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DELEGATE'S CORNER

Greetings from the 67th General Service Conference in Rye, New York. As your Delegate, I am representing Area 78 along with the Delegates from each of the other 92 Areas in North America, the Trustees of the General Service Board, Directors and staff of AA World Services and Grapevine --133 voting members in all.

Many have asked why AA needs a conference. The reason was best described by the late Bernard B. Smith, a non-alcoholic and then Chairman of the Board of Trustees and one of the architects of the Conference structure. To quote Bernard Smith, in his opening talk at the 1954 meeting:

"We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in AA that rebirth that brought us back to life.

We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade AA. We need it to ensure AA against government, while insulating it against anarchy. We need it to protect AA against disintegration while preventing over integration. We need it so that AA and AA alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.

We need it to ensure that changes within AA come only as a response to the needs and the wants of all AA, and not of a few. We need it to ensure that the doors of the halls of AA never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that AA never asks of anyone who needs us that his or her race is, what his or her creed is, what his or her social position is."

Quoted from Page S20 AA Service Manual 2016-18 Edition

I am honored and blessed to be representing all the AA members in Area 78 at the 67th General Service Conference. In Loving Service. Larry M. Panel 66 Delegate Area 78 AB/NT

RECIPE FOR SOBRIETY

- 3 ½ cups of Prayer
- 2 cups Big Book
- 1 cup Four Absolutes
- 1 cup Meetings
- 1 cup Sponsorship

Mix all ingredients in order given. Take one heaping tablespoon daily.
 Store the unused portion in your heart.



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**

- An anonymous drunk was heard to remark, "I feel sorry for AA members. They feel just as good when they get up in the morning as they're going to feel all day."
 - You know it's time to sober up when:
 - those fluttering things that keep scaring you are your hands.
 - Sign seen in a bar: "Those drinking to forget please pay in advance."

Reprinted from AA Grapevine, "A Rabbit Walks into a Bar"

STEP FIVE

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

After completing my first Fourth Step just prior to one month of sobriety. I made arrangements to do a Fifth Step with a sponsor. I had used the Big Book as a guide and done it to the best of my ability at the time. I had two sponsors then (Wasn't leaving anything to chance) and the night prior I went to a meeting with both of them.

On the way home I decided to tell them both what I thought was the worst thing on my list. Once that was out of the way, finishing it off the next day wasn't hard at all. I don't want to scare anyone who hasn't done a Fourth Step yet, but to my surprise, I found that quite a bit harder than doing a Fifth. It's very important though that you find the right person.

I didn't experience any burning bush or anything but eventually I realized I wasn't hiding from life anymore. I could be open and honest with people. The urge to drink had been taken away. A lot of fears were diminished and I could look people in the eye. I felt a part of AA – not an outsider.

I also lost any concerns about doing a Fifth Step again and many in sobriety. Every Fifth I've done has been with a member of AA; one time with a lady I sponsored.

I want the person to have an understanding of what I'm doing. I think I would feel like something was missing if I told them to someone other than another member. I've also been honored with taking a few Fifth Steps as well.

Some people have told me that one month is too early to do a Fifth but I disagree. In all the years I've attended meetings, I've never once heard someone say they personally did a Fifth Step too early and it had a negative impact on their sobriety. However, I've heard many people relate how it took them 2, 3, 5 etc. years to do a Fifth and they wouldn't suggest that to anyone.

I can't stress enough; if you think you're ready to do a Fifth jump right into it and start experiencing life and the promises that come with sobriety. Easy does it.

.....Reprinted from May 2007, Twelve Step Times

OLD TIMERS CORNER

The Story of Jack Mc., sober date April 29, 1961
(continued from last month)

The 12 Step calls were Jack's forte, although he has done his share of service work, acting in all committee capacities.

At the provincial level, he served on the Cooperation with the Professional Committee, but feels he didn't do a very good job.

"I was never very good at that," he recalls. "I knew in my soul that my heart wasn't in that level, rationalizing that I was better liked and enjoyed doing 12 Steps calls more than the politics of other service work.

