



DELEGATE'S CORNER

Greetings, on January 20/21, 2017 Area 78 held its first Area Committee Meeting (ACM) of 2017 in Okotoks, AB. The major purpose of the Area Committee Meeting is to begin preparations for the upcoming Pre-Conference Assembly in March in Red Deer.

The Area Committee is composed of the District Committee Member (DCM) from each of the 48 registered Districts in Area 78, the eleven Area 78 Committee Chairs and the six Area 78 Table Officers. Other members of Alcoholics Anonymous are welcome to attend as non-voting visitors.

In March, Area 78 will be having its Pre-Conference Assembly where the members in Area 78 will be given the opportunity to provide their input to the Delegate on the General Service Conference Agenda items so they will be better prepared to represent the Area 78 membership at the General Service Conference in April. Considerable time was spent at the Area Committee Meeting developing a plan whereby the membership will receive more information on each of the agenda items prior to the Assembly in hopes to better prepare them for discussions at this Assembly.

The position of Area78 Secretary became vacant when Larry V. had to step down for personal reasons. On behalf of all the members in Area 78 I thank Larry V. for his commitment and time in being of service to Area 78. Area 78 will miss his dedication and service. In March, we will be conducting an election for the position of Area 78 Secretary. Any current or past District Committee Member may let their name stand for election to this position.

In March, there will also be an election to select the host Districts for the two Area Committee Meetings in 2018. The hosting guidelines are located on the area78.org website.

It is Area 78's turn to host the 2020 Western Canada Regional Forum. Please consider placing a bid to host this event. More information is available from the Delegate.

If you have any questions or concerns, please feel free to contact me at. delegate@area78.org. Telephone 780-686-7438.

SPONSORS

- A recovering alcoholic without a sponsor is much like leaving Dracula in charge of the blood bank.
- A self-sponsored person is a good example of unskilled labour.
- Don't rely on your sponsor to call you. It's your job to call him or her.
- Get a sponsor; get a program; get into service; get a Higher Power in your life; get a life; get it right. Wake up and smell the recovery.

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**

SECOND TRADITION

“For our group purpose there is but one ultimate authority ~ a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

AA is both a democracy and, in Bill W.'s words, “a benign anarchy.” A group elects its own officers ~ who have no power to order anybody to do anything. In most groups, most of the slate rotates out of office at the end of six months, and new officers are elected.

If a group wants to be part of the whole AA service structure, it elects a General Service Rep. (GSR) with a two year term. GSRs elect area committee members and then join them in electing a delegate from their area to the annual General Service Conference. The Conference is about the closest approx. of a government that AA has; it produces opinions on important matters of policy, it approves the choice of some trustee nominees for the General Service Board and directly elects others. But neither the Conference nor the board can give orders to any group or member.

Then who's in charge? AA is a spiritual movement, and so the “ultimate authority” is the spiritual concept of the “group conscience”. Excerpt from the Twelve Traditions Illustrated pamphlet

From AA Grapevine Traditions Checklist

TRADITION TWO

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge.

STEP TWO

"Came to believe that a power greater than ourselves could restore us to sanity."

Faith It seems to be a spiritual truth, that before a Higher Power can begin to operate, you must first believe that it can.

As in so many things, especially with we alcoholics, **our History is our Greatest Asset!** .. We each arrived at the door of AA with an intensive and lengthy "History of Things That **Do Not** Work".. Today, in AA and in recovery, our History has added an intensive and lengthy "**History of Things that Do Work.**



"What do you think of God," the teacher asked. After a pause, the young pupil replied, "He's not a think, he's a feel."

If our approach to God rested on how much brain power we could summon, a lot of us would be in trouble. We can't think our way to God. We have to feel our way there. We have to need God so much, love God so much (or love the idea of God so much) that we just find ourselves in communion with God. It's our feelings that bring us there.

Our reaching out to God usually comes as a last resort. It's the result of finally realizing that everything else we've tried has failed to bring us peace of mind. It doesn't say much for our good sense that we have a tendency to approach God only when we're desperate, but then it isn't intellectual power that brings us to our knees. Let's face it, we need God, not in our head, but in our gut.

**I don't have to use my intelligence to get to God.
I only have to want God in my life.**

From Hazelden Meditation Series IN GOD'S CARE

WE ARE NOT A GLUM LOT

Dear Alcohol

We had a deal where you would make me funnier, smarter and a better dancer.

