

TWELVE STEP TIMES

MARCH 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 3

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

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 3 worksheet:

12 Step Journaling (twelvestepjournaling.com)

- Who or what made my decisions for me while drinking?
- Can I make a decision to turn my will and my life over to the care of a higher power of my understanding – just for today?
What fears or reservations do I have about turning my life over?
- What actions will I take to follow through on my decision to turn my life over to a higher power?
- How have I been self-centered? How have I been defiant?
- Which problems have I tried to resolve through willpower? What were the results?
- In what ways are my troubles of my own making?
- How do my reactions to life events make me suffer? Be specific.
- In what ways am I an extreme example of self-will run riot? (62: 2) How have I acted on self-will?
- How has my self-will affected others?
- Have there been times in my recovery when I have found myself subtly taking back my will and my life? What alerted me?
What have I done to recommit myself to the Third Step?
- Who or what makes my decisions for me in recovery?
- Why is it okay to have a different higher power from everyone else?
- How is my higher power working in my life today? How do my higher power and I communicate? What do I do in order to be open to my higher power?
- Is my current concept of a higher power still working? How might I need to change my concept of a higher power?
- What are specific examples of how I turned my life and will over to my addictions?
- How would my day look if I were to turn my will and my life over to the care of a higher power of my understanding?
- What are my fears about making this decision?
- Which thoughts and behaviors am I willing to turn over right now? Which am I holding on to?
- How do I take action to turn my will and my life over to my higher power on a daily basis? Are there any practices I do regularly? What are they?
What have I done recently that demonstrates my surrender to recovery and to working a program?

Tradition 3

The following article on Tradition 3 was written by Bill W. and served as the editorial for the February Edition of the Grapevine Magazine.

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

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous *so long as he says so*. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no *musts*." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality

of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life --and a useful one!

Bill W.

The A.A. Grapevine, February, 1948

The 12 Step Call

There's this guy....he's sitting in his basement, a bottle of rye in front of him. His life is falling apart in front of his very eyes. He's hungover. He drank away his rent money. His partner has left him. He's jittery, and very afraid. He has heard of Alcoholics Anonymous, people suggested that a long time ago. He just never had the willingness or power to go to a meeting. "Not me.", he thought. "I'm not like those people. I don't need that." And now he's just scared. He finds a phone number, and that's all he's able to do at this point. Pick up the phone. It weighs a hundred pounds. He dials the number. Someone answers. They offer that someone will come and visit him, a fellow alcoholic, maybe two and just talk and listen. He agrees, and is told that someone will get in contact with him as soon as possible.

But is it going to happen? Are there people willing to help someone in dire need? What is going to happen if the volunteer who's taking the phone can't find anybody?

Was I that person in basement?

Were you?

Become a 12-Step-Volunteer today. Start giving back, and start boosting your own sobriety. It's very easy to sign up now. Either call Edmonton Central Office at 780-424-5900

or sign up at www.edmontonaa.org



There is also a new pamphlet available at and published by Central Office, "The Twelve Step Call". It will give you a short overview on the history of 12-Step-Work, how we organize 12 Step work here in Edmonton, why it's a good idea to be a volunteer and a couple of helpful suggestions on how to do a 12 Step Call.

It is available for pick up at Central Office, or you can download a PDF at

http://edmontonaa.org/wp-content/uploads/2014/12/12-Step-Call-Edmonton_Pamphlet.pdf

BIRTHDAYS IN MARCH

60 Mins To Sobriety	
<i>Last Sunday</i>	
Jim M.	5
Beaumont Friday	
<i>Last Friday</i>	
Brett G.	12
Dean M.	14
Dale	14
Roy P.	29
Beverly	
<i>3rd Friday</i>	
Len T.	11
Teresa E.	14
Johnny L.	17
Barry F.	17
Tony	27
Breathe Easy	
<i>First Friday</i>	
Jimmy Y.	1
Bruce M.	2
Mark M.	3
Ron M.	10
Debra S.	25
By The Books	
<i>Last Saturday</i>	
Ken C.	4
Elaine K.	11
Campus	
<i>Last Monday</i>	
Steve C.	4
Pauline L.	6
Rachael	7
Capilano Step	
<i>First Thursday</i>	
Lisa B.	5
Everett C.	9
Daily Reflections	
<i>Last Wednesday</i>	
David	8

