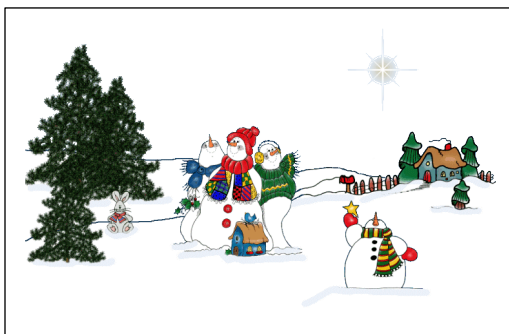


# ECO NEWS

# \$1.00

## DECEMBER 2016

Edmonton Central Office Society  
#205, 11041-105 Ave. NW  
Edmonton, AB T5H 3J7  
780-424-5900  
[www.edmontonaa.org](http://www.edmontonaa.org)  
Email:  
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### DELEGATE'S CORNER

Greetings. Alcoholics Anonymous operates on the Committee System. The 7 Class A Trustees and the 14 Class B Trustees make up the General Service Board. Each Trustee sits on one of the 13 Trustee Committees and they meet quarterly to work on specific projects related to their Committee. The 93 Delegates to the General Service Conference are divided into 13 Conference Committees. *“Most questions suggested for the Conference agenda are assigned to a committee, where items can be discussed in a small group before they are forwarded for discussion to the full Conference body”* (Service Manual S60). A list of the Conference Committees is found on pages S60-61 of the AA Service Manual. Area 78 also operates on the Committee system. There are 11 Area 78 Committees that, in most part, mirror the Conference Committees.

The Area 78 Committees are Table Officers/Finance; Group Records/Registration; Public Information; Cooperation with the Professional Committee; Treatment and Accessibilities; Corrections; Grapevine; Archives; Remote Communities; Literature; E-Services. The Chairs for each of the Area 78 Committees are appointed by the incoming and outgoing Table Officers at the Area 78 Election Assembly held in September of every odd numbered year. Each of the Area 78 General Services Representatives (GSRs) and the District Committee Members (DCMs) are assigned to one of these committees for their two-year rotation. If you wish to contact any of the Committee Chairs, you can do so by using the “Contact Us < Via Email” menu item on the [area78.org](http://area78.org) website. If you have any questions concerning the Committee and/or any other topic, please feel free to contact me by email at [delegate@area78.org](mailto:delegate@area78.org) or telephone at 780-686-7438. Yours in Fellowship and Service, Larry M. Panel 66 Delegate Area 78 AB/NT



### AA TRIVIA OF THE MONTH

- Q. Why did Bill W. willingly give the use of the Twelve Step Program to others?
- A. Bill W. said that “everything in the AA program is borrowed from somewhere else, so why not be willing to share it with others”.

## DISCLAIMER:

ECO 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 7<sup>th</sup> 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. 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 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**

## TWELFTH TRADITION

**“Anonymity is the spritual foundation of all our Traditions, ever reminding us to place principles before personalities.”**

**“ANONYMITY sacrificng”** personal ambition for the common good.

Let us always remember that anonymity ~ not taking credit for our own or others' recovery ~ is humility at work.

.....

From AA Grapevine Traditions Checklist

## TRADITION TWELVE

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out.
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than **“desire to stay sober”**?
4. Do I ever try t get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA grup fulfill its primary purpose? What is my part?
6. Does my personal behaviour reflect the Sixth Tradition ~ or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about cetain AAs' behaviour ~ especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

