

Twelve Step Times



February 2015

**Edmonton Alcoholics Anonymous
Central Office**

#205, 10544—114 ST

Edmonton, AB, T5H 3J7

Office Hours: Monday through Friday
8.30 AM– 4.30 PM

Telephone: (780) 424 5900

Phone Service until midnight 7 days a week

www.edmontonaa.org

Information, News, Meeting Lists,
Calendar of Events

More than an information center.....

Central Office sells a number of items

Alcoholics Anonymous Books, Grapevine
Books, Pamphlets, Slogans, Newcomer
Packages, Committee Information, Cards,
Laminating Service, Group Handbooks,
CDs, DVDs, Chips, Medallions, Engraved
Medallions and Meeting Directories.

Volunteer Opportunities:

To sign up as a volunteer for 12 Step Calls,
go to our website

<http://edmontonaa.org/contact/12-step-calls/>

TST Publisher Daniel R., Campus Group

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12steptimes.com



We are glad that our December Service Edition of the Twelve Step Times was
such a success. It is still available for download at

www.edmontonaa.org

Step 2

Please keep in mind that there is no official way of doing the Steps. The instructions are found in the book "Alcoholics Anonymous" and it is suggested to go through the Steps with a sponsor. We hope, however, that some of the suggestions on how to approach the steps prove helpful to you or others.

Source of this Step 2 worksheet:

The Big Book Bunch (www.sober.org)

A.A. literature makes it clear that Alcoholics Anonymous is not a religion. It possesses no theology or dogma to be swallowed by anyone. In addition to using the term, God, the Big Book also refers to our Father, our Creator, the Spirit of the Universe, the Great Reality deep down within us, our Power, and many other names.

When AA literature is translated into other languages, the name of God is translated also. He is called Dios, Gott, Yahweh, etc...

Please forgive our authors, too, in using the masculine pronouns, He, Him, etc... There is no intent to suggest that God is masculine, or that He possesses gender at all. A.A. has simply followed this age-old convention—until a more enlightened manner of speaking might be adopted.

Be assured, though, that God knows what His name is. You don't need to be so arrogant as to tell it to Him. Perhaps you might ask Him directly which name is best for you to use. Whatever name seems right to you is the one you should adopt for your intimate relationship with your Higher Power; but, when it comes to discussing your Spiritual Power with others, you also may wish to use the term, "God", strictly as a matter of convenience in communicating with your fellow alcoholics.

Writing for Step 2a: Make a list of powers greater than yourself within the following three classes:

Physical: Examples: alcohol, pistols, policemen, bosses, cancer....

Mental: Examples: alcohol obsessions, greed, anger, pride, lust...

Spiritual: Example: God, nature...

STEP 2b. Came to believe that the Power selected as greater than myself could restore me to sanity.

When A.A literature refers to insanity it is not using the dictionary definition of insanity. The Big Book is talking about the insane thinking of an alcoholic when he decides to ingest alcohol. In this sense, we all, without exception, have been insane. Moreover, our plight was hopeless. It is necessary, therefore, that our Higher Power be sufficiently able and willing to restore us first to the sanity of total abstinence.

Writing for Step 2b: Review the powers you listed in the writing above. Place a check mark to the left of each one that meets the condition of being able and willing to keep you from taking the next drink on a continuing basis. Your choices just became narrower.

Notice, too, that we come to believe. Your ultimate belief is unlikely to be obvious to you right away. We just keep at it. Be as persistent in promoting belief in your Higher Power as you were in justifying your drinking. In fact, why not ask your Higher Power to affix in your consciousness the certainty of His Reality. He will, if you let Him!

If you are not yet at the stage of talking to (let alone hearing from) a spiritual being, you may wish to follow A.A.'s suggestion that you begin with your favorite A.A. group as a power greater than yourself. Then, by following the A.A. spiritual starter kit, you will come into conscious awareness of an even higher Power.



Mission Statement

The mission of EDYPAA is to build a community of young people in AA that place the principles of their fellowship ahead of the personalities of its members. With enthusiasm for the program of recovery outlined in the book "Alcoholics Anonymous" we participate in general service. The hope is to strengthen the foundation of recovery so all those with room to grow may find the fellowship they crave.

