



DELEGATE'S CORNER

HAPPY NEW YEAR EVERYONE. My hopes and wishes for everyone are that 2017 brings much love, joy, happiness and serenity as each of us continue our journey through the three Legacies of Recovery, Unity and Service.

This month I wish to talk a bit about the various Service events hosted by Area 78.

Area 78 has two Area Committee Meetings (ACMs) in each calendar year. The first one is held in January and the second in May. At each ACM, the Area 78 District Committee Members (DCMs), Committee Chairs and Table Officers meet to discuss issues related to Area 78 and Alcoholics Anonymous as-a-whole and to assist in setting the agenda for the upcoming Assembly. All A.A. Members are welcomed and encouraged to attend as visitors. The ACMs are held in Districts throughout the Area so that members in Districts can experience General Service work in Area 78. Districts put in a bid to host one of the two ACMs in any given year and at the March Assembly the bid presentations are voted upon. In 2017 the January 20 and 21, 2017; the ACM will be held in District 18 in Okotoks and on May 26 and 27, 2017 it will be held in District 14 in Olds, AB.

Area 78 also has two Service Assemblies in each year, both of which are held in Red Deer. The Assemblies are open to all members of Alcoholics Anonymous but only the Area 78 General Service Representatives (GSRs), District Committee Members (DCMs), Committee Chairs and Table Officers can present motions and vote. The major focus of the March 17, 18, 19, 2017 Pre-Conference Assembly is to provide feedback to your Area 78 Delegate on the various General Service Conference agenda items so that they are better prepared to represent the Area at the Conference in late April. On September 15, 16 and 17, 2017 Area 78 will have its Election Assembly. The purpose of this Assembly is two-fold – first to conduct the business of Area 78 and second to conduct the elections for the Panel 68 (2018-2019) five Area 78 Table Officer positions (Delegate, Alternate Delegate, Chair, Secretary, Treasurer) and to appoint the ten Area 78 Committee Chairs, any past District Committee Member may put his or her name forward for any of these positions.

In closing, I encourage all members of A.A. in Area 78 to become involved in our Third Legacy of Service.

If you have any questions about Service or any other topic, AB please feel free to contact me at Larry M. Panel 66 Delegate Area 78 AB/NT 780-686-7438 or delegate@area78.org

**ARE YOU AWARE OF THE EDMONTON CENTRAL OFFICE BIRTHDAY CLUB?
THIS IS FOR MEMBERS TO CONTRIBUTE \$1.00 PER YEAR OF SOBRIETY.**

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 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. 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. Any feedback will be appreciated.

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 ECO News**

FIRST TRADITION

“Our common welfare should come first; personal recovery depends upon AA unity.”



From AA Grapevine Traditions Checklist

TRADITION ONE

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as “just for the sake of discussion,” plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behaviour that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving help of fellowship?

STEP ONE

"We admitted we were powerless over alcohol ~ that our lives had become unmanageable."

Honesty ~ After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol ~ for alcoholics and their friends and family.



PROMISE ONE:

"We are going to know a new freedom and a new happiness. Big Book p83"

The glass was red hard plastic. I could barely see the top of Aunt Blanche's kitchen table. An adult poured some beer in the glass and passed the glass to me. I remember the bubbles around the outside. I didn't like the taste of beer then and I never ever acquired a taste for it.

I joined AA in 1976. I haven't had a drink of alcohol since February 4th of that year. I was 27 years old with no will to live. I felt as though I was between a rock and a hard place. I do not remember why I decided to try AA.

I went to lots of meetings. I was too afraid to talk but I did try to listen as best I could. Some of the members had gatherings at their homes and I was invited. Instead of having a meeting we listened to tapes of speaker meetings. There was discussion after. I heard members talk about what it was like, what happened and what it is like now.

I read my Big Book. I read the Promises. I knew they would not apply to me. I would never experience a new freedom and a new happiness. I didn't know what freedom and happiness was. I kept going to meetings. Listening. Trying to figure things out. (I had no sponsor. And I didn't want a sponsor.)

"The spiritual life is not a theory. *We have to live it.* Big Book page 83 and further down on page 83, if we are painstaking about this phase of our development, we will be amazed before we are half way through." I read Promise One - I began to live it.

Linda V., Westminster Group

ANY MEMBER WISHING TO SHARE THEIR EXPERIENCE, STRENGTH AND HOPE VIA WRITING AN ARTICLE, PLEASE SUBMIT BY THE 20 THE MONTH BEFORE, TO BE INCLUDED. SUBMIT WITH YOUR FULL NAME, WHICH GROUP THAT YOU BELONG TO AND IT SHOULD APPROX. 350 WORDS. We will protect your anonymity
You can email to: centraloffice@edmontonaa.org or drop it off at the office.