# AA HISTORY DATES IN DECEMBER

- Dec 1** 1940 – Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.
- Dec 5** 1985 – Dave B, founder of Montreal Group, dies weeks before 50<sup>th</sup> anniversary. His story was added to the 4<sup>th</sup> Edition Big Book.
- Dec 6** 1939 – Bert the Tailor lends Works Publishing \$1000.
- Dec 6** 1979 – Akron Beacon reports death of Henrietta Sieberling.
- Dec 7** 1949 – Sister Ignatia received Poverello Medal on behalf of A.A.
- Dec 10** 1975 – Birds of a Feather AA group for pilots is formed.
- Dec 11** 1934 – Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).
- Dec 11** 1941 – Dallas Morning News reports first AA group formed in Dallas.
- Dec 12** 1934 – Bill has Spiritual Experience at Towns Hospital.
- Dec 12** 1937 – Bill meets with Rockefeller Foundation and tries to get money.
- Dec 13** 1937 – Rockland State Mental Hospital takes patients to meeting in New Jersey.
- Dec 13 or 14** 1934 – Ebby visits Bill at Towns hospital, brings William James' book, Varieties of Religious Experience.
- Dec 19** 1939 – “Los Angeles hold their first AA meeting”.
- Dec 20** 1945 – Rowland H. dies (he carried the Oxford Group message to Ebby).
- Dec 27** 1893 – Rev. Samuel Shoemaker is born.
- Other December happenings with no specific date:**
- Dec 1934 – Bill & Lois start attending Oxford Group meetings.
- Dec 1934 to May 1935 – Bill works with alcoholics, but fails to sober any of them. Lois reminds him HE is sober.
- Dec 1938 – Twelve Steps written.
- Nov/Dec 1939 – Akron group withdraws from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams' home to Dr Bob and other members' homes.
- Dec 1939 – First AA group in mental institution, Rockland State Hospital, NY.
- Dec 1939 – First home meeting in Los Angeles at Kaye M.'s house.
- Dec 1939 – Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked first effort reach alcoholics outside married, middle-class category.
- Dec 1940 – First AA group formed in St. Louis, Missouri.
- Dec 1940 – Group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups.
- Dec 1948 – Dr. Bob's last major talk, in Detroit.
- Dec 1950 – Grapevine article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.
- Dec 1955 – Man on the Bed painting by Robert M. first appeared in Grapevine. Painting originally called “Came to Believe”.
- Dec 1982 – Nell Wing, AA Archivist, retires from GSO after 35 years of service.

## STEP TWELVE

**“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”**

I live by these Steps and get better.  
I try to help other alcoholics.

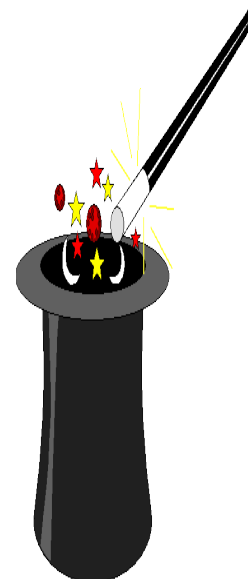


## A SENSE OF MAGIC

Whenever we see a new person in AA come alive, whenever we see the glow begin to appear, it's magic! It's nothing short of magic when we see men and women regaining their hope, losing their aloneness, beginning to pass some of their renewed strength along to others. We look back at that special magic we once felt when we were newcomers ~ the way our attitudes begin to change, and our eagerness to give this newfound wonder to someone else. There had never been anything like it before, and there hasn't been since.

As the years go by, the magic somehow deepens into what I like to call a miracle. Few of us in AA could, or would, ever deny that we are the product of a way of life inspired by AA's trailblazers, not that they, in turn, most certainly were inspired by a Power greater than themselves. We can account for the miracle in our lives by n other means. As more time goes on, our gratitude grows stronger, and our responsibility becomes more apparent. The problems of living do not disappear, but we learn to cope with situations that once seemed hopeless. It is, perhaps, fortunate that we now thank God for a miracle instead, but the memory of that special magic we felt when we first started to come alive begins to fade away.

"So, we need you new people in AA. We need you to freshen our enthusiasm, to make us remember how we felt when the magic first struck. We need your sense of magic to "brush off on us" when we become discouraged with some of our own problems. Your magic, too, will in time become more oi a miracle, but enjoy it while it lasts. It's a once-in-a-lifetime experience. B.K., St. Louis, MO ..Reprinted from April 1978 Grapevine Inc.



- Remember ~ The task ahead of us is never as great as the POWER behind us!
- We can cultivate the blessed silence in which divine guidance can come to us!
- A Friend is a feeling of forever in the heart. A friend is the one door that is always OPEN!

## One Interpretation of the AA Mottoes

### FIRST THINGS FIRST

There are many things in our daily lives that must be done. To straighten out of sense our values we learn to take them one by one in the order of their importance.

### EASY DOES IT

What's your hurry? Perhaps you don't feel you are getting the hang of this program as rapidly as you should. Forget it. It probably took you years to feel this way. You certainly cannot expect a complete change immediately. No one else has ever done that so it certainly is not expected of you. Even the earliest members are still learning something new about this way of life.

If anything puzzles you, ask your new friends about it or forget it for the time being. The time is not far off when you will have a good understanding of the entire program.

