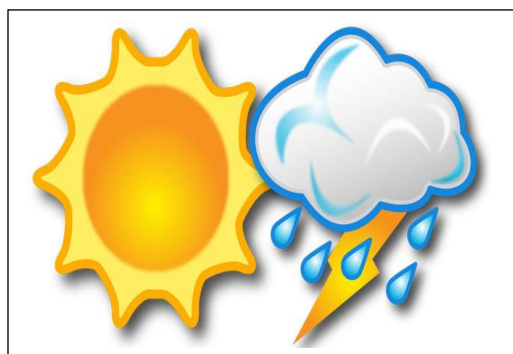


# TWELVE STEP TIMES

AUGUST 2016

Edmonton AA Central Office  
#205, 11041-105 Ave. NW  
Edmonton, AB T5H 3J7  
780-424-5900  
[www.edmontonaa.org](http://www.edmontonaa.org)  
Email:  
[centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)



## STEP EIGHT

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

Step Eight is a very interesting Step for me as I was raised in an extremely dysfunctional family wherein my father was an abusive alcoholic and my mother was extremely religious, along with being very promiscuous. Only two of the five children survived in our family and I was one of those children.

I have to look at this Step from an absolutely polar point of view as I didn't go out of my way to harm anyone; however, I did harm people by avoiding them and their problems when I could have possibly helped them and been of assistance.

Coming from the family I came from, I had no trust in anyone. My two oldest brothers, Bobby and Jimmy, who had saved me from my mother and father numerous times, had finally given up and committed suicide, Bobby when I was 7, and Jimmy when I was 8. They were the ones I had learned about love and caring from, and I had absolutely no trust or caring for anyone else. I was very quiet and shy and certainly didn't go out of my way to harm anyone as I kept completely to myself. I didn't ask for help from anyone and didn't share my life with anyone at all. I learned to be very self-sufficient. My Grade 2 teacher lived next door to us, so she knew how dysfunctional our family was and, although we never discussed my family, she looked after me, in her own way, at school.

I really liked school as I found it to be totally logical. You work on assignments, write exams and you win. I loved it. I didn't interact with other students very much, but I received very high marks all through school. It became my world.

After my mother left me when I was 16, which was the best thing she ever did for me, I went to Business School, worked part-time and ended up working in a large law firm where I fit in very well as I quickly became a workaholic!

I certainly can't blame lawyers for my addiction to alcohol; however, as you know, lawyers work very hard and have a lot of recreational activities, many of which consist of drinking alcohol and relaxing from the crazy schedules they adhere to. I still shared none of my life with anyone, but I did enjoy drinking as it relaxed me and I talked to the staff, mainly about work and the challenges it presented.

... Continued on Page 2

## WALK WITH ME

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead.

Just walk beside me, and be my friend.

... Anonymous

## STEP EIGHT

CONTINUED FROM PAGE 1

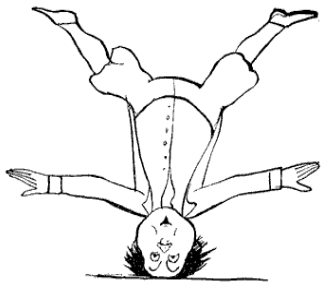
I got married and had a son and daughter. When my husband asked about my family, I told him they were killed in an automobile accident and the topic ended there. However, that's where my alcohol addiction started in a serious manner. I wanted so much to be a great parent and not follow in the path of my parents, but my husband wanted more of me than I could give him. I didn't know how to confide in anyone, and really didn't want to learn how to do that. Gradually he became very abusive. He broke my nose, my collarbone and just about cut my left hand off when I put mustard on his wiener bun instead of cheese whiz, so my child family life started to repeat itself and I turned to alcohol more and more to ease my pain.

I attended A.A., but I had never learned to share my innermost feelings with anyone, let alone a number of people, although I did stay sober for various lengths of time, but I was still stuck inside of myself and couldn't see anyone else's pain and suffering.

Thirty-three years ago I moved to Edmonton, joined Oilmen's Group and asked Jan D. to be my sponsor. She taught me so much and I can now see that my addiction was a selfish interaction with myself. It helped me to escape my own pain, but it blinded me from seeing anyone else's pain.

Today I try to be there for other members of our Group. I try to be a "part of", not "apart from" the members of my Group, and I am a much happier person as a result. Sobriety has been a wondrous gift to me and I am there for the other members of my Group whenever I am needed. It's the best family I have ever had.

