

Twelve Step Times

May 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
MAY LONG WEEKEND
Monday May 18,2015**

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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 5

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. [Integrity I share who I am with someone else]

Admit

“Every dark cranny of the past” (75: 2)
“Withholding nothing” (75: 2)

The Exact nature:
the true reasons we drank

“Twist of character” (75: 2)
“Self-pity, dishonest or self-seeking motives” (86: 2)

To God (of our understanding)

“Good is in us all, even the worst of us” (12&12, 98: 3) **Sense of connection**

To **Ourselves**

D-E-N-I-A-L Don't Even kNow I Am Lying
Discover what is right for us

To **Another human being**

“A close-mouthed, understanding friend” (74: 1)
We are worth listening to

“The end of isolation from our fellows and from ourselves”(12&12, 82:1)



Exactly how does A.A. work?

I cannot fully answer that question. Many A.A. techniques have been adopted after a ten-year period of trial and error, which has led to some interesting results. But, as laymen, we doubt our own ability to explain them. We can only tell you what we do, and what seems, from our point of view, to happen to us.

At the very outset we should like it made ever so clear that A.A. is a synthetic gadget, as it were, drawing upon the resources of medicine, psychiatry, religion, and our own experience of drinking and recovery. You will search in vain for a single new fundamental. We have merely streamlined old and proven principles of psychiatry and religion into such forms that the alcoholic will accept them. And then we have created a society of his own kind where he can enthusiastically put these very principles to work on himself and other sufferers.

Then too, we have tried hard to capitalize on our one great natural advantage. That advantage is, of course, our personal experience as drinkers who have recovered. How often the doctors and clergymen throw up their hands when, after exhaustive treatment or exhortation, the alcoholic still insists, "But you don't understand me. You never did any serious drinking yourself, so how can you? Neither can you show me many who have recovered."

Now, when one alcoholic who has got well talks to another who hasn't, such objections seldom arise, for the new man sees in a few minutes that he is talking to a kindred spirit, one who understands. Neither can the recovered A.A. member be deceived, for he knows every trick, every rationalization of the drinking game. So the usual barriers go down with a crash. Mutual confidence, that indispensable of all therapy, follows as surely as day does night. And if this absolutely necessary rapport is not forthcoming at once it is almost certain to develop when the new man has met other A. A.s. Someone will, as we say, "click with him."

As soon as that happens we have a good chance of selling our prospect those very essentials which you doctors have so long advocated, and the problem drinker finds our society a congenial place to work them out for himself and his fellow alcoholic. For the first time in years he thinks himself understood and he feels useful; uniquely useful, indeed, as he takes his own turn promoting the recovery of others. No matter what the outer world thinks of him, he knows he can get well, for he stands in the midst of scores of cases worse than his own who have attained the goal. And there are other cases precisely like his own - a pressure of testimony which usually overwhelms him. If he doesn't succumb at once, he will almost surely do so later when Barleycorn builds a still hotter fire under him, thus blocking off all his other carefully planned exits from dilemma. The speaker recalls seventy-five failures during the first three years of A.A. - people we utterly gave up on. During the past seven years sixty-two of these people have returned to us, most of them making good. They tell us they returned because they knew they would die or go mad if they didn't. Having tried everything else within their means and having exhausted their pet rationalizations, they came back and took their medicine. That is why we never need to evangelize alcoholics. If still in their right minds they come back, once they have been well exposed to A.A.

Now to recapitulate, Alcoholics Anonymous has made two major contributions to the programs of psychiatry and religion. These are, it seems to us, the long missing links in the chain of recovery:

1. Our ability, as ex-drinkers, to secure the confidence of the new man - to "build a transmission line into him."
2. The provision of an understanding society of ex-drinkers in which the newcomer can successfully apply the principles of medicine and religion to himself and others.

So far as we A.A.s are concerned, these principles, now used by us every day, seem to be in surprising agreement.

(N.Y. State J. Med., Vol.44, Aug. 15, 1944).

Group Donations

As of June, 1, 2015 AA Central Office will process the contributions for Central Office only.

Here are the suggestions for Contributing to the Fellowship as seen in the A.A. Guidelines

After your group expenses, the following is suggested.