I saw the video.

SPIRITUAL AWAKENING

Many of us in AA puzzle over what is a spiritual awakening. I tended to look for a miracle, something dramatic and earth shattering. But what usually happens is that a sense of well-being, a feeling of peace, transforms us into a new level of awareness.

That's what happened to me. My insanity and inner turmoil disappeared and I entered into a new dimension of hope, love and peace. I think the degree to which I continue to experience this new dimension is in direct proportion to the sincerity, depth and devotion with which I practice the Twelve Steps of AA.

... from As Bill Sees It.

OLD TIMERS CORNER

The Story of Joe T., sobriety date: December 1, 1959
Celebrated 57 years of sobriety, current member of Oilmen's Group

Continued from last month

There were about eight in the city when Joe came into the program. The South Side Group, Norwood and the West End Groups were the main ones. Then there was the Halfway Group and several groups at the Alano Club. In those days, most members would go to all the meetings. Consequently, everyone knew everyone.

Twelve Step work comes a little easier now as he feels more secure. There was a time when he didn't want to go to meetings let alone doing any 12-Step calls. Then someone told him, "You must go to meetings until you want to, then you don't have to go anymore."

Joe feels his biggest contributions to the Fellowship have been his attending meetings and the belief that the program works, as well as sharing with others through 12-Step calls.

What this program has done for Joe, he says, he couldn't possibly give back. It wouldn't have been possible, for instance, to have raised three children as a single-parent. His sanity, well-being, any confidence acquired and self-esteem are all attributable to Alcoholics Anonymous. As the Big Book says "We're like actors on the stage and don't know our lines." That's exactly the way Joe describes himself, be it at home or work. He made plenty of mistakes but, the fact remains, he couldn't have done it without the Steps.

The program has also rubbed off on the children. They weren't enamored with it all the time suggesting more than once that Joe could "shove AA up you know where". Today, the oldest daughter now says, "I see what you're trying to tell us, and she's forty.

For Joe, it's a life-saving program and "I want it always to be there. If I can help someone I will, because in the end it helps me. I get more out of it probably than the person I'm trying to help".

Intergroup Rep, G.S.R., and D.C.M. have been part of Joe's service commitment to AA. While in Intergroup he recalls chairing a meeting at the Oliver Hospital. A couple of guys from the Eastwood Group felt they were sent to save the program, scrutinizing everyone. One of them went to the Intergroup Committee suggesting a better-quality chairman should be sent to the mental facility in the future, a comment directed at Joe's competency.

While Joe didn't consider himself above anyone else in chairing a meeting, he was quite capable, and had been congratulated by the staff at Oliver. Despite the vote of confidence, Joe ended his Intergroup activities. At a different point in time, he says, that may have been the end of his involvement in Alcoholics Anonymous.

His message to someone just coming into the program is simple. His life is now totally positive, whereby he used to fall into depressions. Negativity dragged him down. With the 12 Steps life is so much better, a positive experience every day. Even the bad days are good. The days can be as good as he makes them and that is what AA has done for Joe. The newcomer must keep coming long enough to get some comfort in the meetings and to know there is something for them in the program of Alcoholics Anonymous.

Interviewed December 11, 1996

THINGS MONEY CAN'T BUY

MONEY CAN'T BUY:

FRIENDSHIP – Friendship must be earned.

CLEAR CONSCIENCE - Square dealing is the price tag.

GOOD HEALTH – Right living is the secret.

HAPPINESS – Happiness is a state of mind; it may be achieved in cottage or palace. Sunsets, songs of wild birds, music of wind in trees ~ these are as free as the air we breathe.

INWARD PEACE – Peace is the result of a constructive philosophy of life.

GOOD CHARACTER – Good character is achieved through decent habits of private living and wholesome dealings in our open contacts with our fellows.

KINDLY DISPOSITION

CHEERFUL HEART

GRATITUDE

Continue the list for yourself. You'll agree that among the things money can't buy are some of the most valuable treasures life has to offer.

