

TWELVE STEP TIMES

August 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

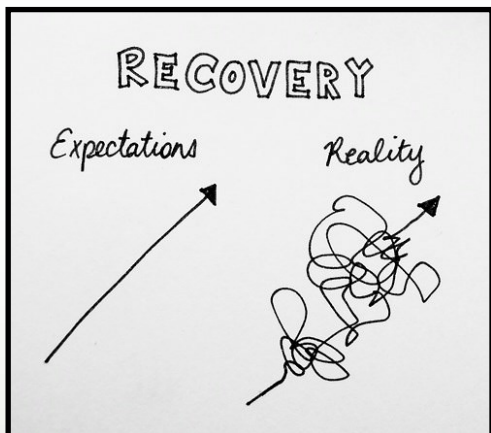
www.edmontonaa.org

It's your Twelve Step Times!

Submit your:

Pictures

Pictures of your meeting place (no faces, anonymity!!)



For our September Edition, we're specifically looking for

- Stories on Step 9
- Thoughts on Tradition 9
- Stories from the World Convention in Atlanta 2015

It's your Twelve Step Times! Share your experience, strength and hope. Become involved. Let the Edmonton fellowship know about your group!

Please submit your material to

edmontonaa@hotmail.com

Stories

Experience, Strength & Hope (Stories of 500 words or less)

Events

A.A. events in your area



It's your Central Office!

LITERATURE

NEWCOMER PACKS BIRTHDAY CARDS

MEETING LISTS GROUP SERVICE PACKS

INFO PHONE CUSTOM TICKETS

CUSTOM MEDALLIONS MONTH CHIPS

NOON MEETING MO-FR 12:00 PM

MEET THE TEAM!

We're open Monday through Friday,
8:30 AM—4:30 PM

Say Hello to:

Val, Steve, Jay, Pat F., Pat L., Cathy,
Larry, Jean, Daniel, Caroline,
Christina, Ray

We also:

- ⇒ Coordinate 12-Step-Calls &
Bridging The Gap Requests
- ⇒ Round~Up Head Qaurters
- ⇒ Publish the Twelve Step Times

....and more!

Member Appreciation Day

Thursday, September 17, 2015, 3:00 PM—7:00 PM

12:00 PM—01:00 PM Noon Meeting

03:00 PM—06:00 PM Visit your Central Office, meet the team

We will have coffee and snacks! Literature Sale!

We thank all members for your continued support, and encourage you to join us in celebrating our Edmonton AA unity.



I AM RESPONSIBLE. WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I WANT THE HAND OF AA ALWAYS TO BE THERE. AND FOR THAT: I AM RESPONSIBLE.

Alcoholics Anonymous Responsibility Declaration, 1965

Birthdays in August

60 Mins To Sobriety

Last Sunday

Darlene S.	2
Tammy S.	3
Tim S.	3
Barb M.	7
Gord R.	40

Beaumont Friday

Last Friday

Janet W.	5
Anne	6
Judy K.	20
Don L.	22
Holly	32

Beverly

3rd Friday

Dee B.	12
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Breathe Easy

First Friday

Steve P.	2
Gale E.	17
Pat F.	19

By The Books Group

Roberta G.	1
Tom L.	1

Campus Group

Last Monday

Darrel V.	2
Lenny	15
Tom V.	19
Carleen V.	26

Capilano Step Group

1st Tuesday

Don Fisher	7
Ina Mc	38

Clareview Big Book Study

Last Wednesday

Dayle W.	38
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Daily Reflections

Last Wednesday

Trevor	2
Teddy B.	5
Reid W.	10

Dolphin Group

Barb M.	7
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Hillettes #2

Last Wednesday

Vienna C.	1
Dee B.	12

Lighthouse Group

Last Friday

Dean	3
Justin D.	9

Mustard Seed

Last Sunday

Kari Ann	2
Julien	11

Oilmens'

1st Monday

Ron D.	19
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Open Door

Last Sunday

Carolyn M.	15
Billy S.	16
Don G.	16

Providence

Last Wednesday

Greg C.	1
Glenn Q.	2

S.A. Sunday Breakfast

Last Sunday

Chris B.	6
Moe H.	10
Elmer M.	30

S.A. Sunday Step Study

Last Sunday

Russell B.	9
George S.	28

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

David I.	1
Dominik W.	1
Tom M.	35

S.P. Millshaven

Last Wednesday

Mike B.	29
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Southside

3rd Friday

Alysa B.	1
Donna Y.	8
Gordon M.	23
John N.	26
Tim K.	28

Shifters

Last Saturday

Michael F.	2
Scott Y.	6
Amanda R.	11
Ruth B.	13
Bernie C.	25

S.S.Y.P.

