# Birthdays!

| Name | Sobriety Date | Yrs | Celebration |
|---|---|---|---|
| **Angel Group** | | | |
| Dave R. | Oct 14, 2009 | 17 | |
| **Beginner's Group** | | | |
| Kelly H. | Oct 4, 2020 | 6 | |
| Dylan | Oct 19, 2022 | 4 | |
| Dave J. | Oct 20, 2025 | 1 | Oct 28, 7pm |
| Jamie V. | Oct 22, 2022 | 4 | |
| Colin | Oct 23, 2023 | 3 | |
| **Big Book Journey Group** | | | |
| Johnny C. | Oct 16, 2025 | 1 | Oct 22, 8pm |
| **Centennial Group** | | | |
| Fiona C. | Oct 14, 2001 | 25 | Oct 19, 8pm |
| **Early Bird Grapevine Group** | | | |
| Joy M. | Oct 12, 1988 | 38 | |
| **Old South 12 & 12** | | | |
| Jason R. | Oct 11, 2017 | 9 | |
| **Pond Mills Men's Group** | | | |
| Gary H. | Oct 26, 1997 | 29 | |
| **St. Jude's Group** | | | |
| Rick A. | Oct 2, 2002 | 24 | |
| Stan J. | Oct 4, 2025 | 1 | TBA |
| Matt S. | Oct 31, 2025 | 1 | TBA |
| **The Solution Group** | | | |
| Chad C. | Oct 5, 2023 | 3 | |
| Tommy S. | Oct 8, 2007 | 19 | |
| **Trinity 12 & 12** | | | |
| Pat P. | Oct 3 | 23 | |

## Volunteer Opportunities

**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

## 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

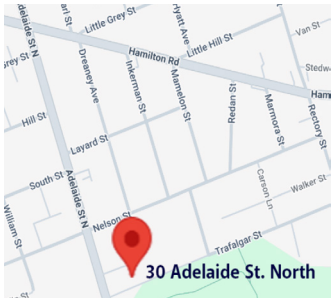
# October 2026

**Next District 11 Hybrid Meeting**
Tuesday, October 13, 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

**October Hours**
Mon & Wed: 12pm – 3:30pm
**CLOSED MON, OCT 12th**
Sat, Oct 10: 12pm – 3:30pm
Sat, Oct 24: 12pm – 3:30pm (OPEN HOUSE EVENT)

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




2A5-30 Adelaide Street North

*First floor, back left*

# Announcements

### From Big Book Workshop Group

There will be no meeting October 26th.

### Open House Event @ Central Office

Our Central Office will be hosting a FREE open house event on October 24th from 12pm to 3:30pm! Drop by for live music, door prizes, special event pricing, cake cutting and refreshments! 2A5-30 Adelaide Street North, London, ON

### Alkathon meeting time slot registration open

If your group would like to support the 2026 Alkathon by hosting a meeting, please email: alkathon.aadistrict11@gmail.com to sign up!

### Area 86 Fall Assembly

Details of the Area 86 Fall Assembly have been announced. If you are interested in learning about service in AA, this is a great event to attend! For more info and to sign up for the Ice Cream Social or the Banquet dinner please visit aadistrict.11.ca/assembly

### Meeting Changes/New Meeting

- Saturday, October 3rd will be the last meeting of the Outside Ishhhhh You Group
- On Friday, October 9th, The Empire Group will have its first meeting at 55 Foxbar Rd at 7pm
- As of November 2nd, the Kilworth Men's Group will be meeting at 7pm

# Upcoming Events

### Strathroy Mini Roundup

Date: Oct 17 @ 12pm

Location: Compass Community Church, 405 Drury Lane, Strathroy, ON

### Open House @ The Central Office

Date: Oct 24 @ 12pm

Location: 2A5-30 Adelaide Street North, London, ON

### Area 86 Fall Assembly

Date: Oct 30 - Nov 1

Location: Oakville Conference Center 2515 Wyecroft Rd, Oakville, ON

### London Middlesex 2026 Roundup

Date: Nov 14 @ 8:45am

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

### 2026 Alkathon

Date: Dec 24 @ 3pm - Dec 25 @ 3pm

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*

"It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times.
I spend a great deal of time passing on what I learned to others who want and need it badly.

I do it for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip."

