

TWELVE STEP TIMES

**APRIL
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

CENTRAL OFFICE CLOSED

EASTER WEEKEND

Friday April 3 & Monday April 6

CONTENTS:

- 2 Step 4—Reflections on sex conduct
- 3 A.A. History—Bill W. answers
- 4 Birthdays in April
- 5 List Of Events
- 6 Grapevine & Central Office News

Subscribe to the Twelve Step Times online

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 4

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 4 worksheet:

bbstudygroup.com

Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Big Book P. 68

Creating a New Sex Ideal

Exercise from Page 69 and 70. Complete after Inventory Sheets.

(Be careful to protect the hearts of your loved ones, so you may use a code system here to document these sexual matters. However, always be honest when writing.)

- Ask God to mold your ideals.
- Ask God to help you live up to them.
- Remember that your sex powers are God given and therefore good.
- These powers should not be used lightly nor selfishly, and they should not be despised or loathed.
- Ask God to help you be willing to grow toward our/His ideal.
- Ask God for the willingness to make amends where you have harmed anyone, provided we do not bring about more harm in doing so.
- Ask God what we should do about each specific matter.
- God alone can judge our sex situation, so let Him judge it.
- Get counsel from sexually sane individuals, but always let God be the final judge.
- Based on the answers to the questions above, the prayers in the Big Book and council from spiritually minded people, write down your new ideal for your future sex life.

Will we get drunk if we fall short of the new ideal? Explain.

What are the two requirements to be forgiven and learn our lesson?

What are the four things we pray for regarding our sex conduct?

In this book you read again and again that faith did for us what we could not do for ourselves.

On Tradition Four

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Editorial by Bill W.
Grapevine, March, 1948

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount."

This Tradition, Number 4, is a specific application of general principles already outlined in Traditions 1 and 2.



When you first sobered up how did you approach alcoholics and did you change that approach?

I took off to cure alcoholics wholesale. It was twinjet propulsion; difficulties meant nothing. The vast conceit of my project never occurred to me. I pressed my assault for six months; my home was filled with alcoholics. Harangues with scores produced not the slightest result. None of them got it. Disappointingly, my friend of the kitchen table, who was sicker than I realized, took little interest in other alcoholics. This fact may have caused his endless backslides later on. For I had found that working with alcoholics had a huge bearing on my own sobriety. But why wouldn't any of my new prospects sober up?

Slowly the bugs came to light. Like a religious crank, I was obsessed with the idea that everybody must have a "spiritual experience" just like mine. I'd forgotten that there were many varieties. So my brother alcoholics just stared incredulously or kidded me about my "hot flash." This had spoiled the potent identification so easy to get with them. I had turned evangelist. Clearly the deal had to be streamlined. What came to me in six minutes might require six months in others. It was to be learned that words are things, that one must be prudent. It was also certain that something ailed the deflationary technique. It definitely lacked wallop. Reasoning that the alcoholic's "hex" or compulsion must issue from some deep level, it followed that ego deflation must also go deep or else there couldn't be any fundamental release. Apparently religious practice would not touch the alcoholic until his underlying situation was made ready. Fortunately, all the tools were right at hand. You doctors supplied them.

The emphasis was shifted from "sin" to "sickness" - the "fatal malady," alcoholism. We quoted doctors that alcoholism was more lethal than cancer; that it consisted of an obsession of the mind coupled to increasing body sensitivity. These were our

twin ogres of madness and death. We leaned heavily on Dr. Jung's statement of how hopeless the condition could be and then poured that devastating dose into every drunk within range. To modern man science is omnipotent; it is a god. Hence if science could pass a death sentence on a drunk, and we placed that verdict on our alcoholic transmission, it might shatter him completely. Perhaps he would then turn to the God of the theologian, there being no place else to go. Whatever the truth in this device, it certainly had practical merit. Immediately our whole atmosphere changed. Things began to look up. (Amer. J. Psychiat., Vol.106, 1949)

What happened to your sponsor, Ebby?

It was Ebby who brought me the message that saved my life and uncounted thousands of others. (...) For many years, my old friend Ebby was on the wagon and off. Sometimes he could stay sober for a year or more. He tried living with Lois and me for another considerable period but apparently this was of no help. Maybe we actually hindered him. As A.A. began to grow his position became difficult. For a long time things went from bad to worse. (...)