NOW THAT YOU'VE STOPPED: 15 POINTS

Now that you have stopped drinking, your main problem is not to start again. Here are a few practical tips, based on the experience of others, that should help make this easier for you;

1. Try to understand that you have a choice ~ between unhappy drunken drinking and a happy, sober life by staying away from the first drink, one day at a time.
2. Try to be really grateful that:
 - You have been fortunate to discover what was wrong before it was too late. So much can be yours for so small a price
 - You can swap just one drink for all the happiness sobriety gives you
 - AA exists, and you found out about it in time
 - You now know you are not a bad or wicked person but you have been in the grip of a compulsion
3. Try to eat healthily and regularly. You will feel less likely to want a drink on a full stomach.
 - Accept that you will experience, perhaps for a long time, *the nagging craving for a drink*: this may simply be due to the body's demand for liquid and/or sugar, which is often very strong. So, drink plenty ~ provided it's not alcoholic. Fruit juices with glucose, tea or coffee with plenty of sugar will best satisfy your body's need
 - Accept, too, that you feel *- the sudden impulse just to take a drink *- the craving, not for a drink as such, but for the soothing glow and warmth a drink or two once gave you
4. Easy does it. Alcoholics tend to try and do too much too quickly. (One day at a time, remember that the times when you don't want a drink are the times when you can build up the strength to not to take one when you do want it.)
5. Have a plan for each day, a plan where you live that day without taking a drink, regardless of what may upset you or how hard the old urge for a drink may hit you. You may not be able to carry it out but do your best ~ don't just muddle through. Never sit gazing into space with your mind a complete blank.
Do something, anything positive:
 - Go for a walk
 - Take a bath
 - Do a bit of gardening
 - Clean your shoes
 - Make a phone call
 - Send an e-mail
 - Go to a meeting
6. Don't for a split second allow yourself to think: 'It's just not fair!' Isn't it a pity that I can't take a drink like so-called normal people? Remember, resentment is the number one offender and losing your temper is a luxury you can't afford. It could be that the other person could be right, so be tolerant and avoid emotional disturbance.
7. Don't think about or talk about any real or imagined pleasure you once got from drinking.
8. Don't allow yourself to think a drink or two would make some bad situation better, or at least easier to live with. There is no problem which a drink will not make bigger, so keep all yours down to their true size by staying sober.
9. First things first. Try to get a clear idea of your priorities. You may believe your job, or your home life, or one of many other things come first. But always remember *-sobriety without exception is the most important thing in your life. If you do not get sober, and stay sober, chances are you won't have a job, your family, your sanity or even your life. If you are convinced that everything in life depends on your sobriety, you are much more likely to get sober and stay sober.
10. Try to put your situation in perspective. Many people have worse problems than you.
 - Think how happy they would be if their problems could be solved just by not taking one drink today. Think how fortunate you are to have a simple and small a problem.

Continued on the next page

NOW THAT YOU'VE STOPPED: 15 POINTS

continued from previous page

11. Try to enjoy being sober. Think all the time:
 - how good it is to be free of shame and guilt
 - how good it is to be free of the consequences of a drunk just ended, or of a coming drunk you have never before been able to prevent
 - how good it is to be free of what people have been thinking and whispering about you, and of their mingled pity and contempt
 - how good it is to be free of fear
 - how good it is to eat and sleep normally, and to wake up glad you are alive; glad you were sober yesterday and glad you have the privilege of staying sober today
 - how good it feels to be able to face whatever life may dish out, with peace of mind, self-respect and full possession of all your faculties
12. Link in your mind these two ideas:
 - A drink was the single cause of all the misery, shame and fear you have ever known
 - A drink would destroy your newfound happiness, and take from you your self-respect and peace of mind
13. Seek out ways to help other alcoholics ~ and remember the first way to help others is to stay sober yourself.
14. Don't forget that when you're feeling down, your resistance to a drink is low. If you feel troubled and confused, the phone is your surest link with AA help. There is much comfort in a true and understanding friend standing by. The person you contact may need your call as much as you do. So never hesitate to ring at any time. And remember, in times of difficulty when you can't get the help, the Serenity Prayer said to your God *as you understand Him* will bring you sufficient confidence to cope. He is always available.
15. Take comfort from others in AA who have found sobriety. Their example and their experience can give you hope that in time, you too will no longer need to drink.

