

NEW WEBSITE  
IS HERE  
[WWW.EDMONTONAA.ORG](http://WWW.EDMONTONAA.ORG)

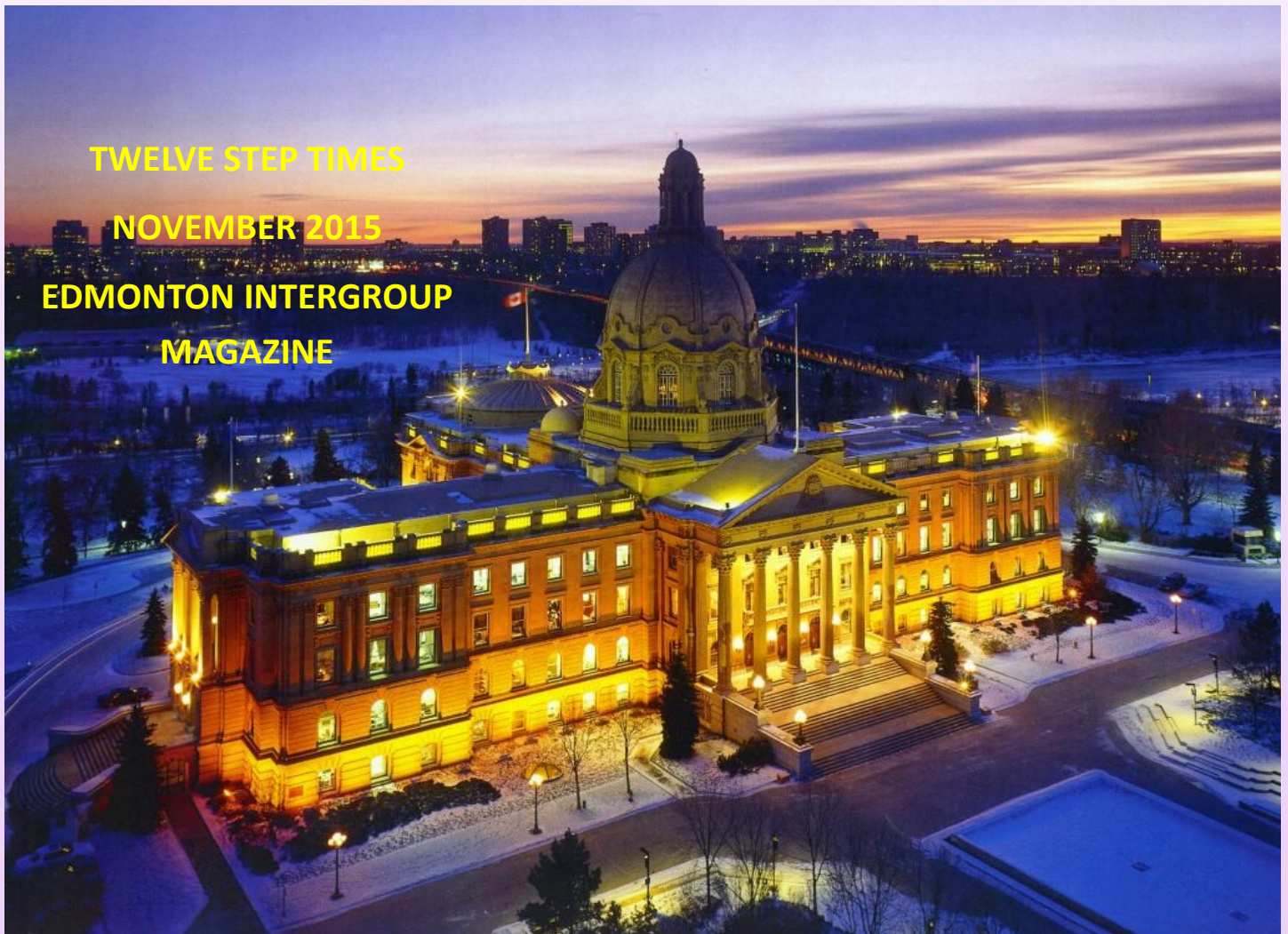


INSIDE THESE PAGES:

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- 8 Grapevine
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- 10 Current focus

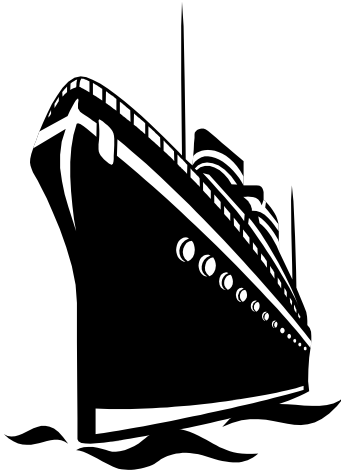
**PROMISE NUMBER ELEVEN**

WE WILL INTUITIVELY KNOW HOW  
TO HANDLE SITUATIONS WHICH  
USED TO BAFLE US.



TWELVE STEP TIMES  
NOVEMBER 2015  
EDMONTON INTERGROUP  
MAGAZINE

# YOUR TWELVE STEP TIMES



An Invitation....

To become involved and make the twelve step times a true forum of activity and recovery by sharing your ideas, strength and hope.

To be sure your article is printed, submissions should be between 250 & 350 words, printed or typed signed with your full name, group and a phone number where you may be reached.

Anonymity is observed.

*Deadline is 15th of preceding month.*

*Any opinions shall not be attributed to AA as a whole.*



**Edmonton Central  
Office**

**Contact: Steve @ 780-424-5900 or Fax @ 587-523-4334**

**Volunteers  
needed**

Do you wish to do service? Volunteer at E.C.O. 1 four Hour shift a week!!

**Volunteers  
needed**

**Contact central office to  
announce your events in  
AA.**

**Email:**

**edmontonaa@hotmail**

**.com**

**Newsletter  
Subscription**

**\$15.00 for**

**1 year**

Call Central Office today for this Newsletter

Expiration Date: 00/00/00



**WEST END  
12 STEP  
GROUP**

**DISTRICT  
53**

**SHERWOOD  
PARK**

**WEST END 12 STEP GROUP**

**FELLOWSHIP POTLUCK**

**NOVEMBER 10, 2015  
6:30 PM**

**18345 62b AVE. front door,  
(Our Savior Church)  
Edmonton, Alberta**

**Guest Speaker is at 8 PM—LARRY MUMBY OUR UPCOMING NEW YORK DELEGATE!!**

**7<sup>th</sup> Tradition is observed.**

**Call Lyn for more information 780-938-0500**



**COME ONE! COME ALL! BRING A FRIEND!**

**DISTRICT 53 PRESENTS**

**1<sup>ST</sup> ANNUAL  
UNITY DAY  
EGSC: WHAT?!**

**NOVEMBER 21, 2015  
DOORS OPEN AT 12:00PM**

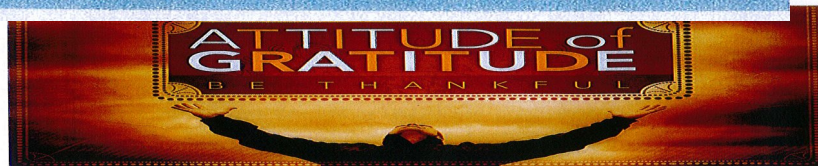
CLAREVIEW REC CENTER- MULTIPURPOSE ROOM 1  
3804 139 AVE NW. PARK AT ENTRANCE 2

Your Afternoon Will Include:  
Fellowship!  
Cold Lunch Potluck- Please bring something yummy!  
Poster Presentations- Corrections, Treatment & P/JCPC)  
Guest Speaker- Walter S Panel 64 Past Delegate, Nominee for Western  
Canada Trustee at Large