Last Sunday

Bri B.	1
Jack R.	1
Liz C.	1
Vee D.	1
Troy D.	2

Thus We Grow

Last Tuesday

Greg H.	9
Randy M.	24
Jim B.	44

West End

Last Wednesday

Wayne P.	31
Marilyne	32

Westgrove

Last Sunday

Jo K.	3
Rod C.	6

Westminster

Last Saturday

Val C.	3
Kevin S.	13
Diane L.	31
Mary S.	34

S.P. Group

Chris A.	1
Philip C.	1
Richard S.	1
Tracy M.	1
Chuck S.	2
Sid	3
Jeremy M.	4
Paul V.	5
Brandi T.	10
Jerry E.	10
Roxanne H.	13
Terry P.	30
Sandy T.	31
Don F.	39

Terra Nova
Last Sunday
Damian A. 10

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.



Camel Club
PICNIC

Sunday, August 23
2-6 pm.
Laurier Park- Site #5

All are Welcome!

FACE PAINTING
GLITTER TATTOOS
BIG BUBBLE FUN
MAGIC

PIXIE DUST PIRATES

TOPPY

DONATIONS OF FOOD OR CASH GREATLY APPRECIATED!

7TH TRADITION

 **2nd Annual** 

Stan Daniels Healing Centre
RED ROAD TO RECOVERY

Gratitude BBQ

Saturday August 15, 2015

9516 101 Ave NW, Edmonton

11:30 am - 3:30 pm

Speakers: Mike A. / Dave D.

Drumming / Sharing / Community

TICKETS - \$10

Contact: Melissa - 780-217-2791



42nd ANNUAL 2015
SLAVE LAKE ROUNDUP
SEPTEMBER 4TH - 7TH

at Southshore Community Complex
(Southshore Drive between Widewater and Wagner)

"THERE IS A SOLUTION"

Opens at 2pm on Friday
No powered sites

Power is only available to those who require it for medical reasons.

- FRIDAY:** Registration 4pm - 8pm \$40.00 for weekend
Welcome Meeting at 8pm
Hotdog and Marshmallow Roast to follow
- Saturday:** 8am - 10am - Continental Breakfast
10:30am - AA Call-up Meeting
12pm Toonie (\$ 2.00) Lunch
(Hotdogs, Hamburgers and Salads)
1:30pm AA/Anon Speaker (TBA)
3:00pm AA Call-up Meeting
Potluck Supper - Deep Fried Turkey Provided
7pm AA Countdown followed by AA Speaker (TBA)
11pm Night Owl Meeting by the campfire
- Sunday:** 9am Pancake Breakfast
10:30am AA Speaker (TBA)
12pm "Leftover Lunch"
3pm AA/AA/Anon Call up Meeting
6pm "Leftover Supper"
7:30pm AA/AA/Anon Call up Meeting
11pm Night Owl Meeting by the campfire
- Monday:** cleanup

For information Contact Bob K. 780-849-1896
or Butch 780-849-3989

RECOVERY
SEPTEMBER 2015 CANADA CELEBRATES RECOVERY FROM ADDICTION



Recovery Day Edmonton

DATE: September 26, 2015

LOCATION: Giovanni Caboto Park Laurie de Grace

TIME: 11AM - 2PM

EMAIL: RecoveryDayEdmonton@gmail.com

COME SUPPORT YOUR RECOVERY COMMUNITY!

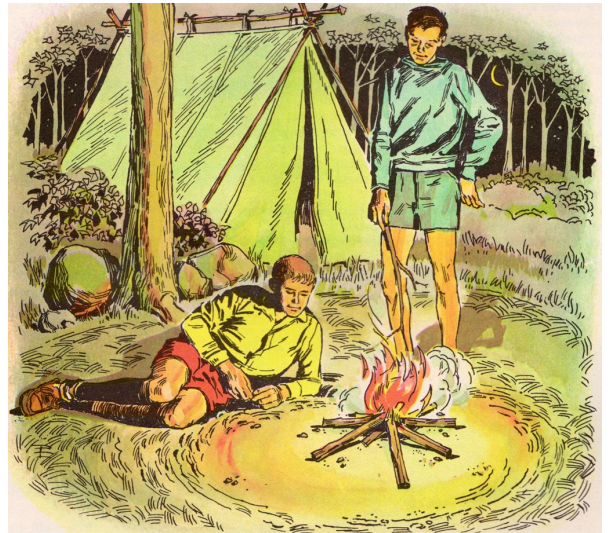
~UNITY~



ALCOHOLICS ANONYMOUS

SUMMER 2015

Edmonton A.A. Central Office 780-424-5900



For detailed information.

