

Birthdays!

Name	Sobriety Date	Yrs	Celebration
Angel Group			
Jasmine B.	Aug 13, 2025	1	Aug 19, 10am
Beginner's Group			
Sam N.	Aug 4, 2025	1	Aug 26, 7pm
James H.	Aug 10, 2024	2	
Josh P.	Aug 11, 2025	1	Aug 26, 7pm
Andrew W.	Aug 12, 2024	2	
Mark R.	Aug 15, 2025	1	Aug 26, 7pm
Nick S.	Aug 28, 2022	4	
Centennial Group			
Kathy C.	Aug 14, 2009	17	
Early Bird Grapevine Group			
Michelle M.	Aug 7, 2018	8	
Just For Today			
Jason S.	Aug 11, 2025	1	Aug 14, 7:30pm
Evan R.	Aug 17, 2025	1	Aug 21, 7:30pm
Old South 12 & 12 Group			
Cheryl T.	Aug 20, 2018	8	
Donna S.	Aug 21, 2025	1	
Renee P.	Aug 27, 2023	3	
Pond Mills Men's Group			
Jeff R.	Aug 2, 2022	4	
John M.	Aug 20, 1983	43	
St. Jude's Group			
Misa O.	Aug 18, 2021	5	Sept 2, 7pm
Michael J.	Aug 28, 2025	1	Sept 23, 7pm
Ken Q.	Aug 30, 2021	5	Sept 2, 7pm
The Solution Group			
Christina P.	Aug 3, 2024	2	
Ryland N.	Aug 30, 2025	1	
Trinity 12 & 12			
Andrea J.	Aug 31, 2021	5	Sept 15, 10am



Do you think you may have a problem with alcohol?

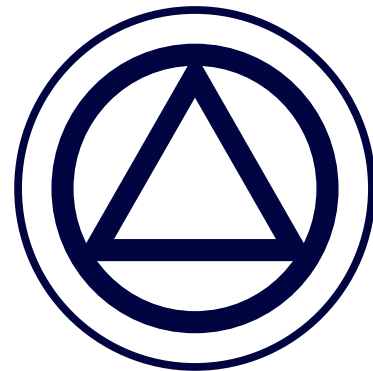
Please call our 24hr Helpline at
(519) 438-1122

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



August 2026

Next District 11 Hybrid Meeting

Tuesday, August 12, 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

August Hours

Mon & Wed: 12pm – 3:30pm

****CLOSED MON, AUG 3rd****

Sat, Aug 1: 12pm – 3:30pm

Sat, Aug 15: 12pm – 3:30pm

Sat, Aug 15: 12pm – 3:30pm

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



2A5-30 Adelaide Street North
London, ON N6B 3N5

First floor, back left

Announcements

Volunteer Opportunities

The following service committees are in need of volunteers:

- Corrections - Contact Lynn B. for more info: corrections.aadistrict11@gmail.com
- Treatment and Accessibilities & Remote Communities - Contact Martin O. for more info: treatment.aadistrict11@gmail.com
- Public Information / Cooperation with the Professional Community - contact Fred K. for more info: picpc.aadistrict11@gmail.com
- Bridging the Gap - contact Gerry M. for more info: londonmdxtas@gmail.com

Upcoming Events

Woodstock's 43rd Marathon of Unity Convention

Date: Aug 14, 15 & 16

Location: South Gate Centre, 191 Old Wellington St. South, Woodstock, ON

Creemore Stayner Wasaga Beach 2026 Roundup

Date: Aug 15 @ 8:30am

Location: Royal Canadian Legion, 27 Wellington St. W., Creemore, ON

Area Committee Meeting

Date: Aug 15 @ 10am

Location: Church of the Epiphany, 96 Main St. W, Kingsville, ON

Public Information and Cooperation with the Professional Community - Virtual Meeting

Date: Sept 7 @ 7pm

Location: Virtual

Cindy H. 45th Anniversary - St. Marys

Date: Sept 11 @ 7pm

Location: St. James Anglican Church, 65 Church St. S., St. Marys, ON

District 17 Freedom Roundup

Date: Sept 12 @ 8:45am

Location: Strong Jolly Arena, 14 Albert St. N, Sunridge, ON

District 23 Essex County One Day Round Up

Date: Sept 19 @ 9am

Location: Strong Jolly Arena, 14 Albert St. N, Sunridge, ON

London Middlesex 2026 Roundup

Date: Sept 12 @ 8:45am

Location: Marconi Club of London, 120 Clarke Rd., London, ON

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

District 11 Archives Spotlight Of The Month

Celebrating Sobriety

Sister Ignatia, the nun who helped Dr. Bob get the hospitalization program started at St. Thomas Hospital in Akron was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking.

