

ECOS NEWS

\$1.00

OCTOBER 2016

Edmonton Central Office Society
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DELEGATE'S CORNER

Greetings. My name is Larry M. and I am an alcoholic.

Greetings. On September 16, 17, 18, 2016 Area78 held its Assembly in Red Deer, Alberta. The major focus of this Assembly was to conduct the business of Area 78. There were 192 registered attendees at this Assembly which included 113 General Service Representatives (GSRs), 25 District Committee members (DCMs), 15 Area78 Committee Officers (Table Officers and Committee Officers) and 39 non-voting AA visitors.

The special guest was our newly elected Western Canada Regional Trustee (WCRT), Cate W. from Area 80, Manitoba. Cate shared her story at the Saturday evening speaker meeting and on Sunday reported on her recent attendance at her first General Service Board Meeting at the General Service Office in New York.

The weekend started on Friday evening with a General Service Representative and visitor orientation meeting; a meeting of all the District Committee Members; and a meeting of the Area Committee Officers.

On Saturday afternoon the Table Officers conducted a special workshop on the Seventh Tradition. An entertaining skit outlined the significance of the spiritual nature of the Seventh Tradition and the need to support service at all levels – Group, District, Area, General Service Office, Central Office/Intergroup. The small group work focused on the distribution of excess group funds amongst all service entities. Handouts were provided that outlined some of the many services that the Seventh Tradition supports at Area 78 and the General Service Office. Copies of the handouts and the skit presentation will be available in the Assembly minutes.

Other Assembly activities included meetings of all eleven Area 78 Service Committees, Officer and Committee Reports, Financial Report, District Reports, and a report from the Delegate on his attendance at the General Service Conference in New York.

If you have any questions regarding the Assembly or Area 78, please contact me by phone at: 780-686-7438 or by email at delegate@area78.org.

QUOTES

** Never mistake knowledge for wisdom. One helps you make a living, the other helps you make a life. *

** Your lack of good planning does not cause an emergency for me. **

** Nothing can make me Mad Enough, Sad Enough or Glad Enough to drink **Just For Today.** **

... Anonymous

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**

TENTH TRADITION

“Alcoholics Anonymous has no opinion on outside issues;
Hence the AA name ought never be drawn into public controversy.”



From AA Grapevine Traditions Checklist

TRADITION TEN

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquillizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or provincial government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

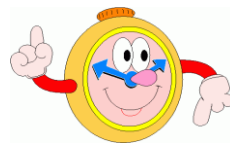
Alcoholics Anonymous tells me that each of our twelve steps are designed for ego deflation. By the time I have reached Step 10, my conscience should be pretty sensitive to God’s prodding. His prodding takes the form of a knot in my stomach, unexplained symptoms of anxiety, a short fuse or some other form of lack of peace.

The thing I need to do is recognize it for what it is, being out of sync with God and his people. Somehow, I need to get back in sync. Usually, it is because ego has sprung up in one of the relationships that I have in my life. As a result, it has cut me off from that person. I am unable to be at peace with that person, or anyone else for that matter, until I face them and admit where ego has crossed the line. The fault is mine.

I remember having a small row with a colleague at work. It didn’t seem to be anything at the time. I went home and felt somewhat out of sorts. Then I went as I usually did to the first paragraph on page 86 of the Big Book. “When we retire at night, we constructively review our day.” The questions that follow this statement have never failed to reveal to me what the problem is. I knew at once when I read, “Do we owe an apology?”

What is peace of mind and a lack of resentment worth to you? To me, it is worth everything. I never knew what life could be like without resentment until AA. First thing the following morning, I walked up to my co-worker and said, “I’m sorry for the way I behaved in our discussion yesterday. It wasn’t the way I would have liked for it to end if our roles were reversed. The next time I will try to be more congenial and professional. Please forgive me.”

I was released at that moment. It really didn’t matter what her response was. She did accept the apology and she was a great person to work with after that. But my resentment was gone. The knot in my stomach had become untied.