Visit us online at

www.edmontonaa.org

DATE	EVENT	More Info
<u>JULY 24-26</u> <u>GOOSEBERRY LAKE</u> <u>PROVINCIAL PARK</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>403-575-5623--MORE INFO</u>
<u>AUGUST 7-9</u> <u>RIVERDALE MINI PARK</u> <u>20KM NORTH OF</u> <u>WAINWRIGHT</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 7-9th</u> <u>HWY 2 NORTH TO</u> <u>VETERANS BLVD EAST ON 567</u>	<u>DISTRICT 86 10th ANNUAL PIG ROAST</u> <u>"FELLOWSHIP"</u>	<u>FRIDAY NIGHT BONFIRE & FELLOWSHIP</u> <u>SATURDAY MEETINGS & BBQ</u> <u>SUNDAY PANCAKE BREAKFAST</u> <u>7th TRADITION</u> <u>587-284-8115-TAMMY</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 EQUIP-</u> <u>MENT.</u> <u>MORE INFO CALL KEVIN</u> <u>306-956-3324</u>
<u>AUGUST 15</u> <u>9516-101 AVE</u> <u>STAN DANIELS</u>	<u>GRATITUDE BBQ</u> <u>RED ROAD TO RECOVERY</u>	<u>TICKETS \$10</u> <u>11:30 am-3:30 am</u> <u>DRUMMING/SHARING/COMMUNITY</u>
<u>AUGUST 21-23</u> <u>MANITOU DISTRICT</u> <u>REGIONAL PARK</u> <u>WATROUS SASK</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>CAMPISTE 306-946-2588</u>
<u>AUGUST 23</u> <u>LAURIER PARK SITE 5</u>	<u>CAMEL CLUB PICNIC</u> <u>ALL ARE WELCOME</u>	<u>POTLUCK AND 7th TRADITION</u> <u>CALL CENTRAL OFFICE</u> <u>780-424-5900</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>
<u>AUGUST 30</u> <u>5603 SAWCHUCK ST</u> <u>HWY 855</u>	<u>MUNDARE 2nd ANNUAL POTLUCK WEINER ROAST</u> <u>BOB 780-656-5829</u>	<u>POTLUCK CAMPFIRE</u> <u>7TH TRADITION</u> <u>BRING CHAIRS,STICKS ETC</u>
<u>SEPTEMBER 4-6</u> <u>EAST OF MILK RIVER</u> <u>ALBERTA</u>	<u>49th ANNUAL CORN ROAST</u> <u>WRITING ON STONE PROVINCIAL PARK</u>	<u>WE DEPEND PRIMARILY ON THE 7TH</u> <u>CALL Sean G 403-328-8791</u>
<u>SEPTEMBER 4-7</u> <u>MEADOW LAKE</u> <u>PROVINCIAL PARK</u>	<u>GREIG LAKE 36th AA CAMPOUT ROUNDUP</u> <u>SASKATCHEWAN</u> <u>"OUR REAL PURPOSE"</u>	<u>A FULL AGENDA IS PROVIDED BY EMAIL:</u> <u>greiglakeroundup@hotmail.com</u>
<u>SEPTEMBER 5</u> <u>6100 -8 AVENUE</u> <u>CALGARY, AB</u>	<u>STEP STORIES & BEYOND</u> <u>"ONE DAY ROUNDUP"</u>	<u>CALL CRYZTOF 403-850-6623</u> <u>SPEAKERS FROM ALL OVER AB</u> <u>WALTER S-EDMONTON'S</u> <u>UP THE CREEK!</u>
<u>SEPTEMBER 11-13</u> <u>MEDICINE HAT</u> <u>CLARION HOTEL</u>	<u>MEDICINE HAT's 56th ANNUAL AA ROUND-UP</u> <u>"WE ARE MORE"</u>	<u>REGISTRATION \$35 REGISTRATION & BANQUET \$50</u> <u>SPEAKERS FROM AA & AL-ANON</u> <u>FROM DIFFERENT PROVINCES</u> <u>CALL MEDICINE HAT CENTRAL</u> <u>OFFICE @ 403-527-2065</u>

REGISTER NOW
SPACE IS LIMITED.