7<sup>th</sup> Tradition Honored

SPEAKER  
IS @  
2:30PM

FOR MORE INFORMATION CONTACT: MELISSA A @ (587) 501-2699



**DISTRICT 61 PRESENTS THE 7<sup>th</sup> ANNUAL GRATITUDE  
EVENT**

**NOVEMBER 7, 2015**

**BETHEL LUTHERAN CHURCH- 98 BETHEL DRIVE SHERWOOD PARK.**

- 6 PM DOORS OPEN
- 7 PM AL-ANON SPEAKER RUSS B.
- 8 PM AA SPEAKER MICHELLE D-K ( AREA 78 DELEGATE PANEL 64 NWT )
- 50/50 DRAW
- SWEETS, FRUIT, COFFEE, WATER, POP PROVIDED...

**SUGGESTED CONTRIBUTIONS A.A MEMBERS ONLY \$1-\$2/YEAR OF SOBRIETY MINIMUM \$5  
WE ARE FULLY SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS  
AN OPEN EVENT FOR ALL. PROCEEDS GO TO GENERAL SERVICE OFFICE IN NEW YORK.**

**MUSTARD SEED**

**KATHY &  
RICHARD**

**LOVE AT WORK**

**GRAEME M DOUG M**

**SSYP KORY B**

**KRISTINA  
DANIEL C**

**LIGHTHOUSE**

**GREG K HEATHER H**

**BREATHE EASY**

**KEVIN C-  
NANCY DM-CHICO V**

**SH PARK 12 STEPS TO  
SERENITY**

**RON S JOHN W**

**THE WHY**

**GAYLE L**

**BY THE BOOKS  
AL H**

**WEST END ROD S**

**SOUTHSIDE BETTY S**

**OILMEN'S DALE**

**NORTH EDMONTON**

**DENISE G BILL B**

**SH.PARK MILLSHAVEN**

**ALLISON M ED W CURTIS  
WAYNE H KEIRA M**

**MILLWOODS**

**CATHERINE  
H**

**SH.PARK**

**HAPPY HOUR**

**JANICE**

**St. ALBERT**

**TUESDAY NIGHT**

**JOHN M MIKE P**

**THUS WE GROW**

**SUSAN S BRENT J**

**JASPER PLACE**

**ALEX M**

**CAMPUS**

**KYLE M JENNIFER M**

**EASTWOOD**

**MARIA K**

**DAILY  
REFLECTIONS**

**RON W**

**ELLERSLIE**

**MIKE T KELLY F**

**St. ALBERT  
BREAKFAST**

**MICKEY L  
SANDRA B**

**BEAUMONT  
FRIDAY**

**LARRY,  
KIM & JOHN  
C**

**FULTON  
PLACE**

**WENDY D  
BYRON N**

**SHIFTERS**

**ALEX FRIEDMANN P DARCY B  
DANEEN U MARILYN W**

**HILLETES**

**SALLY I**

**TERRA NOVA**

**LAURA C MIKE**

**D SONJA F**

**WESTMINSTER LIL C**

**JACK H TOM R**

**MARYLIN W**

**SHERWOOD PARK GROUP:**

**WENDELL H-SCOTT M- SAMANTHA L**

**ROBERT H- ROB D- KEIRA- JUSTIN L**

**JACK C- HEATHER T- DIANE P-**

**DARLA U- DAN B- DAISY M**

**CRESTWOOD**

**SHANE S & RICK B**

**CAPILANO**

**TODD H RICK L**

**DOUG A**

**DOLPHIN**

**DOUG A**

**WESTCROVE RICK  
B**

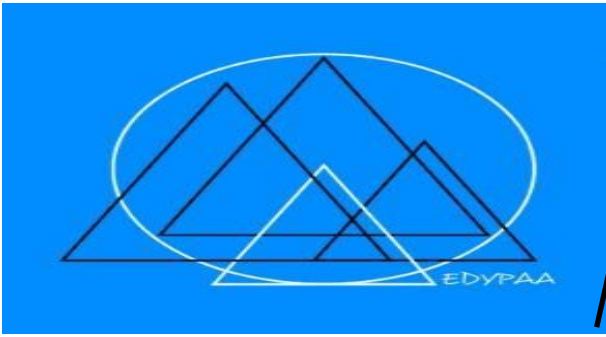