Peter H., Westminster Group, Sept. 2016

PROMISE 10:

“We will intuitively know how to handle situations which used to baffle us.”

When I first came into the program I had absolutely no self-esteem. With this I was very shy and withdrawn (unless I had a 24oz of rye under my belt). But, the more I went to meetings the more I got to know who I was. With time that lonely feeling slipped away because I knew I was not in this program of recovery by myself. I had friends everywhere. It didn’t matter where I was, when I walked into the doors of an AA meeting I was welcomed with open arms. I learned to love and trust people once again, and myself.

Financial (economic) insecurities were 1000 times greater 10 years ago than they are today. I was existing below the poverty level then and still am today. What changed was my attitude. Today, when some financial burdens seem too hard to handle, I turn it over to my Higher Power. I tell Him that I don’t know how to handle it and He provides me with the answers I need at the right time. The other thing that helped me was to talk my feeling out, whether it was on paper or with another recovering alcoholic, it took the fear away.

With a grateful heart, through prayer and patience the fear of people and economic insecurities is slowly but surely leaving me.

... Betty S., Bonnie Doon Group, October 1998

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**

Continued from last month.

I'd like to quote two paragraphs of **Bill W's** letter to all members on our 10th Christmas, 1944 – “How privileged we are to understand so well the divine paradox that strength rises from weakness that humiliation goes before resurrection. That pain is not only the price but the very essence of spiritual rebirth.

Knowing its full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos”. –

AA can be aptly and simply defined through the symbolism of our logo ... a triangle inside a circle, an ancient spiritual symbol representing mind, body and spirit brought together as a whole human being, and in that is the balance ... AA adopted the symbol as unity service and recovery ... not a selfish program, but a selfless program recognizing that nobody is worthless, no one!!

Many men owe the grandeur of their lives to their tremendous difficulties” -Charles Spurgeon (1834-92), one of England's best-known preachers.

Further, I refer you to an old English Proverb – A smooth sea never made a skilled mariner ... Briane A., it has been **rough waters aplenty for me!**

I am **grateful** to be sober, **humbled** by experience, and I **Pray to God for Guidance!** I have chosen a God of *my own understanding*, not a God chosen for me from when I was in Sunday school, nor imposed upon me by others.

AA often meets in churches, but I've learned to acknowledge and remember that the **Religious VS Spiritual program** is an outside issue ... we ask only that one be willing to look to a higher power, look outside one's self. AA is about spiritual stuff, not religion ... about seeking a power higher than one's self ... if this seeking leads to religious leanings, fine, and if not that is fine too.

The program of AA cuts the shackles that once bound me to alcohol, and develops in me patience and tolerance through growth in my self-esteem. My disease of addiction is a powerful force that can be beaten. I'm not useless, **I'm an Alcoholic** ... I used to be a liquor addict, a drug addict, a gambling addict, a nicotine addict, a caffeine addict, a sufferer of addictions ... I am the sum of what I was, and of what I can be, will be.

My principles have been developed through experience and learning, **one day at a time** from many sources, not just what I've learned from reading AA material. As an example of this, I read one day about a talk given by the Dali Lama, the religious and spiritual leader of Tibet, in a visit to the USA many years ago. In his sharing before an audience of many thousands, he pointed out that while he was meeting most of the audience for the first time, he believed that we are all human beings ... that while there may be differences in cultural background or way of life and differences in faith or color of our skin, he noted that **we are all human beings**, consisting of a human body and the human mind. He noted our physical structure is the same, and our mind and our emotional nature are also the same ... our similarities striking.

The Dali Lama noted that he found it much easier to communicate with others, when he thought that the person he was encountering was another human being, just like himself. He noted that **if we emphasize specific characteristics**, like the fact that he is a Tibetan or a Buddhist, **then there are differences, but those are secondary**. He thought, **if we can leave the differences aside we can easily communicate, exchange ideas and share experiences**.

