

TWELVE STEP TIMES

JULY 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 Editor Daniel R., Rainbows To
Recovery

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Subscribe to the Twelve Step Times online

12step-times.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 7

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 7 Guide:

<http://www.12step.org>

Step 7 - I humbly ask God to remove my shortcomings

- What defects will be most difficult to give up? In what order do you plan to give them up?
- What kind of situations, stressors or pressures cause you to regress back into your defects of character? What can you do to lessen the likelihood of that stress occurring?
- Where do you feel most supported and helped in your strivings for recovery?
- What makes you lose hope? Can you avoid such situations? If so, then how?
- What (person, situation, event, thought) restores your hope? Is there a way to maximize those influences? If so, then how?
- What would you like to recapture in your life?
- Describe in detail what you think that your life will be like with your defects of character removed from you.
- What are you grateful for?
- When do you think that life has been especially good for you? When did you have the greatest joy?
- Describe your typical day's activities in terms of how much time you spend on each type of activity.
- Describe your typical day's activities if you knew that you had only one year to live.
- Have you made the correct decisions about how to spend time with loved ones, in solitude and with your discretionary time? If not, how would you like to change it?
- What would you do if you were granted three wishes?
- What do you think that you can do to leave the world a better place and accomplish your mission in life?

Tradition 7: "Still pretty broke. What then?"

"The A.A. Groups themselves ought to be fully supported by the voluntary contribution of their own members. We think that each group should soon achieve its ideal: that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."

Our growth continuing, the combined income of Alcoholics Anonymous members will soon reach the astounding total of \$250,000,000, a quarter of billion dollars yearly. This is the direct result of A.A. membership. Sober we now have it, drunk we would not. By contrast, our overall A.A. expenses are trifling.

For instance, the A.A. General Office now costs us \$1.50 per member a year. As a fact, the New York office asks the groups for this sum twice a year because not all of them contribute. Even so, the sum per member is exceedingly small. If an A.A. happens to live in a large metropolitan center where an intergroup office is absolutely essential to handle heavy inquiries and hospital arrangements he contributes (or probably should contribute) about \$5.00 annually. To pay the rent of his own group meeting place, and maybe coffee and doughnuts, he might drop \$25.00 a year in the hat. Or, if he belongs to a club it could be \$50.00. In case he takes *The A.A. Grapevine* he squanders an extra \$2.50!

So, the A.A. member who really meets his group responsibilities finds himself liable for about \$5.00 a month on the average. Yet his own personal income may be anywhere between \$200. and \$2,000. a month -- the direct result of *not* drinking.

"But", some will contend, "our friends want to give us money to furnish that new club house. We are a new small group. Most of us are still pretty broke. What then?"

I am sure that myriads of the A.A. voices would now answer the new group saying, "Yes, we know just how you feel. We once solicited money ourselves. We even solicited publicly. We thought we could do a lot of good with other peoples' money. But we found that kind of money too hot to handle. It aroused unbelievable controversy. It simply wasn't worth it. Besides, it set a precedent which has tempted many people to use the valuable name of Alcoholics Anonymous for other than A.A. purposes. While there may be little harm in a small friendly loan which your group really means to repay, we really beg you to think hard before you ask the most willing friend to make a large donation. You can, and you soon will, pay your own way. For each of you these overhead expenses will never amount to more than the price of one bottle of good whiskey a month. You will be everlastingly thankful if you pay this small obligation yourselves.

When reflecting on these things, why should not each of us tell himself, "Yes, we A.A.s were once a burden on everybody. We were 'takers.' Now that we are sober, and by the Grace of God have become responsible citizens of the world, why shouldn't we now about face and become 'thankful givers'! Yes, it is high time we did!"

