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TWELVE STEP TIMES

JUNE/JULY 2016



Happy 71st Birthday AA! Worldwide

Step 6 Entirely ready to have God remove all these defectives of character.

Quote from Twelve Steps & Twelve Traditions:

(Page 69) The moment we say, “No, never!” our minds close against the grace of God. Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives, and move toward God’ will for us.

Step 7 Humbly asked Him to remove our shortcomings.

Quote from Twelve Steps & Twelve Traditions:

(Page 76) The chief activator of our defects has been self-centered fear ~ primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.



CONCEPT VI

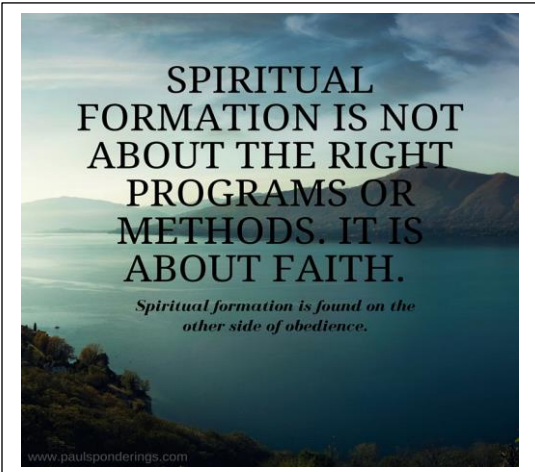
The meat and potatoes of this Concept boil down to how our Trustees must be given large powers if they are to manage the affairs of Alcoholics Anonymous.

Of course the final responsibility for AA's service activities rest with the groups as stated in Concept I.

The groups delegate to the Conference as stated in Concept II. Responsibilities of Trustees as given by the Board of Directors of the General Conference include:

AA World Service, Inc.– AA Grapevine. Inc. – Public Information activities, as well as guardians of the Twelve Traditions. They are responsible for carrying AA's message to other countries around the world. They are AA's bankers overseeing financial affairs, operations of inventory into AA reserve funds. This is just a brief description of what the Trustees are entrusted with, for a more detail list of responsibilities read the long form Concept VI text.

Yours in service Randy D., Oilmen's Group



Sixth Step Prayer

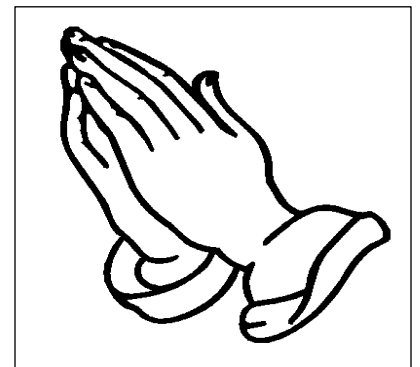
Higher Power, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself and guide me toward spiritual and mental health.

...from Atlanta, Georgia AA World Conference – July 2015

Seventh Step Prayer

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.



- My Higher Power works incognito, defying definition and requiring faith.
- My small creed has no dogma and no canon, but only an intuition of God, shyly held.
- Does it matter what you call it as long as you have faith in it?

..... AA Grapevine ~ Spiritual Awakenings, back cover

MY HIGHER POWER IS THERE FOR ME!

I learned when I was very young that I didn't have very much power – against my violently abusive, alcoholic father or my fanatically religious mother, who seemed to have been born with no love in her at all. I also learned the power of alcoholism as, when my father was sober, he was a reasonable, quiet individual, but when he was drunk, he was a raging animal, who fed on violence and emotional/physical abuse of his children. We didn't fare very well, but I managed to survive both of them. Two of my brothers weren't so lucky.

After years of abusing alcohol as a means of running from feelings of sadness, abandonment and isolation, which my parents had cultivated in me, I was lucky enough to find Alcoholics Anonymous and to start a new life of enlightenment and understanding. A huge part of my new life has been a belief in a Higher Power.

I remember phoning Jan D. (my sponsor) back in the day in the wee hours of the morning. She was always patient and loving with me, but one night she said to me: “Do you think you can stay sober by yourself, Faye?” I said, “No, I know that I can't!” She said, “Then why don't you pray to a Higher Power and ask Him to help you to stay sober?” She went on to say, “You don't have to understand the entire concept of a Higher Power. You just have to believe within yourself that He will help you – and He will!”

I was desperate at the time and I would have done just about anything to stay sober and to have just an inkling of peace in my life, so I started to pray.

As I started to get well and to gain some sobriety, I began to look back over my life and to see that I had been saved from my father and mother time and time again. I didn't understand why and I still don't, but I know that I should have died countless times when I was a child as a result of my father's ragings and my mother's merciless behavior toward me. When I was five, my dad broke my shoulder and I fell down the basement stairs and could have easily been killed. But I wasn't.

I've come to realize that it isn't important for me to understand the why's and the wherefore's of my Higher Power. It's just important that I believe in Him and call for His help, guidance, direction and assistance daily, and many times during the day, when I need it.