... Continued next page

OLD TIMERS CORNER

Continued from previous page

With the knowledge of what was said by the Dali Lama, I will share with you simply and refer to those experiences significant in my development as a sober soul, as one human to another. My story is one of discovery, learning and experience.

I've discovered that I must be able to identify those factors which lead to happiness, and those factors which lead to suffering ... I can then set about gradually eliminating those factors which lead to suffering and cultivating those that lead to happiness ... a tough task, but necessary.

I've learned that **if** I am mentally unhappy or frustrated, **then** physical comfort is not of much help. On the other hand, **if** I can maintain a calm, peaceful state of mind, **then** I can be a very happy person **even if** I have poor health or failing finances. My state of mind dictates the degree and intensity of my sobriety. I've learned that I am never truly alone, nor that I need to be lonely.

We have a place where newcomers can come and receive a message of hope and recovery, fellowship, understanding and firsthand knowledge of our disease. **Ours is fellowship, anonymous but not secret.** Fellowship includes respect, pride and understanding ... we do not fail to thrive! AA is about recovery, sponsorship, home groups, and health recovery – especially about the **simplicity** of it ... a program that works! ... Continued next month

An elderly man on a Moped, looking about 100 years old, pulls up next to a doctor at a street light.

The old man looks over at the sleek shiny car and asks, 'What kind of car ya got there, sonny?'

The doctor replies, 'A Ferrari GTO. It cost half a million dollars!'

'That's a lot of money,' says the old man. 'Why does it cost so much?'

'Because this car can do up to 320 miles an hour!' states the doctor proudly.

The Moped driver asks, 'Mind if I take a look inside?'

'No problem,' replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his Moped, the old man says, 'That's a pretty nice car, all right... But I'll stick with my Moped!'

Just then the light changes, so the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph.

Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer!

He slows down to see what it could be and suddenly WHOOOSSSHH !

Something whips by him going much faster!

'What on earth could be going faster than my Ferrari?' the doctor asks himself.

He presses harder on the accelerator and takes the Ferrari up to 250 mph.

Then, up ahead of him, he sees that it's the old man on the Moped!

Amazed that the Moped could pass his Ferrari, he gives it more gas and passes the Moped at 275 mph. He's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN!

Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 320 mph. Not ten seconds later, he sees the Moped bearing down on him again! The Ferrari is flat out, and there's nothing he can do!

Suddenly, the Moped plows into the back of his Ferrari, demolishing the rear end.

The doctor stops and jumps out and, unbelievably, the old man is still alive.

He runs up to the banged-up old guy and says, 'I'm a doctor.... Is there anything I can do for you?'

The old man whispers,

'Unhook my suspenders from your side view mirror!'

... Anonymous

THE A.A. LIFEBOAT

What does it *feel* like for the newcomer when he or she is faced with a decision to stop drinking? For myself, it was a rush of *reality* which finally woke me up. It is often analogous to living on a “ship of life” where we go about our daily business; not being aware at first that our ship may be listing to one side, or heading toward an iceberg. As often happens with alcoholics, when we discover the danger, it may already be too late for some of us. But for many of us, there is still hope and time to “recover” from our perilous predicament.

When our ship gets into trouble, we have to recognize it for what it is, and make a conscious decision to do something about it. After all, simply thinking or wishing about saving ourselves will not enhance or promote survival. Many times we often employ defense mechanisms of all kinds to ward off the danger, i.e. “it’s not listing that badly,” or “there hasn’t been an iceberg in these waters for years.” Denial about one’s circumstances is often fatal for the alcoholic.

No, we must *act now*, if we are going to survive. We must listen carefully to the instructions given to us on where to proceed to reach the nearest lifeboats. We must enlist the aid of those closest to us and collectively draw up a plan to escape our present circumstances. We must use the tools given to us to help promote survival, such as life vests, whistles, and oars, provided with each lifeboat.

