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TWELVE STEP TIMES EDMONTON INTERGROUP



Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Concept IX addresses the ever vital need for good service leadership, appointing the trustees to carry the torch for World Service leadership that our founders once held.



Fear of people and of economic insecurity will leave us.

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 Fax 587-523-4334
Phone Service until midnight 7 days a week

www.edmontonaa.org

YOUR TWELVE STEP TIMES..

Pictures

Stories

For our October Edition, we're specifically looking for:

- Stories on Step 10
- Thoughts on Tradition 10
- Stories from the World Convention in Atlanta 2015
- Halloween Sober Recovery Fun
- "Falling" in Fall expand on Promise #10

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

Attention Steve

Events



The poster for Recovery Day Edmonton features a city skyline silhouette in blue and orange against a light blue background. At the top right, there is a logo for 'The Lieutenant Governor's Circle on Mental Health and Addiction' and a '12/Step' logo. The main text reads 'RECOVERY DAY EDMONTON' in large, bold letters, with 'EDMONTON' in orange and 'RECOVERY DAY' in blue. Below this, it says 'CELEBRATE RECOVERY FROM ADDICTION'. A dark blue banner across the middle contains the website 'WWW.RECOVERYDAY.CA'. A green triangle on the left contains the text 'JOIN US GIOVANNI CABOTO PARK SEPTEMBER 26 11:00 AM - 2:00 PM'. A photo of Joe Roberts, Skid Row CEO, is shown in a small inset on the right, with the text 'KEYNOTE SPEAKER JOE ROBERTS SKID ROW CEO' next to it. At the bottom, a blue banner lists 'RECOVERY DAY IS ACROSS CANADA' followed by a list of cities: Barrie, Calgary, Charlottetown, Edmonton, Fredericton, Moncton, Montreal, Newfoundland, Okanagan, Ottawa, Prince Albert, Red Deer, Regina, Richmond, Saint John, Saskatoon, Thunder Bay, Toronto, Vancouver, Victoria, Windsor, and Winnipeg. A 'RECOVERY 2015 CANADA' logo is in the bottom left corner.

RECOVERY DAY
EDMONTON
CELEBRATE RECOVERY FROM ADDICTION

WWW.RECOVERYDAY.CA

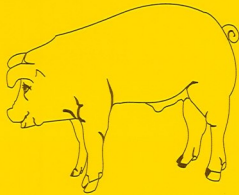
JOIN US
GIOVANNI CABOTO PARK
SEPTEMBER 26
11:00 AM - 2:00 PM

KEYNOTE SPEAKER
JOE ROBERTS
SKID ROW CEO

RECOVERY DAY IS ACROSS CANADA
BARRIE • CALGARY • CHARLOTTETOWN • EDMONTON • FREDERICTON
MONCTON • MONTREAL • NEWFOUNDLAND • OKANAGAN • OTTAWA
PRINCE ALBERT • RED DEER • REGINA • RICHMOND • SAINT JOHN • SASKATOON
THUNDER BAY • TORONTO • VANCOUVER • VICTORIA • WINDSOR • WINNIPEG

EDMONTON CENTRAL OFFICE

*Fulton Place Meetings Present the Ever Popular
Wildly famous, Pig Roast/Pot Luck Supper*



When: Friday, October 23rd
Time: 6:30 p.m.
Place: 9115 - 75 Street
Salvation Army Temple

Meeting to follow at 8:00 p.m.
Seventh Tradition

Email Wendy @ wendyvg@shaw.ca
for more info

**FULTON HAS IT ALL -
FOOD -
FELLOWSHIP -
FUN -**

Crazy Shirt Night - Got One? - Wear it!

Member Appreciation Day

Thursday, September 17, 2015, 3:00 PM—6:00 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.

EVENTS & MORE



FRIENDSHIP Fundraiser DINNER

Thursday October 15, 2015

At the **POLISH HALL**

10960 – 104 Street, Edmonton, Alberta

Your evening will include:

- a European-style dinner
- a silent auction
- a guest speaker
- 50/50 draw

Doors open at 5:00

Dinner at 6:00

Silent Auction, open until 7:15

Speaker will be Ian R. from Winnipeg at 7:30 p.m.