- ___ Edmonton Central Office (Intergroup)
- ___ General Service Office (New York)
- ___ Area 78 Assembly
- ___ Your District
- ___ Edmonton General Services Committee

Here is where to send your contributions

Edmonton Central Office

Cheque payable to: **Edmonton Central Office**
205, 10544-114 St NW
Edmonton, AB T5H 3J7

General Service Office

Cheque payable to: **General Service Board**
Box 459, Grand Central Station
New York, N.Y. 10163
Online at: <https://ctb.aaws.org>

Area 78 Assembly

Cheque payable to: **Area 78 Assembly**
c/o Area 78 Treasurer
Box 2754
Inuvik NT X0E 0T0

Address changes every two years.

Contact Central Office or Area 78 for mailing address.

Your District

Your GSR will know who to send these contributions to.
Or can take them the to District Meeting.

Edmonton General Service Committee

Cheque payable to: **E.G.S.C.**
c/o E.G.S.C. Treasurer
205, 10544-114 St NW
Edmonton, AB T5H 3J7

A.A.® Guidelines

Finance

from G.S.O., Box 459, Grand Central Station, New York, NY 10163

A.A. Guidelines are compiled from the shared experience of A.A. members in the various areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (U.S. and Canada). In keeping with our Tradition of Autonomy, except in matters affecting other groups or A.A. as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an informed group conscience.

Samples of Group Contributions to A.A. Service Entities*

Distribution Plan of _____
(YOUR GROUP NAME)

Your Group Service # _____
(Be sure to write group name and service # on all contributions.)



- ___% to district
- ___% to area committee
- ___% to G.S.O.
- ___% to intergroup or central office
- ___% other A.A. service entities
- ___% other A.A. service entities

OR



- 10%** to district
- 10%** to area committee
- 30%** to G.S.O.
- 50%** to intergroup or central office

OR

If you have no intergroup/central office.



- 40%** to district
- 30%** to area
- 30%** to G.S.O.

From the General Service Guidelines MG-15



THURSDAY BIRTHDAYS

60 Mins To Sobriety

| | |
|---------------------------|----|
| <i>Last Sunday</i> | |
| JAMES W | 7 |
| Beaumont Friday | |
| <i>Last Friday</i> | |
| BRUCE P, | 40 |
| TOM L. | 30 |
| MIKE S | 5 |
| APRILL O | 4 |
| RYAN B | 4 |
| MARYLIN | 4 |
| BEVERLY | |
| KELLY M | 4 |
| Breathe Easy | |
| <i>First Friday</i> | |
| CHRIS C | 20 |
| CECE C. | 1 |
| Campus Group | |
| <i>Last Monday</i> | |
| ANTON R. | 10 |
| CYNTHIA B. | 14 |
| TOM A. | 11 |
| VANCE A. | 5 |
| CAPILANO | |
| 1ST THURSDAY | |
| KEVIN F. | 32 |
| Clareview BB Study | |
| <i>Last Wednesday</i> | |
| STEVE B | 2 |
| Daily Reflections | |
| <i>Last Wednesday</i> | |
| BONNIE O | 10 |
| SANDY | 5 |
| DEAN L. | 9 |
| DOUG | 2 |
| Dolphin Group | |
| Tucker | 5 |
| WALLY K. | 5 |
| GARY | 1 |
| Eastwood Group | |
| <i>2nd Monday</i> | |
| CJ L. | 1 |
| GUY T. | 10 |
| DON M. | 11 |
| BARB B. | 39 |