FROM "THE FAMILY AFTERWARD":

"A body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling. We are convinced that a spiritual mode of living is a most powerful health restorative. We, who have recovered from serious drinking, are miracles of mental health. But we have seen remarkable transformation in our bodies. Hardly any one of our crowd now shows signs of dissipation.

"But this does not mesh that we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons."

Reprinted with permission from AAWS Inc., Fourth Edition, Alcoholic Anonymous, pg. 133

OLD TIMERS CORNER

The Story of Joe T., sobriety date: December 1, 1959

Celebrated 57 years of sobriety, current member of Oilmen's Group

Interviewed December 11, 1996

The first contact I had with the program of Alcoholics Anonymous was through a cousin, employed at the time by Canada Packers. There, he was forced into the AA program or no job. After hearing of some of his experiences, I didn't think I was convinced of my need for the program, at the time. Next came more information through meeting a number of people before going to the Alcohol Foundation of Alberta (forerunner of AADAC). A counselor there would continually suggest I should be going to AA.

A fellow in the Foundation office, a farm equipment salesman from California, was the first positive contact. He was working with the foundation at the time. The two of us went to a meeting. Bob and his wife, also in the program, established a Home Group before moving to the Alano Club and starting the Thursday Night Discussion Group. Even after Bob had decided to return to Los Angeles I continued to attend meetings at the club. In the end, although as many as eight people would be at the meetings, only two of us were group members. Eventually the other fellow, Tony, decided he needed a drink more than he needed the program and went out and got drunk.

It was then left to me, as the lone member of the group, to satisfy the speaking commitments that had been made to places such as the Fort Saskatchewan jail, Belmont Rehabilitation Centre and Oliver Hospital. Although uncomfortable speaking to one person let alone a whole group I did manage to fulfill the engagements. Not long afterward, with my marriage crumbling, I stopped going to AA meetings.

As the meetings dropped from my schedule so went my desire to continue with a bowling team. Negativity had set in with considerable emotional pain, but I wasn't drinking. A couple of months later I called the Central Office. Shortly afterward Lou P. arrived on my doorstep. Another week went by before I could get to a meeting, the Thursday Night group at Dovercourt.

While there, Ken suggested I have a look at the Oilmen's Group before making any decision on joining a Fellowship. "OK, if I feel half-assed comfortable I'll join the Oilmen's," I told him. I've been there since.

My first drunk was at age twelve during a party hosted by my neighbourhood, drinking wine at the first stop and orange gin at the next place. I was extremely ill for a week after. It would be two years before I drank again.

It began as occasional weekend sojourns, becoming a regular routine every second weekend and progressing to as often as booze was available. In the work-force the people I was working with all drank, which suited me just fine. Although there was talk of stopping drinking we would scoff at such notions. Alcoholics Anonymous was thought of as "a bunch of SOB's". And we weren't buying into it. I was at an impressionable age and fully believed what I was hearing.

Drinking gave me confidence. I wasn't self-conscious about my speech impediment (stuttering), became less passive and more outgoing.

Early in my drinking career I recall an occasion when three of us shared a couple of bottles in a back alley prior to a teen dance. There was about half-a-mickey left when the others quit drinking. Not wanting to waste any, I consumed the rest. When we got inside the dance hall the chaperone was not impressed, although he didn't say anything. In the bathroom, I was sick all over a new tailor-made suit, then became sort of a sideshow while sitting on the toilet with paper wrapped about my body. The friends invited others to "have a look at Joe". It wasn't until I sobered up a bit that I began to feel like an ass.

My woes didn't end there that night. Boarding a streetcar in front of the old St. Regis Hotel on 101 Street, I spotted my parents already seated. That could have been major trouble for me but I snuck by them, without being observed, and took a seat near the back. To kill some time until the folks were asleep at home I went to a coffee shop. The plan worked and I got away with that time.

.... Continued next page

OLD TIMERS CORNER

The Story of Joe T.,

.... Continued previous page

At some stage I was experiencing unexplainable anxiety attacks that were quite scary when I was sober, so that led to more drinking. The drinking was no longer fun but out of necessity. After a while I became concerned with what I was becoming and seriously gave some thought to stopping. Not knowing how to deal with it, outside advice was sought.

The woman suggested, "I think you've got a drinking problem."