TICKETS AVAILABLE:

- Price is \$60
- Purchase an individual ticket or a table of 8 for you and friends!
- Ask a ticket seller, tickets will go quickly
- Contact the Alano Club

Phone 780.423-1807 / Email alano124@shaw.ca / in person at 10728 124 Street

Website www.edmontonalanoclub.org

So, what is so important about being a member of the Alano Club?

- We provide a safe environment for people in recovery: their families, friends and other people in our community.
- We are helping to keep the doors to the Edmonton Alano Club open!
- We are grateful; we are giving back in gratitude for what we have been given!
- Larry L often said, "It's like doing a 12 step call in our sleep!"

WELCOME TO STRENGTH & HOPE



26TH ANNUAL AA ROUNDUP

10821 – 96 Street NW

Sacred Heart Church of the First Peoples Hall
Edmonton, AB

OCTOBER 23 & 24 2015

Friday:

- 6:00PM AA SPEAKER.....
- 9:30PM AA SPEAKER.....

Saturday:

- 6:30AM CALL UP / MEETING
- 10:00AM BREAKFAST
- 10:30AM AA SPEAKER.....
- 1:00PM AL-ANON SPEAKER.....
- 3:00PM AA SPEAKER.....
- 6:00PM BANQUET
- 7:30PM AA SPEAKER.....
- 9:30PM MUSIC & DANCE
- 12:30AM CLOSE ROUND-UP

**Complete Price
\$30.00**

Contact Janelle @ 587-983-4683 OR Central Office 780-424-5900

E.C.O. IS HERE FOR YOU AS A MEMBER & YOUR GROUPS. POSTERS, TICKETS, MEETING LISTS, SERVICE MATERIAL, LITERATURE, MEDALLIONS, ARCHIVES COME RE VISIT US TODAY.