I gladly did the work because there was sort of a direction there and I knew what I was doing and was able to do some things. Service work is not easy and I have great respect for people who can devote the time and energy to it. *It's frustrating.*

"At least in 12 Step Work, either the guy tells you to go to hell or he gets better."

Among the highlights of Jack's journey through recovery was the memorial service held for Bill W., at the Robertson United Church in Edmonton. The Home Group Christmas parties are on the list, as well.

There was an annual get-together at the old gas company auditorium on 12th Street. Less than 200 would show up for the party, but it was a wonderful time.

Prince Albert Roundups were fantastic. A lot of fun was had attending those.

The Mount St. Francis Retreat House at Cochrane were great experiences once or twice a year.

Jack considers himself fortunate, too, in having the opportunity to attend a number of World Conferences. Denver, Montreal and Seattle to name only three.

But, he saves the real highlights for his meetings. Jack says, "That's where it's at. These other things are just icing on the cake. But, I get excited every time I go to a meeting."

For Jack, the most important thing a newcomer can be told is, "Don't take the first drink. It a cliché," he says, "But then all of AA is a cliché. Attend the meetings and practice the 12 Steps to the best of your ability."

He draws on his wealth of stories to emphasize against becoming evangelistic. A story in *The Grapevine* some time ago tells of a doctor who became disappointed when his brother had shunned the AA program, although he may have been in dire need of it. A number of years later, though, the brother sought the doctor's help. The brother got into the Program, assisted with getting a sponsor before the doctor died. Even being a medic, he had forgotten there could be more than one thing wrong.

As Jack tells it, "There's not much sense fixing the light if the windshield wipers don't work."

He's of the thinking the newcomer should be encouraged to have a medical checkup to determine if there might be something else wrong that should be treated. "It's hard enough to get sober and stay that way without having a physical or mental illness that goes along with it."

Other than basics of the Alcoholic Anonymous Program, Jack says he hasn't any wisdom.

At the time of the interview, Jack has a concern about members who move to other communities or Groups, and what happens to them. "A lot of people come to AA, stay for a certain length of time and all of a sudden they're gone. I'm concerned about that," he says. "I also know that, over the years, any number of my friends have moved. They may have been the most active member in Edmonton and then all of a sudden when they move to other cities they quit going to meetings.

His personal experience shows that one has to work as hard with a change in your circumstances, to be dedicated to your program and wait for the acceptance in a new community to come to you. "Some people may give up a little too quickly not feeling as comfortable as they did with their Home Group.

"I'm also convinced," admonishes Jack, "That more often than not, if people quit going to the Program they will start to drink again. it's just a question of when.

"So, if you have to change Groups, cities, or if your lifestyle changes, or anything like that, your number one priority should be to start working on your Program and staying with it." AA has been the number one priority in Jack's life.

He leaves us with something friend Pat H. said at a meeting one time: "Right in the middle of his forehead he has a filter that says AA, and every thought that comes into his mind should go through that filter, and every action that goes out should go through that filter."

This interview was done in 1996 and Jack remains sober today.



FIFTH STEP PRAYER

(from Atlanta, Georgia – World AA Conference – July 2015)
Higher Power, my inventory has shown who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this and I will do it.



THOUGHTS ON THE TWELVE STEPS

Borrowed from “The Road Back Newsletter” Dublin, Ireland – April 1951

As a rule, when an individual makes their first approach to AA, their immediate objective is the limited one of finding out the physical answer to their problem of how to stop drinking. Even after months of sobriety, they may sometimes be heard to say that they joined AA to stop drinking and that they are quite satisfied with that achievement alone. But is a state of “not drinking” all we may seek to gain from our membership? Does not the Second Step point to our real quest, restoration to Sanity of Living, and therefore, to Sanity of Thinking.