**MORINVILLE**

**LORAIN T**

**St. ALBERT SUNDAY STEP  
STUDY IRA L RICHARD S**  
special mention to Elaine M

# NOVEMBER CELEBRATIONS





JOIN EDYPAA AT THE ALANO CLUB NOVEMBER 20th  
6-9PM EACH MONTH A GUEST SPEAKER AND GAMES  
NIGHT

FUN-FELLOWSHIP-GRATITUDE **EDMONTON'S YOUNG  
PEOPLE IN ALCOHOLICS ANONYMOUS!**

CALL CENTRAL OFFICE FOR THIS MONTHS  
SPEAKER FEATURE!

**P.I. C.P.C.**  
**A.A. EDMONTON**

### **EDMONTON'S 2015 RECOVERY DAY;**

IF YOU WOULD LIKE TO DO SERVICE WORK FOR PUBLIC INFORMATION AND  
CO OPERATING WITH THE PROFESSIONAL COMMUNITY, WHY NOT CHECK US OUT AT OUR  
NEXT BUSINESS MEETING? WE MEET EVERY LAST WEDNESDAY OF THE MONTH AT THE  
ALANO CLUB EDMONTON-6:30 PM. 10728-124 St



# NOVEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 INNISFAIL ANNUAL BEEF DINNER. \$15 CALL TOM 403-227-6717  DISTRICT 61 ANNUAL GRATITUDE  CRESTWOOD BEEF DINNER
8	9	10 West End 12 Step Group A	11	12	13 JOURNEY THROUGH THE	14 JOURNEY THROUGH THE
15 JOURNEY THROUGH THE BIG BOOK BRAGG CREEK RETREAT...	16	17	18	19	20 EDYPAA GAMES NIGHT ALANO CLUB 6-9PM	21 District 53 Unity Day Service Presentation, Speaker & Potluck
22	23	24	25	26	27	28
29	30	<div data-bbox="503 1144 1047 1333" data-label="Text"> <p><b>PLEASE LET CENTRAL OFFICE KNOW HOW THEY CAN HELP WITH YOUR COMMITTEE OR GROUP FUNCTION.</b></p> </div>				

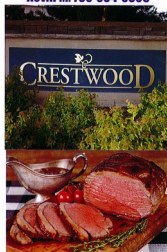
## CONCEPT NUMBER ELEVEN

THE TRUSTEES SHOULD ALWAYS HAVE THE BEST POSSIBLE COMMITTEES, CORPORATE SERVICE DIRECTORS, EXECUTIVES, STAFFS, AND CONSULTANTS. COMPOSITION, QUALIFICATIONS, INDUCTION PROCEDURES AND RIGHTS AND DUTIES WILL ALWAYS BE MATTERS OF SERIOUS CONCERN.

### - CRESTWOOD WELCOME GROUP'S ANNUAL BEEF DINNER -



9915 140 St NW St. Andrews United Church  
Saturday November 7, 2015  
Doors Open at 5:30 PM  
Dinner is at 6 PM  
AA & Al-Anon Speakers commence from 8-9 PM  
**TICKETS \$ 20.00**  
For Tickets and Information Contact  
Kevin M. 780-964-6909



## INNISFAIL 24 HOUR GROUP ANNUAL BEEF DINNER

Alcoholics Anonymous & Al-Anon  
Saturday, November 7, 2015  
6:00 p.m.

Arberdeen Hall Highway 590 East of Innisfail

Tickets: \$15.00 at the Door & \$5.00 Youth  
Speakers: Al-Anon & A.A.  
8:00 p.m.