Bill W., Grapevine Editorial, June 1948

The current numbers:

- As of 2013, the numbers are as follows: Contributions to G.S.O were 6,9 Million \$, only 42.4% of the groups contribute. Through literature sales, the G.S.O. brought in another 2,6 Million \$. The annual profit of the G.S.O. was \$ 31,500.
- The cost of service per member in 2013 was \$ 6.84 at 1,4 Million reported members.
- The cost of service per group was \$ 143.67 at 64,414 reported groups
- Statistically, each member contributes \$ 4.97 per year. **The cost of a venti (large) Latte at Starbucks Edmonton is currently \$ 4.88.**

Birthdays in July

60 Mins To Sobriety

Last Sunday

Ed O. 7

Beaumont Friday

Last Friday

Tina W. 18

Carol W. 32

Beverly

3rd Friday

Rose P. 6

Karen W. 24

Breathe Easy

First Friday

Sean N. 1

Peter J. 21

Rick W.-S. 28

By The Books Group

Harvey S. 6

Campus Group

Last Monday

Skylar S. 8

Loveth B. 31

Dolphin Group

Ina M. 38

Eastwood Group

2nd Monday

Jennifer S. 9

Keith M. 26

Fulton Place

Last Friday

Mike B. 28

Home Group 11

Wayne B. 39

Tom B. 43

Lighthouse Group

Last Friday

Tarah F. 9

Donna M. 35

Love At Work

3rd Wednesday

Maria M. 3

Andrew B. 4

Dallas W. 4

Sean D. 6

Tanya L. 6

Millwoods Group

First Tuesday

Trudy D. 17

North Edmonton Group

Last Thursday

Dianne C. 9

Bernie T. 13

Jen B. 19

Elliott H. 24

Doug P. 34

Joe D. 40

Open Door

Last Sunday

S.A. Brotherhood

Last Wednesday

Suede 1

S.A. Sunday Breakfast

Last Sunday

Kari B. 2

Karen S. 7

John D. 18

Art P. 34

S.A. Sunday Step Study

Last Sunday

Rolando G. 2

Gary S. 6

S.A. Tuesday Night

1st Tuesday

Jason C. 9

Julian D. 13

Kent M. 25

Aileen M. 26

S.P. 12 Steps To Serenity

Last Monday

Ali H. 1

Marcel W. 1

S.P. Happy Hour

Last Friday

Pete C. 23

Southside

3rd Friday

BJ 1

Wayne Y. 2

AG 5

Shifters

Last Saturday

Leona 6

Tim M. 6

Tera B. 9

John A. 13

Mike F. 18

Grace N. 29

Diane F. 34

S.S.Y.P.

