

ECOS NEWS

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SEPTEMBER 2016

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DELEGATE'S CORNER

Greetings. My name is Larry M. and I am an alcoholic. I am humbled and blessed to be your Panel 66 Area 78 AB/NT Delegate for 2016/2017. It is an honor to have been asked to provide a Delegate report for this and future issues of the Twelve Step Times. My Home Group is the Devon Monday Night Group in Devon, AB.

Your Delegate is elected by the membership of Area 78 to represent Area 78 for two years at the General Service Conference held for a week in April each year in either New York City or Rye Brook, NY. The Delegate is also an Area 78 Table Officer and member of the Area 78 Finance Committee.

Geographically, Area 78 is the largest of the 93 A.A. Areas in North America and includes the Province of Alberta, the Northwest Territories, Nunavut west of the 90th meridian, northeastern or Peace Region of B.C, the south eastern or East Kootenay Region of B.C and the one group in the community of Maidstone Saskatchewan.

The annual General Service Conference is the "time when the collective group conscience of U.S./Canada A.A. comes together to take actions that will guide the groups in years to come." I attended the 66th annual General Service Conference in New York City on April 17-23, 2016.

On August 26, 27, 28 I attended the Western Canada Regional Forum in Kamloops, B.C. The Forum is held every two years and is a "weekend of sharing and informational sessions designed to help the General Service Board, A.A. World Services, Inc., the Grapevine Corporate Board, the Grapevine Staff, and the General Service Office Staff stay in touch with A.A. members, trusted servants and newcomers to service throughout the A.A. service structure".

On September 16, 17, 18 Area 78 will be having their fall Assembly at the Sheraton Hotel in Red Deer. The purpose of this Assembly is to conduct the business of Area 78. As your Delegate I will be reporting on my experience of attending the 66th General Service Conference in New York. The guest speaker at the open A.A. meeting on the Saturday evening of the Assembly will be Cate W., Western Canada Regional Trustee. This Assembly is open to all members of Alcoholics Anonymous.

As your Delegate, I can be contacted at delegate@area78.org or by telephone/text at 780-686-7438.

Yours in Fellowship and Service, Larry M., Panel 66 Delegate Area 78 AB/NT

Ninth 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.

Disclaimer: ECOS News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7th Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning roundups, conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA as a whole. Publication of any article does not imply endorsement.

We would like to hear from you about your AA related experience, strength and hope, keeping in mind copyright and credit concerns.

Submissions should be between 250 and 300 words. Submit with your full name, group, and a phone number where you can be reached (of course we will protect your anonymity).

Material must be submitted no later than the 20th of the preceding month for it to print in the next month's issue.

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7

Fax: (587) 523-4334

Email: centraloffice@edmontonaa.org **Subject Line: Attention ECOS News**

NINTH TRADITION

A.A., as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.

We Do Set Up Committes And Boards...But whether they make coffee...
or help organize groups in deepest Africa...



They Only Serve.

From AA Grapevine Traditions Checklist

TRADITION NINE

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program - even if no-one makes me do so - with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job taken?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully - and profit thereby - when the time comes?
8. What has rotation to do with anonymity? With humility?

STEP NINE

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



I try to fix things if I can.

PROMISE 9:

“Our whole attitude and outlook upon life will change.”

I am certain I am not the only one who dreamed that someday the Promises would come true. Someone please tell me what I need to do!

All I had to do was get started. And because I was willing my life today is a miracle. Every day I wake! I've experienced two different worlds respectfully. I remember how I used to live with results of my drunken behavior... waking up with strangers, in jail, after a violent night, blackouts and even the laughter that covered up how I was really feeling. In the end it would take so much energy to start over again, waking up every day a phony, lying, cheating, drunken woman, mother and wife! I started to hate me. How do I change? I was ready!