About six years ago the groups down in Texas decided to try their hand. Ebby was shipped non-stop to Dallas and placed in an A.A. drying out place. In these new surroundings in Texas, far from his old failures, he has made a splendid recovery. Excepting for one slip which occurred about a year after his arrival down there he has been bone dry ever since. This is one of the deepest satisfactions that has ever come to me since A.A. started and many another A.A. can say the same. (N.C.C.A. 'Blue Book,' Vol.12, 1960)

Birthdays in April

84th Street

April 4th, 2015

Lawrence L. 32

60 Mins To Sobriety

Last Sunday

Randy Y. 2

Gord R. 40

Beaumont Friday

Last Friday

Dave C. 15

Glen C. 29

Jean 34

Breathe Easy

First Friday

Richard W. 1

Hank M. 4

Reid V. 12

By The Books

Last Saturday

Sharon B. 5

Megan M. 7

Campus Group

Last Monday

Brandon G. 3

Mike M. 3

Dez T. 5

Ken H. 13

Clareview BB Study

Last Wednesday

Bob M. 3

Marie P. 7

Daily Reflections

Last Wednesday

Mario 2

Dianne V. 2

Ruby 2

Dolphin Group

Kim C. 38

Eastwood Group

2nd Monday

Jennifer 5

Fulton Place

Last Friday

Terry G. 27

Hillettes #2

Last Wednesday

Maureen W. 6

Joan J. 20

Jasper Place

Last Tuesday

Jeanine H. 6

Lighthouse

Last Friday

Charmaine H. 1

Dwayne J. 2

Kyle 2

Gerald M. 37

Maureen H. 38

Love At Work Group

3rd Wednesday

Tracy T. 5

Beth H. 9

Doug B. 16

Irene G. 26

Mandate: Sober

Last Friday

Maurice R. 9

Millwoods Group

First Tuesday

Joanne B. 12

Bill B. 24

Mustard Seed

Last Sunday

Sinclair 40

North Edmonton Group

Last Thursday

Mike O. 22

Oilmen's

First Monday

Cecille B. 6

Terry N. 6

S.A. Brotherhood

Last Wednesday

Craig M. 1

S.A. Sunday Breakfast

Last Sunday

Bill A. 22

S.A. Sunday Step Study

Last Sunday

Nicky W. 4

Arlene B. 9

Paul M. 31

S.P. 12 Steps To Serenity

Last Monday

Cheyenne D. 4

Will H. 7

Syd W. 8

S.P. Millshaven

Last Wednesday

Ellise S. 3

Maisy K. 3

Bryan S. 6

Monty N. 14

Jim W. 20

Victor D. 20

Shifters

Last Saturday

Jim C. 2

Erik H. 4

Daryl W. 32

Southside

3rd Friday

Daniel M. 4

Dennis F. 19

S.S.Y.P.

Last Sunday

Blake 1

Bri B. 1

Claire B. 1

Dave G. 1

Reba 1

Selina B. 1

Cassandra 2

Ryan 2

Strength & Hope

Last Tuesday

Lew S. 43

The Why

Last Saturday

Bruce M. 30

Thus We Grow

Last Tuesday

Kevin P. 14

Westend 12 Steps

1st Tuesday

Sarah S. 10

Beverly M. 9

West End

Last Wednesday

Kathy M. 3

Michelle 12

Jigger T. 33

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.