It has been authoritatively said that one of the essentials for a mature personality of life, and that this philosophy must surely be a spiritual one. How does this connect up with our AA way of life? In the usual AA manner, quite simply. The Twelve Steps contain the essential philosophy to distract the member from their former insanity of thinking and to attract them towards a better and more unselfish conception living. The principles suggested are these: -

1. A serene acceptance of the fact and the consequences of being an alcoholic
2. A continued quest for up-to-date self-knowledge, by means of a moral inventory.
3. Reparations for wrongs committed in the past.
4. Un-self-seeking aid other alcoholics at all times, under all circumstances.
5. A living real Faith in the capacity and the will of a power Higher than oneself to bring about the restoration to Sanity and Happiness.

Merely ceasing to drink can, at best, be a stopgap alone. Many of us have been able to accomplish that much for periods, long or short, in the past. We seldom derived much happiness or satisfaction from it, nor had we any real conviction that this sobriety would endure. Something was always lacking from it. We believe that “Something” has now been supplied to us in the philosophy of the Twelve Steps, a spiritual program for a disease of the spirit.

BOB'S 90 TOOLS FOR SOBRIETY

13. Don't become too hungry.
14. Avoid loneliness.
15. Practice control our anger.
16. Air your resentments.
17. Be willing to help whenever needed.
18. Be good to yourself, you deserve it.
19. Easy does it.
20. Get out of the “IF ONLY” trap.
21. Remember HOW IT WAS. Your last drunk, the feelings etc.
22. Beware of your emotions.
23. Help another in his/her recovery, extend your hand, listen.
24. Try to turn your life and your will over to your Higher Power.

... continued in future ECO News

THE 75-YEAR OLD NEWCOMER

For my 75th birthday, my children planned a big party for me. But I got very ill and had to go into the hospital. My children were told that I might not survive. It was really serious, but I didn't die. It was not my time.

When I got out of the hospital, I realized that I had not celebrated my birthday, so out I went and I got a bottle of vodka and decided to have my own party. Boy, I slept well that night!

The next morning, I had some place I had to be, but I slept in. When the doorbell rang, I jumped up and fell flat on my face. I had to crawl to the door. I told the people who came to pick me up to go ahead without me, and I would come later. They phoned my daughter.

When I was finally able to get up, I got dressed. When my daughter got there, she thought I had a stroke and wanted to take me to the hospital. But I said, "no, take me to my appointment." She insisted that I go to the hospital.

When we arrived at the hospital, they said that I had been drinking. I said "No, that was last night!" Everyone was upset with me. My daughter said, "Mom, we can't help you anymore. You have got to get help." Then she said, "What about AA?"

I never thought I was an alcoholic. I cried all that day, and then I finally phoned AA. A wonderful person took me to a meeting the very next day. At one of my first meetings, I saw a person who was a member of my church. My first thought was to hide so that she would not see me. Then I thought, Well, what is she doing here?

Looking back on my near-death experience, I feel that God had something more for me to do, and that was why I was not taken then.

I found out later that none of my five children wanted me to come for Christmas that year because of my drinking. Now I have a lot of good times with my kids, my grandkids and my great-grandkids. I enjoy life so much more. I'm now 83 and I just celebrated my 8th AA Birthday.

... Margaret P., Edmonton, AB Written for AA Grapevine Magazine



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 you belong to and it should be approximately 250 - 300 words.

We will protect your anonymity.

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

OVERHEARD AT A MEETING

- Anger is one letter away from danger!
- God gave us twice as many ears as mouths, so you should listen twice as much as you talk!
 - If we don't keep like awfully simple, the results will be simply awful!
 - The only time I refused a drink was when I misunderstood the question!
 - If God is your co-pilot, switch seats!
- When I came to AA everyone had the luxury of being able to get away from me except me!
 - I didn't get here by myself and I'm not staying here by myself!

TRADITION FIVE CHECKLIST:

Reprinted from AA Grapevine Traditions Checklist

“Each Group should be autonomous except in matters affecting other groups or AA as a whole.”