Statement of Purpose

EDYPAA was conceived January 2, 2015 by members wanting to unify the young people in Edmonton and the surrounding area into fellowship and service. The desire to create such an organization began after two members attended the 18th annual Western Area Conference of Young People in Alcoholics Anonymous (WACYPAA) held in Waimea, Hawaii. Encouraged by members of the WACYPAA Advisory Committee to place a token bid, the members connected with fellow bid committees and were inspired by the methods of unifying their community and carrying the message. The Edmonton members recognized the need for unity and outreach in their own community and decided to bring their enthusiasm back home to start an official bid committee.

The response was astounding, yet many challenges were already apparent. As we traveled outside our regular meetings, we discovered newcomers who were isolated, struggling and unaware of the young people meetings available. All of the established young people meetings existed in dark districts, with no District Committee Member (DCM) to unify the areas or spread awareness of the blossoming community. Events and round-ups were well attended by long-term members, but few young people would participate and fewer still were getting involved in service. We found our young people staying on the periphery and not making those essential connections that could help keep them sober.

We also saw challenges specific to Alberta's demographic: the lack of availability of AA meetings on Aboriginal Reservations and in the Trades Camps in Fort McMurray, where many young people who are struggling to stay sober feel isolated. We came to understand at EDYPAA was only the first step and that our desire to host WACYPAA in Alberta for the first time had larger repercussions for our community. Our hope is that by creating unity between our groups, encouraging members to engage in service and carrying the message to the alcoholic who still suffers, we will create a lasting foundation for our young people in sobriety.

EDYPAA will be hosting monthly events & speaker meetings and joining together to outreach and carry the message. We encourage you to look at all the positions available and come to the EDYPAA Elections Meeting to put your name forward.

EDYPAA elections will be held on Sunday, February 1st, 2015, 8:00 pm

SouthSide Chapterhouse @Strathcona Baptist Church

8318—104 Street



Every A.A. meeting will welcome young people. There are, however, meetings that are specifically targeted towards young people. Here are some of them..

South Side Young People, Sundays 7:00 PM

Strathcona Baptist Church

8318—104 Street NW

Edmonton

Use North Entrance on 84th Avenue

Hope For Young Adults, Fridays 8:00 PM

Salisbury United Church

3 Mission Street

Sherwood Park

Off Broadmore Boulevard

5th Dimension Young People's, Wednesdays 7:30 PM

The 5th Dimension Young People's Group of Alcoholics Anonymous is a non-geographic AA group that meets online, Wednesdays at 7:30pm MST. Check it out!

How To Join (15 minutes prior to meeting):

1. Join Online Meeting:

15 minutes prior to start of meeting enter the link below into your browser:

<http://fuze.me/26744830>

2. To join from a phone:

+1-201-479-4595

3. To join with audio & video on your smart phone or tablet, please download the Fuze app at:

<https://www.fuze.com/download>

then select join a meeting; The 5th Dimension Group's Fuze Meeting # is 26744830

Please email treytx_30@yahoo.com if you have any issues joining the meeting or call 512-535-8167.

Skype ID: the5thDimensionAA

[Please be sure Central Office has your latest updated GROUP list.](#)

BIRTHDAYS IN FEBRUARY

60 Mins To Sobriety

Last Sunday

Nick T. 1
Chad M. 3

Beaumont Friday

Last Friday

Owen J. 4

Beverly

3rd Friday

Joe D. 23

Breathe Easy

First Friday

Kethra S. 11
Doug O. 13

By The Books

Last Saturday

Roland S. 2
Dave R. 34

Clareview BB Study

Last Wednesday

Charles B. 1
Mary R. 2
Ken C. 5
Gary N. 19

Dolphin Group

Ken B. 1
Pat K. 34

Eastwood Group

2nd Monday

Cory L. 1
Allie M. 26
Eileen B. 29

Home Group #11

Shane S. 13

Jasper Place Group

Last Tuesday

Felix F. 11

Lighthouse

Last Friday

Brad D. 1
Cherish 1
Dan P. 1
Ken B. 20

Love At Work Group

3rd Wednesday

Mickey T. 5

Millwoods Group

First Tuesday

Jamie W. 1
Grant R. 2
Levi A. 2

Mustard Seed

Last Sunday

Cody 7
Dar 20
Denice 20
Mary 30

North Edmonton Group

Last Thursday

Ken R. 20
Sheila V. 29

Oilmen's

First Monday

Judy C. 3
Matt S. 3
Phillip M. 43

Providence

Last Wednesday

A.J. 2
S.A. Brotherhood
Last Wednesday
Clark S. 3
Janice B. 3
Carolyn J. 10
Tom H. 14