Reprinted from a pamphlet from The AA General Service Conference of Great Britain



A GIFT AND A PRIVILEGE

My name is Andreas C., I am a grateful member of AA and the Beginners Big Book Discussion Group. I would like to start by saying..... what a **“GIFT”** and a **“PRIVILEGE”** this program is. What a blessing to have received the grace of one's Higher Power, guided by a steady hand from the depths of despair, loneliness and hopelessness amidst a loss of one's faith and soul spiraling down a path of slow suicide and into the rooms of the Fellowship. And all that was asked of me was to go to meetings, trust a Higher Power, clean house and help others. I can only hope we realize how fortunate we really are. In a world and society that has become consumed by quick fix remedies and distractions. A world filled with chaos and anger, death and destruction, pain and suffering behind a disguise of infomercials and media bliss. Generic sit coms and endless violence used as a distraction from what really is going on. And we, in our respective fellowships have been granted a way out from this chaos by a simple code, which is love and tolerance, and the spirit of forgiveness and humility. We are thus granted the privilege and honor as uniquely qualified recovering alcoholics/addicts, to help others find their way through our 12 suggestions for recovery. Leading by example we may attract others to a new way of life, a better way of life, one with purpose and meaning ...” we are granted a daily reprieve contingent on the maintenance of our spiritual condition.” We choose life and in the process, we learn to appreciate the privilege that that is. We learn to appreciate and love ourselves without pride or prejudice ego or vanity, and we find in our respective journeys, that love has been there all along, that we were only looking in the wrong places. In conclusion, I strongly feel that at the end of the day, amidst all our possessions our wants and our needs, if we do not have love in our hearts and compassion in our souls then we truly do not have anything.

Andreas C., SSCH -BBBD



SECOND STEP PRAYER

from Atlanta, Georgia AA World Conference – July 2015

Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thoughts and addictive behavior from me this day. Heal my spirit and restore in me a clear mind. Amen

Alternate Prayer:

I pray for an open mind so I may come to believe in a Power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy anymore. Amen

Any member wishing to share their experience, strength and hope via writing an article, please submit by the 20th of the month before, to be included. Submit with your full name, which group that you belong to and use approx. 350 words. We will protect your anonymity.

You can email to: centraloffice@edmontonaa.org or drop it off at the office.

12 RULES OF LIFE.

Sometimes we just need to Remember what the 12 Rules of Life *really are...*

1. **Never** Give Yourself a Haircut After **Three** Margaritas.
2. **You need only two tools:** WD-40 and Duct Tape. If it doesn't move and it should, use WD-40; if it moves and shouldn't, use the duct tape.
3. The six most essential words for a healthy vital relationship ... **"I apologize"** and **"you might be right."**
4. Everyone seems normal until you get to know them.
5. Never pass up an opportunity to pee.
6. If she says that you are too good for him -- believe her, because it's probably true.
7. Learn to pick your battles; ask yourself, **"Will this matter five years from now?"**
8. When you make a mistake, make amends immediately...it's easier to eat crow while it's still warm.
9. Since You Woke up Breathing, Congratulations! You have another chance, so just enjoy it...take the good and the not so good...it's called reality!
10. **"Living Well" really is The Best Revenge.** Being miserable because of a bad or former relationship just might mean that the other person was right about you.
11. **Work is Good, but it's Not That Important.** Money is Nice, but You Can't Take It With You. Have fun and enjoy, because statistics show most people don't live to spend all they saved -- some die even before they retire... now lets' face it, you've never seen a U-Haul hooked up to the rear of a hearse, have you? And everything we have isn't really ours -- it was given to us by God; He just lets us borrow it while we're here even our kids.
12. And Finally ... Be Really Good To Your Family **And** Friends. You never know when you are going to need them to empty your bedpan.

Submitted by Briane A., Sydney, BC

HONESTY

Greetings. My name is Gaston and I am an alcoholic.

The first principle of Alcoholics Anonymous. When I was young my mom always tried to instill in me that "honesty is the best policy." Little did I know at the time that I would be using that knowledge today as an alcoholic recovering in Alcoholics Anonymous.

I was recently working for a company called "Hop to it movers" where I was able to use my knowledge in a very productive and extremely, for lack of a better term, satisfying way. As I felt rushed at work I tried to hurry and satisfy my supervisor's, for lack of a better term, obligations. In my hurriedness I dropped some items and broke them. I felt scared. After some thought and deliberation, I decided to approach the lady of the house and tell her what had happened and offer to pay for the repair or replacement of the items. To my surprise, she said something to the effect of, "Do not worry, it was an accident." In appreciation, I said something to the effect of, " Yes, it was an accident although..." and I don't remember what came next. May my HIGHER POWER BE Blessed!!! In short, when I go to bat for my higher power, my Higher Power goes to bat for me. SIMPLE.