Cit: Grapevine February 1948

Dr. Bob and the Good Oldtimers page 195



Prior to our Central Office offering engraving, Nash Jewelry Goldsmiths sometimes made & engraved our Medallions



Medallions are Available and Engraved by
Our Volunteers at Our Central Office
30 Adelaide St Unit 2A5

Service Spotlight

Charlie C. - District 11 Newsletter & Website Subcommittee Chairperson

What inspired you to take on this service position?

I have known my way around a computer since I was a kid. I dabbled in graphic design and also designed mini web applications for fun (one of which being a calculator that told me how many alcoholic units I was getting per dollar; I wanted to find the best deal, haha.) So when I heard that the position was open, I had a moment where I felt like I was being called to take it on. I thought that taking it on would be a great way to use these specific skills to give back to AA.

What are the main responsibilities of your role?

The main responsibilities of my role are compiling content for and designing the monthly newsletter, updating the District 11 website and meeting list with the most current information and answering general inquiries via email. I also provide technical support for the gmail accounts for the District 11 officers and subcommittee chairpersons.

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

It has made me realize how much actually goes on behind the scenes. There are so many moving parts to AA that work together so that the newcomer can have a chance at receiving the gifts that have been so freely given to us. As for myself, I have learned that the more sense of purpose and usefulness I have the better the quality of my sobriety is.

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

Near the beginning of my tenure and the handover of the gmail accounts associated with each position there was a lot of struggle with sorting out passwords, recovery methods and generally gaining access to the accounts. I took it one step at a time and coordinated with the account holders to make the necessary changes.

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

I received a general inquiry through the webmaster email regarding someone coming out of treatment and looking for a sponsor in a neighbouring town. Given I didn't know anyone in that town, I had to ask around and in the end I was able to send a phone number to this person, thanks to the help from the community. Whether or not that person used it is beyond me, but I felt good knowing I made an effort to make AA accessible.

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

If you love computers and design, give it a shot. In my opinion it a lot of it is essentially data entry, just more steps. You wouldn't have to reinvent the wheel, there are plenty of design templates available. It is not super demanding in terms of time; I probably do a total of 2 hours of work each month, often less. If you have the skills and want to give back, the position will be open at the end of December 2027.

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. — The Solution Group

District Treasurer
Linda M. — Early Bird Grapevine Group

Central Office Treasurer
Mary C. — Early Bird Grapevine Group

Subcommittee Chairpersons

Alkathon
Amanda B. — The Solution 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. — The Solution 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

Woodstock's 43rd Annual Alcoholics Anonymous

Marathon of Unity Convention

August 14, 15 and 16, 2026

NO Registration Fee ~ 7th Tradition (Donations) Only!

New Venue New Address New Venue New Address

**South Gate Centre, 191 Old Wellington St. South,
Woodstock, ON N4S 3J2**

can also access parking from Victoria St S.- turn south off Henry St./train station

Friday, August 14th

5:00 pm - Doors Open ~ Fellowship & Coffee

6:20 pm - Opening Ceremonies & Welcome

6:30 pm - AlAnon: *Peggy C., Stratford, ON*

8:00 pm - A.A.: *Jenn S., Kitchener, ON*

Saturday, August 15th

9:00 am - A.A.: *Dennis D., Simcoe, ON*

11:00 am - A.A.: *Odie M., Niagara Falls, ON*

~ Lunch Break ~

1:30 pm - AlAnon: *Tom R., St. Mary's, ON*

3:00 pm - A.A.: *Jesse B., Cambridge, ON*

5:00 pm - Dinner ~ Beef Barbeque (on site)



Adults: \$ 25.00 per person

Children 12 & Under: \$8.00

Saturday, August 15th

6:30 pm - District Update

6:45 pm - 50/50 Draw, A.A. and Al-Anon

"Countdown to Sobriety" *Followed by*

Banquet Speaker: Dan D., Hamilton, ON

Sunday, August 16th

9:00 am - A.A.: *Maureen W., Sault Ste Marie, ON*

10:30 am - A.A.: *Jamie L., Kitchener, ON*

~ Closing Ceremonies ~

► **Water and Soda** available between speakers..
Fries, Hamburgers, and **Hotdogs** from the
kitchen... **Friday evening & Saturday**
lunchtime



- A.A. Recording ~ by WearYourRecovery.com
- A.A. Literature + Books ~ by InterGroup London
- AA Grapevine Books & more... ~ District 22
- A.A. Jewelry & more... ~ by All That Glitters