60 Mins To Sobriety*Last Sunday*

Annette F. 7

Beverly*3rd Friday*

Pat F. 12

Don s. 24

Fran R. 9

Pete R. 9

Breathe Easy*First Friday*

Jordan H. 16

By The Books Group

Julian G. 1

Campus Group*Last Monday*

Dan s. 2

Kathryn 40

Capilano Step Group*1st Tuesday*

Guy B. 41

Daily Reflections*Last Wednesday*

Dan s 2

Francois 6

Jeanie 9

Jason L. 15

Jessica 12

Tom L. 32

Dolphin Group

Guy B. 41

Eastwood Group

Dave C. 1

Fulton Place

Hal A. 23

Rhea M 21

Dwayne R. 1

Home Group # 11

Chris W. 17

Jasper Place Group**Lighthouse Group***Last Friday*

Ayla P. 13

Cory J. 10

Val B. 10

Mark E. 13

Mike R. 14

Love at Work

Steve O. 7

Doug M. 9

Millwoods Group

Erik J. 1

Mustard Seed*Last Sunday*

Linda 22

Viola 24

Oilmen's*1st Monday*

Randy D. 11

Open Door*Last Sunday*

George F. 22

Pat H. 12

S.A. Sunday Breakfast*Last Sunday*

Shane S. 2

Eileen E. 4

Della 2

Bernie R. 3

S.A. Sunday Step Study*Last Sunday*

Stan T. 28

David L. 8

Derek B. 2

S.A. Tuesday Night*1st Tuesday*

Ron G. 6

S.P. 12 Steps To Serenity*Last Monday*

Greg D. 2

Cal C. 2

Will F. 2

Erin P. 30

Virgil L. 2

Wally C. 7

Shifters*Last Saturday*

Maureen A. 22

Annette F 7

SouthSide Group

George B. 43

Gordon M. 23

S.S.Y.P.*Last Sunday*

Pete M. 3

Ashley F. 3

Jason C. 2

Jody M. 1

Blair J. 2

Jason M. 1

The Why Group

Jay B. 14

June S 15

Debby L. 14

Gavin 21

Thus We Grow*Last Tuesday*

Ron P. 8

John B. 6

Pat H. 51

West End 12 Step*Last Tuesday*

Dale L. 16

Daniel B. 1

West End Group

Jane K. 1

Lori S. 14

Westgrove*Last Sunday*

Gord V. 1

Tracy M. 3

Westminster*Last Saturday*

Harry E. 31

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**

**SEPTEMBER
BIRTHDAY'S!**

OCTOBER 2,3,4TH, 2015

CAMPUS GROUP BLUE JEAN ROUNDUP PRESENTS

UNITED RECOVERY

\$40.00
FOR WEEKEND

\$10.00
FOR THE DAY



FRIDAY
6:30 PM REGISTRATION
7:30-8:30 SPEAKER
(JANE.Z. FROM WHY GROUP)
8:30-8:45 BREAK
8:45-10:00 LIP SYNC BATTLE
10:15-11:15 YOUNG PEOPLE IN AA
(CHRISTINA.G.EDMONTON/PETER.R.CALGARY)

SATURDAY
12:00 PM DOORS OPEN
12:30-1:30 SPEAKER MEETING HOSTED BY
(EDYPAA)
1:30-2:00 BREAK
2:00-3:30 TRADITION WORKSHOP HOSTED BY ERICA.C
3:30-4:00 BREAK

(SATURDAY CONTINUED)
4:00-5:00 MEETING HOSTED BY
(RAINBOWS TO RECOVERY)
5:00-6:00 PREPARE FOR DINNER
6:30-7:30 DINNER
7:30-8:30 MAIN SPEAKER
(ERICA.C.FROM SAN JOSE, CA)
8:30-9:00 RAFFLE & DRAW
9:00 DANCE

SUNDAY
9:30 DOORS OPEN
10:00-11:30 AA & AL-ANON SPEAKERS
(RANDY'S. FROM THE CAMPUS GROUP)

FULTON PLACE COMMUNITY LEAGUE
6115 FULTON RD NW, EDMONTON, AB

Contact Dez
780-263-6618

Tickets Available
@ Central Office

Camping Available!
For questions or further information call;
Guy: 780-518-2330
Barry: 780-876-1983
Pat: 780-831-7814

Expect Miracles

TICKETS REGARDING SATURDAY NIGHT.
\$50- Weekend
\$30- Supper
\$15- Children

56th Annual Grande Prairie and District Round Up! September 18, 19, and 20th 2015 at the Sexsmith Civic Centre.

FRIDAY	SATURDAY	Sunday
5:30 PM- Registration 6:00 PM- Meet the speakers. Diamond Willow Restaurant. (Cost of meal by individual.) 7:30 PM- Speaker-Mari G. Toronto. Followed by an ice cream social.	8:00 AM-Registration 9:00 AM- Bob D. Big book Workshop 12:00-1:00- Lunch by 7 th Tradition 1:2-3:00 PM- AA Meeting. The newly sober to the old timers. 3:4-4:00 PM- Call up meeting. 6:00 PM-Supper 8:00 PM- Speaker Bob D. Las Vegas Nevada followed by comedian Rich Shydnier.	9:30 AM- Breakfast 11:00 AM- Send off meeting.

Medicine Hat's 56th Annual AA Roundup

September 11th, 12th, & 13th, 2015
Clarion Hotel (Highway 1)

Registration \$35 / Registration + Banquet \$50

Friday Night September 11th
6:00pm Registration & Fellowship
8:00pm AA Speaker
(Brendan W. from Calgary)
9:00pm Fellowship and goodnight
9:45pm Candlelight meeting clubhouse

Saturday September 12th
8:30am - Registration & Fellowship
9:30am - AA Speaker
(Justin M. from Medicine Hat)
11:00am - AA Speaker
(Pete L. from Spruce Grove)
12:00pm - LUNCH
1:00pm - Al-Anon Speaker
(Tyler M. from Calgary)
2:00pm AA speaker
(Neil V. from Spruce Grove)
4:00pm - BREAK & FELLOWSHIP
5:00pm - Banquet
6:00pm - AA/Al-Anon Sobriety Countdown
8:00pm - AA Speaker
(Max G. from Winnipeg)
9:00pm - Goodnight and see you in the morning

Sunday Morning September 13th
8:00am - CONTINENTAL BREAKFAST
9:30am - Al-Anon Speaker
(Marilyn M. from Calgary)
11:00am - AA Speaker
(Lindsay M. from Edmonton)
12:00pm - "We Are More" theme, fellowship and goodbyes.