Call Tom C 403-227-6717 for more information





**DISTRICT 53**  
**HOSTING A POT LUCK LUNCHEON**  
**3804-139 ave NW park at entrance 2**  
**Guest Speaker is Panel 64 Past Delegate & Western Canada Regional Trustee Mr. Walter S.**  
**Call Melissa A for more info 587-501-2699**



**DO YOU WISH TO BE OF  
 SERVICE IN WOMEN'S  
 CORRECTIONS?  
 CALL MARGARET TODAY  
 780-464-5277**

HOME GROUP	CONTACT	MONDAY	
#18	ROY P 780-496-9566	NIGHTS...	8PM
SATURDAY NIGHT LIVE	SOUTH SIDE CHAPTER HOUSE	SATURDAY NIGHTS	8PM
SERENITY GROUP	8420 145 ST	FRIDAY NIGHTS	8PM
RITE TRAC	13111-79 ST CHRIST THE KING CHURCH	TUESDAY'S & SATURDAY NIGHTS	8PM
BEGINNERS DISCUSSION MEETING	SOUTHSIDE CHAPTER HOUSE	TUESDAY NIGHTS	7:30PM
NORWOOD GROUP	9516 114 AVE	WEDNESDAY NIGHTS	8PM
YOUNG & OLD MEETING	6329 118 AVE RECOVERY ACRES	TUESDAY NIGHTS	8PM

**NEW WOMEN'S MEETING**

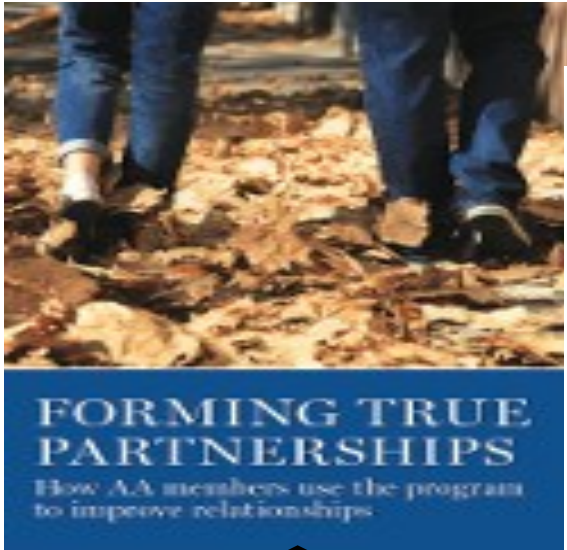
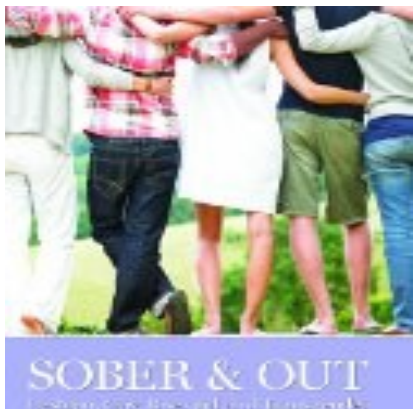
**Wednesdays  
7:30 pm.**

**Church of the Nazarene  
Basement  
1380 Sherwood Dr.  
Sherwood Park**

(Only approved AA literature is used)

**NEED SUPPORT FROM FELLOW MEMBERS!**

50% off Grapevines Sober & Out



NEW BOOK \$16.00

# GRAPEVINE News

From the Executive Editor/Publisher

## What's New For November 2015

### Holiday Gifts and Free Shipping

This is a great time to carry the message with Grapevine. There are many ways to pass it on.

Here's what's available:

- Free Shipping: 11/1 - 12/31
- 22 books and 20 ebooks
- *The Language of the Heart* in audio
- Wall calendars and pocket planners
- Gift subscriptions and Subscription Gift Certificates

Visit our store to learn more



### Inviting All GV Area Chairs

Join a sharing session this fall!