S.A. Sunday Breakfast

Last Sunday

Ken M. 2
Curtis 4
Fay D. 44

S.A. Tuesday Night

First Tuesday

Kim W. 5
Bill B. 6
Steve S. 7
Ken B. 21

S.P. 12 Steps To Serenity

Last Monday

Jeff B. 1
Rochelle S. 4
Kara S. 7
Larry V. 28

S.P. Happy Hour

Last Friday

Heather 4
Jeremy R. 8
Paul W. 21

S.P. Millshaven

Last Wednesday

Frankie S. 23

Shifters

Last Saturday

Jen G. 4
Donna N. 6
Ulysses C. 11

Southside

3rd Friday

Andy R. 10
Karen W. 10

S.S.Y.P.

Last Sunday

Shane C. 1
Mike B. 2
Rob D. 14

The Why

Last Saturday

Grant 2
Ole 32

Westminster

Last Saturday

Janis D. 31
Steve K. 33
Linda V. 39
Rick V. 43

Your group is missing?

Birthdays are published incorrectly? It is up to each group to supply a list of birthdays for publication in the TST.

Please be sure

Central Office has your latest, updated birthday list. There are almost 200 meetings per week in the greater metropolitan area and we are not able to hunt for

Information. Please do your part so we can better serve you.

Groups that celebrate on the first meeting of the month will have last months birthdays published.

Please contact us:

780-424-5900

edmontonaa@hotmail.com

LIST OF EVENTS



To list your event information contact:
 Edmonton A.A. Central Office 780-424-5900
 #205 10544 - 114 St. NW Edmonton AB T5H 3J7
 edmontonaa@hotmail.com



Visit us online at www.edmontonaa.org

to view information about AA, an interactive meeting list and calendar of events.

DATE	EVENT	More Info
FEB 3/2015 COME ON DOWN FOR 7 PM	"BY THE BOOK" TUESDAY NIGHT MORINVILLE GROUP 11TH ANNIVERSARY EVERYONE WELCOME	10010-101 AVE (UPSTAIRS) MORINVILLE PARISH HALL SNACKS~REFRESHMENTS!
FEB 7/2015 REGISTRATION @ 1 PM 7TH TRADITION	HUMBOLDT AA/ALANON ROUNDUP BELLA VISTA HOTEL SASKATCHEWAN	THEME: "THE FAMILY AFTERWARDS" CONTACT 306-682-2193
Feb. 6 & 7, 2015 Fri: 6 pm Doors Open Sat: 8 am Doors Open	District 40 Beat the Midwinter Blues 8535 182 St. NW Aldergrove Comm. Cente	Tix: \$35 Fri: Speaker 8 pm Sat: Meetings, Dinner, Speaker Contact: Karen M. 780-984-2797 or Central Office
FEB 14,2015 REGISTRATION & FELLOWSHIP @ 9 AM	CAMROSE 35th ANNUAL VALENTINE ROUND~UP	\$25 FOR THE FULL DAY! AA/ ALANON SPEAKERS COUNTDOWN, RAFFLES AND MORE CONTACT TOM FOR MORE INFO
FEB 13-14, 2015 Fri: 6 pm Doors Open	30TH ANNUAL AA WINTER ROUNDUP "WE ARE NOT A GLUM LOT"	7708- 85 STREET KING EDWARD PARK HALL \$35 TILL JAN 31 \$40 AFTER JAN 31
FEB 22, 2015 5:30 PM Supper AA Speaker Vic P (past delegate & trustee) Al-anon Speaker: TBA	PONOKA MIDWINTER POTLUCK SUPPER 5120 49 AVE ST. MARY'S ANBLICAN CHURCH HALL	We'll supply the TURKEY, HAM & MASHED POTATOES !! Potluck: Appetizers, Salad, Veggies and Desserts. 7th Tradition
FEB. 27- MAR. 1, 2015	WESTERN REGIONAL AA SERVICE ASSEMBLY 6024 RUNDLEHORN Dr.NE, CALGARY ALBERTA	Tickets & Registration www.wraasa2015.com
MARCH 6-8TH 2015 ALL TICKETS MUST BE PURCHASED THROUGH CALGARY CENTRAL OFFICE IN ADVANCE	BANFF ROUNDUP BANFF PARK LODGE BANQUET & SPEAKERS FROM CALIFORNIA!	ROOMS \$135 A NIGHT 1800-661-9266 LODGE NUMBER WWW.BANFFPARKLODGE.COM Round up tickets at 403-777-1212 CALGARY AA CENTRAL OFFICE