Take care of the little things and you will find that the big things will take care of themselves. If you come up against something you can't handle, relax, turn it over to God and the answer will be given to you in due time.

Don't just say "Easy Does It" ~ apply it to everything you do during the day.

### LIVE & LET LIVE

Live your own life and let the other fellows live theirs. We have enough to do taking care of ourselves. There are a lot of ways of doing things. If you don't like another's method remember maybe they don't like yours either. We are all entitled to our own opinions but we don't have to inflict them on others

Differences of opinion will occur at meetings but remember not to take them personally. Something that is said may help another even if it doesn't happen to be the way you feel on the subject.

### BUT FOR THE GRACE OF GOD

It could so easily have been you or I who was the victim of alcoholism. Do not be critical or intolerant. "Count yourself again, you ain't so many, and but for the Grace of God you'd be a lot less."

....Author Unknown

# 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've learned*** (not in any particular order):

26. I get more by expecting less.
27. A cultural shift in attitudes in our western societies towards excessive drinking and smoking has had a positive effect on me,
28. If you never have your thoughts or your facts challenged, you live in an echo chamber. So, I listen to everything that is said at a meeting, because one day it may be what was said that saves my life (it has more than once),
29. Right actions for the future are the best apologies for wrong ones in the past,
30. People often live and let live by one's own version of right and wrong. That's called ego, and the problem with that is everyone has a different version of right and wrong,
31. AA involves all the senses, and provides self-respect, respect for others.
32. Alcoholics Anonymous cannot be lived by correspondence,
33. My spiritual release did not come easily ... it came through trial and error,
34. My problem, and problems, are not one of weakness but rather of direction.
35. Nothing will take the place of persistence,
36. Alcoholics do not suffer from denial, they suffer from delusions,
37. One way we can help ourselves is to get in touch with a self-help group, such as AA. Self-help groups can offer a sense of continuity, of inner strength and hope for better times again ... in that hope, I am renewed and it lets me face each day with the best possible attitude,
38. With a deepened faith in myself and in my abilities, I have discovered a sense of inner peace,
39. I've discovered that I seldom come up with the perfect model that will appease every constituency, but at least my models provide the opportunity to make change that will work until something else is formulated that will work better.
40. A person's right to express themselves is not dependent on the purity of their motives or on how likeable they may happen to be. A funny thing about freedom of speech is that the more obnoxious the message or how the messenger is generally considered, the more important it is to safeguard that expression. Unpopular speech is a form of dissent, which isn't always pleasant to experience, but invites discussion, debate and the advocacy of alternate ideas, all of which are crucial to a healthy society,
41. Education comes not only in school, but in life,
42. To truly experience sobriety, I must commit to do things that matter,
43. If your program doesn't work, it's OK to try ours.

***I've learned to say:***

- You might be right,
- To the best of my knowledge
- This is my experience.
- I don't want to dwell on that,
- I don't have to do this anymore,
- "No" ... it is a definite statement and is a complete sentence.

.... Continued next page



## OLD TIMERS CORNER

Continued from previous page

### Creating a tool box for recovery:

To remain sober, I have developed the tools that have led me to enjoy sobriety and peace of mind.

- I've a God of my understanding and have comfort in calling upon Him to led me
- I don't drink, or do drugs while living on a daily program of recovery
- I try to apply the teachings within the **Big Book** in my daily life
- One of my keys to sober living is my ability to break unhealthy thoughts using Mantra'; an instrument of thought; a spiritual conduit ... words that are silently repeated over and over, that instill one with "pointed" concentration and breaks my thought process
- I need names and phone numbers to call when the compulsion to drink is upon me
- My tool box is mine, and cannot be taught, but must be learned and developed over time ... it works for me!

### I've learned to ask:

- Is this appropriate behaviour for me?
- What are the consequences?

I understand that it is not when or how you die, but how and if you truly were ever really alive! I have lived well and experienced the highs and lows that life has to offer ... I have been and remain alive.

Through sharing, I show my understanding to those who suffer so needlessly. Further, I show my gratitude to those over three million souls who meet each week globally in AA meetings as they are the ones who **live** the program one-day-at-a-time. To those many millions who have gone before in the program, I say thank you ... truly ... a huge thank you!

These actions have resulted in my being sober for over ... over 45 years/

Thank you for allowing me to share!

... Briane A., author

*Fear is never more frightful than regret.*

... Elaine R.