In total denial, I wondered aloud, "What are you talking about? I don't have a drinking problem."

Anybody with any knowledge of alcoholism could see that I had a problem but I didn't recognize it at the time. But within me, I knew something was wrong that needed correcting.

The anxiety attacks led me to a doctor. He couldn't understand the fluctuation in my blood pressure, which would be sky-high one time and register at the very bottom the next. The doctor suggested seeing a psychiatrist.

The first visit was a memorable experience. The psychiatrist applied a general anesthetic. When I awakened the doctor's suit jacket and tie had been removed and he was perspiring profusely. Apparently, I had been fighting against him from restraining me. Another time Sodium Pentothol was used. That and liquor, I soon discovered, don't mix.

At a Vegreville wedding, I again made a fool of myself throwing buns at people, being asked to leave a bar and falling-down drunk. And again, I didn't like the person I was becoming.

The psychiatrist finally concluded, "I think I had better get some help for you. You're an alcoholic."

The Alcoholic Foundation of Alberta would be my next stop but it took a week to get into the building. Afraid to go inside, I drove down the alley each day for seven days. When, at last, I made the decision it was like a huge weight off my back.

Continued next month.

6 IMPORTANT WORDS

{1} Once all villagers decided to pray for rain, on the day of prayer all the people gathered, but only one boy came with an umbrella. **That's FAITH**

{2} When you throw a baby in the air, she laughs because she knows you will catch her. **That's TRUST**

{3} Every night we go to bed, without any assurance of being alive the next morning but still we set the alarms to wake up. **That's HOPE**

{4} We plan big things for tomorrow despite zero knowledge of the future. **That's CONFIDENCE**

{5} We see the world suffering, but still we get married and have children. **That's LOVE**

{6} On an old man's shirt was written a sentence 'I am not 91 years old ... I am sweet 16 with 75 years' experience. **That's ATTITUDE**

Have a good week and live your life like the six tiny stories!
May you always have love to share, health to spare & friends who care!

..... Submitted by Briane A., Sydney, BC

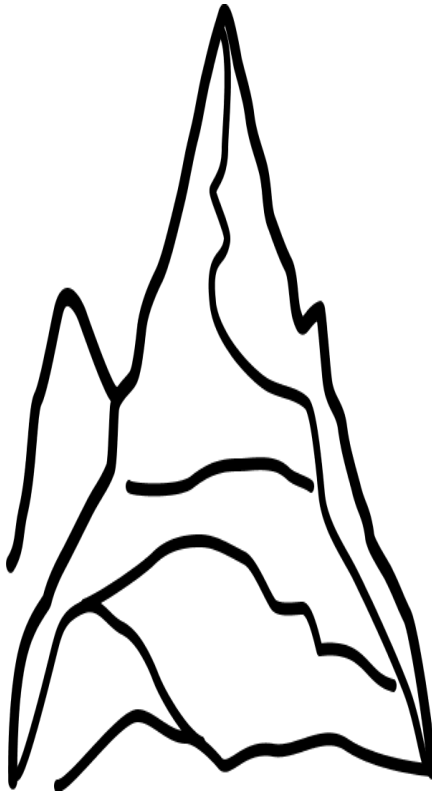
I have held many things in my hands, and I have lost them all; But whatever I have placed in God's hands, that I still possess.
anonymus



FIRST STEP PRAYER

from Atlanta, Georgia AA World Conference – July 2015
Dear God. I admit I am powerless over my alcoholism. I admit my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.

Amen



- THE CLIMB

- I started up the mountain towards the distant top. They told me I could climb it ~ they urged me not to stop But ice was on the mountainside and fog was in the Glen, I slipped down to the bottom defeated once again.
 - A mix of fear and anger swept over me that day, Again, I was a failure ~ the course I couldn't stay. I looked up to the peak and thought ~ the mountain's not too tall But if I try that slope again ~ I know I'm going to fall.
 - I turned away and in the fog ~ an old man shuffled by, He gazed at me and he could see ... the anguish in my eye. He smiled and said "you tried it ~ which is more than some will do." But if you want to get there ~ I have some advice for you."
 - "The mountaintop's a dream" he said "to climbers all around. Yet life's most crucial challenges are here on level ground. Too many yearn the distant height on which the dream is seen. Forgetting there are many steps and struggles in between."
 - You have to climb "inside yourself" ~ if you're to reach your goal, You have to come to terms with all the demons in your soul. And when you've put them in their place ~ the big ones ~ and the small, you'll find that you climbed the highest mountain after all".