...Faye E., Oilmen's Group



### RULE 62

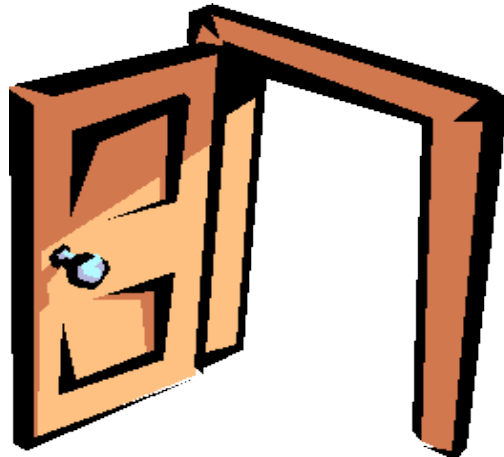
Don't take yourself so damn seriously!

## Eighth Step Prayer

...from Atlanta, Georgia AA World Conference – July 2015  
Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to make my restitution. This I pray.

## EIGHTH TRADITION

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.



### AA Therapy

DRUNKS  
HELPED  
HERE

1 hr. ~ \$10.00

## WHO RUNS A.A.

Sometimes, newcomers in A.A. will ask: **WHO RUNS A.A.?** We are perfectly safe in answering **NO ONE REALLY**. AA has no government as such.

But the nearest thing to a boss in A.A. is the Group itself. As a Group, we direct our own activities. And because we want to help other Groups and because we need more services than we can furnish ourselves, we are part of what is known as **GENERAL SERVICES**.

The General Service Office or G.S.O. is located in New York, but the direction of it starts **RIGHT HERE** in the Group. Here we select a G.S.R. (General Service Representative), who meets with other G.S.R.'s to set up an Area Committee. The committee elects a General Services **DELEGATE**.

In April of each year, our Delegate meets with ninety-four others from the U.S. and Canada ~ called the **GENERAL SERVICE CONFERENCE** ~ to help the Trustees map out their programs for carrying this message world-wide.

General Services is **12<sup>th</sup> Step Work**, but on a national and international basis. It helps get Groups started in the U.S. and Canada and all over the world. It helps Groups and Central Offices with their problems of finance, meeting programs, public information and steering committees. It is responsible for publishing and distributing all the books and pamphlets which the Conference approves. It works in a score of ways to help knock out road blocks to A.A.'s growth and progress.

General Service is **OUR** service office for carrying the message to places, and under conditions, that are beyond the limits of any one Group or Central Office. And just as the direction of General Services start here in the Group, so does its support. Groups support their General Services Office (their G.S.O.,) as they do everything in A.A. ~ without help from outside the Fellowship.

They do it by sharing G.S.O. costs with twice-a year contributions ~ usually figured at the rate of \$3.65 per member per year. Many Groups contribute more ~ to balance those who can't carry their state because are just starting or because they are in prisons and hospitals, or in low economic countries overseas.

So next time someone asks. **WHO RUNS A.A.?**

**TELL THEM: NO ONE! WE RUN OURSELVES AND SUPPORT OUR OWN SERVICES.**

..... leaflet found in Central Office files.



**Help! Our Edmonton AA Central Office is looking for several copies of the monthly AA Grapevine magazines.**

We keep an ongoing library of AA Grapevine magazines; the following are the issues that we are missing.

July 1944 – December 1944  
January, February & October 1951  
July 1953  
January, February & March 1955  
February, June & July 1957  
August 1959

May 1949  
1952 - missing all issues  
March, August & November 1954  
January, February, April & November 1956  
January 1958  
March 2004

If you have any of these issues and are willing to pass them on, we would certainly appreciate it, or if not now, perhaps you would consider willing them to us.

Please contact Edmonton Central Office - 780-424-5900

Thank You!

## **AA GRAPEVINE FACT SHEET**

- The Grapevine has been continuously published every month since the first issue appeared in June 1944.
- By chapter, the Grapevine is entirely self-supporting through the sale of the magazine and related materials. It receives no group contributions sent to the General Service Office.
- The 1968 General Service Conference, through an Advisory Action, recognized the AA Grapevine as "the international monthly journal of Alcoholics Anonymous.
- The Grapevine is produced by a professional staff of editors, writers, and artists. All members of AA and the charter of the General Service Conference guarantees the right to accept and reject material for publication.
- AA cofounder Bill W. introduced the Traditions to the fellowship in an April 1946 Grapevine article called: "Twelve Suggested Points for AA Tradition."
- Bill W. published more than 150 articles in the Grapevine between 1945 and 1970; these were collected in the anthology *The Language of the Heart (1988)*.
- The preamble was created by one of the Grapevine's early editors, based on the Foreword to the first edition of the Big Book (Alcoholics Anonymous) and it first appeared in the June 194 issue as a way of telling those outside the Fellowship just what AA was all about.
- In 1995, at the request of the General Service Conference, the Grapevine began publishing a Spanish-language version called *La Vina*.



## A Lot of Reasons Why I don't Drink



"How come you don't drink anymore?" A renewed acquaintance from long ago asked me the other day. "Any more than who?"

