North

London, ON N6B 3N5

First floor, back left

Announcements

District 11 Archive Breakfast

The date has been set for the 2026 District 11 Archive Breakfast! Expect a morning full of fellowship, AA history, and good food. See attached flyer for more info and contact information.

From the Central Office

Your Central Office isn't just available as a retail outlet for AA Literature. We also welcome you to drop in for COFFEE & FELLOWSHIP during our open hours. If you'd like to hang out in a safe and friendly place with other like-minded people in Alcoholics Anonymous.... PLEASE DROP IN!

Also, our Central Office is now stocking sleeves of disposable coffee cups at a fair price for your convenience. Check them out next time you drop in for chips or literature!

Upcoming Events

Central West AA Gratitude Dinner

Date: April 11th, 5pm

Location: Portuguese Club of Cambridge, 870 Townline Rd, Cambridge ON

District 19 Roundup

Date: April 25th, 8am

Location: St. George's Anglican Church, 4691 Palladium Way, Burlington, ON

Hamilton & Districts Archives Breakfast

Date: May 3rd, 8:30am

Location: Knights of Columbus, 222 Queenston Rd, Hamilton, ON

District 5 49th Annual Roundup

Date: May 3rd, 8:30am

Location: Bruce Township Community Centre, 1240 6 Concession, Tiverton, ON

Area Committee Meeting

Date: May 23rd

Location: St. Stephens Lutheran Church, 248 Highland Rd E., Kitchener, ON

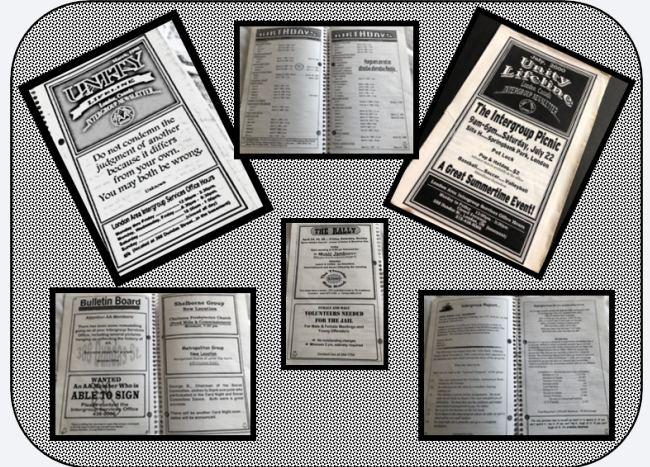
District 11 Archive Breakfast

Date: June 13th, 8am

Location: Colborne United Church, 711 Colborne St., London, ON

Please see the attached flyers for more information about these events!

District 11 Archives Spotlight Of The Month



Unity Lifeline Newsletter

Before the development of any websites, *Our Unity Lifeline Newsletter* was published by the Intergroup Newsletter Chair. Printed copies were available at the monthly Intergroup Service Meeting as well the Central Office. Intergroup Service Representatives submitted their Group Members Sobriety Anniversaries each month just as it is today with our District Newsletter. Group Activities, Roundups and a variety of AA Events were submitted for publishing as well as members who had AA related poetry, jokes, articles or announcements. Published in a booklet format some months would have 8 pages or more of content.

This was the Information Highway of the times. There are a number of vintage newsletters in our Archive Collection that reflect a part of our historical story in so many different ways. Our District 11 Newsletter today, along with our District Website is still an important part of carrying the message of recovery that will eventually become the history for our future generations.

Our Website/Newsletter Chair is eager each month to receive your submissions.

*Presented by the District 11 Archives Subcommittee
archives.aadistrict11@gmail.com*

Service Spotlight

Gudrun M., DCM (District Committee Member), District 11

Hello, I am an alcoholic and my name is Gudrun. I am a grateful member of the Earlybird Grapevine Group and currently have the privilege of serving as your District Committee Member or DCM for short. Thank you, Charlie for creating this Service Corner, for preparing the questions and for allowing me to share a little:

What inspired you to take on this service position?

