

# ECO NEWS

# \$1.00

## September 2017

Edmonton Central Office Society  
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### DELEGATE'S CORNER

Greetings from the 67th General Service Conference in Rye, New York. As your Delegate, I am  
In Loving Service. Larry M. Panel 66 Delegate Area 78 AB/NT

Area 78 Alberta/Northwest Territories will be holding their Election Assembly on September 15, 16 and 17 at the Sheraton Hotel in Red Deer, AB. The major focus of the Assembly is two-fold – first is to conduct the business of Area 78 and the second is to select the Panel 68 (2018-2019) Area Committee Officers (Table Officers and Committee Chairs). The complete agenda for the upcoming Assembly will be posted on the [area78.org](http://area78.org) website.

The term Panel refers to the year of the General Service Conference in which the Delegate is elected. All other Area 78 Officers are also elected/appointed in the same Panel as the Delegate. Area 78 selects their officers in even years and they serve for two years. At this Assembly, we will select the Area Officers starting in the year of the 68<sup>th</sup> General Service Conference – Panel 68.

Five of the six Table Officers (Delegate, Alternate Delegate, Chair, Secretary, Treasurer) are elected by the Third Legacy Procedure (refer to the Service Manual Page S21-S23 for details). The immediate Past Delegate is the sixth Table Officer who serves for two years following their term as Delegate. Any Area 78 past District Committee Member (DCM) may put their name forward for election to any of these positions. A current DCM is considered a past DCM if their terms ends December 31, 2017. The election will be facilitated by Scott H. Trustee at Large for Canada.

Ten of the eleven Committee Chairs (Group Records/Registration; Public Information; Cooperation with the Professional Community; Treatment and Accessibilities; Corrections; Grapevine; Archives; Remote Communities; Literature; E-Services) are appointed by the incoming and outgoing Table Officers following the election. The eleventh Committee (Table Officer/Finance) is jointly chaired by the Area Chair and Area Treasurer. Any past District Committee Member (DCM) may put their name forward to be considered for a Committee Chair position. A DCM whose term ends December 31, 2017 is considered a past DCM. Forms will be available at the Assembly for those interested in putting their name forward.

I encourage all past District Committee Members to consider letting their name stand for either a Table Officer or Committee Chair position. All you need is a willingness to serve. Being of service is one more way we can give back to the Program that saved our lives.

Please contact me if you have any questions/concerns regarding this or other A.A. related matters. If I cannot provide an answer I will try to find someone who can. Yours in Service to Alcoholics Anonymous.  
Larry M., Panel 66 Delegate Area 78 AB/NT. [delegate@area78.org](mailto:delegate@area78.org).

## **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. 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 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

- My journey is unique and sometimes unpredictable. Yet I will not lose my way if I stay open and pay attention.
- Today I am grateful for the wisdom I have gained, and will continue to seek more growth.
- Today I will remember: Serenity comes first

## **AA ~ A KINSHIP OF COMMON SUFFERING**

... excerpt from **Many Paths to Spirituality** ~ (P84)

“Newcomers are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA, we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she so declares.

... Bill W., (AA Grapevine, July 1969)

A misconception about Alcoholics Anonymous is that it is a religious organization. Since AA Groups often rent space in Church basements can reinforce that impression, and the possibility of hearing a prayer at the end of a meeting; a further cement of that idea for some.

Yet AA's pioneering members realized from the beginning that their sole purpose was to help people gain sobriety, and they went to great lengths to ensure the broadest membership among all who suffer from alcoholism. AA Is a Fellowship, a community of like-minded sufferers who have found a way out of a hopeless condition.

We came to AA out of desperation to stop drinking, or reeling from the consequences of our actions while drunk. AA's sense of community and partnership is strong because of our shared suffering and our shared solution. In our meetings people from all walks of life come together with a common purpose. Some members return to their religious roots, others find different spiritual paths. Some may find this “God of their understanding,” yet never become involved with organized religion. Still others make the AA Group itself their Higher Power.