Fulton Place

| | |
|------------------------------|----|
| <i>Last Friday</i> | |
| DON S. | 13 |
| Hillettes #2 | |
| <i>Last Wednesday</i> | |
| ANN E. | 6 |
| HELEN S. | 4 |
| JOY L. | 1 |
| Jasper Place | |
| <i>Last Tuesday</i> | |
| DICK T. | 43 |
| Lighthouse | |
| <i>Last Friday</i> | |
| PAT M. | 35 |
| CASSANDRA N. | 9 |
| MEL K. | 16 |
| SARAH P. | 1 |
| DON B. | 1 |
| Millwoods Group | |
| <i>First Tuesday</i> | |
| JERRY S. | 27 |
| LESLIE S. | 2 |
| Mustard Seed | |
| <i>Last Sunday</i> | |
| ANNETTE | 40 |
| DAVID F. | 10 |
| VALERIE | 10 |
| Oilmen's | |
| <i>First Monday</i> | |
| ANNA W. | 28 |
| COLIN G. | 27 |
| FABIAN D. | 5 |
| PROVIDENCE GROUP | |
| LAST WEDNESDAY | |
| CHARLENE J. | 3 |
| S.A. Brotherhood | |
| <i>Last Wednesday</i> | |
| STEVE H. | 1 |
| DOUG O. | 1 |
| S.A. Sunday Breakfast | |
| <i>Last Sunday</i> | |
| DENNIS B. | 12 |
| SEAN Y. | 2 |
| RICHARD | 3 |

S.A.

Sunday Step Study

| | |
|----------------------------------|----|
| <i>Last Sunday</i> | |
| DALE W. | 6 |
| DARREN H. | 4 |
| GERARD P. | 1 |
| S.P. 12 Steps To Serenity | |
| <i>Last Monday</i> | |
| GRAHAM A. | 12 |
| BAZ | 10 |
| MARK D | 3 |
| S.P. Millshaven | |
| <i>Last Wednesday</i> | |
| LARRY S. | 38 |
| PAUL S. | 5 |
| FRANK S | 3 |
| DAVE M. | 3 |
| Shifters | |
| <i>Last Saturday</i> | |
| CAROL W. | 32 |
| MARGIE M. | 11 |
| CAROL M. | 6 |
| SUE | 5 |
| Southside | |
| <i>3rd Friday</i> | |
| ADRIENNE B. | 12 |
| BONNIE G. | 34 |
| JIM S.W. | 17 |
| Strength & Hope | |
| <i>Last Tuesday</i> | |
| DOUG W. | 11 |
| The Why | |
| <i>Last Saturday</i> | |
| DEBBIE P. | 2 |
| Thus We Grow | |
| <i>Last Tuesday</i> | |
| DENNIS S. | 12 |
| HENRY S. | 6 |
| WESTEND 12 STEP GROUP | |
| TERRY F-A. | 40 |
| DEBBIE M. | 3 |

WESTGROVE

| | |
|----------------------|----|
| DWIGHT W. | 25 |
| BOB J. | 33 |
| SHANNON A. | 4 |
| Westminster | |
| <i>Last Saturday</i> | |
| LEROY L. | 40 |
| GERRY S. | 33 |
| BETH D. | 32 |
| SONNY C. | 28 |
| LYNN H. | 17 |
| GABRIELLE K. | 16 |

YOUR CHOICE GROUP

RANDY Y. MAY 13 2YEARS

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

LIST OF EVENTS

| DATE | EVENT | More Info |
|--|---|--|
| May 1 8318-104 AVE CHAPTER HOUSE | <u>SPRING INTO RECOVERY</u> <u>PRESENTED BY RAINBOWS TO RECOVERY</u> | \$15 TICKETS DINNER 5:30PM SPEAKERS @6PM MEETING @8PM~DANCE@9:30 CALL IAN @ 780-257-4649 |
| May 2&3 Turtleford, Sask | <u>36th ANNUAL AA & Al-Anon Round-up</u> <u>"FELLOWSHIP-WHAT A GIFT!"</u> | Admission is Voluntary Contribution Speakers-Dinner-Dance An open weekend for all, camping is available at the LIONS park |
| May 8-10 Star of the North Retreat Centre | 34th ANNUAL MOTHERS DAY RETREAT "SENSIBLE SPIRITUALITY" | INHOUSE ALL WKND \$200 COMMUTER ALL WKND\$150 BOOK ASAP ALMOST FULL CALL NANCY @780-459-5511 |
| MAY 9 Leduc County, AB | <u>DISTRICT 12 SERVICE WORKSHOP</u> <u>St. Mary's Church Basement Colonsay</u> | Event is observed 7TH Tradition Open to all Members & Groups 9AM -3PM With a Pot Luck Lunch |
| May 16 Brooks, AB Books Lutheran Church | BROOKS AA ROUND~UP "BACK TO BASICS" | Tickets are \$25 full event \$10 includes Registration & morning snack/lunch. Call Calgary Central Office 403-777-1212 |
| MAY 22-24 REDDEER AB | I AM RESPONSIBLE RED DEER ROUNDUP | \$40 TICKETS Begins 5:30pm Friday Bbq/breakfast/AA speakers/live band Email for more details |
| MAY 30 | <u>DISTRICT 40 UNITY EVENT</u> <u>FABULOUS FUN IN RECOVERY</u> | HOSANNA LUTHERAN CHURCH 9009-163ST EVENT BEGINS @6PM POT LUCK SUPPER & KEYNOTE SPEAKER @8pm MICHELLE D-K. |
| MAY 31 | TA~WOW GROUP RECOVERY CELEBRATION 11725-96St. | OVER 79 YEARS COMBINED OF SOBRIETY CELEBRATED! LATE LUNCH-LIVE ENTERTAINMENT CALL SONNY @ 780-975-7846 FOR MORE INFO!! |