From "A Rabbit Walks into a Bar".  
Reprinted with permission AA Grapevine, Inc

#### HEARD AT MEETINGS:

- Service work in AA is live a football game: 20,000 spectators ~ who might benefit from a little exercise ~ are watching 22 players badly in need of rest.
- Have you heard about alcoholic Alzheimer's disease? You forget everything but the resentments.
- It's the first drink that gets you drunk. It's the last one that gets you sober.

## ACCOUNTABILITY

Our 12<sup>th</sup> tradition ends by stating ... “principles before personalities...” We hear it recited at every meeting, right?!? Well, what if you lack both?

This is the fourth time I have come back to the 12 Step Program. I am a couple of months’ shy of two years and my HP willing it will be the longest stretch of sobriety I have ever experienced. What was different this time? I was beaten into submission and I gained three key factors I lacked in the past: 1) honesty, 2) open mindedness and 3) willingness.

There is one thing that continues to bother me, and that’s on me, yet I still need to express my views when one of our members “especially” a newcomer relapses, what is it within us that chooses to shrug it off, or let alone say “of course they relapsed, they’re addicts!!” I am sincerely appalled when I hear this, the level of rationalization and judgement are astounding! What can we do to help? What could we have done instead of pointing fingers? More importantly what have we said or done that may have triggered someone into relapse or pushed them over the edge? Especially the newcomer. We need to hold ourselves accountable for our thoughtlessness. When I came back, I was lonely, full of fear, anger and deep in denial, full of years of pain. It has been a long and strenuous process of reconstruction to this point, emotionally, mentally, physically...I cannot allow myself to forget my first steps, baby steps, in this process. In my first five months before finding my sponsor, I was blown off, denied help/sponsorship, judged and criticized by our own, and it crippled my hope and faith for tomorrow, but my stubbornness kept me coming back.

In conclusion, who am I to judge anyone? I find amusement in one alcoholic judging another, pointing fingers, gossip and character assassination.

Our third tradition states what the only requirement for membership is, and the big book clearly states that our code is “love and tolerance”, our responsibility pledge should keep us in check, if we believe in it wholeheartedly, and they are not just words, it holds us accountable.

Together we stand! Divided we fall!

Andreas C., SSCH- Beginners Big Book Discussion Group



After spending the evening at a bar; **a woman was in no shape to drive**, so she left her car in front of the bar and headed home. Stumbling along the street, she was stopped by a police officer. “What are doing out here at 3 a.m.?”

“Going to a lecture,” slurred the woman. “And who is giving the lecture at this hour?” the cop asked. **My husband,”** said the woman.

Reprinted with permission, “A Rabbit Walks into a Bar” from AA Grapevine

## TWELFTH STEP PRAYER

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

Dear God, my spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity, I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say I need You, my friends and the program every hour of every day. This is a better way to live.  
Amen



**Not until I became aware that God's delay is not necessarily God's denial of prayer, was I willing to let a Power greater than myself determine how and when I was to receive the things I truly needed, rather than the things for which I howled."**

... Reprinted with permission,. AA Grapevine, Spiritual Awakenings, from "Patience", June 1980

## CONNECTING WITH THE NEWCOMER

(Presentation from the 2016 General Service Conference)

### All Inclusive ~ Never Exclusive

One of our finest spiritual practices in AA is holding out our hands and welcoming the suffering newcomer. Perhaps for the first time, after a long drought of loneliness and isolation, the alcoholic new to AA feels the inclusion – the connection – that we offer.

The first part of Tradition Three (long Form) states: "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover." We are a big tent: we include everyone who asks for help with their drinking problem. Our spiritual program teaches us to overcome the natural tendency to judge and exclude a person who may be homeless, unkempt, sharing unpopular opinions, or exhibiting "attitude." Any alcoholic – regardless of lifestyle, profession, race, religious or political beliefs – is welcome. The Big Book says: "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful." (Alcoholics Anonymous, pg. 17)

And this from the AA Grapevine: "Every day, hopeless alcoholics walk into AA meetings, grab onto hope, and begin a renewal of their spirit." ("A Candle of Hope," Grapevine, April 1991)

As with many of us, when I first encountered AA, I remember the desperation, the self-loathing, the wall of separation I felt when first entering the rooms. Prior to AA, after many unsuccessful attempts to overcome my alcohol affliction, I realized that Alcoholics Anonymous was probably the "last house on the block" for me. The fear of possible failure to connect with AA was terrifying – I would not find recovery. The relief at feeling accepted and belonging to this Fellowship gave me the hope and courage to enter this new spiritual way of life. My Higher Power reminds me of these memories when I meet a newcomer, so that I can pass on the welcome and the compassion that I received when I was new.