After years of AA and reaching out to the right people, I finally realized my world was changing! My worth was really something despite the challenge or the challenges! Sometimes too many as I wanted to give up. Sometimes things were changing so fast I felt like giving up. Nobody should have to go through this much. Still I hung on. Sometimes by just a thread. I've worked too hard to go back. I would settle in thinking that “that's it, I did it”. BAM! More challenges.

As these life changing dramatic things in my life occurred there was something I noticed, weird but true, my acceptance was different. I started to look at how I was growing. I felt the need to see what I was learning rather than what I was losing. As I came through each challenge it seemed to be easier to learn and let it go. “Take what you need and leave the rest”, they told me. I became more willing to sit quietly and learn. I fought all my life. Sitting quietly is not what I knew! Finally, something new. And it was working. I started to hang on to my recovery as it was growing beyond my wildest dreams.

Seriously, I woke up one day at peace and so understanding “One Day at a Time”. I looked around me and there were people in my life. My family surrounded me and love was filling my days. I didn't have to look for it. I think the Creator said to me “There you're growing and your willingness is obvious”.

Today I feel the peace. I approach everything and everyone with love today. There is peace and love in my life. Today as a result of hard work and tons of AA, the fight that I fight for today is different. My whole attitude and outlook on life has changed. All of this through acceptance and absolutely no alcohol.

.... Debby, The Why Group



OLD TIMERS CORNER

My Years of Recovery ... The Magic of Discovery - by Briane A., Victoria, BC
Formerly of Edmonton

**Stop Drinking; Trust God; Clean House; Help Others;
Be Grateful; Have Fun**

The essential thing in my life – **fighting*well for a life without the obsession to drink!**

I've learned to say, **“No thanks, but I'm not having a drink today”!**

I can't stay sober; but **we** can stay sober ... **that** is the miracle of this program of recovery.

“One drunk carrying the message to another drunk”

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!!**

My Life's Assignment is – Sharing through Service – what I call *Progressive Gratitude*'

Because I can't stay sober on yesterday's meetings or past Twelfth-Step calls; I need to put my gratitude into action TODAY! I believe that my carrying the message to others can best show my gratitude.

“Without action, my gratitude is just a pleasant emotion.”

Through my years in AA, I have come to believe that through the Big Book of AA, a recovery mecca; it is shown that the prompts that produce miracles of recovery are through physical medicine, spiritual nourishment, brotherly love and learning from others experiences.

I am a shameless promoter of the program! *It* has worked to keep me sober for over 45 yrs. Today my job, for me, is to continue working on *Serenity* and what I define as **“My Sobriety” //peace within my soul, not a matter of just not drinking”!**

We're not the lost souls, rising up and being of service to our community ... we're renewed! Ours is a mentor program through sponsorship and anonymity ... *anonymity not secrecy!* We are bit losers, but winners by successfully living with one of history's most devastating diseases.

Since no one has the right to speak for AA; I speak for myself, to introduce AA to you and that affects me, and I say that **help is available to those who wish it, not need it.** This lived-in body of mine, has been able to Walk-the-Walk ... I did not drink today!

I couldn't stop drinking, and that is the thing that makes me bodily different from my fellows ... I was alcohol-dependent, I knew I had a problem, but couldn't stop, didn't know how to stop ... I had the desire, but couldn't. Now, I've been relieved of my obsession to drink, and my story may help others.

What is your concept of *what is an alcoholic*; what is your *definition of an alcoholic*, or of one's *bottom*?

My story is probably best written by the American poet Robert Frost (1896-1963) “Two roads diverged in a good, and I took the less traveled by, that has made all the difference”.

I have had, and continue today, to enjoy a productive, enjoyable and meaningful life “without having to drink because of my addiction”, because of my “need” to belong, “need” to control, or to “fit in”. My life is “my life” and I thank the 12 Step program in great part for giving me the strength to endure and be a good provider. I share in the belief that I must give back what was so freely given to me.

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OLD TIMERS CORNER

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I know that **over time, the desire gets farther and farther apart, and that the compulsion is lessened each time that impulse comes upon me ...** my God has put me in control of that part of my addiction. Seconds of time have to be beaten, not hours, not days ... just seconds, as my life's time moves on. I know that I'm only one drink away from being a drunk.