Many of us finally accept the condition of our ship and graciously accept being lowered into the ‘uncertain’ waters below. Some of us will struggle to the very end; clinging on the hope that I can still survive by staying somewhere ‘safe’ on the ship, or jumping into the sea, alone, at the last possible moment. Those of us fortunate to heed the advice of others, drift away in our lifeboat from the sinking ship and row towards a new sunrise.

.... Peter J., Breathe Easy Group, Sept. 2016

SOBER UP AND CLEAN UP

... Copied from 1991 Grapevine magazine

My Sobriety dates back to 1946 and for that I am eternally grateful. We had a saying in those days ... I don’t know where it came from and I have not read it in AA literature ... which was: You come into AA to sober up and clean up. Very seldom did a meeting go by without someone saying it. To me it meant you sobered up physically, mentally, and spiritually and you cleaned up mentally and physically.

Part of the “clean up” was a change in my manner of speech. In those days, I worked in the production part of a plant. All the personnel were men and we weren’t concerned about the language we used. When I came into the program, I was told that in order to adopt a new way of life, it would be necessary to eliminate much of the old part. It wasn’t easy, but now when I speak, I might say gosh, darn or heck but I don’t use any of the four-letter words I hear from others.

I hear people using foul words to me and in the same sentence they use the word God. I am very definitely not a “holier than thou” person. I believe the only reason people use foul language in an AA meeting is because they don’t know any better, can’t express themselves any other way, or are trying to impress people. They think it is smart. But I can’t understand how people think they are living the program if they hang onto the old way of life.

So I say to the new people, especially the young, try to clean up your language. It is no harder to use good language than it is to be foul-mouthed. It only takes practice and a desire to improve oneself.

We also clean up physically after we sober up. We get some self-respect back and we want to look presentable. Our clothes are clean and neat. This body and my looks are what my Higher Power gave me and I am obligated to do the best I can. I am not the best-looking person in the world and not the worst, but I am *me*. For that I am grateful.

Ted D., Austin, Minn.



AA OLD PREAMBLE – 1940

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves.

We feel that each person's religious views, if any, are his/her own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be.

In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us.

We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure.

Our condition may be the result of an allergy, which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is **Absolute Abstinence**, the second meaning of **A.A.**

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares their debt by helping others to recover.

An Alcoholics Anonymous member is an alcoholic who through application and adherence to the AA program has forsworn the use of any and all alcoholic beverages in any form.

The moment they take so much as one drop of beer, wine, spirits or any other alcoholic beverage they automatically lose all status as a member of Alcoholic Anonymous.

AA is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it.

We have a way out on which we can absolutely agree and on which we can join in harmonious action. Rarely have we seen a person fail who will not or simply cannot give themselves to the simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover.

There is a vast amount of fun in the AA Fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem. To drink is to die. Faith must work twenty-four hours a day in and through us or we perish.

In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation. I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and and of up to this moment.

We do not speak for AA as a whole and you are free to agree or disagree as you see fit, in fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the AA Big Book.

If you don't have a Big Book, it's time you bought one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an AA member.

.... Presented to Edmonton Central Office from Lloydminster Group, 1994



SO, WHAT DID YOU DO TODAY?

So you've been around for many years, helping to spread AA. You've worked like hell since you first came in but what did you do today?

I heard your pitch, it was kind of long, you really told them how. You worked the steps in '71 but how are you working them now? Do you still get up from your soft warm bed when someone is in trouble? Do you grab your hat and your book and get there on the double? Or have you forgotten the early times when you were sort of new. Maybe you've been around so long that AA is old hat for you.

Maybe you're one of the Senior Saints, sober and satisfied, and you've forgotten you were sick and when you damn near died?

Maybe I shouldn't bring it up, maybe you're to blame, but just for the hell of it mister (ms) what did you do today?

Have you been around so cockeyed long you leave it to Mary or Sam. Cause you're not your brother's keeper and don't give a damn?

Maybe tonight the fights are on or you're going to the old ball game. So what the hell if the guy is sick, he has only himself to blame.

