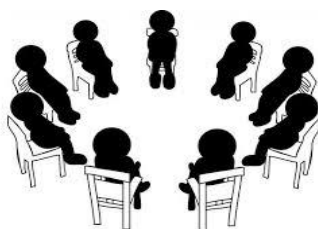


We Stood At The Turning Point

Stories, news and information from our fellowship in the Cornwall Area



A member shares their Spiritual Experience
pg.2



Page 4,5 & for upcoming conferences
Page 7 a Poem from a member
Page 8 Puzzle Recovery Corner
Page 9 get involved

TRADITION THREE

“The only requirement for A.A. membership is the desire to stop drinking.”

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership even depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as aa group, they have no other affiliation.

STEP THREE

“ Made a decision to turn our will and our lives over to the care of God as we understood him.”

Step three is like opening a locked door. How shall er let God into our lives? Willingness is the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to a Higher Power. Misuse of willpower. Sustained and personall exertion necessary to conform to God’s will.

SPIRITUAL EXPERIENCE (AWAKENING)

A number of years ago I was asked to speak on "Spiritual Experience." I studied, researched, consulted others, prayed and wrote on the subject. In the end I spoke of my beginnings in the program of Alcoholics Anonymous. To be lifted out of that hopeless place of truly believing there was no other solution than to end my earthly existence; does this not fit all the criteria of a "Spiritual Experience."

I was two or three years sober when I was first asked to share my experience, strength and hope at a meeting. I had a week to prepare. I knew to ask God for direction since this was the Primary Support of daily Sobriety for me. I did not know how to end the talk (not realizing that it is not a prerequisite). I went to the most familiar place I knew to get quiet and be with my Creator. I rarely entered churches at that time, but I felt this was where I needed to be. The sermon was okay; where I got my spiritual answer was when "The Old Violin" was read. My whole being was moved by this piece of poetry. I consulted the clergy and asked if it were possible to get a copy. He was happy to comply. The poem speaks for itself.

THE OLD VIOLIN

The Touch of the Masters Hand

Twas battered and scarred, and the auctioneer thought it hardly worth his while to waste his time on the old violin, but he held it up with a smile.

"What am I bid, good people", he cried, "Who starts the bidding for me?" "One dollar, one dollar, Do I hear two?" "Two dollars, who makes it three?" "Three dollars once, three dollars twice, going for three."

But, no, from the room far back a gray bearded man came forward and picked up the bow, then wiping the dust from the old violin and tightening up the strings, he played a melody, pure and sweet as sweet as the angel sings.

The music ceased and the auctioneer with a voice that was quiet and low, said "What now am I bid for this old violin?" as he held it aloft with its' bow. "One thousand. One thousand, do I hear two?" "Two thousand, who makes it three?" "Three thousand once, three thousand twice, going and gone", said he.

The audience cheered, but some of them cried, "we just don't understand." "What changed it's worth?" Swift came the reply. "The Touch of the Masters Hand."

And many a man with a life out of tune all battered and bruised with hardship is auctioned cheap to a thoughtless crowd much like that old violin.

A mess of pottage, a glass of wine, a game and he travels on. He is going once, he is going twice, he is going almost gone. But the Master comes, and the foolish crowd never can quite understand, the worth of a soul and the change that is wrought by the Touch of the Masters' Hand.

Anonymous

Twelve Signs of a Spiritual Awakening

- 1. An increased tendency to let things happen rather than make them happen.**
- 2. Frequent attacks of smiling.**
- 3. Feelings of being connected with others and nature.**
- 4. Frequent overwhelming episodes of appreciation.**
- 5. A tendency to think and act spontaneously rather than from fears based on past experience.**
- 6. An unmistakable ability to enjoy each moment.**
- 7. A loss of ability to worry.**
- 8. A loss of interest in conflict.**
- 9. A loss of interest in interpreting the actions of others.**
- 10. A loss of interest in judging others.**
- 11. A loss of interest in judging self.**
- 12. Gaining the ability to love without expecting anything in return.**

- Anonymous

**ORC
2020
IF YOU WANT
WHAT WE HAVE**

**ONTARIO REGIONAL CONFERENCE
MARCH 20 – 22, 2020**

Sheraton Centre Hotel, 123 Queen Street West, Toronto, ON

International and North American speakers include:

Craig F. (Scotland) | Clancy I. (California)
Diana M. (Florida) | America K. (Texas)

Al-Anon speakers include:

David E. (Chicago) | Ken T. (Pennsylvania)

Visit aaorc.ca for information and registration

**Ottawa
Spring Conference**

An Alcoholics Anonymous Event with Al-Anon Participation

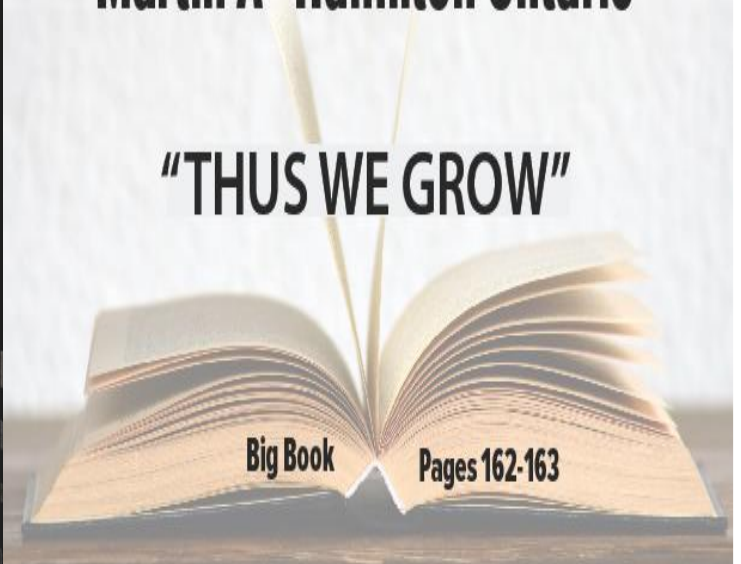
Saturday, May 2, 2020

Hellenic Meeting and Reception Centre
1315 Prince of Wales Drive, Ottawa

Banquet Speaker:

Martin A - Hamilton Ontario

"THUS WE GROW"



Admission:
\$10 in Advance, \$15 at the Door
Banquet (incl. Admission) \$55



Info:
spring@ottawaaa.org or
Cindy E-M (613) 291-2464



The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme “Love and Tolerance is our Code.” A.A. members and guests from around the world will celebrate A.A.’s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.