Contact Medicine Hat Central Office: 403-527-2065

DISTRICT 61 GOLF TOURNAMENT

SEPT 13, 2015

3:00PM TEE OFF



BROADMOOR GOLF COURSE, SHERWOODPARK

INCLUDES 9 HOLES OF GOLF, POWER CART, ROAST BEEF DINNER, PRIZES FUN AND FELLOWSHIP.

NO EXPERIENCE REQUIRED
MODIFIED SCRAMBLE

DINNER ONLY TICKETS AVAILABLE

THE ONLY REQUIREMENT IS GOLF CLUBS AND AN APPETITE

TICKETS \$60.00

TICKETS AVAILABLE

CENTRAL OFFICE - 780-424-5900

GARRY R. 780-233-0910

BRAD F. 780-868-5777

TRENT B. 780-721-8418

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	<u>2</u>	3	4 -7th Slave Lake AB 780-849-1896 ROUNDUPS	5 ONE DAY ROUND UP CALGARY.AB 403-850-6623 ROUNDUPS
4-7th Milk river Sean 403-328-8791 ROUNDUP	4-7th Greig lake sask greiglakeround- up@hotmail.com ROUNDUP	8	9	10	11-13th Medicine Hat 56th M.C.O 403-527-2065 ROUNDUP	12 Claresholm AB Sponsorship Workshop. 403-549-2021
13 District 61 Golf Tournament Brad-780-868-5777 Sherwood Park AB	14 14 week Step/ Tradition Call 780-868- 5777*Brad	15	16	17	18-20th Grande Prairie Barry-780-876-7983 ROUNDUP	19-20th Swift Current kevin- 780-741-3260 ROUNDUP
20	21 14 week Step/ Tradition Call 780-868- 5777*Brad	22	23	24	25	26 Claresholm AB 42nd Family Keith 403-549-2021 ROUNDUP
27	28 14 week Step/ Tradition Call 780-868- 5777*Brad	29	30			

PLEASE CONTACT CENTRAL OFFICE FOR ROUND UP INFORMATION & PHONE NUMBERS.

780-424-5900

ANNOUNCEMENTS

WEDNESDAY'S @ 84 ST LADIES
MEETING ~ NEEDS SUPPORT.

PLEASE CALL AMANDA

587-990-0899 IF YOU WOULD LIKE TO
SHARE YOUR STORY TO SOME
WOMEN IN RECOVERY.

WEDNESDAY NIGHTS 7-8:30PM

The Area 78 Remote Communities
Committee is committed to carrying
the AA message of recovery, unity &
service to the suffering alcoholic in
communities that are remote in terms
of geography language and culture.

Spirit of the North Video Conference
Meeting.01929

Visit-Area78.Org

SHERWOOD PARKS HOPE FOR
YOUNG ADULTS MTG MOVED
TO SATURDAY@7PM

912 ASH STREET

RIO
TERRACE
GROUP
NEEDS
SUPPORT
15108
76AVE
MONDAY
730PM

LAST CALL
GROUP
NEEDS
SUPPORT
8801 163
AVE

WED
7:30PM

NORWOOD
GROUP
NEEDS
SUPPORT
9516-
114AVE

WED 8PM

LAST
CHANCE
GROUP
NEEDS
SUPPORT

11004 96ST

THURSDAY
8PM

E.I.F.W.