But one thing was sure ~ whatever our backgrounds, our beliefs or our lack of belief ~ our drinking had gotten out of hand.



## NINTH STEP PRAYER

(from Atlanta, Georgia – World AA Conference – July 2015)

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Amen

## OLD TIMER'S CORNER

The Story of Howie W., Sobriety date February 4, 1956

Interviewed on November 6, 1996

**Continued from last month**

In 1973, after 7 years in Halifax, another stage in Howie's desire to get back to the West came to the fore ~ a two-year posting in Edmonton at the Canadian Forces supply depot. One of his first moves was to join the Crestwood AA Group, then in its infancy. He's still there. After leaving the Armed Forces, Howie spent 15 years in managerial positions with the City of Edmonton and the Federal government before becoming the director of Jellinek House, a halfway house run by the United Church.

"My story is like all other drunks," Howie relates. "When I drank all my inhibitions went and I would do things like tap-dancing in the corner by myself, singing and doing all the things I wouldn't do otherwise. I wouldn't even open my mouth when I didn't have a drink."

Howie attributes his sobriety in large measure to his service commitments within the Fellowship of AA. On at least a couple of occasions over the years he's served as a District Committee Member, General Service Representative a number of times and for a number of years was on the Edmonton Spring Roundup committee. Of major interest is the Alano Club in Edmonton. This results from having used Alano Clubs throughout the world during his sailing days ~ no matter what port was visited there would always be an Alano Club. While Howie remains a Trustee of the local club he has served as its board chairman, secretary and treasurer over the years.

Although it's not AA, Howie feels the club should continue to flourish, providing a place in the downtown area where people who are just coming into the Program can mingle with other people. It's something that is not readily available in the core area other than the Alano Club.

Howie's first sponsor in Montreal was to last for only six months before getting drunk and returning to jail. But, in that short period of time, the fellow was an influence. He's described as a caring, attentive individual yet straight forward and not pulling any punches. As Howie puts it, "If he thought I was doing something wrong in my Program he'd tell me. That's what is important in sponsorship. You find someone that will not just agree with you but will disagree with you and tell what the "honest" part of the Program is all about."

In Edmonton, Larry L. has been particularly influential as well. His energy and sincerity for the Program has rubbed off, to a degree.

Howie has seen a lot of growth in Edmonton, some of it not altogether popular in certain sectors of the Fellowship. He cites the "No Smoking" controversies. In his own Group, meeting in a church, the smoking ban resulted in a breakaway faction that was to be the beginning of the Camel Club. Some were not smokers themselves but feared losing members to the bans.

The growth of people and miracles that happen are phenomenal. Howie recalls a would-be member sitting in the front row seat at his meeting for a year, constantly drunk. The man hadn't worked in 14 years. He did, though, arrive sober one night, was working as a janitor and a year later was supervisor on the job. It makes you realize the power of the AA Program, says Howie, when you see someone like that. "I didn't think there was a hope the man would ever get sober. But, he did."

The Program of AA has provided a world-wide network of friends for Howie. On his first visit to Jamaica and using the AA directory Howie and fellow members found but one contact in Kingston. No Groups ~ just one member. A phone call introduced them to "Fitz", a man of mixed heritage (half Chinese and half Jamaican) sober nine or ten years all by himself. The visitors accepted an invitation to Fitz's home in the mountains for the weekend and were treated to a feast that included every Chinese dish that one can imagine.

The everlasting friendship was cemented that weekend. So much so, three years later Howie and the ships AA company were again in Jamaica. Howie visited Fitz at his downtown office where he was engaged

## OLD TIMER'S CORNER

on the telephone. Upon recognizing Howie, he said, "Hey, this call's for you, it turned out to be a 12-Step call from a Nova Scotian having a slip while on a business trip in Jamaica. Howie and his alcoholic shipmates spent the afternoon at a hotel poolside talking with the fellow-Canadian. They all stayed sober.

To the newcomer, Howie's priority is to get him to a meeting where the power of AA can do something for him. On the initial contact Howie listens to the newcomer's story, then tells his before going off to a meeting and stressing all the while the importance of staying sober just for today.