I desire to share my **Experience, Strength and Hope** with those likewise afflicted, and listen to others to aid my and their recovery. Without caring and sharing there is no sobriety, and for me being sober is just not enough ... I'm in a **pursuit of excellence** and trying to tell alcoholics that in my life I strive to **hold myself to a higher standard than just victory, than just staying sober. I am enjoying sobriety and serenity much of the time** and others can too, if they are prepared to go to any length to get what many of us in AA have.

AA started with Bill W. contacting Dr. Bob, in Ohio in 1935, by creating a "**Path**", a path followed ultimately by many millions around the world, a path we can all embrace. It is said that Confucius said ... The **greatest glory is not in ever failing, but in rising up every time we fall ...** I've fallen and had **shipwrecks** in life and now that I've recovered, I'm once again trying to Help others who fallen on the rocks. ... Continued next month

(From Atlanta, Georgia World Conference, July 2015

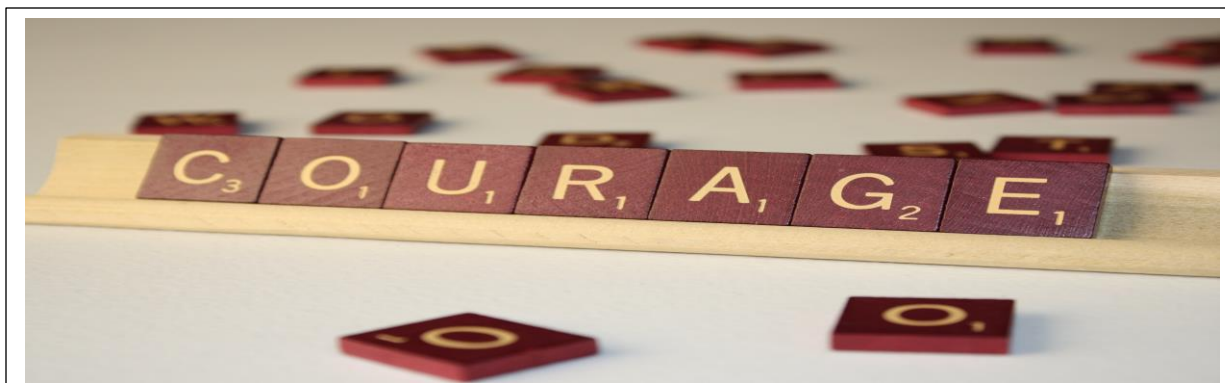
COURAGE

The greatest test of courage on earth
is to hear defeat without losing heart .. Robert Gray Ingersoll

ONE WORD OFTEN HEARD in group discussions is "will". Yet the will to do something cannot exist without the action required to do it, and that takes courage. It is courage that turns possibilities into realities and assures us that little in life is truly impossible. Experience teaches us that courage keeps our active emotions under control.

When courage guides our efforts, we can be sure that we will not only be capable of accomplishing success, but we will be worthy of it. We learn that courage is not recklessness; it is common sense. When we know that a goal is worth going for, courage has judgment and carefulness as allies, even though we may be mobbing against the tide of popular opinion or belief.

I am overcoming my fears about setting and working towards goals. It helps me to remember that "courage is fear that has said its prayers."



I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. And by the grace of God, I will.