*Thank you for your interest
in attending AA meetings
at Edmonton Institution for
Women (EIFW). We are
attending meetings on
Wednesday at the
minimum security facility
from 7:00 to 8:00 PM, and
every other Tuesday at the
medium security facility,
also from 7:00 to 8:00 PM.*

To be eligible you MUST:

- 1. Be female or self-identify
as female.*
- 2. Have one year of
Sobriety.*
- 3. Be available to attend at
least one meeting a month.*
- 4. Pass a criminal record
check (no cost to you)*
- 5. Attend a two night
orientation course.*

*Please contact me for an
application. Thank you.*

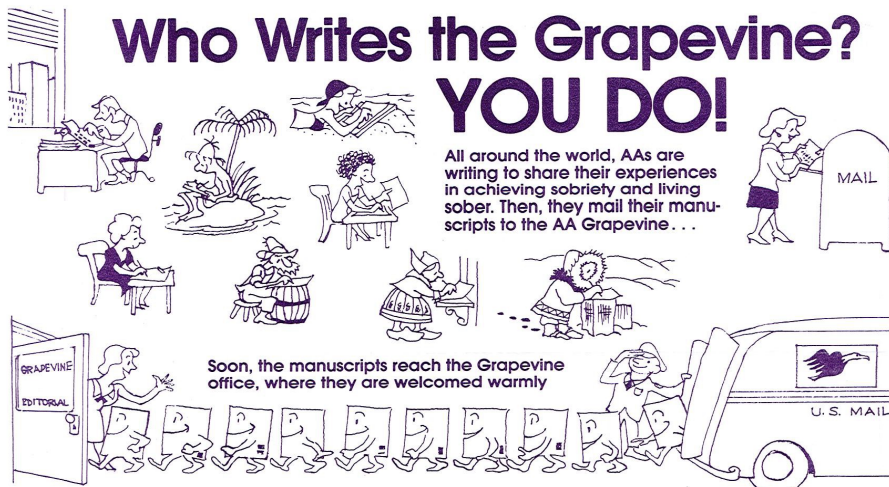
Karen M.

780-984-2797

Kjonas222@live.ca

ALCOHOLICS ANONYMOUS SPEAKER WORKSHOP

PRESENTED BY DISTRICT 12 CPC/PI COMMITTEE. OCTOBER 3, 2015 1-4PM LEDUC FELLOWSHIP CHURCH 4401-38AVE
(ROLLYVIEW ROAD) CPC/PI COMBO BINDER KITS \$28 BOOK YOUR SPOT EMAIL: district12cpcpi@area78.org
Facilitated by Peter J & Georgina S.



All around the world, AAs are writing to share their experiences in achieving sobriety and living sober. Then, they mail their manuscripts to the AA Grapevine...

Soon, the manuscripts reach the Grapevine office, where they are welcomed warmly

The editors read every manuscript carefully, select those appropriate for publication, and send each writer a personal answer



If the editors have any doubts, they widen the group conscience by taking the manuscript to the Editorial Board for discussion



Your accepted manuscript is set in type galleys



Galleys are cut and pasted on pages with illustrations



The pages are printed on large sheets, which are cut, folded, and bound into the final product
YOUR GRAPEVINE MAGAZINE



This Month's Featured Book



2015 Commemorative Convention Book

Happy, Joyous & Free:

Now available at E.C.O

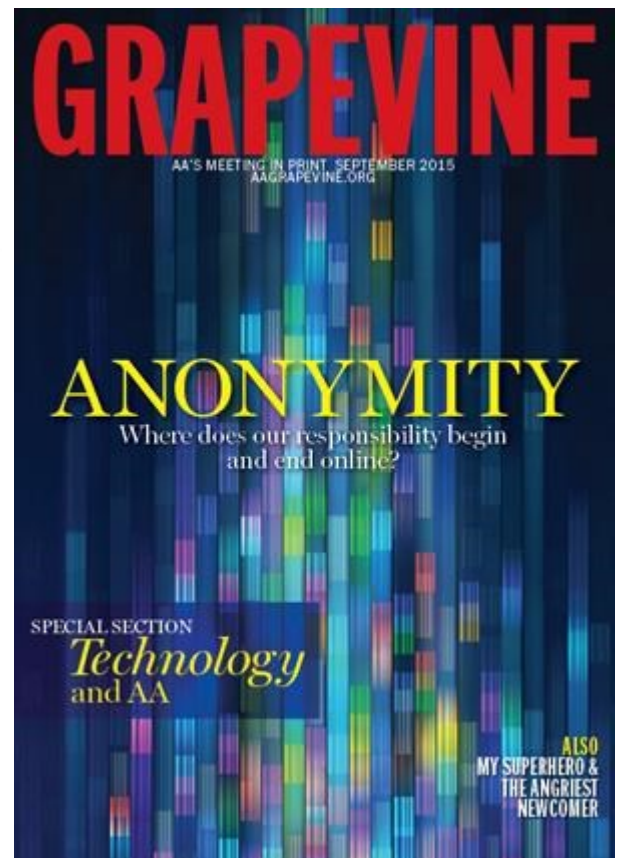
Facts about anonymity in A.A.