That "AA should be self-supporting" is important to Howie. He feels not enough information is being given newcomers on what service is all about. "We go part way. We tell them all about the Steps but little about the Traditions or the Concepts or how the Program is supported and why we need money." Older members of the Program, he feels, have a responsibility to communicate the Concepts at the Group level.

The age-old controversy surrounding the Central Office is laid at the feet of communication. Howie feels too many members, particularly the old-timers, don't understand what goes on at the office. They're the ones who are sponsoring people. If the sponsor doesn't believe in the structure, then surely the sponsee is not likely to. On the other hand, however, there are enough dedicated people in the community that we will survive.

And, Howie suggests a substantial dose or injection of enthusiasm at the Intergroup and GST levels could very well be the prescription to mending the malady.

"I've learned a lot about myself in the AA Program. I'm a completely changed person, 100 percent different than when I came in and I strongly believe all the Promises have come true in my life. It's all through this Program and the people that were there. I've been around enough years to see a lot of changes, but basically the Program hasn't changed, the people have." And, Howie says, "I'll be forever grateful for the changes it did to me and my family.

... Howie passed away February 11, 2011

**Once you learn to walk, crawling is out of the question. ..James DD**

## WACYPA A IS COMING TO EDMONTON!

WACYPA A is the Western Area Conference of Young People in Alcoholics Anonymous. The purpose of WACYPA A 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 WACYPA A occurred in Canada was 11 years ago in Vancouver.

While the focus of WACYPA A 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 WACYPA A carry the message of recovery please click on the Be of Service button on the WACYPA A XXI website listed above.

We hope to see you there!

WACYPA A XXI Host Committee

**AA**

Don't Miss  
Next Week

The Fabulous Case  
History of Paul R.

Suspense!  
Degradation!  
Despair!

Hope!!  
Come Back!!



"Cope, cope, cope, cope, cope, cope"

## TRADITION NINE CHECKLIST:

Reprinted from AA Grapevine Traditions Checklist

**“AA as such, ought never be organized; but we may create Service Boards or Committees directly responsible to those they serve.”**

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA Program ~ even if no one makes me to do it ~ with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA Group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully ~ and profit thereby ~ when the time comes?
8. What has rotation to do with anonymity? With humility?

## BOB'S 90 TOOLS FOR SOBRIETY

67. Don't take yourself so seriously ~ take the disease seriously!
68. Know that whatever it is that's causing pain ~ it shall pass.
69. Stay as far away from the DRY DRUNK SYNDROME as humanly as possible.
70. Don't give away more than you can afford to, your sobriety comes first and must be the Number 1 “priority”. Protect it at all costs.
71. Take down those bricks from the wall around you; you'll be able to see the daylight better. Let people know who you are.
72. Get a Home Group and attend it regularly.
73. Know that the light at the end of the tunnel is not an oncoming train, but actually a ray of hope. Drop the negativity.
74. Know that you are not alone, that's why the “We” is in the Steps.
75. Be willing to go to any lengths to stay and be sober.
76. Know that no matter how bleak and dark your past may be, your future is clean, bright and clear if you don't drink today.
77. Stay out of your own way.
78. Don't be in a hurry ~ remember “TIME ~ Things I Must Earn.”
79. Watch the EGO, “EGO ~ Ease God Out.”

## STEP NINE

**“Made direct amends to such people wherever possible except when to do so would injure them or others.”**

Caring is all important in this Step. Good judgement and good timing is all important. Forgiveness, understanding was the key.

It was a time for a cleansing of my spirit and allowed the threat to my sobriety to be removed by healing past relationship situations. I took responsibility for past errors. When the air was cleared, and the wreckage of the past made accountable, peace of mind was restored to me.

... Irene Q-B, past member of Terra Nova Group

**Any member wishing to share their experience, strength and hope via writing an article, please submit by the 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) or drop it off at the office.