We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and Detroit, our host city, will be provided.

This website will be updated as more information becomes available. Also watch for articles in our quarterly news bulletin, Box 4-5-9, which is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and is also posted on the website.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org. Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee. For further information please see the Frequently Asked Questions (FAQs) on this same page.

We look forward to seeing you in Detroit!

Alcoholics Anonymous

Area 83 Eastern Ontario International

Area 83 Holds 2 Assemblies each year in Kingston, Ontario

The next Assembly and Service Information will be held:

March 27-29, 2020

Ambassador Hotel and Conference Resort

1550 Princess Street, Kingston, ON

1-800-267-7880



**Alcoholics Anonymous
ST. PATRICK'S DAY ROUND-UP**

**Saturday, March 14, 2020
RENFREW-PONTIAC DISTRICT 70**

STAYING SOBER TOGETHER

**Renfrew Armouries
115 Coumbes Drive
(Veterans Memorial Boulevard)
Renfrew, ON**

**Registration opens @ 11:30
7th Tradition
Light lunch provided**

**First Speaker 12:30/Closing Speaker 5:00
AA and Al-Anon Panels all afternoon
Potluck Dinner @ 6:00**

Free Parking -- Wheelchair Accessible

Seventh Annual

Kingston Founders' Day Round Up

Saturday June 13, 2020

Crossroads United Church 690 Sir John A. MacDonald Boulevard

11:30 Registration

- 7th Tradition Coffee, Cash Canteen
- Dinner Tickets Available for \$10.00 (includes sides and desserts)

12:00 Chair's Introduction

12:15 Brief History of Founder's Day

12:45 Newcomers' Panel

2:00 Al-Anon Panel

3:15 Old Time Members' Panel

4:30 Countdown to Sobriety

5:00 Dinner – Greek Buffet

6:00 Evening Speaker

“Rocketed into this Fourth Dimension...”

LIVE AND LEARN OR LEARN AND LIVE!

I need to learn so many lessons

before I go to my next life.

The most pressing lesson I need to learn today is

How to stay calm in the storm.

I want to learn this lesson at this very moment.

Where is the serenity?

And so, I go to the Rooms of the Wise

Where their experience, strength and hope

Lift me up with words of simple wisdom.

I hear "Stop paddling up the river let go of the paddle.

Let go and Let God.

Easy does it.

Replace fear with faith. *

Oh, how I love those Rooms of the Wise

Cause some of that Wisdom has splashed onto me.

I begin to understand that

Without the storms in my life

There would be no rainbow.

Mary Mac

PUZZLE RECOVERY CORNER

R	G	O	D	T	O	L	E	R	A	N	C	E	W	P		ADMITTED	PRAYER	
E	E	N	O	I	T	A	T	I	D	E	M	S	T	R		AGNOSTICS	PRIDE	
F	O	E	O	D	S	S	E	N	I	P	P	A	H	I		BELIEVE	PROGRESS	
L	S	L	S	S	E	R	G	O	R	P	E	A	S	D		BLESSINGS	PROMISES	
E	U	B	B	E	L	I	E	V	E	V	T	G	C	E		EASY	REFLECTIONS	
C	R	A	T	H	L	O	V	E	E	H	N	B	I	E		EGO	REPRIEVE	
T	R	E	S	P	O	N	S	I	B	I	L	I	T	Y		FAITH	RESPONSIBILITY	
I	E	G	G	T	U	N	R	R	M	E	G	S	S	W		GOD	SANITY	
O	N	A	R	O	R	P	E	O	S	N	N	T	O	I		GRACE	SHORTCOMINGS	
N	D	N	A	I	E	Y	C	S	I	F	N	E	N	S		HAPPINESS	STEP	
S	E	A	C	R	A	T	I	V	T	G	A	P	G	D		HONESTY	SURRENDER	
Y	R	M	E	R	R	N	I	P	O	Y	I	I	A	O		LIVING	TOLERANCE	
S	N	N	P	O	G	L	S	A	N	I	T	Y	T	M		LOVE	UNMANAGEABLE	
A	T	U	H	S	A	D	M	I	T	T	E	D	A	H		MEDITATION	WISDOM	
E	A	S	P	A	T	H	P	R	O	M	I	S	E	S		PATH		

REMAINING LETTERS:

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If you have any questions, remarks, suggestions for anything you have read in this newsletter we welcome you to send us an e-mail to cornwall.aa@gmail.com

As well if you'd like to submit a story of your own or join the newsletter committee we would love to see or hear from you.

Cornwall AA number 613-938-1984

We Stood At The Turning Point” publishes articles reflecting the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. “We Stood At The Turning Point” values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, “We Stood At The Turning Point” tries to embody the widest possible view of the AA Fellowship.

The editors of “We Stood At The Turning Point” reserves the right to accept or reject material for publication, based on the AA traditions. Note: this policy is consistent with that of the AA Grapevine.

Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Cornwall AA district 50. Submissions are always welcome, to submit please send to cornwall.aa@gmail.com