"I mean any longer." "How come you don't drink anything these days?"

"Drink? I drink ...coffee, milk, tea, soda, pop, water, fruit juices, ice drink frappes."

"I mean drink." he said, "You know booze."

"Oh, booze. No I don't drink booze anymore. I couldn't trust it anymore, it turned on me. Once my friend, it became my enemy."

"Maybe you got a bad batch.:"

"No, the sauce is the same I, changed. I have the illness of alcoholism and my tolerance weakened. Alcoholism doesn't come in bottles; it comes in people."

"Sounds pretty confusing."

"You think you're confused, you should have seen me!! I drank for happiness and became unhappy; I drank for joy and became miserable; I drank to be outgoing and became self-centered; I drank for sociability, and became argumentative and lonely; I drank for strength and felt weak; I drank to improve my masculinity and it sapped my potency; I drank medicinally and got sick; I drank because I thought my job called for it and I lost my job; I drank or relaxation and got the shakes; I drank for confidence and became uncertain; I drank for courage and became afraid; I drank for assurance and became doubtful; I drank it stimulate thought, and blacked out; I drank to make conversation and found my tongue tied; I drank for warmth and lost my cool; I drank for coolness and lost my warmth; I drank to feel heavenly and came to know Hell; I drank to forget and became haunted; I drank for freedom and became a slave; I drank for power and became powerless; I drank to ease my problems and saw them multiply; I drank to cope with life and invited death or worse; I drank because I had the RIGHT and everything turned out wrong."

"Gosh," my friend exclaimed, "It must have taken a lot of booze to get you in that shape!"

"Just one," I told him, "The first one. For me, one is too many and a thousand is not enough."

"Yep, I made it a rule, **I DON'T DRINK WHILE I AM SOBER.**"

# Beginner's Corner

## Checklist of relapse symptoms or "dry drunk"

1. *Exhaustion* – Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. *Impatience* – I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
3. *Argumentative* – No point is too small or insignificant not to be debated to the point of anger or submission.
4. *Depression* – All unreasonable unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
5. *Dishonesty* - Begins with pattern of little lies; escalates to self-delusion.
6. *Frustration* - Controlled anger/ resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. *Self-Pity* – Feeling victimized, put-upon, used and unappreciated: convinced we are being singled-out for bad luck.
8. *Cockiness* – Got it made. Know all there is to know. Can go anywhere, including bars, carry out's, boozy parties.
9. *Complacency* – Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck, may even be cured!
10. *Expecting too much from others* – Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them. Leads to feeling misunderstood, unappreciated. See #6.
11. *Letting up on disciplines* – Allowing established habits of recovery – meditations prayer, spiritual reading, AA contact, daily inventory, meetings – to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?
12. *Using mood-altering chemicals* – May have a valid medical reason, but misused to help avoid real problems of impending alcoholic relapse.
13. *Wanting too much* – Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough value on spiritual growth.
14. *Forgetting gratitude* – Because of several listed above, I lose sight of the abundant blessings in our everyday lives: too focused on #13.
15. *"It can't happen to me."* – Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. *Omnipotence* – A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advices from fellow members.

... Borrowed from Power of Sober Thinking Newsletter, Gainesville FL.

**\*\* Artificial intelligence is no match for natural stupidity. \*\***

# Birthdays

in August

## 60 Minutes to Sobriety

Last Sunday  
**Aug. 28 Gord R.** 41 yrs.

## Campus

Last Monday  
**Aug. 29 Kris G.** 1 yr.  
**Tom V.** 20 yrs.

## Capilano Step

Last Thursday  
**Aug. 25 Denis S.** 1 yr.

## Crestwood Welcome

Last Monday  
**Aug. 29 Barbara A.** 42 yrs.  
 Larry S. 23 yrs.  
 Jackie 13 yrs.  
 Patsy T. 12 yrs.  
 Derek T. 8 yrs.  
 Jim J. 6 yrs.  
 Dean 4 yrs.  
 Cam L. 2 yrs.

## Fulton Place

Last Friday  
**Aug. 26 Mike B.** 29 yrs.

## Hillettes #2

Closest Wednesday  
**Aug. 17 Vienna C.** 2 yrs.

## Lighthouse

Last Friday  
**Aug. 26 Lynn J.** 1 yr.

## Mustard Seed

Last Sunday  
**Aug. 28 Julien** 12 yrs.

## Providence

Last Wednesday  
**Aug. 31 Glenn Q.** 3 yrs.

## Shifters

Last Saturday  
**Aug. 27 Amanda R.** 12 yrs.  
 Bernie C. 26 yrs.  
 Scott Y. 7 yrs.  
 Michael F. 3 yrs.  
 Ruth B. 14 yrs.