..... Edward Everett Hale, author

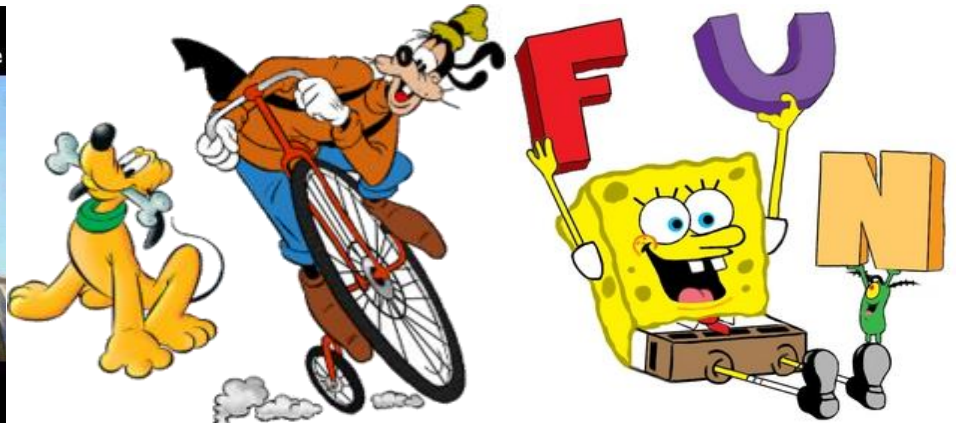
GENTLE THOUGHTS FOR TODAY

- ~ Birds of a feather flock together ... and then sh** on your car.
- ~ A penny saved is a government oversight.
- ~ The older you get, the tougher it is to lose weight, because by then your body and your fat has gotten to be really good friends.
- ~ The easiest way to find something lost around the house is to buy a replacement.
 - ~ They who hesitate are probably right.
- ~ Did you ever notice; The Roman Numerals for forty (40) are XL.
- ~ If you can smile when things go wrong, you have someone in mind to blame.
- ~ The sole purpose of a child's middle name is so they can tell when they are really in trouble.
- ~ Did you ever notice; When you put the 2 words 'the' and 'irs' together it spells 'Theirs ...'
- ~ Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- ~ Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.
- ~ When you are dissatisfied and would like to go back to your youth, think of Algebra.
 - ~ You know you are getting old when everything either dries up or leaks.
- ~ One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.
Lord, keep your arm around my shoulder and your hand over my mouth...

I spent half an hour trying to talk with them, wanting to learn about their culture



until the bartender cut me off and told me they were patio umbrellas.



Birthdays

in September

60 Minutes to Sobriety

Last Sunday
Sept. 25 Annette F. 8 yrs.

Breathe Easy

Last Friday
Sept. 30 Don M. 35 yrs.

Campus

Last Monday
Sept. 25
Joanne D. 2 yrs.

Capilano Step

Last Thursday
Sept. 29
Guy B. 42 yrs.

Crestwood Welcome

Last Monday
Sept. 26 Bob E. 34 yrs.
Ron H. 19 yrs.
Pete M. 4 yrs.

Dolphin Group

Last Monday
Sept. 26 Guy B. 42 yrs.

Eastwood

Last Monday
Sept. 26 Dave C. 2 yrs.

Fulton Place

Last Friday
Sept. 30 Hal A. 24 yrs.
Dwayne H. 1 yr.
Al C. 19 yrs.
Leslie M. 1 yr.

Jasper Place

Last Tuesday
Sept. 27 Michael A. 24 yrs.

Lighthouse

Last Friday
Sept. 30 Mike R. 15 yrs.
Mark E. 14 yrs.
Steven B. 1 yr.

Millwoods Group

First Tuesday
Oct. 3 Erik J. 2 yrs.

Oilmen's

Frist Monday
Oct. 3 Randy D. 12 yrs.

Providence

Last Wednesday
Sept. 28 Jessica B. 1 yr.

Shifters

Last Saturday
Sept. 24 Maureen A. 23 yrs.
Annette F. 8 yrs.

South Side

3rd Friday
Sept 15. Donna Y. 9 yrs.
Doug T. 1 yr.
Tim K. 29 yrs.
George B. 44 yrs.

South Side Young People

Last Sunday
Sept. 25 Pete M. 4 yrs.
Ashley F. 4 yrs.
Yasir K. 4 yrs.
Jason C. 3 yrs.
Jody M. 2 yrs.
Blair J. 3 yrs.
Jason M. 2 yrs.

Terra Nova

Last Sunday
Sept 25 John E. 6 yrs.