Well, mister (ms), you have a perfect right to work your own AA and you know you'll do it your way no matter what I say. But tonight before you go to bed just look in the glass and pray that you and the Lord know the answer to WHAT DID YOU DO TODAY.

... anonymous

PASSING THE BASKET ~ PASSING THE BUCK!

Most of us decry the fact that more than forty percent of the groups do NOT support the Fellowship. When it is to AA's being self-supporting many fail to recognize our own important aspect. If we aren't even willing to pay our own way at a meeting, how can we expect the group to support the Fellowship?

What we need to realize is that we are the groups and we are Alcoholics
Anonymous

I have seen AA's spend more money at the coffee shop than they would ever think of putting in the collection at a meeting. Early in my sobriety, it was explained that it was imperative for me to get my priorities in order. Learning to become responsible was one of them. This financial buck-passing certainly seems to run counter to responsibility. If we want "the hand of AA always to be there," we each need to assume our own share of responsibility. God has given each of us a share of the responsibility. He has given each of us the tools to work with and the ability to use them. Let's all of us assume our shares so that we may all reap the fruits of selflessness and live in service to our Fellowship.

Anonymous

borrowed from Tri-County Central Office News, Tampa, FL.



TENTH STEP PRAYER

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

I pray I may continue, to grow in understanding and effectiveness. To take daily spot check inventories of myself. To correct mistakes when I make them. To take responsibly for my actions. To be ever aware of my negative and self-defeating attitudes and behaviours. To keep my willfulness in check. To always remember I need Your help. To keep love and tolerance of others as my code, and continue in daily prayer how I can best serve You, my Higher Power. Amen

Birthdays

in - October

60 Minutes to Sobriety

Last Sunday
 Oct. 30 Adam B 3 yrs.
 Kathy R. 5 yrs.

Breathe Easy

Last Friday
 Oct. 28 Calvin M. 1 yr.

 Nancy DM 12 yrs.
 Chico V. 6 yrs.

Campus Last Monday

Oct. 31 Cinnamon 28 yrs.
 Jeremiah 8 yrs.
 Jocelyn W. 2 yrs.
 Joseph B. 6 yrs.

Capilano Step

Last Thursday
 Oct. 27 Lach H. 34 yrs.

Crestwood Welcome

Last Monday
 Oct. 31 Doug H. 26 yrs.
 Frank C. 10 yrs.
 John H. 3 yrs.
 Paul M. 2 yrs.

Dolphin Group

Last Monday
 Oct. 31 Kathy R. 5 yrs.
 Harvey L. 23 yrs.
 Rob 3 yrs.

Eastwood

Last Monday
 Oct. 31 Colleen T. 2 yrs.
 Wayne B. 4 yrs.
 Iris H. 12 yrs.

Ellerslie

Last Thursday
 Oct. 27 Rick G. 3 yrs.
 Shantell 3 yrs.

Fulton Place

Last Friday
 Oct. 28 Bill P. 48 yrs.
 Stuart R. 26 yrs.
 Wendy G. 33 yrs.
 Rhea M. 22 yrs.
 Wendy D. 1 yr.

Jasper Place

Last Tuesday
 Oct. 25 Pat F. 28 yrs.

Lighthouse

Last Friday
 Oct. 28 Joe M. 11 yrs.
 Monique B. 6 yrs.
 Amanda D. 1 yr.

Millwoods Group

First Tuesday
 Nov. 1 Denise P. 15 yrs.

Providence

Last Wednesday
 Oct. 26 Glen B. 31 yrs.
 Andrew A. 10 yrs.

Shifters

Last Saturday
 Oct. 29 Richard S. 13 yrs.
 Wes R. 15 yrs.
 Jim C. 4 yrs.
 Brent H. 9 yr.
 Oskar 15 yrs.
 Chico V. 6 yrs.

South Side

3rd Friday
 Oct. 21 Emile C. 32 yrs.
 Gord M. 24 yrs.

South Side Young People

Last Sunday
 Oct. 30 Chico 6 yrs.

