



District 10 Newsletter October 2016



This Month in AA History

Oct. 4, 1943

Fitz M., author of "Our Southern Friend" (4th ed. Big Book, p. 208) died from cancer.

Oct. 5, 1988

Lois Burnham Wilson, co-founder of Al-Anon Family Groups, died at age 97.

Oct. 9, 1963

1st World Service Meeting was held in New York City with delegates from 14 countries.

Oct. 15, 1904

Margaret "Marty" Mann, the 1st woman in AA to remain sober, was born. She is the author of "Women Suffer Too"(4th ed. Big Book, p. 200).

Oct. 24, 1973

1st meeting of AA Archives Committee, held at GSO, NYC.

Oct. 28-29, 1929

Stock Market collapsed. Bill W. lost all investments and instantly became \$60,000 in debt (equivalent to ½ million dollars today).

Oct. 29, 1881

Rowland Hazard, known as "the American business man" on page 26 in our Big Book, was born. He was a member of the Oxford group and Ebby Thatcher's sponsor.

Oct. 31, 1963

Dr. Sam Shoemaker died.

Birthdays

Saturday, Oct. 28th

LaHave Group:

Jim L. 31 years
John B. 11 years
Donnie W. 5 years

Sunday, Oct. 30th

Simple Coffee Group:

John K. 3 years

Wednesday, Nov. 2nd

Action Group:

Clara P. 35 years
Barb W. 4 years

Monday, Nov. 7th

New Beginnings Group:

Rick D. 29 years
Charles M. 8 years
Tom C. 2 years

Interested in 12-step work?

Join the AA phone committee!

All members welcome. Contact

Pat R. at: patwr@eastlink.ca

for more information

Announcements

Meetings:

The **LaHave Group** will be having a **12 + 12 Study Meeting** every 2nd Thursday of the month.

District 10 Meeting

Sunday, Oct. 30th
1:00 p.m. at the home of the New Beginnings Group in Liverpool. All AA members are welcome.

AA Events:

52nd Area 82 Assembly

October 7th, 8th & 9th
Dartmouth Sportsplex

District 4, 38th Annual Lighthouse Roundup

November 4th, 5th & 6th
Rodd's Grand Hotel, Yarmouth

2017 Canadian Eastern Regional Alcoholics Anonymous Service Assembly

February 24th, 25th & 26th
Crown Plaza Hotel
Moncton, New Brunswick

For more information on any of these events, visit our Nova Scotia AA website at : area82aa.org.

“Remembering Marty Mann:

The 1st Woman in AA
to Maintain Long-Term Sobriety
by Michelle P.

During the 1930s, alcoholic women suffered in silence, and Margaret “Marty” Mann was no exception.

Known as one of the first pioneer women in A.A. history, Marty’s courage and drive for educating the public on the disease of alcoholism opened the doors for both men and women alike; by dispelling the shame associated with the disease and influencing current practices of rehabilitation throughout the United States and abroad.

Born October 15th, 1904 to a wealthy family, Marty speaks of her lavish upbringing in her Big Book story, “Women Suffer Too”. Married to the town drunk at age 22 and divorced one year later, Marty sought her own lavish life in the work force as an interior decorator and an advertising agent for a New York fashion magazine. With new-found freedom and zest for life, the popular socialite never seemed to be without a drink. Work acquaintances and New York socialites observed her high tolerance for alcohol and quickly gained a reputation as a hard drinker. Despite her success, Marty grew restless and embarked upon a great adventure and sailed to London in 1930

Ten years of progressive drinking lead the once vibrant Marty Mann down the inevitable path of unemployment and living as a charity case among friends. Convinced of her insanity, she reflects “You’re mad, you’re mad, you’re mad!”, and consequently attempts suicide. Feeling hopeless and destitute, Marty returned to the U.S. in 1937 and spent fifteen months at the admitted to the Blythewood Sanitarium in Greenwich, Connecticut. Here, Marty finds hope at the hands of psychiatrist Dr. Harry Tiebout, who was intrigued with a new group of recovered drunks who called themselves Alcoholics Anonymous. Dr. Tiebout gave her a pre-publication copy of Big Book, given to him by Bill Wilson, and Marty immediately threw it back at him. Determined to help her, Dr. Tiebout arranged for AA member Popsie M. to take Marty to her first AA meeting at the home of Bill and Lois Wilson, set for April 11, 1939.

Though Marty was admittedly hesitant about the number of times the word “God” appeared in the Big Book, she recalls, “I went trembling into a house in Brooklyn filled with strangers...and I found I had come home at last, to my own kind.”