20th Annual Golf Tournament
Texas Scramble
Sunday August 16, 2015
Devon Golf & Country Club - Devon AB

Registration Deadline - August 7, 2015 For Further Information Please Contact Sheldon Rayner | 11229 - 100 Avenue
780-488-1160 or emailus@jellineksociety.ca

Subscribe to the TST Newsletter and Event List plus lots more at:
12stepstimes.com

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/>



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

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

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 8 Reading:

<http://www.barefootsworld.net>

Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all.

Something that you may not have noticed about the Eighth Step is that the word **ALL** is mentioned twice.

At this point in our work we will need to refer back to our Fourth Step inventories. From the lists of names on our inventories we are able to compile our Eighth Step amends list. We examine our sheets for the people we have harmed by our conduct and whom we owe amends. On page 76 in the third paragraph, the "Big Book" states: "Now we need more action, without which we find that "Faith without works is dead." Let's look at Steps Eight and Nine. We have a list of ALL persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. NOW we go out to our fellows and repair the damage done in the past. (So we are NOT going out to fix relationships. We go out to repair the damage done, to set right the wrongs we have done. The book continues.) We attempt to sweep away the debris which has accumulated out of OUR effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. (So here's a little prayer for when we are NOT willing to make an amend. Just like in the Sixth Step, if we are unwilling, we pray for the willingness until it comes. The book continues.) Remember it was agreed at the beginning we would go to ANY LENGTHS for victory over alcohol."

We make a separate list of names even though they're already listed in our inventories. By having a separate list of names, we're able to see more clearly those people we will go to, to make our amends.

The 12 & 12 suggests we redouble the efforts we made while writing inventory when making our Eighth Step list. On page 77 of the 12 & 12, Bill writes: "Every A.A. has found that he can make LITTLE headway in this new adventure of living until he FIRST backtracks and REALLY makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to REDOUBLE his efforts to see how many people he has hurt, and in what ways."

Aside from the list of names of those we owe amends, there's a second part to this step that we don't want to overlook. Some people we will be willing to go to right away. With others, we'll have to pray for the willingness to do this. The book suggests we pray daily for the willingness until it comes. In the meantime, we can begin to make those amends that we are ALREADY willing to do. We have found when we begin the restitution process in conjunction with praying for the willingness to do the seemingly more difficult amends, we start to ALSO become willing to make the amends that we never thought we'd be willing to face. We become more willing when we commence to get results from making other amends. When making the Eighth Step list, it is sometimes suggested to break the names into two categories: amends I am willing to make NOW, and amends I am NOT willing to make now. Also, the word "amend" has a second definition besides "setting right the wrong". To amend a document is to make a permanent change to it. So in making amends, not only are we to "right all such matters to the best of our ability", but we must ALSO change and stop doing the behavior that brought about the harm to begin with. You cannot make amends for things you still do. We can't call it OLD behavior if we are STILL doing it. We must move away from our old habit of apologizing for something but then doing it again. Our changed actions will speak louder than our words. The following **Headings** can be put on a form to fill out and will help you put together your Eighth Step list. Please pay attention to each of the headings:

- **Person** who has been harmed...
- **Memories** of harm done...
- **Thoughts** about the harm...
- **Feelings** about the harm...
- **Intentions** you now have...
- **Amends** you can make for the harm caused...

Magazine

The August Issue of Grapevine Is Here

This month's special section features stories about sober travel



"Some day we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination," it says in "A Vision for You" in the Big Book. "...Those of us who travel drop in as often as we can. This practice enables us to lend a hand, at the same time avoiding certain..."

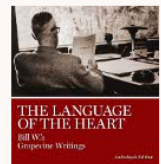
We're looking for your experience, strength and hope.

How did you get into A.A.? How did it change your life? Tell us your stories. Have you been to the Atlanta convention this year? Tell us about it.

Submit your stories to

edmontonaa@hotmail.com

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, Pat F., Cathy, Larry, Jay, Pat L., Daniel, Jean, Caroline, Christina, Ray

We would love to see you and hear from you!