## Southside

3<sup>rd</sup> Friday  
**Aug 19 Alys B.** 2 yrs.  
 Jeff H. 1 yr.  
 B.J. 2 yrs.  
 John N. 27 yrs.

## South Side Young People

Last Sunday  
**Aug. 28 Troy D.** 3 yrs.  
 Bri B. 2 yrs.  
 Lee D. 3 yrs.  
 Jack R. 2 yrs.

## The Why Group

Last Saturday  
**Aug. 27 Oliver.** 2 yrs.  
 Terri S. 2 yrs.

## West End 12 Step

1<sup>st</sup> Tuesday  
**Sept. 5 Daniel S.** 1 yr.  
 Lynne H. 3 yrs.  
 Dan H. 1 yr.

## West Grove

Last Sunday  
**Aug. 28 Jo K.** 4 yrs.  
 Rod C. 7 yrs.

## Westminster

Last Saturday  
**Aug. 27 Diane I.** 32 yrs.  
 Val C. 4 yrs.

## SURROUNDING AREAS

### Sherwood Park

3<sup>rd</sup> Thursday  
**Aug. 27 Branch T.** 11 yrs.  
 Chris A. 1 yr.  
 Chuck S. 2 yrs.  
 Don F. 39 yrs.  
 Jeremy M. 4 yrs,  
 Jerry E. 10 yrs.  
 Paul V. 5 yrs.  
 Phillip C. 1 yr.  
 Richard S. 1 yr.  
 Roxanne H. 13 yrs.  
 Sandy T 31 Yrs.  
 Sid 3 yrs.  
 Terry P. 30 yrs.  
 Terry M. 1 yr.

### St. Albert

#### Sunday Breakfast

Last Sunday  
**Aug. 28 Moe** 11 yrs.  
 Elmer M. 31 yrs.  
 Shirley M. 39 yrs.  
 Duwayne W. 1 yr.

#### Sunday Step Study

Last Sunday  
**Aug. 28 Russell B.** 10 yrs.

## *The Man in the Glass*

When you get what you want in  
 your struggle for self  
 And the world makes you king for a  
 day  
 Just go to the mirror and look at  
 yourself,  
 And see what THAT man has to  
 say.

For it isn't your father or mother  
 or wife  
 Whose judgment you must pass;  
 The fellow whose verdict counts  
 most in your life  
 Is the one staring back from the  
 glass.

Some people may think you're a  
 straight-shootin' chum  
 And call you a wonderful guy,  
 But the man in the glass says  
 you're only a bum  
 If you can't look him straight in  
 the eye.

He's the fellow to please, never  
 mind all the rest  
 For he's with you clear up to the  
 end,  
 And you've passed your most  
 dangerous, difficult test  
 If the man in the glass is your  
 friend.

You may fool the whole world down  
 the pathway of years  
 And get pats on the back as you  
 pass.  
 But your final reward will be  
 heartaches and tears  
 If you've cheated the man in the  
 glass.

...Anonymous

# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

Claresholm, AB

Aug. 5-7 Annual Claresholm Campout \$20.00  
Granview Recreational Park  
Contact: 403-625-0029 or 489-0471

Edmonton, AB

Aug. 6 3<sup>rd</sup> Annual Red Rd. to Recovery \$10.00  
Noon-4:30 9516 – 101 Ave. (Stan Daniels Healing Centre)  
Contact: Sarah 587-982-1987

Wainwright, AB

Aug. 19-21 Annual Wainwright Roundup Trad 7  
Contact Robert s 780-261-0104, Dave T  
780-336-5658, Robert K 780-656-5829

Kamloops, BC

Aug. 26-28 WESTERN CANADA Regional Forum  
Coast Hotel & Conference Cent. no Reg. fee  
1250 Rogers Way –  
Participation General Service Board,  
AAWA & Grapevine Everyone welcome.  
Contact: Central Office 780-424-5900

Greig Lake, SK

Sept. 2-5 37<sup>th</sup> 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

Edmonton, AB

Sept. 30-Oct 2 Campus Blue Jean Roundup \$40.00  
6115 Fulton Rd. \$10.00 a day  
Fulton Place Community League  
Contact: 780-863-7323

Drumheller, AB

Oct. 1<sup>st</sup> District 15 AA Roundup \$25.00  
Church of the Nazaene Hall  
627 – 6 St. E Registration \$10.00  
Contact: [area78dist15@gmail.com](mailto:area78dist15@gmail.com)

Spruce Grove, Stony Plain, AB

Oct. 14-16 33<sup>rd</sup> Annual District 10 Unity Roundup  
Blueberry Hall #30.00  
Contact: Len B. 780-818-5070

## 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 – Women's group  
Looking for new members  
Contact: 587-873-6619

**Take my advice - I'm not using it.**