For discussion:

- What's new at AAGV
- Update us about your Area



Sign up here to participate

### A New Book from Grapevine

#### Forming True Partnerships

Read how AA members use the program to improve relationships of all kinds



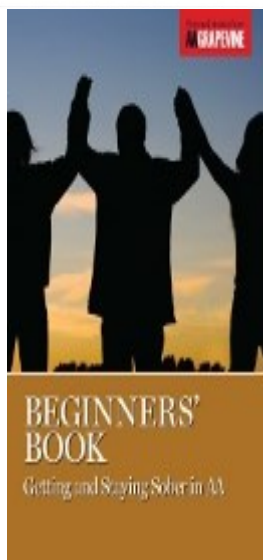
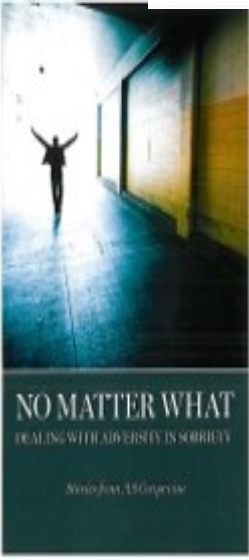
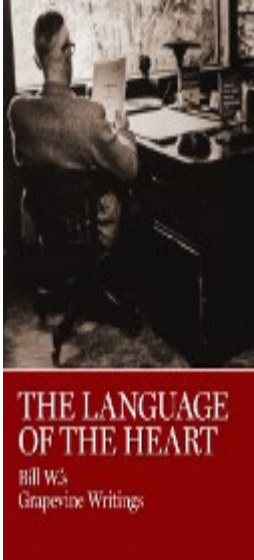
Order your copy today!



### Last Two Months of the Subscription Challenge!

Follow your state's progress in 2015! See month-end activity for Grapevine and for La Viña.

Click here for English or here for Spanish.





There were times when I could not cope with what was happening in my life. I lost my confidence easily, I felt bewildered, and I carried with me a feeling of disappointment. When I felt like this, when I was feeling distressed within myself, I had to learn new ways for coping with my life..... I had to search for new beginnings. I had to find new ways to help me find peace and contentment once again: new ways to help me make a richer life for myself. I never knew just what I could do. How I could change my life. Until I tried. I never knew until I asked God to help me search for a richer life. To help me start again as I make my life, if only for a while, a journey of new beginnings

Stephen H. Archives

**Prayer and meditation, Having time to connect with your higher power.- Kethra S**

**Finally learning how to listen..... Tom H**

I grew up down in Tennessee in the bible belt. A much different era out there. My dad was not an alcoholic, but my mom was. She died at 77 from her alcoholism. What I love about the third and eleventh step is that we choose our concept of God. Our leaders will not be bashful, and sponsors will be good leaders if they tell the truth to the person- that WE need to find a power greater than ourselves. That's the best part the critical part of the third and eleventh step. I am a born again Christian and quite active in the fellowship. I don't share my experience with someone new cause they are not ready for it. They need to sober up first. Grow or Go, Bill wrote deep down inside every man woman and child is a fundamental idea or concept of God. Even I made bad decisions sober, and started working on myself more and more. Then I began a bible study to relearn who I was. With this and working of the steps I become the best I can be at sharing my advice.