1. Do I ever cop out by saying, “I’m not a Group, so this or that Tradition doesn’t apply to me?”
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if they get at me for not giving them a loan?
3. Have I today imposed on any AA member a special favour or consideration simply because I am a fellow alcoholic?
4. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
5. Do I help my Group in every way to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

SERVICE IS THE KEY

All things come to pass, and so does my service to Central Office, where I spent every Monday for the past 16 months, with a handful of selfless, dedicated men and women. It not only gave me a sense of purpose but also granted me a sense of direction, as well as a safe way to begin my week. Every Monday morning as I step through the door I am greeted with a smile and a hug, and I am reminded of the requirements of STEP 12, and the basis of Tradition 3. I am reminded that I can keep what I have been freely granted by giving it away in the same fashion...

10:00 AM, the phone rings, “good morning, Alcoholics Anonymous, Andreas speaking, how may I help you?”

The voice is shaky on the other end, I can sense desperation, pain, panic ... I open my mouth to speak and what comes out is my experience, my beginnings, the chaos that once consumed my heart, mind and soul ... what I had to do, the strength that was given to me by my Higher Power and Fellowship when I lived in fear and desperation, the path of sobriety that led me to this very point to be able to speak with the voice on the other end. I spoke with my heart and soul, with compassion and understanding, and in doing so I could sense the voice on the phone growing calmer, more lucid and with a glimmer of hope. It’s a beautiful experience that fills my heart and soul with joy, my eyes with tears” ...

Service, sponsorship, love, tolerance, being open-minded and compassionate, just some of the lessons bestowed upon me when I was ready to listen and receive. In this experience, I learned how to communicate, trust, forgive and give of myself, acceptance, sense of belonging and family. For a few hours, every Monday, I may and can have a positive impact on someone’s life. I’m no savior, guru or spiritual guide. I am just a man who has been granted the opportunity to give back and, in doing so, am granted a daily reprieve from my illness. One of many ways to carry the message on the frontlines of this epidemic called substance abuse. Damn you, drugs and alcohol! You only ruin peoples’ lives! I am nothing short of grateful to be alongside of men and women and do my part, whatever is asked of me, and meet some fantastic people in the process who shared their experience strength and hope with me in the darkest of my days. I will and can never forget you all and the privilege of volunteering, and I would personally like to thank everyone who came into and through my life in the past 16 months, yow who you are ... because I am the man I am today because of you all, the 12 Steps and the Grace of my Higher Power who I choose to call God.

If you have the time, volunteer, it’s an experience you won’t want to miss.

With Love, Andreas, SSCH BBS



The Ace of Keys



The Ace of Keys



The Ace of Keys

LISTEN

WHEN I ask you to *listen* to me and you start giving advice; you have not done what I asked.

WHEN I ask you to *listen* to me and you begin to tell me why I shouldn't feel this way; you are trampling on my feelings.

WHEN I ask you to *listen* to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

LISTEN!! All I asked was that you *listen* ~ not to talk or do just hear me.

ADVICE is cheap; fifty cents will get both Dear Abby and Bill Graham in the same newspaper.

AND I can do for myself; I'm not helpless ~ maybe discouraged and faltering, but not helpless.

WHEN you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

BUT when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

AND when that's done, the answers are obvious and I don't need advice.

IRRATIONAL FEELINGS make sense when we understand what's behind them.

PERHAPS that is why **prayer works**, sometimes (for some people) because **God is mute, and he doesn't give advice or try to fix things**. "HE" just *listens* and lets you work it out for yourself.

SO, please **LISTEN** and just **HEAR** me. And, if you want to talk, wait a minute for your turn, and then I'll

LISTEN to you!

Reprinted from May 2008 Twelve Step Times.

WACYPAA IS COMING TO EDMONTON!

WACYPAA is the Western Area Conference of Young People in Alcoholics Anonymous. The purpose of WACYPAA is to build and strengthen unity in Young Peoples Groups in Alcoholics Anonymous in the western area of North America and Hawaii. The focus is especially to reach those areas which historically had little exposure to such conferences.