GRAND OPENING



Camel Club

8240 175 street

Saturday, January 31, 2015

Doors Open at 2 pm

Silent Auction 2-8pm.

Speakers to follow

Silent Auction

Door Prizes



Available
for the
First Time

A Piece of the Wall



First Edition Framed Artwork
(Available for Purchase at 2 pm.)
First Come First Serve

Spin to Win



Munchies

Camel Club Novelties

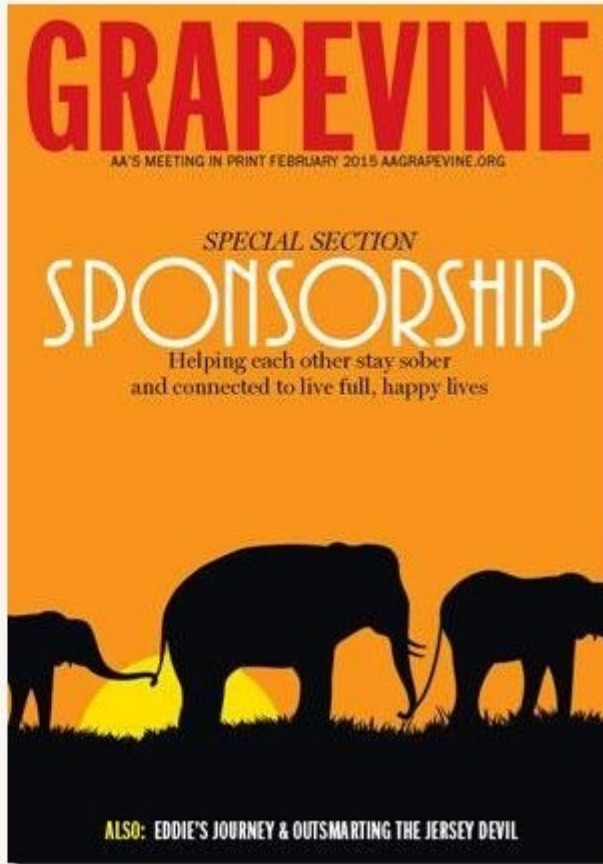


Magazine

The February Issue of Grapevine Is Here

This month's special section features stories on sponsorship

Ever since our co-founders, Bill W. and Dr. Bob, met to talk about their drinking in Akron, Ohio in 1935, the special one-on-one bond of sponsorship has been a vital part of alcoholics getting and staying sober in AA. This month, our special section features wonderful stories of the ways members use sponsorship to stay sober and connected to live full, happy lives.



Central Office News



We now have a greater variety of birthday cards available at Central Office. Do come in and check them out!

Central Office
Noon Meetings
Monday—Friday
12:00 PM

HELP WANTED

**GET YOUR GROUP INVOLVED:
CHAIR & SHARE AT TREATMENT
FACILITIES**

ALBERTA HOSPITAL

Contact: Mary

mary69blue@hotmail.com

HENWOOD

Contact: Gord

fareboxgord@hotmail.com

Treatment Committee Chair

r.spilchen@telus.net

REMEMBER PROMISE #5

**No matter how far down the scale
we have gone, we will see how our
experience will benefit others**