The Why Group

Last Saturday
Sept. 25 Debby L 15 yrs.
Jay B. 15 yrs.
June S. 16 yrs.
Mary C. 2 yrs.
Richard M. 4 yrs.

West End 12 Step

1st Tuesday
Oct. 4 Dale L. 17 yrs.

West Grove

Last Sunday
Sept. 25 Gord V. 2 yrs.
Tracy M. 4 yrs.

Westminster

Last Saturday
Sept. 24 Harry E. 32 yrs.

SURROUNDING AREAS

St. Albert

S.A. Sunday Breakfast

Last Sunday
Sept. 25 Eileen E. 5 yrs.
Mike M. 20 yrs.
Carla V. 1 yr.
Kevin S. 2 yrs.
Lyle Z. 1 yr.

S.A. Sunday Step Study

Last Sunday
Sept. 25 Derek B. 3 yrs.
David L. 9 yrs.
Stan T. 29 yrs.

Are your groups' birthday shown here?

If they are not, then have someone from your group send in an updated list and they will be.

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.
Thu. 7:00 PM U of A AA Group
11325-89 Ave. St.
Joseph's College
Wed. 7:00 PM Hilletes #1 – Women's
New members wanted

Group in Need of Support

Tuesday 8:00 PM Young & Old Mtg.
6329 - 118 Ave.
(O)
@ Recovery Acres
Need new members



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

- Claresholm, AB
 Sept. 24 43rd Annual Roundup \$25.00
 Community Centre west of Agriplex
 Contact: 403-625-0259, 625-0430
- Red Deer
 Sept. 16-18 Area 78 Fall Assembly \$15.00
 3310 – 50 Ave., Sheraton Hotel
 Red Deer, AB
- Swift Creek, SK
 Sept. 16-18 Annual AA Roundup
 780 * 1st Ave. NW
 Salvation Army Community Church
- Cochin, SK
 Sept. 16 Catholic Hall, off Hwy 4)
 Pot Luck – bring your favorite dish
- Meadow Lake, SK
 Sept. 17 Meadow Lake Roundup
 502 – 6th Ave., Grace United Church
- Medicine Hat, AB
 Sept. 23-25 Annual AA Roundup \$50.00
 Clarion Hotel & Conference Centre
 954 – 7th Ave. SW Reg. only \$35.00
 Contact: Paul C. (780) 742-3534
 Sonia - (403) 02-7211
- 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. 1st District 15 AA Roundup \$25.00
 Church of the Nazaene Hall
 627 – 6 St. E Registration \$10.00
 Contact: area78dist15@gmail.com
- Melfort, SK
 Oct. 1 Melfort AA Roundup
 101 McLeod Ave. E., [Legion](#) Hall
- Spruce Grove, Stony Plain, AB
 Oct. 14-16 33rd Annual District 10 Unity Roundup
 Blueberry Hall \$30.00
 Contact: Len B. 780-818-5070
- Regina, SK
 Oct. 15-16 Area 91 Fall Assembly
 2020 Winnipeg St., St. Mary's Hall
- Moose Jaw, SK
 Oct. 21-22 Moose Jaw District Roundup
 1036 – 7 Ave., Minto United Church

St. Albert, AB

Oct. 22 District 64 Workshop \$?
 1 – 4 PM Christian Reformed Church
 12 Gate Ave. (corner of Gate &

Grange)

Bragg Creek, AB

Nov. 4-6 15th Annual Journey
 \$160.00

Camp Horizon 35 min. W of Calgary

Contact: Karen (403) 479-6883

Christine (403) 880-7333



Mirror, mirror on the wall
 It does not matter if I'm short or tall
 If I have skinny legs or my hips are wide
 It only matters who I am inside.

Blue eyes, brown eyes, black or green ...
 What makes me most beautiful cannot
 be seen.
 When you look at me, don't judge me by
 my parts,
 The most beautiful thing about me
 is my heart.

Anonymous