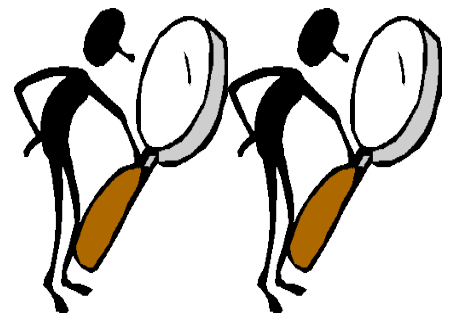
The 21st iteration of this event will be held December 28-31, 2017 at the Chateau Lacombe Hotel downtown and our theme is 'Sunlight At Last.' This will be only the second time that it's taken place in Canada and we are the northernmost city to host it so far. The last time WACYPAA occurred in Canada was 11 years ago in Vancouver.

While the focus of WACYPAA is on connecting young people in AA, alcoholics of any age or experience are welcome to attend. You can pre-register for the conference by clicking on the Register button at <http://wacypaaxxi.weebly.com/> and filling out the form.

We are also looking for volunteers to help with planning this landmark event. If you are available to do service and help WACYPAA carry the message of recovery please click on the Be of Service button on the WACYPAA XXI website listed above.

We hope to see you there!

WACYPAA XXI Host Committee



W. G. W.
BOX 459 GRAND CENTRAL STATION
NEW YORK, N. Y. 10017

June 15, 1969

To my younger friends in A.A.

On this occasion of your 12th International Conference, please have my warmest greetings and congratulations.

Besides, I want every one of you to know that in recent years I have found nothing for greater inspiration than the knowledge that A.A. of tomorrow will be safe, and certainly magnificent, in the keeping of you who are the younger generation of A.A. today.

With great affection for you all -- and my God bless you, and A.A., forever.

Always devotedly,

Bill 

12th Int. Conference of Young People
2202 St. James Street
Philadelphia, Penna.

Birthdays

in - MAY

60 Minutes to Sobriety

Last Sunday

May 28 Gary B. 23 yrs.
James W. 9 yrs.
John L. 3 yrs.
Pete K. 3 yrs.

Campus

Last Monday

May 29 Ronda S. 23 yrs.
Tom A. 13 yrs.

Capilano Step

Last Thursday

May 25 Kevin F. 24 yrs.

Crestwood Welcome

Last Monday

May 29 Al W. 45 yrs.
Mike P. 23 yrs.
Ron S. 5 yrs.

Dolphin

Closest Monday

May 15 Wally K. 7 yrs.
Tucker S. 7 yrs.
Gary L. 3 yrs.

Eastwood

Third Monday

May 15 Guy T. 12 yrs.

Ellerslie

Last Thursday

May 25 Leo B. 5 yrs.
Sarah A. 5 yrs.
Leah M. 2 yrs.

Hillette's 2

Last Wednesday

May 31 Joy L. 3 yrs.

Jasper Place

Last Tuesday

May 30 Dick T. 45 yrs.

Knights of Sobriety

Last Wednesday

May 26 Phil B. 4 yrs.
Roland S. 2 yrs.
Wayne W. 2 yrs.
Mark H. 6 yrs,

Last Call

Last Wednesday

May 31 Sarah P. 5 yrs.

Lighthouse

Last Friday

May 26 Cassandra N. 11 yrs.

Millwoods

Last Tuesday

May 30 Craig M. 2 yrs.
Jerry S, 29 yrs.

Mustard Seed

Last Sunday

June 4 David F. 38 yrs.
Pierre B. 28 yrs.

Oilmen's Group

First Monday

June 5 Colin G. 29 yrs.

Providence

Last Wednesday

May 31 Charlene J. 5 yrs.

Serenity

Last Saturday

May 27 Armin S. 5 yrs.

Shifters

Last Saturday

May 27 Margie M. 13 yrs.
Carol M. 8 yrs.
Susan. 5 yrs.
Sue. 7 yrs.

South Side

3rd Friday

May 19 Roland M. 3 yrs.
Carl S. 2 yrs.
Marlene T.W. 5 yrs.

South Side Young People

Last Sunday

May 28 Kris N. 3 yrs.
Michael M. 4 yrs.
Helaine M. 3 yrs.

Steps to Serenity

Last Wednesday

May 31 Raymond S. 7 yrs,

The Why Group

Last Saturday

May 27 Bill M. 4 yrs.
Debbie P. 4 yrs.
Henny S. 4 yrs.