## FRIENDS OF BILL W., PLEASE COME TO THE GATE ...

Sometime in the early 1990's I was treating a woman in an intensive outpatient chemical dependency group. Let's call her "Grace". Grace was a flight attendant and had been suspended from her job with a major airline due to her untreated alcoholism. She had been stealing the little miniature liquor bottles, drinking in airport bars in uniform, and so on. Her employer, realizing she needed treatment, sent her to us.

After the eight-week Program, I suggested to her it might be a good idea to solidify her foundation in recovery before returning to work as she would be working in a high-risk environment (serving alcohol, being out of town alone, etc.). Grace did, however, return to work shortly after completing outpatient treatment. One day while she was departing from a plane at the end of a long day, a major craving for alcohol overpowered her. There she was, in the Los Angeles International Airport, pulling her roller-bag behind her when this massive craving to drink came over her. She tried to just "think through it" or "just forget about it," but it was way too powerful. It was so powerful, in fact, that she was resigned to the fact that she would just go drink. Grace thought, *Oh, the heck with it, I'll get another job ... or maybe no one will find out anyway.* But deep down inside Grace did not want to drink. She truly had wanted to stay sober, but she was in trouble.

On her way to the bar in the airport, Grace had a moment of sanity. She stopped, picked up the airport paging phone and said, "Will you please page friends of Bill W.," she paused, quickly looking around for an empty gate, "to come to Gate 12?"

Within minutes, over the paging system in the LA International Airport came, "Will friends of Bill W., please come to Gate 12. Will friends of Bill W., please come to Gate 12." Most people in recovery know that asking if you are a friend of Bill W. is an anonymous way to identify yourself as a member of AA.

In less than five minutes there were about fifteen people at that gate from all over the world. That brought tears of amazement, relief and joy to Grace. They had a little meeting there in that empty gate, total strangers prior to that moment. Grace discovered that two of those people had gotten out of their boarding lines and missed their flights to answer that call for help. They had remembered what they had seen on many walls of meeting rooms: "When anyone, anywhere reaches out their hand for help, I want the hand of AA to be there and that I am responsible."

Grace did not drink that day. I would venture to guess that none of the people who came to Gate 12 drank that day either. Instead Grace had a moment of sanity, realized she could not do it on her own, took the action of asking for help and received it immediately. This help is available to all of us if we want it and sincerely ask for it. It never fails.

... Anonymous

- One veteran AS says the trouble with "Two=Stepping" is that you usually combine the wrong parts of the First and Twelfth Steps ~ i.e., "My life is unmanageable, and I'd like to share it with you."
- The speaker at the Convention's Big Meeting walked up to the podium, looked out at the stadium full of people and said, "My heart is beating, my knees are weak, my stomach is in knots. I used to pay a lot of money for this feeling."  
..AA Grapevine, "A Rabbit walks into a Bar"

## CONCEPT IX

**"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary World Service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."**

"No matter how carefully we design our Service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure ... Weak leadership can hardly function at all, even in the best of structures."

A leader in AA Service is therefore a man or woman who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back them and help them with their job.

Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

... Excerpts from Twelve Concepts Illustrated ~ Reprinted with permission from AAWS.

## PASSING THE BASKET ... OR PASSING THE BUCK?

When I was newly sober in AA, fourteen years ago, I seldom attended a meeting without taking a pamphlet to read. I always had at least two cups of coffee, and if there was anything to eat, I ate.

When the basket was passed, I always put a quarter in it ~ for two people, my wife and me. If we could truly stretch a dollar as far as I must have thought we could the financial world would be beating a path to our doorsteps to learn AA's remarkable brand of economics.

Most of us decry the fact that more than forty percent of the Groups do not support the Fellowship. When it comes to AA's being self-supporting, many fail to recognize one important aspect: If we aren't willing to pay our own way at a meeting, how can we expect the Group to support the Fellowship? What we need to realize is that we *are* the Groups, and we *are* Alcoholics Anonymous.

I have seen AA's spend more money at a coffee shop than they would ever think of putting in the collection at a meeting.

