Birthdays!

Name	Sobriety Date	Yrs	Celebration
Beginner's Group			
Adrienne	Sept 27, 2021	5	Sept 30, 7pm
Gerry M.	Sept 29, 2022	4	
Big Book Journey Group			
Peggy M.	Sept 14, 1990	36	
Jenn M.	Sept 14, 2012	14	
Just For Today			
Gail Y.	Sept 14, 1997	29	
Liberty Breakfast			
Mike T.	Sept 1, 1998	28	
Bobbi-Jo	Sept 12, 2024	2	
Mike G.	Sept 27, 2007	19	
St. Jude's Group			
Francis B.	Sept 1, 2024	2	
Robbie P.	Sept 2, 2025	1	Sept 2, 7pm
Trevor H.	Sept 8, 2022	4	
Strathroy Friendly Group			
Colin P.	Sept 22, 2017	9	
The Solution Group			
Trevor	Sept 7, 2025	1	
Leon H.	Sept 13, 2021	5	
Ally V.	Sept 14, 2025	1	
Dominic D.	Sept 18, 2025	1	
Amanda B.	Sept 20, 2014	12	
Tuesday North Group			
Doug S.	Sept 15, 1991	35	Sept 29, 8pm
Leslie B.	Sept 23, 2019	7	
Darcy C.	Sept 24, 2022	4	
Trinity 12 & 12 Group			
Andrea J.	Aug 31, 2021	5	Sept 15, 10am
Lois S.	Sept 1, 2016	10	Sept 1, 10am
Margaret C.	Sept 4, 2016	10	Sept 8, 10am
Yoga O.	Sept 17, 2022	4	
Drew J.	Sept 25, 2012	14	

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

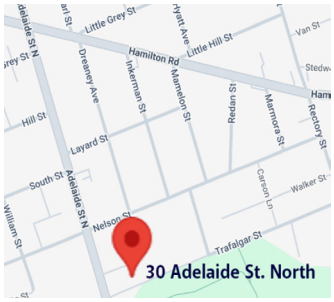
September 2026

Next District 11 Hybrid Meeting
Tuesday, September 8, 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

September Hours
Mon & Wed: 12pm – 3:30pm
CLOSED MON, SEPTEMBER 7th
Sat, Sept 12: 12pm – 3:30pm
Sat, Sept 26: 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

From Just For Today

Just For Today will be celebrating the group's 5th anniversary Friday, September 4th at 7:30pm at East Lions Community Centre. Dennis G. of the Thursday night Lakeview Group will be the speaker, followed by fellowship and cake. Please join!

Also, there will be no meeting September 11th.

From Serenity In The Park

The last meeting of the season will be on Friday, September 26th.

From Big Book Workshop Group

There will be no meeting October 26th due to the election.

London-Middlesex Roundup 2026

Tickets are $45 and are available through e-transfer: londonroundup@gmail.com (please include name in the note) or at aadistrict11.ca/roundup-tickets

Upcoming Events

Public Information and Cooperation with the Professional Community - Virtual Meeting

Date: Sept 7 @ 7pm
Location: Virtual
Meeting ID: 832 3189 9386,
Passcode: 044207

Cindy H. 45th Anniversary - St. Marys

Date: Sept 11 @ 7pm
Location: St. James Anglican Church, 65 Church St. S., St. Marys, ON

District 14 Beyond The Steps Roundup

Date: Sept 19 @ 9am
Location: Trinity Anglican Church, 1194 Murphy Rd., Sarnia, ON

2026 Port Stanley Fall Roundup

Date: Sept 26 @ 8am
Location: Port Stanley Arena & Community Centre, 332 Carlow Rd., Port Stanley, ON

London Middlesex 2026 Roundup

Date: Nov 14 @ 8:45am
Location: Marconi Club of London, 120 Clarke Rd., London, ON

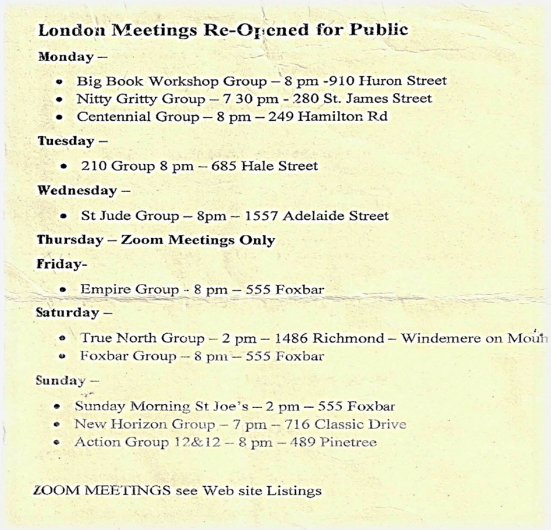
2026 Alkathon

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

Most AA's today can remember March 1 , 2020 when Covid shut down our meetings, creating the birth of virtual meetings followed by a very few slow to re-open doors with all those rules – social distancing, masks, room ratios, sign in sheets etc.