West End 12 Step

First Tuesday

June 6 Mike V. 19 yrs.

Westgrove

Last Sunday

May 28 Shannon A. 6 yrs.
Dwight W. 27 yrs.
Bob J. 35 yrs.

Westminster

Last Saturday

May 27 Leroy I. 42 yrs.
Beth D. 34 yrs.
Sonny C. 30 yrs.
Lynn H. 19 yrs.
Gabriella K. 18 yrs.

SURROUNDING AREAS

SHERWOOD PARK

Twelve Steps to Serenity

Last Monday

May 29 Mark D. 5 yrs.
Graham A. 14 yrs.

Happy Hour

Last Friday

May 26 Jeff R. 1 yr.

ST. ALBERT

S.A. Breakfast

Last Sunday

May 8 Richard 5 yrs.

S.A. Brotherhood

Last Wednesday

May 31 Steve H. 3 yrs.
Doug O 3 yrs.

12TH STEP LIST

If you have put your name on the 12th Step List you MUST be prepared to follow through! Please honour your commitment. Also, please ensure that those volunteering from your group have a good grasp of what that commitment involves! The most important thing we do is carry the message to the still suffering alcoholic. We are charged with this responsibility as members of this wonderful Fellowship! We are falling down miserably!

WHO WAS HERE FOR US WHEN WE CAME AROUND???

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Edmonton, AB

May 6 WACYPAA Black Lite Paint & Bass Nite
3 PM-Mid. 8318 – 104 Street \$15.00

Golden, BC

May 6 50th Annual Golden R/U \$40.00
1401 – 9th Street S.
Contact: 250-439-9726

Edmonton, AB

May 6 District 40 Unity Night 7th Trad.
6Pm-9PM 9009 – 63 Street
Hosanna Lutheran Church

Edmonton, AB

May 20 Delegate Report 7th Trad.
1:30-4:00 PM 10728 – 124 Street
(Alano Club)

Lloydminster, AB/SK

May 26-28 43rd Annual Roundup ?
5101 – 46 Street, Know Pres. Church)
Contact: 306-460-7416 or 780-871-1277

Edmonton, AB

May 27 WACPYAA Host Meeting 7th Trad.
10728 – 124 Street
(Alano Club)

Peace River, AB

May 27 Peace River Big Book Study ?
9 AM United Church bsmt.

Hay River, NT

June 2-4 4th Annual Hay River Campout 7th Trad.
Escarpment Creek Group Campground
Contact: 867-875-7248

Regina, SK

June 8 Western Canada Regional Forum
6 PM-Mid. 1818 Victoria Avenue
Ramada Plaza Regina Hotel

Edmonton, AB

June 16 Serenity Group Gratitude Night
7PM – 9:30PM 8420 – 145 Street
St, Timothy Church

Cardiff, AB

June 23-25 Cardiff AA Roundup \$35.00
Cardiff Hall, *21 Discovery Way
Hwy 2 & Cardiff Rd., Morinville,
10 min. N of Edmonton

Stony Plain, AB

Oct. 13-15 Annual District 10 Unity R/U \$30.00
53109 RR 15, Blueberry Hall
5 miles W of Stony Plain
Contact: 780-257-708 or 220-7466

GROUPS IN NEED OF SUPPORT

Mon. 8:00pm Oilmen's Group (O)
11223 – 51 Ave., back dr.
(Holy Spirit Lutheran Church)

Tues & Sat. Rite Trac Group
8:00pm 13111 – 79 St.
(Lutheran Church)

Tues. 8:00pm Young & Old Mtg.
6329 – 118 Ave. (O)
(Recovery Acres)

Tues. 8:00pm Hope Through Friend.
16940 – 87 Ave., Rm. 016
(Misericordia Hosp) (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.
(Our House Centre)

Need new members & support

*** **TIME CHANGE** ***

Capilano Step Group held on Thursdays will change their meeting time to 7:00 pm Effective April 6, 2017

● *****

Campus Group held on Mondays will change their meeting time to 7:00 pm effective immediately.

● *****

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