LIST OF EVENTS

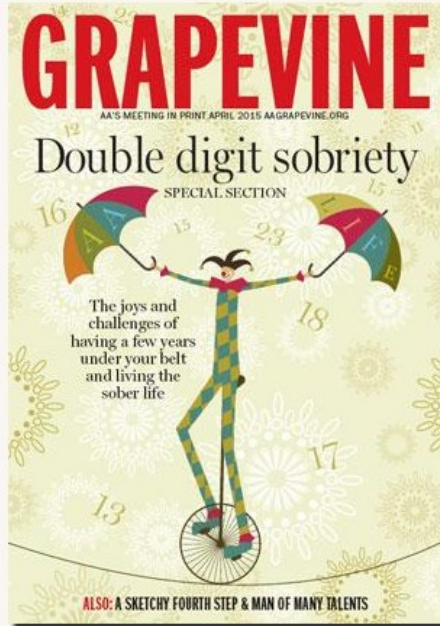
DATE	EVENT	More Info
MARCH 27 & 28 Weyburn Saskatchewan KNOX HALL 136 2ND ST	59TH ANNUAL AA/ALANON FAMILY ROUND-UP SPEAKERS/WORKSHOPS/ICE CREAM SOCIAL & FELLOWSHIP	TRADITION 7 FOR MORE INFO : TYLER H 306-861-7722 MICHELLE R 306-891-6299 VIC W 306-861-1770
April 10-12 Cold Lake , Alberta	53rd Annual District 3 Round ~ Up Harbor View Community Center Kickoff Meeting & Registration Friday - Cold Lake United Church at 7PM	\$35 Tickets Kids 8-15 \$10 Dinner, Dance Saturday Alanon and AA speakers throughout Inquires Contact 780-573-8500
April 11 Kozy Korner 5024-53rd St Lacombe	Lacombe Annual Beef Dinner Alcoholics Anonymous & Al-anon	Tickets are \$15 at the door. Dinner at 6 PM Speakers 8PM Door Prizes and 50/50
April 11 Glen Allen Recreation Complex 199 Georgian Way	6th ANNUAL SHERWOOD PARK CURLING FUNSPIEL	TICKETS \$35/PERSON \$140/PER TEAM PRIZES, LUNCH & FELLOWSHIP CONTACT: BRAD F 780-868-5777 TIM D 780-977-3161 OR RON S 780-913-0034
April 11 North Battleford Saskatchewan Knights of Columbus Hall	North Battleford AA/Alanon Family Round~Up 54th Annual Celebration Sharing Hope for a Better Life!	Contributions 7th Tradition Voluntary Fellowship & Registration begin @ 1PM DJ, Dance, Prizes & Food! Contact Bea G @ 306-445-6121
APRIL 17 & 18 LETHBRIDGE, ALBERTA	57TH ANNUAL LETHBRIDGE & SOUTHERN ALBERTA ROUND-UP "A ROOM FULL OF MIRACLES"	FULL EVENT \$45 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 ARDROSSAN, ALBERTA	DISTRICT 61 7TH ANNUAL AA ROUNDUP ARDROSSAN COMMUNITY HALL	\$45/PERSON FULL WEEKEND \$25 SPEAKERS & ENTERTAINMENT CONTACT LARRY @ 780-298-6540
April 24-26th Taylor Hall, Taylor BC	45th Annual Serenity Fort St. John Round Up	Tickets \$40 Ages 13-19 \$20 AA & Alanon Speakers throughout. See Area 78 Website for more info
May 8-10 St. Albert Star of the North Retreat Center	AA Members celebrate the meeting of our founders Bill W. & Dr. Bob 12 Step Retreat hosted by AA Members with Al-anon participation check out all the information at mothersdayweekendretreat.shawwebspaces.ca	Theme "Sensible Spirituality" Registration: Call Nancy 780-459-5511 A retreat provides an opportunity for spiritual renewal. Stepping away from life's daily struggles allows space and time for restoration and reflection.

Magazine

The April Issue of Grapevine Is Here!

This month's special section features stories from AA members with double digit sobriety

Once we get past early sobriety and begin to build busy, sober lives, some of us face new challenges. We prepare ourselves, the "Twelve and Twelve" says, "for the adventure of a new life." But then comes the "acid test" our co-founder, Bill W., writes about: "Can we stay sober, keep in emotional balance, and live to good purpose under all conditions?" Welcome to double digit sobriety! In this month's special section, members with some time under their belts share their experience, strength and hope.



Share Your Love

BECOME A GRAPEVINE REP

Are you looking for a new service position?

Consider becoming a GVR!

It's a great way to carry the message and stay sober!

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

#205, 10544—114 ST NW



VISIT A GROUP THAT NEEDS YOUR SUPPORT

- NORWOOD GROUP** Wednesday 8 PM
9516 114 Ave
- LAST CHANCE GROUP** Thursday 8 PM
11004 96 St. NW St. Peter's Lutheran Church
- JELLINEK WED. NIGHT GROUP** Wednesday 8 PM
11229 100 Ave Side Door Bsmt
- RIO TERRACE GROUP** Monday 7:30 PM
15108 76 Ave Bsmt Rio Terrace Moravian Church

GROUPS RECENTLY CLOSED DOWN

H.I.W.

WESTEND OASIS

Don't let this happen to your group, if your group needs support please call us and let your district know.