The idea of a Higher Power who is there for me is a lovely thought, as I never really had a father who was there for me as his drunken rages stand out far more in my mind. However, the idea of a Higher Power who is there for me anytime that I need His help is very comforting, as I think of Him as my Father, and someone whom I can always turn to if I'm feeling down, sad or am just having a bad day.

That thought has carried me through some difficult times in my sobriety and I have enormous gratitude for the people in the Program, whom I have come to believe in and some of whom have loved and cared for me far more than my childhood family ever did.

Group

Faye E., Oilmen's

Lessons for personal transformation

When we are feeling unloved and depressed and empty inside, finding someone to give us Love is not really the solution. What is helpful is to Love someone else totally and with no expectations. That Love, then, is simultaneously given to ourselves. The other person doesn't have to change or give us anything. Excerpt from. “Love is Letting go of Fear”

SERENITY PRAYER EXPLAINED

GOD * Saying this word I am admitting the existence of a consciousness or? Of? A Higher Power that is greater than I.

GRANT * Saying this second word, I am admitting that this consciousness or Higher Power is able to bestow and give to me and to others.

ME THE * I am asking something for myself. Holy books say that if I ask sincerely, it shall be given. It is not wrong to ask for improving myself. For with the improvement of my character, both I and people around me will be happier, and my relationships will have a better chance to improve.

SERENITY * I am asking for calmness, composure and inner peace in my life which will enable me to transcend my ego, to think straight and to govern myself properly.

TO ACCEPT * I am resigning myself to conditions as they are right now. I am living in the now the present moment.

THE THINGS * I acknowledge my tragedy, death, suffering, illness and pain, as part of my life, neither good nor bad. I accept my humanness and fallibility. I am accepting my lot in life as it is. Until I have the courage to change any part of my life I don't like, I myself accept it without doing so grudgingly.

COURAGE * A quality which enables me to deal with the problems and realities of life without reliance on alcohol or drugs. A determination to stand my ground and "slug it out" with all issues, pleasant or otherwise, that might return me to drinking or suing. Strength of my spirit to face and handle negative. Fearlessness in the practice of faith, humility and honesty.

TO CHANGE * In facing these negatives directly and honestly, I am asking for myself and my life conditions to be different for me. I am taking an active part in this changing.

THE THINGS I CAN * I am asking for help to make the right decisions. Everything is not the way I would like it to be in my life. I must continue to face reality and constantly work toward my continued growth and progress.

AND WISDOM * I am asking for the ability to rise above my ego and form sound judgements about myself and my life. I then use my ability to ask for guidance from myself, others and a Higher Power.

TO KNOW THE DIFFERENCE * I want to be able to understand clearly truths of fact. I want to see things differently in my life so that I will be more aware myself and of others. I need to sense a definite value in loving over being selfish.

... From "Alcoholism & Spirituality" by Charles

Whitfield

Gentle Thoughts for Today ~~

If you can smile when things go wrong. You have someone in mind to blame ~~~ Did you ever notice: The Roman numerals for forty (40) are XL. ~~~ Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. ~~~ You know you are getting old when everything either dries up or leaks. ~~~ They who hesitate are probably right.

Anonymous

Birthdays

in June / July

60 Minutes to Sobriety

Last Sunday

Ayla P.	June	3 yrs.
Bill L.	June	8 yrs.
Cheryl W.	June	30 yrs.
Ken P.	June	3 yrs.
Ed O.	July	10 yrs.

Breathe Easy

First Friday

Charlie R.	July	2 yrs.
John A.	July	9 yrs.
Peter J.	July	13 yrs.
Sheila F.	July	2 yrs.
Steve O.	July	4 yrs.

Campus

Last Monday

Ashley B.	June	2 yrs.
Elizabeth G.	June	3 yrs.
Laurence J.	June	3 yrs.
Randy M.	June	37 yrs.
Sandy	June	37 yrs.
Sasha R.	June	2 yrs.
Shelley M.	June	2 yrs.
Sherry Y.	June	32 yrs.
Webb D.	June	36 yrs.
Braden D.	July	4 yrs.
Jerry B.	July	3 yrs.
Loveth B.	July	33 yrs.
Nick K.	July	4 yrs.
Skylar S.	July	10 yrs.

Capilano Step

Last Thursday

Ken S.	June	2 yrs.
Ina M.	July	40 yrs.

Crestwood Welcome

Last Monday

Peter J.	June	23 yrs.
Vic L.	July	37 yrs.
Fred P.	July	16 yrs.
Tom S.	July	14 yrs.
Curtis	July	4 yrs.

The Dolphin

Last Monday

Mike W.	July	3 yr.
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Eastwood

Last Monday

Mary Jane	June	42 yrs.
Jennifer S.	July	21 yrs.

Ellerslie

Last Thursday

Rob B.	June	6 yrs.
Julior G.	June	2 yrs.
Chris N.	July	4 yr.
Steve	July	4 yrs.

Ellerslie

Last Thursday

Jerry B.	July	4 yrs.
Tom M.	July	6 yrs.

Fulton Place

Last Friday

Dwayne R.	July	3 yrs.
Jared	July	2 yrs.
Wayne J.	July	20 yrs.