Experience suggests that A.A. members:

- Respect the right of other members to maintain their own anonymity at whatever levels they wish.
- Are vigilant not to break their anonymity when posting, texting, or blogging and very careful not to inadvertently break the anonymity of others.
- Avoid the use of titles such as A.A. counselor when employed as professionals in the field of alcoholism. The title of alcoholism counselor is preferred..
- Maintain personal anonymity in articles and autobiographies.

Page 11 [Understanding Anonymity](#) P47 General service conference approved literature.

Upcoming September Issue will be available ►►





Made direct amends to such people wherever possible, except when to do so would injure them or others.

Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take the full consequences of our past acts, and to take responsibility for the well being of others at the same time, is the very spirit of STEP NINE.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news.

As soon as we begin to feel confident in our new way of life and have begun, by our behaviour and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them.

Quotes from the Twelve Steps and Twelve Traditions.

A Benchmark in Sobriety.

When I arrived at the Eighth and Ninth steps, I found I had an unusual amend to make. I needed to make amends to the entire town I grew up in, for various acts of juvenile delinquency. There was no way of finding individual firemen, policemen or citizens I may have involved or harmed twenty years before, but I wanted to make amends in some way. I first tried writing a letter to the local newspaper, outlining my transgressions of the past, and declaring that I wanted to apologise to the town. The editor refused to publish my letter, saying that such a letter might actually encourage other young people to misbehave. So I turned the whole thing over to my higher power and went on about the business of living in sobriety. One day, after about a year in the program, I sat down on a park bench to rest. It occurred to me that someone ought to paint the bench, spruce it up. I thought about doing it myself, but I realized I would need a whole bagful of tools, besides the paint, to do a good job. It was too much for me to deal with. So I turned it over to my Higher Power. Another year had gone by when I sat on another bench in another park and I thought, "Somebody ought to paint this bench!" I realized that over the preceding year I had acquired most of the tools I would need. All I needed to buy was some paint and some brushes. I bought the needed supplies, assembled my tools, put them all in a large shopping bag, and I began to paint park benches. I took it one day at a time, painting one bench at a time. Over a period of three years I painted about thirty benches in three parks. Some of the benches were getting tough use and those I painted twice. I used a rasp to smooth out coarse edges and sandpaper to roughen the surface of the smooth, weathered boards so they would take the paint. I did a priming coat and another day of finishing coat. It took about four hours work altogether to do one bench. I want to say right off that I enjoyed the work. It wasn't drudgery for me. I was outdoors, in the parks, out in the sun and the wind, listening to the birds, watching the squirrels, and some times interacting with people in the park. I never told anyone, outside of AA, that I was doing this to make amends. I just said it needed doing and I enjoyed doing it. Some people asked if this was required court ordered community service, and I said "NO, IM JUST A VOLUNTEER." Then came a day, after about three years, when it occurred to me that I was done. I had made my amends to the town. I didn't have to do it anymore.

Several years have passed. I still use those parks as a place to sit and rest. Occasionally I see a bench that needs painting and I remember the work I did. But I don't do it anymore. Now the town does it. If you can't figure out how to make amends, just turn it over to your Higher Power. In time, there will be an answer, there will be a way.