AA history tells us about the growing pains of our Fellowship. Membership rules were fashioned by early members fearful of negative impacts on our society. Ultimately, these regulations were abandoned. In the words of Bill W. "... we would neither punish nor deprive any AA of membership ... to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn them to endless misery. Who dared to be judge, jury, and executioner of their own sick brother/sister? (Twelve Steps and Twelve Traditions, pg. 141)

In "Who is a Member of Alcoholics Anonymous?" Bill talks about the irony of "worthy" alcoholics judging the "less worthy". "Imagine, if you can, one alcoholic judging another!" (The Language of the Heart, pg. 37) He also states: "We wish to be just as inclusive as we can, never exclusive." Ibid, pg. 39)

As an AA member, it is vital for me to grow in the spiritual practice of connecting with and including the newcomer. Because I can become distracted and not always do this, I find that questions posed by the Traditions Checklist from the AA Grapevine can help to keep me on track.

Here are a few:

- "In my mind, do I prejudge some new AA members as losers?"
- "Is there some kind of alcoholic whom I privately do not want in my AA group?"
- "Do I set myself up as a judge of whether a newcomer is sincere or phony?"

We are grateful for all that AA has given us. In gratitude, we extend our love and caring to the newcomer.

Marge D.C., Eastern Missouri

# Birthdays

in - December

## 60 Minutes to Sobriety

Last Sunday  
 Dec. 25 Jeanne D. 9 yrs.  
 Joyce F. 19 yrs.  
 Malissa A. 4 yrs.  
 Stan C. 12 yrs.  
 Tim S. 2 yrs.

## Breathe Easy

First Friday  
 Jan. 1 Pat L. 36 yrs.  
 Doug S. 21 yrs.  
 Jac M. 15 yrs.  
 Kirk S. 19 yrs.  
 Cliff P. 50 yrs.

## Campus

Last Monday  
 Dec. 26 Dina E. 5 yrs.  
 Lindsay M. 7 yrs.  
 Martin P. 19 yrs.

## Capilano Step

Last Thursday  
 Dec. 29 Andy H. 28 yrs.

## Crestwood Welcome

Last Monday  
 Dec. 26 Don P. 52 yrs.  
 Dave C. 21 yrs.

## Ellerslie

Last Thursday  
 Dec. 29 Albert V. 9 yrs.  
 Lee P. 5 yrs.  
 Bruce M. 2 yrs.

## Hillette's #2

Closest Wednesday  
 Dec. 7 Alicia J. 7 yrs.  
 Nancy B. 8 yrs.  
 Jan. 4 Sarah L. 1 yr.

## Jasper Place

Last Tuesday  
 Dec. 27 Lois W. 18 yrs.  
 Ron R. 25 yrs.  
 Mike T. 4 yrs.

## Lighthouse

Last Friday  
 Dec. 30 Guy W. 11 yrs.  
 Bianca M. 2 yrs.

## Mustard Seed

First Sunday  
 Jan. 1 Joseph 5 yrs.

## Oilmen's

Usually the First Monday  
 Dec. 4 Faye E. 16 yrs.  
 Joe T. 57 yrs.  
 Dec. 5 Dale B. 30 yrs.  
 Dec. 12 Fabian D. 5 yrs.

## Serenity

<sup>1st</sup> Friday  
 Jan. 6 Wayne P. 36 yrs.  
 Rose M. 10 yrs.

## Shifters

Last Saturday  
 Dec. 31 Donal O. 5 yrs.  
 Kasandra 37 yrs.  
 Dan M. 3 yrs.  
 Chris U. 3 yrs.  
 Barry W. 3 yrs.

## South Side

<sup>3rd</sup> Friday  
 Dec. 16 Brian M. 13 yrs.  
 Bob A. 7 yrs.

## South Side Young People

Last Sunday  
 Dec. 25 Nathan G. 3 yrs.  
 Leah 4 yrs.  
 Lawrence M. 2 yrs.

## Terra Nova

Last Sunday  
 Dec. 25 Rene L. 27 yrs.  
 Wendy V. 5 yrs.  
 John M. 2 yrs.  
 Dean O. 7 yrs.