Early in my sobriety, it was explained that it was imperative for me to get my priorities in order. Learning to become responsible was one of them. This financial buck-passing certainly seems to run counter to responsibility.

If we want "the hand of AA always to be there," we each need to assume our own share of responsibility. If money and spirituality do mix in the basket, as the "Twelve and Twelve" says, then how much better they will blend when money is used to perpetuate AA by making more Twelfth Step work possible.

We, who have had so much given to us freely ~ in love, with no strings attached ~ sometimes forget that this also is an area where we have to give it away to keep it.

One of the promises in the Big Book is freedom from "fear of economic insecurity." Long ago, one of my sponsors suggested that if I stayed sober and tried to live along spiritual lines, my needs would always be met. Today, I can honestly say that never has there been an instance where I have given of myself, financially or otherwise, and have not been compensated many times over.

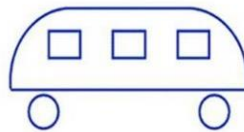
Our family has never lacked anything because we accepted our responsibility to help carry the message. God has given each of us a share of the responsibility. He has given each of us tools to work with and the ability to use them.

Let's all of us assume our "share"; so that we may all reap every-increasingly the fruits of selflessness and love in service to our Fellowship. AA Grapevine, June 1983 / Borrowed from Tri-County Central Office Newsletter

I already knew I was dumber than the fifth graders...But now it's the Preschoolers!!

### A PRE-SCHOOL TEST FOR YOU

Which way is the bus below traveling? To the left or to the right?



Can't make up your mind? Look carefully at the picture Again. Still don't know?

Pre-schoolers all over were shown this picture and asked the same question. 92% of the preschoolers gave this answer. "The bus is traveling to the left."

When asked, "Why do you think the bus is traveling to the left? They answered: "Because you can't see the door to get on the bus."

How do you feel

Now???

I know, me too. Have a nice day!



Personally, I think the reason why we answer incorrectly is **'WE WALKED TO SCHOOL!'** ... Anonymous

## ANOTHER VIEW OF PROMISE IX

The promises can, and as I often do, be used as a yard stick to measure the quality of my sobriety, not just simply staying sober one day at a time.

Part of my daily inventory from time to time needs to include a review of the Twelve Promises.

When I appear to be struggling with issues, the Promises will reveal to me what areas I may need help from that Power Greater than myself (God). When I am not practicing the AA Principles, the Promises can easily slip away from me.

Promise IX tells me that my whole attitude and outlook will be changed, noteworthy that there is no mention of whether it would improve, only that it will change. Now that is where action comes into play, for it my outlook and attitude is to improve, I must be working the Twelve Steps!! When I am working the Program, the result will be an attitude of gratitude and acceptance and an outlook free of fear and filled with hope.

Just as the rest of the Promises, whether it is quickly or slowly that they become fulfilled in my life, they are truly worth working for.

... Michael S., Terra Nova Group

- Conceit is a very strange disease, it makes everyone else sick.
- It is better to understand a little than to misunderstand a lot.
- Fear is the parent of cruelty.
- In nature, there are neither rewards or punishments ~ there are consequences.
- Moral indignation is jealousy with a halo.
- Labour to keep alive in your breast that spark of celestial fire called conscience.
- Every life is worth something. Even those who never learn, teach.
- Never pay a compliment as if you expected a receipt.
- Happiness is living by inner purpose, not by outer pressure.
- A critic is someone who knows the way but can't drive the car.
- We learn to live, and live to learn ~ and life is the classroom.
- Your mind, like a parachute, works best if it's open

## LET'S NOT OFFER BONUSES

Let's never lose sight of the fact that all AA ever holds out to the newcomer is the promise of sobriety and a restored normal way of life (if they want it), and is prepared to do something about it themselves. Some of us in our zeal have promised bonuses such as employment, loans, room and board, and free and interrupted access to our Club (sometimes even before there is any evidence as to the sincerity and honesty of the applicant).