Lighthouse

Last Friday

John F.	June	8 yrs.
Jamie M.	June	2 yrs.
Tarah F.	July	11 yrs.
Donna M.	July	37 yrs.
Ariel	July	2 yrs.

Shifters

Last Saturday

Ron C.	June	14 yrs.
Bob B.	June	14 yrs.
Janet P.	June	31 yrs.
Albert M.	June	41 yrs.
Scott M.	June	9 yrs.
Todd B.	June	8 yrs.
Michelle	June	5 yrs.
Dana	June	4 yrs.
Trish O-B	June	29 yrs.
John A.	July	15 yrs.
Tim M.	July	8 yrs.
Mike F.	July	10 yrs.
Grace N.	July	31 yrs.
Diane F.	July	36 yrs.
Leona	Jul	8 yrs.
Tera B.	July	11 yrs.
Sam	July	4 yrs.
Mary D.	July	3 yrs.

S.A. Brotherhood

Last Wednesday

Jay P.	July	5 yrs.
Suede	July	3 yrs.

S.A. Sunday Breakfast

Last Sunday

Cam M.	June	12 yrs.
Melanie P.	June	22 yrs.
Richard S.	July	9 yrs.
Karen S.	July	9 yrs.
John D.	July	20 yrs.
Art P.	July	36 yrs.
Moe	July	12 yrs.

S.A. Sunday Step Study

Last Sunday

Edna B.	June	8 yrs.
Danielle A.	June	7 yrs.
Gary S.	July	8 yrs.

Southside

3rd Friday

Sylvia M.	June	14 yrs.
Melody B.	July	4 yrs.
AG	July	7 yrs.
Wayne J.	July	10 yrs.
Mike A.	July	24 yrs.

South Side Young People

Last Sunday

Virginia H.	June	13 yrs.
Chris K.	July	3 yrs.
Nick Z.	July	4 yrs.

The Why Group

Last Saturday

Calvin G.	June	12 yrs.
Christine D.	June	8 yrs.
Jim R.	June	35 yrs.
Linda P.	June	19 yrs.
Cornel M.	July	2yrs.
Magrett	July	8 yrs.
Rein H.	July	15 yrs.
Steve C.	July	12 yrs.

West Grove

Last Sunday

Dave Mc.	June	18 yr s.
Peter K.	June	44 yrs.

Westminster

Last Saturday

Lindsay S.	June	30 yrs.
Les M.	June	2 yrs.
Dave O.	July	26 yrs.
Butch V.	July	17 yrs.
Julia M.	July	3 yrs.
Mike W.	July	3 yrs.
Phil L.	July	2 yrs.

To all AA Groups please
submit an updated
Birthday List for
showing in the Twelve
Step Times.
Thanks



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Calgary, AB

June 10-12

35th Annual Gratitude Roundup \$70.00
The Glenmore Inn Regist. \$25.00
2720 Glenmore Trail SE 403-77=31212
www.gratituderoundup.com

Cardiff, AB

June 17-19

Cardiff Hall, 21 Discovery Way \$35.00
Whole weekend and 5 meals & camping
Contact: 780-266-0871 or 660-6895

Marean Lake, SK

June 17-19

Campout Roundup

Wood Mountain, SK

June 24-26

Wood Mtn. Roundup

Camp Woodbola - Wood Mtn. Regional park

Emma Lake, SK

July 8-10

Murray Point Campground Trad. 7

Provincial park fees

Contact 306-982-4625 - text 306-961-5454

Calgary, AB

July 9

8:30-11:30AM

Calgary Central Office Trad. 7

4015 - 1 St. SE

Contact: 403-777-1212

Edson, AB

July 15-17

Edson & Area Tightrope Roundup \$50.00

Pinegrove Hall

Contact: 780-517-4405 or 723-7683

La Ronge, SK

July 29-31

La Ronge Campout Roundup

Claresholm, AB

Aug. 5-7

Annual Claresholm Campout \$20.00

Granview Recreational Park

Contact: 403-625-0029 or 489-0471

Kamloops, BC

Aug. 26-28

WESTERN CANADA Regional Forum

Calvary Community Church no Reg. fee

1205 Rogers Way -

Participation General Service Board,

AAWA & Grapevine Everyone welcome.

Contact: Central Office 780-424-5900

Greig Lake, SK

Sept. 2-5

37th Aa Campout Roundup Trad. 7

Greig Lake Campout -Potluck

Contact:greiglakeroundup@hotmail.com

Claresholm, AB

Sept. 24

43rd Annual Roundup \$25.00

Community Centre west of Agriplex

Contact: 403-625-0259, 625-0430

NEW MEETINGS

Edmonton, AB

Sun. 8:00 PM Sunday Survivors

8240-175 St. , Camel Club

Fri. 8:00 PM Young & the Restless

8240-175 St. , Camel Club

Wed. 7:00 PM Ladies Meeting at 84 St.

#1, 8406 - 118 Ave., bsmt E side dr.

Contact: 587-990-0899

Thu. 7:00 PM U of A AA Group

11325-89 Ave. St. Joseph's College

Wed. 7:00 PM Hillettes #1 - womens group

Looking for new members

Contact: 587-873-6619