Last Sunday

Nick Z. 2

The Why

Last Saturday

Rein H. 13

West End

Last Wednesday

Rhonda S. 29

Westgrove

Last Sunday

Sandy C. 40

Westminster

Last Saturday

Larry F. 4

Naomi S. 4

Butch V. 15

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 JUNE 2015

| DATE | EVENT | More Info |
|---|--|---|
| <u>JUNE 26</u> <u>25 KM WEST OF</u> <u>MORINVILLE</u> | <u>2015 SANDY BEACH ROUND UP</u> <u>"EASY DOES IT...but do it"</u> | <u>THE 7TH TRADITION IS OBSERVED</u> <u>REGISTRATION 7:30PM JUNE 26</u> <u>CALL DENISE 780-913-9036</u> |
| <u>JUNE 28</u> <u>EDMONTON GARRISON</u> <u>MEMORIAL GOLF CLUB</u> | <u>ANNUAL ALANO CLUB CHARITY</u> <u>FUNDRAISER</u> <u>TEXAS SCRAMBLE TEE OFF 9AM</u> | <u>TICKETS \$150</u> <u>BBQ STEAK LUNCH</u> <u>CONTACT ALANO CLUB</u> |
| <u>JULY 10-12</u> <u>STETTLER, AB</u> | <u>RECOVERY THROUGH GIVING BACK</u> <u>34th ANNUAL ROUNDUP</u> | <u>\$30 ENTIRE WEEKEND & BANQUET</u> <u>MANY HOTELS & MOTELS AROUND</u> |
| <u>JULY 10-11</u> <u>JARVIE, ALBERTA</u> | <u>ANNUAL FRIENDS & FAMILY HOG ROAST</u> | <u>TICKETS \$30</u> <u>CONTACT JIM T. @ 780-954-2669</u> |
| <u>JULY 12</u> <u>CALGARY, AB</u> | <u>STAMPEDE BREAKFAST</u> <u>PRESENTED BY CALGARY</u> | <u>4015- 39A AVE SW</u> <u>COST 7TH</u> |
| <u>JULY 17-19</u> <u>EDSON , ALBERTA</u> | <u>55TH EDSON & AREA ROUND~UP</u> <u>" BACK TO BASICS "</u> | <u>\$50 TICKETS INCLUDE ALL</u> <u>WEEKEND ALL MEALS & KEYNOTE</u> |
| <u>JULY 24-26</u> <u>GOOSEBERRY LAKE</u> | <u>27TH ANNUAL CONSORT CAMPOUT</u> <u>AA & AL-ANON</u> | <u>REGISTRATION \$20/PERSON</u> <u>CAMPING \$15 PER NIGHT SITE D</u> |
| <u>AUGUST 7-9</u> <u>RIVERDALE MINI PARK</u> <u>20KM NORTH OF</u> | <u>DISTRICT 20 ANNUAL CAMPOUT</u> | <u>ROUND UP IS 7TH TRADITION</u> <u>RESERVATIONS 780-842-2996</u> <u>CALL JANICE 780-915-8433</u> |
| <u>AUGUST 14-16</u> <u>PIKE LAKE</u> <u>SASKATCHWAN</u> | <u>35TH ANNUAL PIKE LAKE/DELISLE</u> <u>ROUND~UP-CAMP~OUT</u> <u>" A FAMILY AFFAIR "</u> | <u>BRING YOUR OWN FOOD, CAMPING</u> <u>EQUIPMENT.</u> <u>MORE INFO CALL KEVIN</u> |
| <u>AUGUST 21-23</u> <u>MANITOU DISTRICT</u> | <u>8TH ANNUAL YOUNG AT HEART</u> <u>AA CAMPOUT ROUND UP</u> | <u>FELLOWSHIP, POTLUCK, SWIMMING</u> <u>EMAIL: STEFANLS2@HOTMAIL..COM</u> |
| <u>AUGUST 28-30</u> <u>ANTLER HILL</u> <u>COMMUNITY HALL</u> | <u>1ST ANNUAL INNISFAIL CAMPOUT</u> <u>" KEEP IT SIMPLE "</u> | <u>REGISTRATION \$20 PER PERSON</u> <u>NO HOOKUPS NO FIRES</u> <u>CALL TOM 403-227-6717</u> |

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

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

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/>



NEW GROUP

TUESDAY NIGHT SPECIAL

BIG BOOK STUDY

TUESDAY 7:30 PM

CHAPTERHOUSE

8318—104 ST, EDMONTON

STRATHCONA BAPTIST CHURCH

BREATHE EASY MOVED!

New address:

9009—163 ST NW

Hosanna Lutheran Church

(Closed meeting, Wheelchair accessible)

FRIDAYS 8:00 PM

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



A Joe & Charlie Style Big Book Study

Tuesday (Open): 7.30 PM

Thursday (Ladies): 6 PM

Saturday (Mens): 9.15 AM

Roughly An Hour And A Half In Length

TO SHOW OTHERS

South Side Chapter House

(Strathcona Baptist Church)

8318—104 Street

Basement, North Entrance on 84th Avenue

NEW BIG BOOK STUDIES

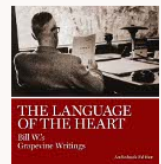
The July Issue of Grapevine Is Here!

This July marks a very special month for Alcoholics Anonymous



Thousands of sober alcoholics will gather in Atlanta at the 2015 International Convention to celebrate the 80th anniversary of the birth of AA in Akron, Ohio. In this issue, you will find a special letter from Terry Bedient, the non-alcoholic chairman of our AA General Service Board, photos from past Conventions and a wonderful story by a member who has been to 25 years of Conventions. Because AAs are gathering from many countries to celebrate this month, we're also featuring stories by members about AA meetings all over the world.

The Language of the Heart Audiobook MP3 CD – CD23 18 hours of listening time



Bill W. was the Grapevine's most prolific contributor, writing more than 150 articles, from his first in June 1944 to his last in December 1970. Here in one volume are all of Bill's Grapevine articles, including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps (there were six in the first draft).

Order here:

<https://store.aagrapevine.org/ProductsList.aspx?WG=414>

Come in and meet Your Central Office Team:

Val, Steve, **Jay**, Lori, Pat F., Cathy, Larry, Pat L., Daniel, Jean, Jennifer, Caroline, Christina

We would love to see you and hear from you!

Central Office will be closed for Canada Day, July 1st, 2015

Submit your stories for the Twelve Step Times:

edmontonaa@hotmail.com