Cit: Big Book 4th Ed- Page 180- 181
Dr. Bob's Nightmare

# 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**

# Reconnecting...

**Saturday, October 17, 2026-** 7th tradition only. Hosted by The Extra Mile Group, Strathroy (meets Sunday at 7PM at Compass Community Church)

Come
Join us...

Location: Compass Community Church, 405 Drury Lane, Strathroy, ON.

Doors open 12:00 Noon

**Speakers**

**First meeting: Philip Z., 12:30 PM, AA**

**Second meeting: Pam G., 2:00 PM, Al-Anon**

**Third meeting: Eden D., 3:30 PM, AA**

Coffee, water, and snacks provided.

AA CENTRAL OFFICE – District 11, Area 86

# BULLETIN #21 – SEPTEMBER, 2026

FUN!!

## YOU'RE INVITED:

## London Central Office

## Open House Event

**Saturday, Oct. 24th - 12 to 3:30pm**

***OFFICIAL PROGRAM at 1:00pm***

**30 Adelaide St. N., Unit #2A5**

**London, ON.**

**N6B 3N5**

**(519) 438-9006**

## COME SEE OUR NEW RENOVATIONS!

**********

- ***LIVE MUSIC***
- **DOOR PRIZES**
- **SPECIAL EVENT PRICING**
- **CAKE CUTTING**
- **REFRESHMENTS**

## ANOTHER COMPLIMENT FROM A RECENT VISITOR!

***It was truly a delightful surprise to visit the store yesterday! So welcoming and smoothly operating! Many thanks to you, and the volunteers, for your service, and to God, for letting your vision come to life. I now look so forward to my next chance to be there. To have a chore turned into the highlight of my day, is quite extraordinary. Prayers & Love , Always, Heather W.***

## VOLUNTEER PICK OF THE MONTH

Over75 A.A. members from around the world share about what the terms "spiritual awakening", "Higher Power", and "God as we understood Him" mean to them. Offers a range of perspectives on what spirituality can look like in the context of Alcoholics Anonymous. General Service Conference approved.

## ABC MEETING TOPICS

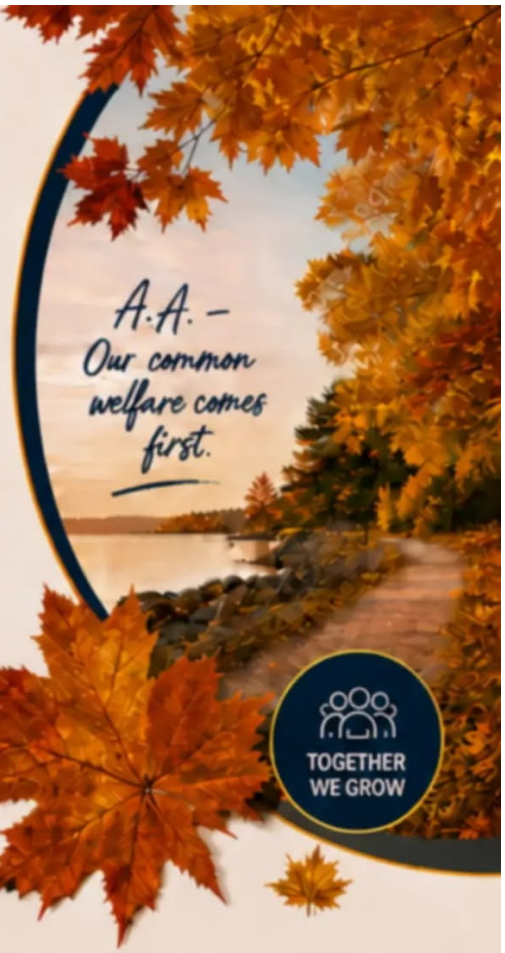
| | | |
|---|---|---|
| Acceptance, Amends, Anonymity | Kindness, Knowledge | Temper, Tolerance, Truth, Today |
| Behaviour, Belonging, Blackouts | Love, Loneliness, Live & Let Live | Unselfish, Unity, Understanding |
| Conscience, Complacency, Complex | Meetings, Morals, Meditation | Vanity, Values, Virtues, Vulgarity |
| Desire, Decisions, Depression | New Life, Ninth Step, Newcomers | Worry, Way of Life, Willingness |
| Easy Does It, Emotions, Egos | Obligations, ODAAT, Oldtimers | Yesterday, Youth |
| Faith, Fear, Fellowship, Fatigue | Prayer, Personalities, Principles | Zest for Sobriety |
| Gratitude, Gossip, Guilt, Grace | Quality vs Quantity, Quiet Time | |
| Inferiority, Illness, Immaturity, Inside | Resentments, Recovery, Remorse | |
| Jealousy, Joy, Judging | Surrender, Serenity, Spirituality | |