Jack A. Montclair, New Jersey

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 these Step Nine Readings:
Twelve Steps and Twelve Traditions
The Best of Grapevine Volume 3



Suggestion from the editor;

As one of my sponsors said to me along the way in the beginning, I need to be good with myself first. Once I have come to terms with what I had so done in my past, how I handled it, and what I learned then I can now look at these situations. He stated don't look at these past mistakes as problems or issues, view them each as situations and experiences. Now that I have made it to Step Nine I can see my part in all those situations, and approach an amends cleaning my side of the street and not placing blame, anger or further resentment.

ARTICLES SUBMITTED BY MEMBERS

A letter to the Alcoholic in me

Dear Alcoholic,

I am sorry I ran away my whole life. I am sorry I didn't know that to heal is to meet the pain, not run from it. I am sorry I considered you damaged and faulty, no good. I am sorry I hated you. I am sorry you grew up with no guidance and direction, that you always had to fend for yourself. I am sorry you always felt in the way, like a burden. I am sorry you weren't told that you were precious, that your presence was a gift. I am sorry you grew up in a desert and became starved for attention. I am sorry you were taught fear instead of love. I am sorry you grew up with nothing else to go on than survival instinct. I am sorry you learned it was all about appearances, that nothing was said about nourishment. I am sorry you learned that the safest thing was to be invisible and that speaking your mind was gonna hurt. I am sorry that you learned that the worst case scenario was to be at home, not that you can always find refuge in the goodness within. I am sorry that you were terrified of the father whom you wanted to be your hero. I thank you for holding on to dear life when I couldn't find anything to go on. I thank you for safeguarding my talents and gifts while I didn't know that I had them. I thank you for never giving up on me when I was stumbling on empty. I thank you for finding the one way you could keep me going when I had no drive, desire or dream. I thank you for finding a way to numb the pain that I didn't know how to bear, feel, and transform. I thank you for guarding my spirit, who couldn't bear such destruction and VOID. I thank you for carrying my burden for so long. I owe you to be alive today because I wouldn't have made it if not for you getting numb every day. I owe you the great privilege of having found fellows who love me until I love myself. I owe you every bit of my self esteem that I am building every day. I owe you every minute of joy and every smile on my face. I owe you to respect the person I am becoming. I owe you the chance I now have to contribute. I owe you to be alive. I owe you an apology and an amends. I owe you the creation of a peaceful, soft place to rest in now that your job is done. I vow that I will not abandon you. I vow to be true to the gifts I was given and to be the truth that you preserved. I vow to use your relentless determination and creativity to healthy ends. I vow to cherish this life that wouldn't be if not for you. I vow to love, respect and approve myself. For that I vow that for today, I will love myself enough not to drink!

Miriam D.

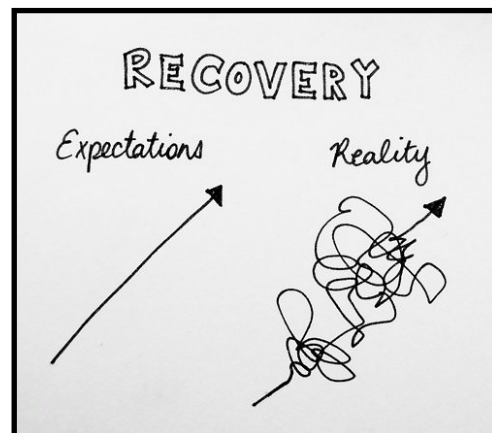
Edmonton, AB

After 19 years of sobriety I went out, and when I rejoined the fellowship I could not fathom that the ninth step promises would materialize and come true for me. Little did I know and only through being painstaking in my recovery that all of the promises would rapidly materialize and come to fruition.

Whenever possible I have completed my amends. Which will never be totally finished, but through willingness, honesty and the assistance of my higher power, my amends have been graciously and lovingly accepted.

I have a life today.....

Marianne C.



“ TO NOT LET ONE FALL. IS TOO NOT LET ONE WIN!

Submitted at E.C.O

Anonymously

PLEASE SEND US YOUR NOTES, THOUGHTS AND JOURNEYS THAT SPEAK ON HOPE, STRENGTH, STRUGGLE AND ACCEPTANCE. YOUR STORY MATTERS, WE WORK A WE PROGRAM.