Well, it is always a great honour to accept a service position in Alcoholics Anonymous. To put it into the words of one of our forefathers; it allows me to give back a little of what was so freely given to me, it is a pleasure to do and offers a bit of insurance against a slip.

What are the main responsibilities of your role?

The District 11 Structure and Operating Procedures (SOPs) state some my duties are as follows: Represent District 11 London Middlesex at all Area 86 Assemblies and Area Committee Meetings, prepare the agenda for the District 11 meetings, appoint Financial Review Committees to review both, District 11 and Central Office accounts in January of the following year, appoint an adhoc committee to review the SOPs, be available to attend all District 11 Subcommittee meetings as ex officio.

I further believe that staying connected with Groups and General Service Representatives (GSRs) is vital.

What have you learned about AA or about yourself through this service?

There are so many things I have learned and continue to learn through service: to have an open mind, to listen to all opinions; to allow things to evolve, to place trust in the process, to practise patience and to not take myself so seriously to name but a few.

What has been the biggest challenge in this role, and how did you navigate it?

Time management as it is not possible to be at all places at once. Prioritizing, delegating and communicating with other officers is how I navigate any hurdles that may come our way.

What has been the most rewarding or meaningful moment in this position?

Seeing and meeting new GSRs and looking forward to getting to know everyone better at the Area 86 Spring Assembly.

What would you tell someone who is thinking about stepping into this service role?

Go for it !!! Don't hesitate or overthink it, don't be afraid to make mistakes ... no one can know everything going into a new position... most of us learn on the hoof... there is a saying that one is pretty knowable about the position they are elected into when it comes time to rotate out.

AA District 11 London-Middlesex

General Service Representatives (GSRs)

General Service Representatives form the collective group conscience for all votes

District Officers

District Committee Member (DCM)
Gudrun M. — Early Bird Grapevine Group

Alternate DCM
Teresa V. — True North Group

District Secretary/Registrar
Tammy B. — Chelsea Green Group

District Treasurer
Linda M. — Early Bird Grapevine Group

Central Office Treasurer
Mary C. — Early Bird Grapevine Group

Subcommittee Chairpersons

Alkathon
Amanda B. — Chelsea Green Group

Archives
Margaret K. — Big Book Workshop Group

Bridging the Gap & Telephone Answering Service
Gerry M. — Beginner's Group

Central Office Manager
Jeff R. — Pond Mills Men's Group

Corrections
Lynn B. — Chelsea Green Group

Grapevine
Lexi H. — Tuesday North Group

London Middlesex Roundup
Jen C. — Big Book Study Group

Newsletter & Website
Charlie C. — Beginner's Group

Public Information/Cooperation with the Professional Community
Fred K. — Clear Air Group

Treatment and Accessibilities & Remote Communities
Martin O. — B. & P.M. Group

Three Levels of Service

District 11

Payable to *London Middlesex General Service*
treasurer.aadistrict11@gmail.com
aadistrict11.ca

Area 86

Payable to *Western Ontario General Service*
treasurer@Area86aa.org
area86aa.org
area86aa.org/a-a-contributions

General Service Office

Payable to *General Service Board*
Post Office Box 459
Grand Central Station, New York, NY 10163
contribution.aa.org

When making a contribution, please include a return address and group name for receipts.

Meeting List

aadistrict11.ca/meetings

Meeting Guide App

aa.org/meeting-guide-app

Keep the Meeting List Updated

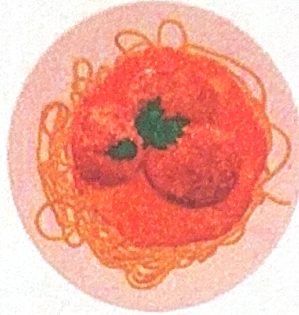
Send an email to
webmaster.aadistrict11@gmail.com