Eastwood Group	
<i>2nd Monday</i>	
Ivan W.	38
Fulton Place	
<i>Last Friday</i>	
David C.	4
Richard W.	17
Michael S.	31
Ray L.	33
Home Group #11	
Brent W.	10
Harry D.	32
Bill S.	37
Hilletes 2	
<i>Last Wednesday</i>	
Cathy C.	5
Jasper Place Group	
<i>Last Tuesday</i>	
David C.	1
Rebekah S.	2
Lighthouse	
<i>Last Friday</i>	
Jonathon	16
Mandate Sober	
<i>Last Friday</i>	
Lori S.	2
North Edmonton Group	
<i>Last Thursday</i>	
Don S.	23
Open Door	
<i>Last Sunday</i>	
Dean R.	14
Ingrid N.	15
Brian L.	28
Providence	
<i>Last Wednesday</i>	
Mary Jo W.	28

S.A. Brotherhood	
<i>Last Wednesday</i>	
Ben C.	1
Bill S.	37
S.A. Sunday Breakfast	
<i>Last Sunday</i>	
Lori S.	3
Simone H.	3
Dianne N.	20
Brian M.	30
S.A. Sunday Night Step	
<i>Last Sunday</i>	
Brent M.	3
S.A. Tuesday Night	
<i>First Tuesday</i>	
Megan	5
Ken M.	18
Tony	27
S.P. 12 Steps To Serenity	
<i>Last Monday</i>	
Rob F.	1
Wendell M.	8
Rick M.	34
Roger B.	39
S.P. Happy Hour	
<i>Last Friday</i>	
Elaine E.	4
Milt	35
S.P. Millshaven	
<i>Last Wednesday</i>	
Jim D.	18
Rick P.	37
Shifters	
<i>Last Saturday</i>	
Marcel	3
Peter P.	15
Iga S.	18
Ron G.	36

Southside	
<i>3rd Friday</i>	
Dan S.	8
S.S.Y.P.	
<i>Last Sunday</i>	
Dawn M.	1
Justin M.	1
Phil G.	3
Strength And Hope	
<i>Last Tuesday</i>	
Dawn S.	2
Rob B.	4
Karin G.	8
The Why	
<i>Last Saturday</i>	
Jane Z.	27
Lori	28
Thus We Grow	
<i>Last Tuesday</i>	
Maybeth D.	6
Brett M.	8
Alex S.	9
Cathy S.	13
Westgrove	
<i>Last Sunday</i>	
Larry O.	1
Peter G.	8
Sherry R.	8
Your group is missing?	
<i>Birthdays are published incorrectly? It is up to each group to supply a list of birthdays for publication in the TST.</i>	
<i>Please be sure Central Office has your latest, updated birthday list.</i>	
<i>Please contact us:</i>	
edmontonaa@hotmail.com	