Danielle P. Portland ,Oregon

# stories shared by members....

**"A POWER GREATER THAN"**

I pondered on a God of my understanding, and read what Bill W's friend said to him:

" Why don't you choose your own concept of God? Upon a foundation of complete willingness I might build what I saw in my friend. Would I have it? Of course I would" ( pg 12 Big Book) " I saw that my friend was much more than inwardly reorganized. He was on a different footing. His roots grasped a new soil." (pg 11 Big Book)

To gain a more positive spiritual outlook, I looked at how some of the great spiritual leaders of the world handled it. In silence, in meditation, they walked and listened for the unspoken thoughts in relation to a higher consciousness. A higher logic, a higher power or spirit that attuned their minds to instill the inner calm they desired. So I tried to tune in with the universal mind-walking with nature. Meditating and listening for the unspoken from within, and thus developing an insight and a sensitivity to understanding ME, and my goal toward living a more spiritual life so that I have a different feeling about my place in the scheme of things- a reason for being, so to speak. Every day I have an opportunity to demonstrate being happy, loving, tolerant and open minded-some spiritual positivism's of life. Replacing negative spirituality that clouded my life before I quit drinking. Fears of failure, rejection, feelings of anger, self pity and guilt are gradually replaced by feelings of love gratitude acceptance, and less denial and dishonesty with my self. With my new positive spiritual attitude. I have more strength to face reality and by turning negativisms over to a power greater than ME, I can let serenity reign and peace of mind envelope me. I now listen to the unspoken world to guide me day by day. As Eudora Wetty said "I had to grow up and listen for the unspoken as well as the spoken." I had to have faith in myself and the universal power that governs my life and all things. Elizabeth Oakes Smith stated " Faith is the subtle chain which binds us to the infinite." My spiritual well being came with practice " One Day At A Time"

Irene Q-B Edmonton Archives

**OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION; WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS RADIO AND FILMS.**

**TRADITION ELEVEN**

- i) Do I sometimes promote AA so fanatically that I make it seem unattractive?**
- ii) Am I always careful to keep the confidences reposed in me as an AA member?**
- iii) Am I careful about throwing AA names around- even within the fellowship?**
- iv) Am I ashamed of being a recovered, or recovering alcoholic?**
- v) What would AA be like if we were not guided by the ideas in tradition eleven? Where would I be?**
- vi) Is my AA sobriety attractive enough that a sick drunk would want such a quality for themselves?**

**STEP 11 RELAXATION – MEDITATION / PRAYER**

[Optional: RELAX and RECEIVE THE WISH FOR WELL-BEING

From a friend of the program.

**RELAX** *We relax and take it easy. (86: 3)*

**Relax the body. Relax the breathing. Relax the mind.**

*As though lying on a sunlit beach, let us relax and breathe deeply of the spiritual atmosphere.... (12&12, p. 100: 1)*

**Relax the body**

Let the body arrive here at this place. Sit quietly and comfortably. You may have your eyes closed or open.

Deeply relax all your muscles, beginning at your feet and progressing up to your face.

Let all bodily sensations come and go; let them settle naturally in their own way.

Surrender to the natural power of the body; feel it embody you.

**Relax the breathing**

Let the breath be here.

Let the breath come and go under its own natural power.

Feel the cool of the in-breath on your nostrils.

Feel it all the way in, all the way out, breathing you.

You may pay attention to your breathing. You may count or repeat your own word or phrase or prayer silently to yourself as you exhale. (ie: ... Ah well... Ah well... Ah well... etc.)

**Relax the mind**

Let the mind be here.

Notice any grasping to the thinking mechanism in your mind. Let that release itself, permitting thoughts and sensations to come and to go, to arise and to dissolve under their own power.

Let go of the thoughts –as letting go of kite strings, or balloons.

Let the thoughts go – as snow flakes melting into an open winter pond.

When you notice your mind wandering (it will), you may notice it and passively bring your attention back to your breathing. Take your mind and lead it gently back.

Rest in that space at the end of breathing out, before the next breath.



**CONCEPT CHECKLIST**

- A.** Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- B.** How do we encourage our special paid workers to exercise their traditional “right of participation?”
- C.** Do we practice rotation in all our service positions?

Personal Note from the Editor, taking thought into the right of participation. I have found at some times going about my personal recovery a lesson in boundaries between being the special worker, and also being an AA active member. However the fellowship has helped me become the man I am today.

**A FUN LITTLE WORKSHEET FOR ALL.**