Is there anything you'd like to see in future newsletters? Please feel free to send ideas, general suggestions, and/or feedback to:

webmaster.aadistrict11@gmail.com

CENTRAL WEST AA

TRI-CITY GRATITUDE DINNER



TICKETS - \$15

**Speaker - Freddy M
(Sunday Morning Group, Barrie ON)**

*Pasta Dinner • 50/50 • Sobriety
Countdown • Door Prize*

**Location - Portuguese Club of Cambridge,
870 Townline Rd, Cambridge ON, N1T 2G3**

**Doors - 5pm
Dinner - 6pm**

APRIL 11, 2026

CONTACT INFO:

JEFF C - JEFFCA86@HOTMAIL.COM
JOSHUA E - JOSHUAEA86@GMAIL.COM

District 19

ROUND UP

"Our Great Responsibility"

APRIL 25 2026

**FULL DAY EVENT! \$25
DOORS OPEN AT 8:00AM**

CONTINENTAL BREAKFAST AND
LUNCH PROVIDED

LINE UP OF AA AND AL-ANON
SPEAKERS

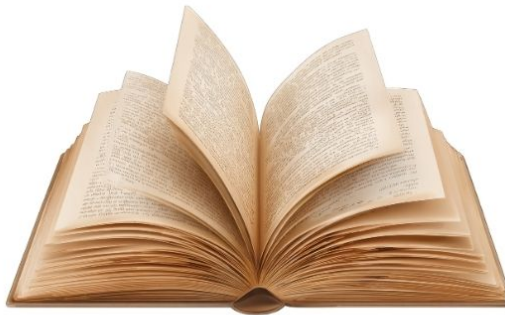
ST. GEORGES ANGLICAN CHURCH
4691 PALLADIUM WAY, BURLINGTON



Hamilton & Districts

24th Annual Archives Breakfast

Sunday, May 3rd, 2026



Location: Knights of Columbus

222 Queenston Road, Hamilton

Tickets: \$25.00 (includes catered
breakfast)

Speaker: Bruce B. West Toronto

Ticket purchase available by E-transfer to sgc@cogeco.ca
(include "Archives & your name" in the E-transfer message)

Pre-purchased tickets can be picked up at door

Doors open at 8:30am

Limited tickets will be available at the door

Fellowship: 9:00am - 9:45am

Opening Remarks & Grace: 9:45am

Breakfast: 10:00am

Speaker: 11:00am

Sobriety Countdown: 12:00pm

Door Prizes and 50/50!



For more information:



archives@aahamilton.org

AA Central Office:

(905) 522-8399

Please join us to honour and remember together in unity.

District 5 Area 86

Welcome to our 49th Annual Roundup

“A VISION FOR YOU”

Please join us for a wonderful day of sharing and fellowship with one another

Sunday May 3, 2026

Bruce Township Community Centre

1240 Concession 6, Underwood

(Between Port Elgin & Tiverton Hwy 21)

Cost - \$20.00 Doors open 8:30 a.m. (opening ceremony 9:00 a.m.)

***AA Speakers**

- Dorothy K. - Melrose Group, Etobicoke
- Heidi M. - New Celebration of Life Group – Fergus
- Marty C. - Prince George Group - Hamilton

***Alanon Speaker**

- Tanis T. - Tuesday Night Serenity Group - Orangeville

***Displays for Literature, Grapevine & More !**

***Report from our Alternate Delegate**

***Sobriety Countdown**

***Lunch is provided**

*** Full Day of Fellowship**



Questions? Please contact : roundup.dist5area86@gmail.com

District 11 Archive Breakfast

The *Heartbeat* *of AA*

*H
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P*

Saturday
June 13, 2026
Colborne United Church
711 Colborne St.,
London On.



- ♥ *Doors Open 8:00 am*
- ♥ *Opening*
- ♥ *Archive Presentation*
- ♥ *Breakfast*
- ♥ *Panel Speakers*
- ♥ *Appreciation & Door Prizes*
- ♥ *Closing*

Tickets: \$20.00 ea. in advance

Contact: archives.aadistrict11@gmail.com

Fred K/ Lisa S. Clear Air Group

Gerry Mc – Beginners Group

Jason R. – Old South 12 & 12

Marg K. – Big Book Workshop Group