Steps to Serenity

Last Wednesday
 Oct. 26 Tom E. 22 yrs.

Terra Nova

Last Sunday
 Oct. 30 Franz F. 6 yrs.
 Karen M. 2 yrs.
 Shannon H. 2 yrs.
 Ron S. 23 yrs.
 Leah S. 12 yrs.

The Why Group

Last Saturday
 Oct. 29 Dan 2 yrs.
 Foster N. 34 yrs.
 John F. 5 yrs.
 Joy Y. 15 yrs.
 Lana 28 yrs.
 Nancy 23 yrs.
 Neil C. 3 yrs.
 Norma-Jean 21 yrs.
 Paul G. 3 yrs.
 Scott S. 19 yrs.

West Grove

Last Sunday
 Oct. 30 Rollie B. 44 yrs.

Westminster

Last Saturday
 Oct. 29 Jack M. 46 yrs.
 Peter H. 31 yrs.
 Brenda F. 27 yrs.
 Valerie S. 4 yrs.
 Margaret N. 29 yrs.

SURROUNDING AREAS

St. Albert

S.A. Sunday Breakfast

Last Sunday
 Oct. 30 Marilyn T. 37 yrs.
 Bob j. 42 yrs.
 Liam W. 1 yr.
 Melanie P. 7 yrs.

S.A. Brotherhood

Last Wednesday
 Oct. 26 Dan B. 23 yrs.

S.A. Sunday Step Study

Last Sunday
 Oct. 30 Elaine M. 33 yrs.

**** Are your groups' birthday
 being shown here?**

**If not contact Central Office and
 have your updated list of
 members' sobriety dates
 submitted. ****

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

Tues. 8:00 PM Young & Old Mtg.
 6329 - 118 Ave. (O)
 Recovery Acres
 Tues. 8:00 PM Hope Through Friendship
 16940 - 87 Ave., Rm. B016
 Misericordia Hospital

Need new members

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Spruce Grove, Stony Plain, AB

Oct. 14-16 33rd Annual District 10 Unity Roundup
Blueberry Hall, Range Rd. 15 \$30.00
Contact: Len B. 780-818-5070

Edmonton, AB

Oct. 15th District 53 Unity Day Trad. 7
Noon – 4 PM 6770 – 129 Ave.
John Bosco Homes

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 Three Legacies 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
Accommodations, meals included.
Contact: Karen (403) 479-6883
Christine (403) 880-7333

Sherwood Park, AB

Nov. 5th District 61 Gratitude Night minimum \$ 5.00
298 Bethel Drive, proceeds to GSO
Bethel Lutheran Church

Innisfail, AB

Nov. 5th 55th Innisfail 24 Hour Group \$15.00 a plate
Beef Dinner 12 & under \$5.00
Aberdeen Hall, Hwy. 590 E of Innisfail
Contact: Tom @ 403-227-6717

DISTRICT 64 WORKSHOP

October 22, 2016

1:00 - 4:00 pm

THE THREE LEGACIES:

The Foundation of our Sobriety
Facilitator is Walter S.

Christian Reformed Church.

12 Gate Avenue St. Albert

Recommended reading: AA Comes of Age &
The Language of the Heart.

Contact: Janice B., DCM, District 64. 780-459-5536



NOTICE

AA's Twelfth Step Committee is looking for an individual(s) who speak Punjabi and are willing to help assist in translation for the South Asian Community in Edmonton.

Please contact Peter J. at: email –

prjensen26@shaw.ca

Or Dr. Avi Aulakh, md at: email

avi.aulakh@albertahealthservices.ab.ca

WE STILL NEED 12 STEPPERS!!

There are hundreds, probably thousands of active alcoholics in our area. Many may never think they need our help or even want our help. But, just like you and I, there will be a few who desperately want and need our help. Many may reach for but not find the hand of AA. We need to be there to help them when they are ready. Are you ready to help? Will you help? Come by the office and fill out a form or email us and we will send you a form to fill out.

Email: centraloffice@edmontonaa.org