London Meetings Re-Opened for Public

Monday –

- Big Book Workshop Group – 8 pm -910 Huron Street
- Nitty Gritty Group – 7 30 pm - 280 St. James Street
- Centennial Group – 8 pm – 249 Hamilton Rd

Tuesday –

- 210 Group 8 pm – 685 Hale Street

Wednesday –

- St Jude Group – 8pm – 1557 Adelaide Street

Thursday – Zoom Meetings Only

Friday-

- Empire Group - 8 pm – 555 Foxbar

Saturday –

- True North Group – 2 pm – 1486 Richmond – Windemere on Mou
- Foxbar Group – 8 pm – 555 Foxbar

Sunday –

- Sunday Morning St Joe's – 2 pm – 555 Foxbar
- New Horizon Group – 7 pm – 716 Classic Drive
- Action Group 12&12 – 8 pm – 489 Pinetree

ZOOM MEETINGS see Web site Listings

Some A.A's today may remember earlier times when May 31st, 2006 was the final day to legally smoke indoors anywhere in Ontario. Leading up to this some Groups moved locations several times to enable their Group to continue smoking. A good number of A.A's were riled up while a good number were relieved to be able to attend a meeting and breathe a little easier.

Many a member's Service had began washing ashtrays.

26 years prior to this District 11's Clear Air Group opened as the first non-smoking meeting wondering if anyone would attend. Ahead of their time, they are still meeting today.

Those before us had matchbooks and ashtrays as well as highball glasses engraved proudly offering them as event gifts.

Alcoholics Anonymous has demonstrated a remarkable adaptability decade over decade of change and crisis – not only to survive and adapt but to grow and expand globally since 1935.

Archive Display Items May Be Viewed at Our Central Office
30 Adelaide St. Unit 2A5

Service Spotlight

Teresa V. - District 11 Alternate District Committee Member (Alt. DCM)

What inspired you to take on this service position?

What inspired me to take on this position was that I wanted to be able to give back to AA that was so freely given to me.

What are the main responsibilities of your role?

My main responsibilities are to assist the District Committee Member (DCM)at all Area 86 Assemblies and Area Committee meetings, striving to obtain a good working knowledge of the duties of the DCM, and recognizing the necessity to assume those duties in the event of loss of the DCM. Until an election can occur also to assist in the preparation of the Agenda of District meetings.

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

I have learned to have patience, love and tolerance to be able to keep an open mind.

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

My biggest challenge is that I put my hand up and to have the confidence in myself to do the position.

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

My most rewarding is that I remain teachable, learn all of the service language and meeting some really great and knowledgeable Trusted Servants.

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

What I have to pass on to the next person that takes on this position is to just raise your hand and let your Higher Power do the rest.

Current District 11 Volunteer Service 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

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

Area 86 AA Panel 76

Public Information and Cooperation with the Professional Community

VIRTUAL MEET ING

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 enthusiast 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	Zoom Meeting	Information
Tuesday **September 8, 2026** **7pm EST**	**ID: 832 3189 9386** **Passcode: 044207**	**pi@area86aa.org** **cpc@area 86aa.org**

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

Please Join Us!

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

Celebrates

Cindy H.

45 YEAR MEDALLION
of Sobriety

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

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!

★ DISTRICT 14 ★

PRESENTING

BEYOND THE STEPS

- SPECIAL GUEST SPEAKER
- INTERACTIVE EXPERIENCES
- COMMITTEE DISPLAYS
- FELLOWSHIP
- POTLUCK LUNCH
  (SEE FOOD FLYER FOR DETAILS)

SATURDAY, SEPTEMBER 19, 2026

9:00 AM – 2:00 PM

TRINITY ANGLICAN CHURCH
1194 Murphy Rd., Sarnia, ON

CONNECTION • INSPIRATION • SERVICE

Beyond the steps

UNITY · SERVICE · AA · RECOVERY

WHAT WILL YOUR GROUP BRING TO THIS *fun filled time*

PUT ON BY DISTRICT 14

AT TRINITY ANGLICAN CHURCH ON MURPHY RD

WE ARE LOOKING FOR:
SANDWICHES, VEGGIES, FRUIT, BREAKFAST STYLE ITEMS – BAGELS, YOGURT, ETC.

WE ARE ALSO LOOKING FOR:
DESSERTS, SALADS

ANYTHING YOU AND YOUR GROUP WOULD LIKE TO CONTRIBUTE.

Come one and come all

AND FIND OUT WHAT IS BEYOND THE STEPS!

PLEASE SIGN UP WITH

MARY B (MUSTANG MARY)

newsletter@aasarnialambton.com

WE NEED THESE ITEMS *for* SATURDAY SEPT 19

9AM

PORT STANLEY FALL ROUNDUP

Theme: LIVING THE DREAM

Saturday, September 26, 2026

8:00 am to 5:00 pm

Port Stanley Arena & Community Centre
332 Carlow Rd., Port Stanley

Beach Meditation Walk 7:30 am

Meet at Mackies on the Beach

Coffee, Tea, Juice & Muffins
8:00 am

AA & Al-Anon Speakers

9:00 am – 5:00 pm

Hot Buffet Lunch catered by
Cindy & Bill (Spare Parts Diner)

TICKETS: Adults $30 & Kids $10

For more information or to BUY TICKETS, please email portstanleyfallroundup@gmail.com

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 *You are not alone*	AA Couple	Gudrun M London	Jeff S 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