Reprinted with permission by author, Terry Mc.

WORDS ARE LIKE HAND-GRENADES ~ HANDLED CARELESSLY THEY SOMETIMES BLOW UP IN YOUR FACE.

JUDGE NOT ...

At times, we run into disappointments. Someone who we thought was an ideal member of AA suddenly takes on a different role. We fail to realize or remember that we are only group of individuals; and that we all have different ways of staying sober and working the program. So, when we hear something about a person who has been a leader in our organization and a person whom we may have for many years looked up to and respected, it makes it hard for us to accept some of the things that we think of in regards to our Twelve Steps. Then we suddenly realize that it doesn't make any difference to us, that the way someone else stays sober is none of our business. The only thing that should concern us is how do we stay sober and practice the principles of the Twelve Steps in our daily program.

When we look in the glass *that* is the guy we have to satisfy and not the other guys who may be we can't quite understand how they can do things that they have done. So, after all, why should we even so much as let the thought enter our heads that he isn't doing it right. If he isn't, he is the guy that will know; he's the guy that he has to satisfy. If we let what he does bother us, then we are in danger of taking a drink because the old resentments must be coming back again; and they are something that all of us have been bothered with for years. Let's just be thankful that we are sober and that we have our Twelve Steps to turn to and show us the way to go on living a good kind of life regardless of the things that we hear and see going on around us. After all, who are we to judge?

Maybe to some this is hard to do, but I think it is the hard things we have to do that denote our growth in the AA program which is our salvation. Let's all try to do a better job of living this program and practicing these principles in all our affairs all of the time.

... Reprinted with permission, AA Grapevine, Inc. / August 1954

Birthdays

in - January

60 Minutes to Sobriety

Last Sunday
 Jan. 29 Carl L. 10 yrs.
 Johanne J. 17 yrs.
 Len M. 36 yrs.
 Randy W. 31 yrs.

As Bills Sees It

Last Thursday
 Jan. 26 Kethra S. 14 yrs.

Breathe Easy

First Friday
 Feb. 3 Brenda V. 2 yrs.

Campus

Last Monday
 Jan. 30 Dave M. 5 yrs.
 Jason D. 3 yrs.
 Steve D. 4 yrs.

Crestwood Welcome

Last Monday
 Jan. 26 Kevin Mc. 26 yrs.
 Julie S. 6 yrs.
 Kurt S. 4 yrs.
 William M. 3 yrs.

Dolphin

Closet Monday
 Jan. 9 Donna L. 23 yrs.
 30 Parminder 3 yrs.

Eastwood

Last Monday
 Jan. 30 Harold S. 35 yrs.

Ellerslie

Last Thursday
 Jan. 15 Patty 2 yrs.

Fulton Place

Last Friday
 Jan. 27 PJ. P. 21 yrs.
 Earl B. 17 yrs.

Hillettes #2

Closest Wednesday
 Jan. 18 Carol A. 4 yrs.
 25 Karyn G. 1 yr.
 Feb. 1 Nancy B. 9 yrs.

Knights of Sobriety

Last Friday
 Jan. 27 Dennis W. 32 yrs.
 Jeff C. 1 yr.
 Dan R. 8 yrs.
 Evan D. 2 yrs.
 Gary G. 2 yrs.
 John F. 3 yrs.
 Gerry P. 3 yrs.
 Mike J. B. 4 yrs.

Lighthouse

Last Friday
 Jan. 27 Matty M. 17 yrs.
 Jim M. 36 yrs.
 Marcel T. 37 yrs.

Oilmen's

Usually the First Monday
 Jan. 16 John A. 1 yr.

Serenity

1st Friday
 Jan. 6 Rose M. 10 yrs.
 Feb. 4 Mike J. 2 yrs.

Shifters

Last Saturday
 Jan. 29 Cliff S. 24 Yrs.
 Ann W, 29 yrs.
 Ian G. 35 yrs.
 Sherry yrs.
 Mailkit 9 yrs.
 Ian U. 7 yrs.
 Karen 3 yrs.
 Chantel 3 yrs.

South Side

3rd Friday
 Jan. 20 Michelle R. 2 yrs.
 Andreas C. 3 yrs.
 Gord L. 23 yrs.
 Sonny V. 32 yrs.

South Side Young People

Last Sunday
 Jan. 29 Jason H. 3 yrs.
 Deane Z, 2 yrs.
 Jeremy R. 2 yrs.

Steps to Serenity

Last Wednesday
 Jan. 25 Mike M. 15 yrs.

