

## The History of the Hope and Recovery Group.

A few years ago, three members of A.A. from Welland were most likely sitting in a coffee shop when Al M. suggested that a Saturday morning meeting might be good for our Members of Alcoholics Anonymous. Mike L. and Ray F. who were sitting with Al M. agreed that this might be a good idea. They came to believe that an open discussion meeting might serve the purpose well.

Henceforth, a search for a meeting venue began. Al along with Rick C. visited a venue after a Thursday morning meeting. They decided that that venue would not be suitable. While downtown Welland that same day, they ran into another AA member called Dave and he suggested the Christ Community Church.

They met with the Pastor who thought that it was a great idea but, he had to bring it to the Board for approval. About a week later, they were informed that the meeting had been approved by the Board.

Al, Mike and Ray now had a venue to hold their meeting every Saturday morning at 10:00am.

A name for the meeting was needed and Mike L. suggested the name of "Hope and Recovery". Both Al and Ray agreed to the name and Ray F. created the format for the meeting.

The first meeting was held on Saturday March 18, 2006 with about 20 members of AA in attendance.

Shannon C. became involved with the meeting and became active with the original members.

The meetings were often attended by new people just coming into the program and the members who regularly attended these meetings suggested that a breakout meeting should be created to help the newcomers.

At a designated time in the meeting, the new members left the room to attend the new Step 1, 2 and 3 meeting which was held in another room. This meeting became a favourite with the newcomers rather quickly and still runs to this day.

During the later months of 2015, it was decided that it might be time for the Meeting to become a Group.

District 13 General Service Committee was notified of the change in stature as was Western Ontario General Service.

The Alcoholics Anonymous General Service Office in New York City was notified of the change and as of February 6, 2016, our Meeting became a Group.

Today, the Group currently has 24 members who are active at different levels of AA Service.

History of the Group was created by the Group Members - February 2020