LIST OF EVENTS

DATE	EVENT	More Info
FEB 27- MAR 1	WESTERN REGIONAL AA SERVICE ASSEMBLY 6024 RUNDLEHORN Dr.NE CALGARY ALBERTA	Tickets & Registration Www.wraasa2015.com
MARCH 6-8TH ALL TICKETS MUST BE PURCHASED THROUGH CENTRAL OFFICE IN ADVANCE	BANFF ROUNDUP BANFF PARK LODGE BANQUET & SPEAKERS FROM CALIFORNIA!	ROOMS \$135 A NIGHT 1800-661-9266 LODGE NUMBER 403-777-1212 CENTRAL OFFICE WWW.BANFFPARKLODGE.COM
MARCH 14	3RD ANNUAL SPEAKER WORKSHOP TREATMENT FACILITIES DISTRICT 18	STEVE MCLEAN COUNSELING SUPERVISOR/LANDER TREATMENT CENTER CONTACT: KEITH A. 403-549-2021 Keith.a@platinum.ca
MARCH 27 & 28 Weyburn Saskatchewan KNOX HALL 136 2ND ST	59TH ANNUAL AA/ALANON FAMILY ROUND-UP SPEAKERS/WORKSHOPS/ICE CREAM SOCIAL & FELLOWSHIP	TRADITION 7 FOR MORE INFO : TYLER H 306-861-7722 MICHELLE R 306-891-6299 VIC W 306-861-1770
APRIL 17 & 18 LETHBRIDGE, ALBERTA	57TH ANNUAL LETHBRIDGE & SOUTHERN ALBERTA ROUND-UP <u>"A ROOM FULL OF MIRACLES"</u>	FULL EVENT \$45 FOR MORE INFO: EFFIE M. @ 587-220-6626 ernaligt@shaw.ca
APRIL 18 St. ALBERT, ALBERTA	DISTRICT 64 ROUND-UP "ANOTHER 24" AA, ALANON, ALATEEN SPEAKERS WALTER S. KEYNOTE SPEAKER!	TICKETS ONLY \$30 RAFFLES, 50/50, ICE CREAM SOCIAL DANCE & MORE!! CONTACT: ARLENE B 780-459-8891
APRIL 24&25	DISTRICT 61 7TH ANNUAL AA ROUNDUP ARDROSSAN COMMUNITY HALL 80-1ST AVENUE	\$45/PERSON FULL WEEKEND CONTACT LARRY @ 780-298-6540

Visit us online at www.edmontonaa.org to view information about AA, an interactive meeting list and calendar of events. Subscribe to the monthly Newsletter and Calendar of events by emailing us at edmontonaa@hotmail.com
If you want your event listed here, contact Central Office 780-424-5900 or edmontonaa@hotmail.com



Please join us to celebrate with a
"down-home" Irish dinner, with sharing
from AA and fellowship!

at
The Edmonton Alano Club
10728 – 124 Street



Saturday, March 14, 2015

Doors open at 5:30 pm

Dinner at 6:30 pm

AA Speaker at 7:30 pm

Tickets for \$25.00
can be obtained from members, and at the club

The December Edition of the Twelve Step Times
is still available for download at

www.edmontonaa.org

It's our service special edition and explains

- 12 Step Calls
- Bridging The Gap
- Service in Treatment Facilities
- Service in Corrections Facilities
- Service in Public Information
- Communication with Professionals
- Service Sponsorship
- Intergroup
- E.G.S.C.

We want to thank everybody who found this
edition helpful and hope that it will be used in
the future as a useful piece of information in the
Edmonton A.A. community.



Support Jellinek House!

The people recovering at Jellinek House are asking the fellowship for support of their Wednesday night meeting. They would love to see people from other groups and different lengths of sobriety share their experience, strength and hope!

Sunrise Meeting, Wednesday nights, 8 PM

11229—100 Avenue NW

Edmonton, AB

The March Issue of Grapevine Is Here!

This month's special section features stories on finding a Higher Power

In 1934, when a newly sober Ebby stood in our co-founder Bill W.'s kitchen and proclaimed he "got religion," Bill was aghast. But when Ebby suggested that Bill choose his "own concept of God," something opened up for him. In this month's special section, AAs share a variety of their own experiences on how they found their Higher Power.



Central Office News



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

Sign up as a 12-Step-Call Volunteer at

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

Central Office Noon Meetings

Monday—Friday, 12:00 PM

#205, 10544—114 ST NW

Edmonton