

History Of the Lunch Break Big Book Discussion Group Beamsville Ontario Canada

Greetings!

The Lunch Break Big Book Discussion Group was formerly a meeting. This meeting was started by Shirley T. and like Art F. was a member of the Beasmville 2x4 Group . Shirley started this meeting on November 4,1994 with most attendees from the 2x4.

The meeting was held in the same First Baptist Church on Mountain Street Beamsville where we still are today. This meeting was held on Friday's at 12:00 noon and usually saw 4-8 people on average. Shirley's love of the Big Book rubbed off on Art as he saw it as the answer early in sobriety.

In 1996 Shirley T. took ill and Art assumed the responsibility of keeping the door open . Art had help from one of his friends and sponsee Jeff W. From Beamsville who is now in Bermuda and the late Kate L. followed by Frank M. all members of the 2x4. During the 11-1/2 years of opening up, there were times no one showed up but....Art stayed sober,. The coffee was on, the doors were open and the meeting was set up and cleaned up. It had been suggested maybe he should close it up but that didn't sit right with Art always grateful and never gave up.

In the spring of 2007 Art started to think of turning the meeting into a group something he had said originally he never wanted to do figuring all his sobriety years would be at the 2x4. His previous winter of night driving to his 2x4 meeting Art had some very difficult times on snowy nights. After an eye examination and a diagnosis of Glaucoma and Cataracts, he realized he had to make a decision either join a group closer to his home or a day group. The decision he made was the right one for him.

Shirley T. came to the Big Book Meeting one Friday in June of 2007 and Art informed her that he was seriously considering turning the meeting into a group. She was overjoyed with the idea and on July 6th, 2007 the Lunch Break Big Book Discussion Group was born and Shirley T. became member number one (Ladies first) then Art F. Later on followed by: Betty C. Lorraine V. Brian W. Dave D. Rubert P. Judy M Janet Y. Michelle M. and Liz P.

We do our best to be active in service responsibilities and cover the key positions allowing us to have an informed group conscience and this is looked after as best we can for now.

Our little group is blessed by some regular folks attending who pitch in and help us with the meetings and in closing. We are very grateful for this and sincerely hope that this group will be open for many years to come and continue to serve the needs of the sick, suffering alcoholic.

We invite you to join us any Friday afternoon at 12:00PM, never closed since 1994 for any reason (so far)