Marty and Bill became fast friends, and ultimately he became her sponsor. Despite several relapses, Marty eventually grasped the 12 steps in 1940 and continued 20 years of continuous sobriety. At the beginning of her recovery, Bill’s encouragement fuelled her drive to educate others on the disease of alcoholism, leading her to team-up with three prominent figures in the field of alcoholism: E.M. Jellinek (researcher), Dr. Howard Haggard (medicine), and Dr. Sheldon D. Bacon (sociology). Together, they devised the Yale Plan for Alcoholic Studies, and Marty’s personal experience added much-needed credibility to the intellectual stance offered by the three academics from Yale.

Paving the way to change public attitudes toward alcoholism, Marty founded The National Committee for Education on Alcoholism (NCEA) in 1944, which would eventually become the National Council on Alcoholism and Drug Dependence. Marty spoke across the U.S.

to raise much-needed funds for the non-profit group, and in doing so broke her A.A. anonymity. This, along with AA’s co-founders names appearing on the committee’s letterhead, prompted public conclusions that AA was directly affiliated with and endorsed outside organizations. Dr. Bob and Bill severed ties with the NCEA and Marty discontinued identifying herself as an AA member. If the committee and AA were to survive, each had to be seen as separate entities operating to benefit alcoholics through their own financial means and principles. Such experiences ultimately led Bill Wilson to write AA’s 12 Traditions in 1946 and Marty to write “Marty Mann’s New Primer on Alcoholism” four years later.

Her widely-read book explained the AA program and outlined the NCEA’s “disease model” which identified alcoholism as a medical/psychological condition. Appearances before State and national legislatures, congress and medical boards across the US and beyond led to monumental changes in treating alcoholics from a legal and medical stand-point. Namely, her influence shaped the Rehabilitation Act of 1970, ensuring federal programs for alcohol treatment and prevention in the U.S.



(cont'd on next page)

(“Remembering Marty Mann” cont’d)

As Marty’s creditability grew among political figures and within the medical community at large, it did so especially among women suffering with the compulsion to drink. As the public absorbed her new information on alcoholism, the age-old notion that “nice girls don’t drink” came into question. Women suddenly found the courage to explore AA’s concepts, and Marty herself led many alcoholic women to the rooms of AA. Many AA men initially balked – having women in the rooms was virtually unheard of. Bill W. himself warned the men against “13th stepping”. But Marty was persistent. Women entered AA, thus changing the culture of the once “all-boys club.”

Though Marty is remembered as a pioneer spokesperson for alcoholism advocacy, her personal life remained private and separate from her work. At a time when gay prejudices were high, only close friends knew Marty shared a home with long-time partner Priscilla P. (also an AA member) in Easton, Connecticut. In fact, Marty identified herself as Mrs. Marty Mann, alluding she was married and to dispel rumors of being gay.

Solitude public appearances therefore, were common practice, including her last public talk in July 1980 at the AA International Conference in New Orleans. As she spoke at the podium, her beloved Priscilla, then nearing end-stage Alzheimer’s disease, remained at home under the care of their housekeeper. Two weeks later in the early morning of July 22, 1980, the once vibrant Marty Mann lay unconscious at her kitchen table after having suffered a massive stroke. Despite the best efforts of doctors at St. Vincent’s Medical Centre in Bridgeport, Marty Mann died later that evening. She was 75.

It’s undeniable the vital role Marty played in changing the minds of thousands throughout the world who viewed us as hopeless drunks with no morals and failing willpower to overcome our desire to drink.

The Knots Prayer

~ submitted by Bill A.

Dear God,
Please untie the knots
That are in my mind,
My heart and my life.

Remove the have nots,
The can nots and the do nots
That I have in my mind.

Erase the will nots, may nots
And might nots
That may find a home in my heart.

Release me from the could nots,
Would not and should nots
That are obstructing my life.

And most of all, dear God,
I ask that you remove from
My mind and heart and my life,
All the “am nots”
That I have allowed
To hold me back –
Especially the thought that
I am not good enough.

Amen

But perhaps her most notable accomplishment was instilling the most important element of any man or woman in recovery – she inspired the gift of hope.

Native Wisdom

Submitted by an anonymous AA member

The Circle has healing power. In the Circle we are all equal. No one is in front of you, no one is behind you, no one is above you and no one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree and every plant. It is in this completeness of Life that must be respected in order to bring about health on this planet.

~Chief Dave, Oglala Lakota