MEETING NEEDS
SUPPORT, NEW
NAME, NEW HOPE,
NEWCOMERS



AA MEETING

WEDNESDAY NIGHT'S @ 8 PM



11229-100 AVE www.jellineksociety.ca

**WE INVITE ANY & ALL GROUPS TO COME SHARE YOUR
EXPERIENCES WITH THE GUYS OF JELLINEK.**

CONTACT STEVE @ 780-803-9565/780-488-1160



CENTRAL OFFICE HAS ALL THE GRAPEVINE BOOKS CURRENTLY AVAILABLE. DOES YOUR GROUP HAVE A GRAPEVINE REPRESENTATIVE? HERE ARE SOME OF THE BOOKS THAT ARE CURRENTLY BEING PICKED UP BY GROUPS! ALSO THE NEW POPULAR DAILY QUOTE BOOK !



Magazine

The May Issue of Grapevine Is Here!

AAs share their experiences doing service with CPC in this month's special section

In "Working With Others," our co-founder, Bill W., suggests that while helping an alcoholic we

may want to "let the doctor, if he will, tell him he has something in the way of a solution."

But how will the doctor know about AA or where to find us?

Committees on Cooperation With the Professional Community (CPC) are made up of

members who bring AA information to professionals—

such as doctors, lawyers, judges, clergy and therapists—who come in contact with alcoholics.

In his 1958 Grapevine essay, "Let's Be Friendly with Our Friends,"

Bill wrote, "So let us work alongside all these..."

AA Trivia

1. Who were the two people who started up our fellowship?
2. How many A.A. members were there when they wrote the book, "Alcoholics Anonymous"?
3. What did the 'W' stand for in Bill W.?
4. How many pages were there in the original Big Book, without stories?
5. What is the "Grapevine"?
6. What year Bill W. and Dr. Bob meet? What Day?
7. Who was the nun who really helped A.A. in the Akron hospitals?
8. When did Dr. Bob get sober?
9. What book was written about Dr. Bob and his friends?
10. What was the name of the group that Bill was a part of before founding A.A.?

Committee Announcements

Would you like to become involved in service work within AA? Our committee (PI/CPC) meets the **last Wednesday** of every month at the **Alano Club (10728-124 St.) at 6:30 p.m.**

Public Information (PI) in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program. We carry the message by getting in touch with the media, schools, industry, and other organizations which can report on the nature and purpose of A.A. and what it can do for alcoholics.