The Why Group

Last Saturday
 Jan. 28 Avril C. 11 yrs.
 Bill M. 34 yrs.
 Cara A. 2 yrs.
 Catherine B. 22 yrs.
 Coralie C. 5 yrs.
 Holly 34 yrs.
 Irene K. 26 yrs.

West End

First Tuesday
 Jan. 3 Roger A. 27 yrs.

Westminster

Last Saturday
 Jan. 28 Natalie N. 10 yrs.
 Ross E. 27 yrs.

SURROUNDING AREAS

SHERWOOD PARK, AB

Sherwood Park

Third Thursday
 Jan. 19 Dale G. 40 yrs.
 Alec G. 39 yrs.
 Tony L. 36 yrs.
 Rick C. 30 yrs.
 Yvonne W. 21 yrs.
 Lonz P. 16 yrs.
 Philip M. 16 yrs.
 Glenna K. 11 yrs.
 Tony S. 6 yrs.
 Erwin E. 5 yrs.
 Chris U. 4 yrs.
 Linda C. 4 yrs.
 Terry O. 4 yrs.
 Bob Y. 3 yrs.
 Shelton. 3 yrs.
 Susan T. 3 yrs.
 Brian B. 2 yrs.

ST. ALBERT

S.A. Sunday Breakfast

Last Sunday
 Jan. 29 Chris B. 2 yrs.
 Ken B. 23 yrs.



GROUPS IN NEED OF SUPPORT

Tues. 8:00PM Young & Old Mtg.
 6329 - 118 Ave. (O)
 Recovery Acres
 Tues. 8:00PM Hope Through Friend.
 16940 - 87 Ave., Rm. 016
 Misericordia Hospital (O)
 Tues. 7:30 PM Southbound Fellowship
 Ellerslie Baptist Church
 Thu. 7:00 PM U of AA Group
 11325-89 Ave. St.
 Joseph's College
 Sun. 7:00 PM Phoenix Fireside
 22210 Stony Plain Rd.

Need new members & support



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

St. Albert, AB

Feb. 18 **District 64 St. Albert "Gratitude Night"**
 12 Gate Avenue, Christian Reformed Church
 6:00 pm Fellowship
 7:00 pm Speaker Meeting AA & Al-Anon
 St. Albert Fundraiser for GSO –suggested
 donation \$1.00/year of sobriety.
 Bring a snack (finger foods) to share

Edmonton, AB

Feb. 20 **Oilmen's 61st Anniversary & Bean Supper**
 11223 – 51 Ave., back door
 Holy Spirit Lutheran Church
 8PM with dinner to follow

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

HEARD AT MEETINGS:

"If you want to have the last word in an argument, try saying, 'I guess you're right.'"

A sponsor is somebody who sees through you and still sees you through.

"At First I thought the 'God thing' was a crutch. Turns out to be stilts."

An alcoholic is a person who, from a single tree, creates a great forest in which he immediately gets lost.

"When I was sixteen, I was trying to act forty-four, and when I was forty-four, I was trying to act sixteen. I am not sure how, but alcohol made both possible.

Edmonton, AB

Jan. 12, 2017 **ANNUAL GENERAL MEETING of the**
7:00 pm Edmonton Central Office Society
at the Intergroup mtg.
#205, 10544 – 114 St.

This is very important and all groups may wish to have a rep. there

REQUEST FOR AA GROUPS TO OFFER TO BE PART OF A MEETING, AS A GROUP, SEVERAL TIMES A YEAR.

WED. 8:00 PM JUMP-START MEETING
11229 – 100 AVE., BSMT., SIDE DR.
(JELLINEK HOUSE)

THIS IS A NEWCOMER MEETING NEEDING THE WISDOM AND HOPE FROM MEMBERS WILLING TO SHARE.

CONTACT: SHELDON AT 780-488-4819

MEETINGS

- A 12 Step meeting is where losers go to talk about their winnings.
 - What you hear and see here, stays here!
 - AA is the highest priced club in the world. If you have paid the dues, why not enjoy the benefits?
 - Share your experience, strength and hope, not just your garbage.
 - Isolation is a killer, use your telephone list, come to an extra meeting, reach out and help the newcomer or struggling member.
 - Every alcoholic, sober or not, teaches us some valuable lessons about ourselves and about our recovery.
 - When you do all the talking, you only learn what you already know.
 - Seven days without a meeting makes one weak.
 - AA has a wrench to fit every nut that walks through a meeting room door.
 - The time to attend a meeting is when you least feel like going.
- ... reprinted from the Twelve Step Times, January 2008



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