May we all be in our HIGHER POWER'S army and combat the spirit of wickedness in high places. Thank you for reading!! God bless!!!
Gaston J., St. Albert Breakfast Group

SEEKING FREEDOM

If we want freedom from addiction, we must start the process ourselves. Then we must accept any help offered and follow the direction of our Higher Power. Recovery does not come to us without effort. First, we seek abstinence; we want to be clean and sober. Later, we look for the joys of living.

It often takes months and years to grasp the principles that will set us free. But, free of what? At first, freedom from alcohol; then, freedom from fear and from anything else that binds us. To become free, we can begin seeking our principles and our truth today.

Higher Power, help me become free from the things that bind me. Today I will work toward freedom. Help me to stay clean and sober today!

FINDING OUR WAY

Today is a journey toward managing our illness, a journey toward acceptance of a Higher Power and of ourselves, a journey toward a better tomorrow.

Sometimes we will stumble and fail; at other times we will face little resistance. We will find opportunities for growth, acceptance and change. If we remain patient and seek direction from our Higher Power we will find our way.

Today, do I realize that life is a journey, and that each step helps me find my way to the next?

My journey is unique and sometimes unpredictable. Yet I will not lose my way if I stay open and pay attention.

WISDOM

A true sign of real growth and change is the appearance of regret and grief that such wisdom came so late. Often, when we deeply understand something the first time or make a real change that improves our lives, we wish we had learned this a long time ago. We mourn the losses and the pain that could have been avoided if we had only seen the light sooner.

However, a good life always brings change and growth. The greatest tragedy is when a man or woman never grows and never sees the light. We always see more clearly after we learn something new, and the regret that accompanies it is inevitable. With enough distance and perspective, most of us reach the point where we say, *I wouldn't change it if I could.*

Today I am grateful for the wisdom I have gained, and I will continue to seek more growth.

Excerpts from Inspirations, (from Atlanta, Georgia – World Conference July 2015)

Birthdays

in - February

Breathe Easy

First Friday
 Mar. 3 Andre G. 2 yrs.
 Matthew F. 20 yrs.
 Bruce M. 4 yrs.

Campus

Last Monday
 Feb. 27 Davin T. 3 yrs.

Capilano Step

Last Thursday
 Feb. 23 Bob B. 10 yrs.
 Ken B. 3 yrs.
 Stan B. 30 yrs

Crestwood Welcome

Last Monday
 Feb. 27 Don A. 29 yrs.
 Stuart S. 19 yrs.
 Janet M. 15 yrs.
 Dianne H. 15 yrs.
 Gordon V. 6 yrs.

Dolphin

Closet Monday
 Feb. 13 Curtis F. 2 yrs.
 20 Pat K. 36 yrs.
 Ken B. 3 yrs.

Eastwood

Last Monday
 Feb. 27 Allie M. 28 yrs.

Ellerslie

Last Thursday
 Feb. 23 Mickey T. 8 yrs.
 Jason. 3 yrs.

Hillette's 2

Closest Wednesday
 Feb. 1 Michelle K. 2 yrs.
 15 Maureen M. 1 yr.

Knights of Sobriety

Last Friday
 Feb. 24 Mike B. 2 yrs.
 Aaron H. 3 yrs.
 Cliff M. 41 yrs.
 Joe H. 2 yrs.
 James H. 13 yrs.
 Kevin. 3 yrs.
 Ron S. 3 yrs.
 Michael B. 4 yrs.
 Ravi S. 5 yrs.

Lighthouse

Last Friday
 Feb. 24 Cherish G. 3 yrs.
 Bea 32 yrs.
 James. 2 yrs.
 Kim M. 17 yrs.

Millwoods

Last Tuesday
 Feb. 28 Marilyn B. 2 yrs.

Oilmen's

Usually the First Monday
 Mar. 6 Devon B. 3 yrs.

Serenity

1st Friday
 Mar. 3 Jan B. 24 yrs.

Shifters

Last Saturday
 Feb. 26 Donna N. 8 yrs.
 Ulysses C. 13 yrs.
 Jen G. 6 yrs.

South Side

3rd Friday
 Feb. 17 Karen W. 12 yrs.
 Mike B. 9 yrs.