## The Why Group

Last Saturday  
 Dec 31 Eugene 1 yr.  
 Julie L. 6 yrs.  
 Kevin P. 4 yrs.  
 Lisa B. 6 yrs.  
 Michele C. 4 yrs.  
 Peggy P. 1 yr.

## West End

First Tuesday  
 Jan. 3 Scott W. 7 yrs.  
 Kelly S. 3 yrs.

## West Grove

Last Sunday  
 Dec. 25 Jim M. 29 yrs.  
 Jewel Mc. 30 yrs.  
 Jane C. 28 yrs.  
 Alexis G. 4 yrs.  
 Mark O. 2 yrs.  
 Myrna N. 39 yrs.

## Westminster

Last Saturday  
 Dec. 31 Kathy B. 40 years  
 Ron R. 33 years

## SURROUNDING AREAS

### SHERWOOD PARK, AB

#### Sherwood Park

Third Thursday  
 Dec. 21 Bob T. 32 yrs.  
 Rita 13 yrs.  
 Mel S. 10 yrs.  
 Jean G. 9 yrs.  
 Linda C. 8 yrs.  
 Tom J. 8 yrs.  
 Jim W. 7 yrs.  
 Dean S. 6 yrs.  
 Tim T. 6 yrs.  
 Tom S. 5 yrs.  
 Mike M. 4 yrs.  
 Wendy M. 4 yrs.  
 Ken S. 2 yrs.

### ST. ALBERT

#### S.A. Sunday Breakfast

Last Sunday  
 Dec. 25 Jorden T. 3 yrs.  
 Sheri-Lee L. 7 yrs.  
 Linda G. 8 yrs.  
 Neil T. 13 yrs.  
 Bob L. 27 yrs.  
 Karen C. 3 yrs.

#### S.A. Brotherhood

Last Sunday  
 Dec. 25 David L. 33 yrs.  
 Ken L. 41 yrs.  
 Carol M. 3 yrs.

## GROUP IN NEED OF SUPPORT

Tues. 8:00PM Young & Old Mtg.  
 6329 - 118 Ave. (O)  
 Recovery Acres  
 Tues. 8:00PM Hope Through Friendship  
 16940 - 87 Ave., Rm. 016  
 Misericordia Hospital (O)  
 Tues. 7:30 PM Southbound Fellowship  
 Ellerslie Baptist Church  
 Thu. 7:00 PM AA Group  
 11325-89 Ave. St.  
 Joseph's College

Need new members & support

\*\*\*\*\*



# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

Edmonton, AB

Dec. 8 OPEN HOUSE at Central Office  
11 AM-7 PM #205, 10544 – 114 St. snacks & coffee  
Everyone is WELCOME!

Dec. 24 **35<sup>th</sup> Annual Xmas Breakfast \$25.00**  
7:30 AM Sponsored by Altered Attitudes  
Chateau Louis Conference Centre  
Contact: Central Office 780-424-5900  
Tom: 780-90-1750 - Bob: 780-446-6289

Dec. 24 **Campus Xmas Eve Breakfast \$30.00**  
8208 – 106 St. children \$15.00  
Varscona Hotel on Whyte  
Contact: 780-424-5900 Central Office

St. Albert, AB

De. 24 **S.A. Breakfast Xmas Eve Breakfast \$20.00**  
8:30 AM St. Albert Inn  
Contact: 780-908-0157 or 780-82-2060

ALKATHONS:

Edmonton, AB

Dec. 24-26 **Camel groups** ~ 6PM to 6PM daily  
8240 – 175 St. Thorncliff Mall

Dec. 24-25 **Groups at Alano Club** ~ Noon to 1AM daily  
10728 – 124 St.

Dec. 24-26 **84<sup>th</sup> Street Group** ~ Noon to Noon daily  
#1 8406 -118 Ave. bsmt. E side in alley  
\*\*Pot luck dinner Dec 25 at 4:00pm

Dec. 24-25 **South Side Group** ~ 6PM to 6PM daily  
8318 – 104 St. bsmt. Strathcona Church