Cooperating with non-alcoholic professionals (CPC) is another effective way to carry the message to the sick alcoholic. Through professionals such as health care workers, alcoholics may be reached who might otherwise never find the A.A. program, or they may be reached sooner with the help of informed non-A.A. personal. If you would like to assist our committee in reaching out to non-A.A. individuals, please drop in and attend one of our meetings

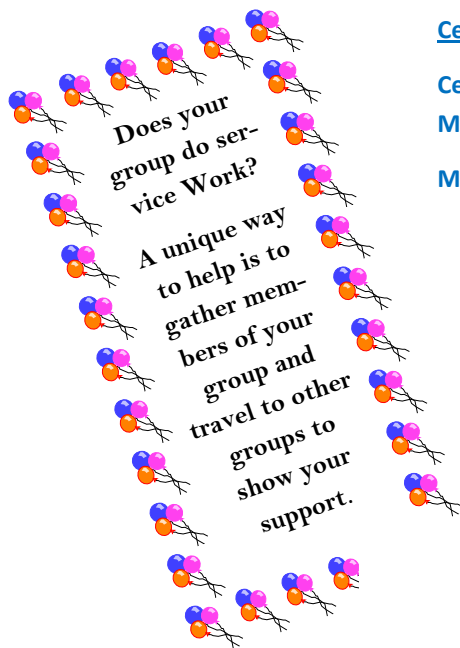
and see if this is the kind of service work you would like to do, keeping within our A.A. Traditions:

Tradition Eleven -- Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, (and electronic media)

You can get in contact with the committee at

<http://edmontonaa.org/contact/public-information/>

<http://edmontonaa.org/contact/contact-c-p-c/>



Central Office News

Central Office Noon Meetings

Monday—Friday 12:00

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 JUMP~START Wednesday 8 PM

11229 100 Ave Side Door Bsmt

RIO TERRACE GROUP Monday 7:30 PM

15108 76 Ave Bsmt Rio Terrace Moravian Church

LAST CALL GROUP Wednesday 7:30PM

8801 163 St. NW Jasper Place Baptist Church



GROUPS RECENTLY CLOSED DOWN

WE AGNOSTICS & WESTEND OASIS

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

On Tradition Five

"Each group has but one primary purpose-to carry its message to the alcoholic who still suffers."

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Taken from the Traditions Checklist

STEP 5 PROMISES:

"Once we have taken this step, withholding nothing,

1. **We are delighted.**
2. **We can look the world in the eye.**
3. **We can be alone at perfect peace and ease.**
4. **Our fears fall from us.**
5. **We begin to feel the nearness of our Creator.**
6. We may have had certain spiritual beliefs, but now **we begin to have a spiritual experience.**
7. **The feeling that the drink problem has disappeared will often come strongly.**
8. **We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. "**

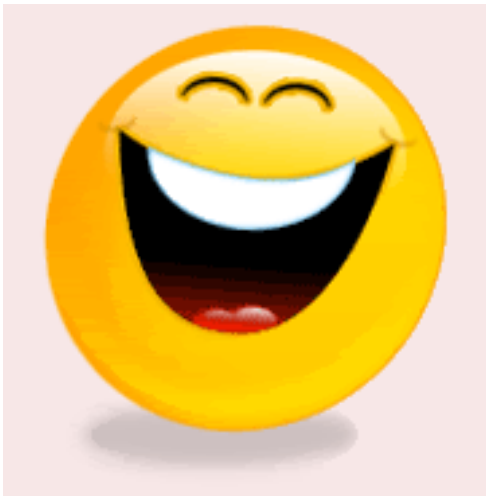
TRIVIA ANSWERS

NO PEEKING.....

do the Trivia

Questions first.

| | | |
|-----|--|--|
| 10. | Oxford Group | |
| 9. | Dr. Bob and the Good Old Timers | |
| 8. | June 10, 1935 | |
| 7. | Sister Ignatia | |
| 6. | 1935, Mother's Day | |
| 5. | AA's magazine nicknamed our "meeting in print" | |
| 4. | 164 | |
| 3. | Wilson | |
| 2. | 100 | |
| 1. | Bill W. and Dr. Bob S. | |



Read pp. 25-28 of the "Twelve Concepts for World Service"

THE FIFTH CONCEPT OF SERVICE:

We serve the group by having the courage to state a minority opinion when needed and we respect this right in others.

Let us prepare for the study of the fifth concept of service by examining two areas of our lives:

1. When I have a personal grievance, do I have the courage to state it (in a loving manner) or am I still a doormat?
2. How do I treat those who have opinions that differ from mine? Do I carefully and calmly consider them?