A.A. Hotline/TAS 519-438-1122

For more information,

Contact: woodstockmou@gmail.com



26th Annual CSW (New Venue)

CREEMORE - STAYNER - WASAGA BEACH A.A. ROUNDUP with Al-Anon

Saturday, August 15th, 2026

Royal Canadian Legion
27 Wellington St. W.,
Creemore, Ontario

One Drink One Drunk

Doors open at 8:30 am for registration and coffee

Meeting Starts at 9:30 am with our 1st Speaker

“ Special Banquet Speaker

(To be Announced)

Plus many other A.A. & Al-anon speakers

Pre-Registration for dinner is required by August 7th, 2026

Tickets

Lunch (on site) – \$15

Dinner & Day Pass – \$35

Day Pass (at the door) – \$10

For more information, please contact

Amanda S. (416) 459-5960

E-Transfer For Dinner Tickets

Send to: CSWroundup@gmail.com

~ Experience • Strength • Hope ~

Please Join Us!

The Primary Purpose Big Book
Discussion Group of St. Mary's

Celebrates
Cindy H.

WHEN:

Friday,
September 11
7:00 PM – 8:00 PM

45

YEAR MEDALLION
of Sobriety

SPEAKER:

Bev T.
Welcome Home Group
Listowel
(Formerly from London)

WHERE:

Primary Purpose Group
St. James Anglican Church
65 Church St. S.
St. Marys, ON N4X 1B8
Canada

*Bring a
Newcomer.
Bring a
Friend!*

Followed by fellowship and a
birthday/sober anniversary
celebration featuring
**delicious soup,
birthday cake,
and great fellowship!**

*Warm Soup.
Warm Hearts.
Great Fellowship!*



Area 86 AA Panel 76 Public Information and Cooperation with the Professional Community

VIRTUAL MEETING

Area Subcommittee Chairs Jeff C, PI and Jaye A, CPC are looking forward to reconnecting with District PI/CPC Subcommittee Chairs and fellow PI/CPC enthusiasts for this casual 1 hour get together. We hope you will share this opportunity with all members wishing to learn and join in our outreach efforts to bring AA to the suffering alcoholic.

Date & Time

Tuesday
September 8, 2026
7pm EST

Zoom Meeting

ID: 832 3189 9386
Passcode: 044207

Information

pi@area86aa.org
cpc@area86aa.org

- Share Ideas
- Ask questions
- Discuss potential collaboration opportunities
- Build a network of supportive peers and mentors



DISTRICT 17 - FREEDOM ROUND-UP

**STRONG JOLLY ARENA
SUNDRIDGE, ONTARIO**

SATURDAY, SEPTEMBER 12TH 2026

HUMILITY IN ACTION

Please join us for a day of Fellowship

AA AND AL-ANON SPEAKERS

\$40.00 per person - Lunch and Dinner

\$30.00 - Lunch - No Dinner

**To help out with catering costs, please register by
e-transfer to:**

freedomroundup@outlook.com

**Please include names of attendees in the banking
message box.**

Dinner deadline is September 5, 2026

In house registration,

Coffee and Goodies

8:45

Our program begins at 9:45

ALCOHOLICS ANONYMOUS DISTRICT 25 *Round-Up*



Date:

September 12th, 2026



Tickets: **\$25**



9:00am-6:00pm

Purchase online:

<https://aanorthhaltonerin.org/event/round-up/>



Broadway Pentecostal Church
556 Broadway,
Orangeville, ON.

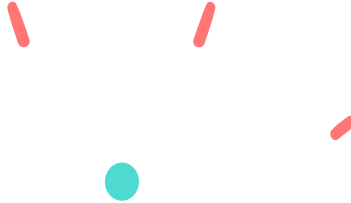
- ✓ Lunch & Snacks Provided
- ✓ AA & Al-Anon Speakers
- ✓ Door Prizes
- ✓ 50/50 Draw

and more!





District 23 Essex County One Day Round Up



COURAGE TO CHANGE SEPTEMBER 19, 2026

AA Speakers:
Norma Z – King City ON
George H-Nobleton ON

AI – Anon Speaker:
Kelly B Kingsville ON

Doors Open at 9:00 am
Spiritual Panel
AA & AI Anon

Contact :

Rosi V. 519-329-3136 * Mike B. 647-294-5372*
onedayroundup@essexcountyaa.com

**Baked Goods
by
AI Anon**

Lakeside Pavilion
315 Queen Street
Kingsville, ON
Doors open 9am

**Tickets
\$40**