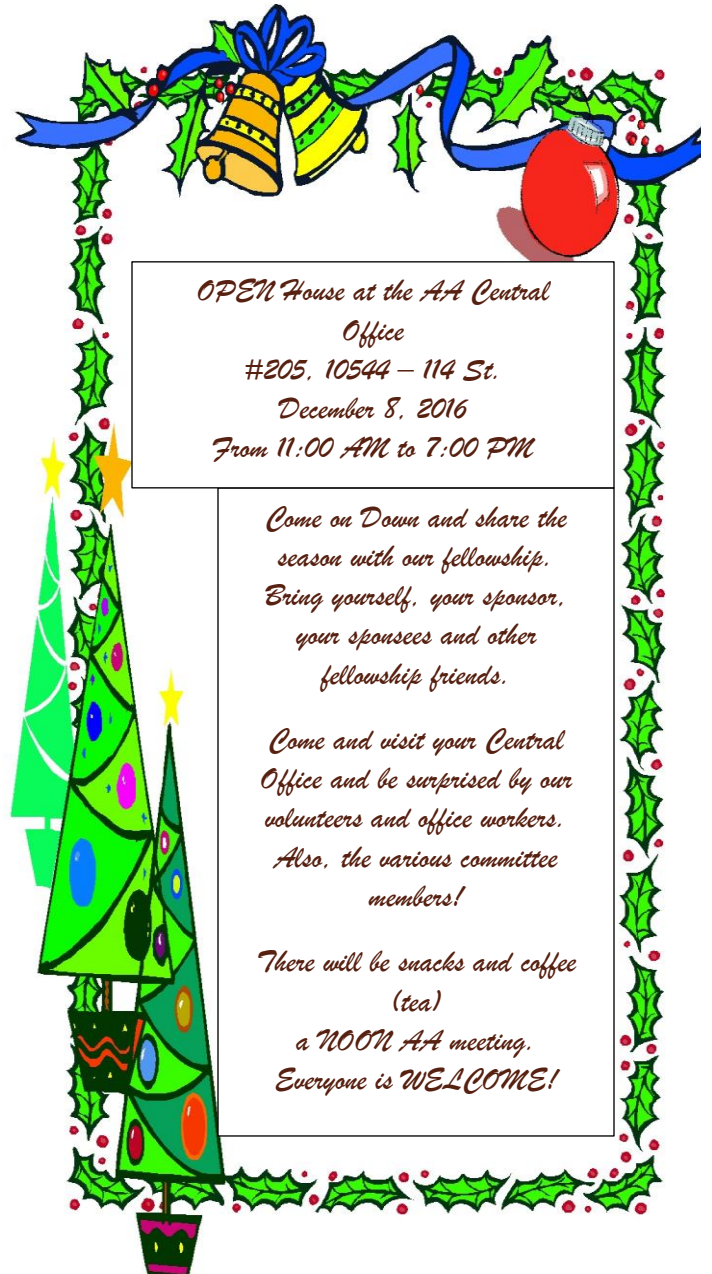
Dec. 31-1 **Camel groups** ~ 6PM to 6PM daily  
8240 – 175 St. Thorncliff Mall

Dec. 31-1 **Groups at Alano Club** ~ Noon to 1AM daily  
10728 – 124 St.

Dec. 31-1 **South Side Group** 6PM to 6PM daily  
8318 – 104 St. bsmt. Strathcona Church

Dec. 31<sup>st</sup> **84<sup>th</sup> Street New Year's Bash \$20.00**  
6 PM 9210 – 118 Ave. Alberta Ave. Hall  
Plus, pot luck dessert

Contact: ECO 780-424-5900  
Christine 587-710-1075 / Tina 780-566-4231



*OPEN House at the AA Central  
Office*

*#205, 10544 – 114 St.*

*December 8, 2016*

*From 11:00 AM to 7:00 PM*

*Come on Down and share the  
season with our fellowship.  
Bring yourself, your sponsor,  
your sponsees and other  
fellowship friends.*

*Come and visit your Central  
Office and be surprised by our  
volunteers and office workers.  
Also, the various committee  
members!*

*There will be snacks and coffee  
(tea)  
a NOON AA meeting.  
Everyone is WELCOME!*

## 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 AA Group  
11325-89 Ave. St. Joseph's College

Wed. 7:00 PM Hillettes #1 – Women's  
New members wanted



**I believe in Santa Claus**

## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



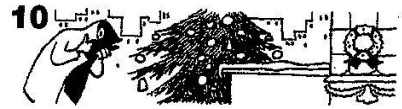
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a..." No need to spell out the Twelfth Step here, since you already know it.





Happy Holidays  
From the Staff & Volunteers at  
Edmonton Central Office