## THE IMPACT OF CENTRAL OFFICE

*I had the opportunity to volunteer at Central Office for 3 years and it was a tremendous experience… and it was a great pleasure. It taught me how to help people, engage in conversation and how to get better by getting out of my way. Sarah S., The Beginners Group*

# AREA 86 FALL Assembly 2026

UNITY • SERVICE • RECOVERY




**DATES:**
October 30th—November 1st, 2026

**BUILDINGS:**
Oakville Conference Center
Bronte Holiday Inn

**ADDRESS:**
2525/2515 Wyecroft Rd, Oakville, ON L6L 6P8

| FRIDAY | SAT-SUN | SATURDAY | SATURDAY | SATURDAY NIGHT | SUNDAY |
|---|---|---|---|---|---|
| ICE CREAM SOCIAL | LUNCHES | WORKSHOPS | ASK IT BASKET | BANQUET DINNER | MOTIONS |

ONE DAY AT A TIME. TOGETHER. WE MAKE IT HAPPEN.

# London Middlesex ROUNDUP 2026

*Strength in Fellowship*

## Saturday, November 14, 2026

Marconi Club, 120 Clarke Road, London, ON

## Tickets: $45 each

## Continental Breakfast & Lunch

Registration opens at 8:00am. Opening Remarks at 9:00am

| 9:30am - 10:30am | 11:00am - 12:00pm | 1:30pm - 2:30pm | 3:00pm - 4:00pm |
|---|---|---|---|
| AA Panel<br>*You are not alone* | AA Couple | Gudrun M<br>London | Jeff S<br>Hamilton |

Buy Tickets from any committee member or online at Eventbrite: ***2026lmr.eventbrite.ca***

Look for members selling tickets from (but not limited to):

*The Solution Group, Centennial, Angel Group*

**Tickets also available at the Central Office**

You can also buy a ticket by sending an e-Transfer to *londonroundup@gmail.com* (make sure to include your name!)

***Strength in Fellowship***

UNITY SERVICE AA RECOVERY

**For more information:**
***londonroundup@gmail.com***

# Join Us For Alkathon 2026

24 hours of food, fellowship, meetings, and holiday cheer.

NEW LOCATION !

**The Marconi Club of London**

**120 Clarke Rd, London, ON N5W 5E1**

**DEC 24TH @ 3PM**
**-**
**DEC 25TH @ 3PM**

**Holiday Dinner -** December 24th 5pm-8pm

~ Open Seating ~

overnight snacks on the 24th

→ NO TICKETS NEEDED ←

continental breakfast on the 25th

**Dessert donations are welcomed!**

Scan to email

**alkathon.aadistrict11@gmail.com**

**Email to sign your group up to host a meeting.**

First meeting = Dec 24th @ 3pm
Last meeting = Dec 25th @ 2pm

Al-Anon Participation

AL-ANON
for families & friends of alcoholics

Scan to join virtual meetings

UNITY SERVICE AA RECOVERY ®

**Many meetings will also be virtual**

virtual ID: **820 7665 6451**
virtual password: **386886**

**The venue is fully accessible**

# Alkathon 2026 Meetings

3:00pm-3:55pm: The Angel Group
4:00pm-4:55pm:
5:00pm-5:55pm:
6:00pm-6:55pm:
7:00pm-7:55pm: Al-Anon Family Groups
8:00pm-8:55pm: Opportunity Big Book
9:00pm-9:55pm:
10:00pm-10:55pm:
11:00pm-11:55pm:
12:00am-12:55am:
1:00am-1:55am:
2:00am-2:55am:
3:00am-3:55am:
4:00am-4:55am:
5:00am-5:55am:
6:00am-6:55am:
7:00am-7:55am:
8:00am-8:55am:
9:00am-9:55am:
10:00am-10:55am:
11:00am-11:55am:
12:00pm-12:55pm:
1:00pm-1:55pm:
2:00pm-2:55pm:

*To sign your group up for a time slot please email:* ***alkathon.aadistrict11@gmail.com***

UNITY SERVICE AA RECOVERY