South Side Young People

Last Sunday
 Feb. 26 Daniel C. 3 yrs.
 John C. 1 yr.

Steps to Serenity

Last Wednesday
 Feb. 22 Jeff L. 3 yrs.

The Why Group

Last Saturday
 Feb. 25 Grant K. 4 yrs.
 Marty G. 2 yrs.
 Ole I. 34 yrs.

West End

First Tuesday
 Mar. 7 Richard W. 7 yrs.
 Roger H. 3 yrs.

Westminster

Last Saturday
 Feb. 25 Rick V. 45 yrs.
 Linda V. 41 yrs.
 Steve K. 35 yrs.
 Brenda B. 20 yrs.
 Kelly W. 2 yrs.



SURROUNDING AREAS

ST. ALBERT

S.A. Sunday Breakfast

Last Sunday
 Feb. 26 Ken M. 21 yrs.
 Walter H. 39 yrs.
 Fay D. 46 yrs.
 Shivon V. 1 yr.

S.A. Brotherhood Group

Feb. 22 Tom H. 16 yrs.
 Janice B. 5 yrs.
 Clarke S. 5 yrs.
 Carolyn J. 12 yrs.
 Corry W. 11 yrs.

S.A. Sunday Night Step Study

Feb. 26 Janice B. 5 yrs.

SHERWOOD PARK

Friday Night Happy Hour Group

Last Friday
 Feb. 24 Glenn P. 1 yr.
 Frankie S. 25 yrs.



GROUPS IN NEED OF SUPPORT

Mon. 8:00pm Active 10 Group
 900+9 - 163 St.
 Tues & Sat. Rite Trac Group
 8:00pm 13111 - 79 St.
 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
 10603 Ellerslie Rd.
 Ellerslie Baptist Church
 Thu. 7:00 pm AA Group (O)
 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

Camrose, AB

Feb. 18 **37th Annual Roundup** \$30.00
 9 AM 5001 – 52 Ave., Moose Hall
 Contact: 780-608-9416, 250-718-426
 or 80-910-7861

Edmonton, AB Oilmen's 61st Anniversary & Bean Supper

Feb. 20 11223 – 51 Ave., back door Trad. 7
 Holy Spirit Lutheran Church
 8PM with dinner to follow

Banff, AB Banff Roundup \$103.00

Mar. 3 – 5 sponsored by Calgary Intergroup
 Banff Park Lodge Regis. \$37.00
 Contact: 403-777-1212

Edmonton, AB Bridging the Gap Workshop

Mar 18th Alano Club 1pm to 5pm
 Hosts: Treatment & Corrections
 Committees
 Contact Dylan 780-278-0533 or
 Marcel 780-907-4286

Ardrossan, AB Dist 61 9th Annual AA Roundup

April 28 & 29 \$45 full weekend, \$25 speakers only
 80 – 1 Ave Ardrossan Community Hall
 Contact Larry @ 780-298-6540

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

HEARD AT MEETINGS:

- Service work in AA is life a football game: 20,000 spectators ~ who might benefit from a little exercise ~ are watching 22 players badly in need of rest.
- What's the **last thing a drunk says** before he/she's hospitalized? "Watch this!"
- **Q:** What's the difference between self-esteem and ego?
A: Self-esteem doesn't need an audience.
 How come if alcohol kills **millions of brain cells**, it never killed the ones that made me want to drink?

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 780-488-1160

Are you young, or young at heart, and in A.A.? Are you looking for a service opportunity that will connect you with over 1000 young alcoholics in recovery from across Western Canada & the United States?

Edmonton has been awarded The Western Area Conference of Young People in A.A. (WACYPAA), and we want YOU to join our Conference Host Committee!

This is the first time WACYPAA has been in Canada in over a decade, and there are lots of opportunities to get involved. Be part of Edmonton A.A. History! All positions available, see poster for date, time & location.

More on WACYPAA and Host Committee Elections by emailing edypaachair@gmail.com or by adding your email to the list <https://docs.google.com/a/adaptabilities.ca/forms/d/e/1FAIpQLSdr2RzvjGgE78PiF5a6SCIDj8mE6yIVTnZofGE-mydBfRQTGA/viewform>

**Young People's groups are forever inclusive, never exclusive - the only requirement is a desire to stop drinking. All are welcome, regardless of age or identity.*