It would seem that what we need to study is how to pass on to the newcomer an appreciation of what has gone into the making of the way of life we now enjoy ~ to point out that we have had to break away from some of our habits and acquaintances and that what we have gained has come only from honest effort on our own part.

Our over-eagerness in attempting to thrust on some newcomers those benefits that only they can earn has reacted to the point where some would seem to have taken AA for granted and, as a result, find themselves unimpressed and uninfluenced by our Program. This attitude of some of us is only natural, but questionable wisdom, for the simple reason we are not always going to be around, and sooner or later, they are going to have to stand on their own feet, or fall by the wayside.

There are some things that we can do and some things we cannot do. We can suggest the course they should take but we can't take it for them, and if they don't want to do it for themselves ~ bonuses won't induce them to. We can show them how life should be lived ~ but we can't live it for them. We can help in many ways ~ but we can't go to bat for them.

What we can do is to try our best to teach them to face life and the realities on their own feet ~ sparing them nothing ~ and offering them nothing except our wonderful AA way of life ~ and if that isn't good enough for them ~ then they have nothing in common with us.

... THE OFF SHOOT (Vancouver Lifeline) 1954



2017 - Group Contributions to Central Office												
GROUP	District	Jul	YTD	GROUP	District	Jul	YTD	GROUP	District	Jul	YTD	
60 MINUTES TO SOBRIETY	53		\$1,475.00	KNIGHTS OF SOBRIETY	40	\$1,240.17	\$1,540.17	SHER. PARK MILLSHAVEN	61		\$400.00	
10 AFTER 10 GROUP	46		\$137.50	LAMONT - BEAVERHILL GROU	20		\$450.00	SHER. PARK 12 STEPS TO SERENITY	61		\$675.00	
84TH STREET	46		\$0.00	LANCASTER PARK TRI-SERVICE	64		\$110.00	SHER. PARK SISTERS IN SOBRIETY	61		\$660.00	
AB GROUP	57		\$496.50	LAST CALL GROUP	40		\$750.00	SHIFTERS GROUP	57		\$500.00	
ALTERED ATTITUDES GROUP	46	\$450.00	\$450.00	LIGHTHOUSE GROUP	53	\$35.40	\$334.50	SIMPLY SOBER AA GROUP	40		\$45.25	
AS IT IS GROUP	55		\$0.00	LIONS DEN GROUP	57		\$1,000.00	SLAVE LAKE AA GROUP	7		\$300.00	
ATHABASCA AA GROUP	8		\$0.00	LIVE AND ACTIVE GROUP			\$0.00	SOBER COUNTRY - EDSON	5		\$0.00	
BACK TO BASICS	64		\$389.73	LOVE AT WORK	60		\$200.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$500.00	
BEAUMONT HOW IT WORKS	60		\$0.00	MANDATE:SOBER GROUP	40	\$50.00	\$350.00	SOUTH SIDE GROUP	57		\$200.00	
BEAUMONT GROUP	60		\$500.00	MILLET: STAIRWAY TO FREE	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROU	57		\$0.00	
BEAVERLEDGE AA	4		\$300.00	MILLWOODS GROUP	60	\$509.00	\$659.45	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00	
BEVERLY GROUP	53		\$0.00	MILLWOODS SPRING STEP STU	60		\$0.00	STEPS TO SERENITY GROUP (MEN'S)	55		\$343.00	
BONNIE DOON GROU	55		\$0.00	MONDAY AT 7:30 GROUP	46	\$300.00	\$600.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00	
BREATHE THE EASY GROUP	40		\$0.00	MORINVILLE THURSDAY	9		\$50.00	STONY PLAIN - FIRST DOOR ON THE	10		\$200.00	
CAMEL DISCUSSION CLUB	40	\$387.50	\$1,387.50	MUSTARD SEED GROUP	46	\$100.00	\$700.00	STONY PLAIN - NEW WOMEN'S GRC	10		\$20.00	
CAMPUS GROUP	57		\$0.00	NEW HOPE GROUP	62		\$0.00	STONY PLAIN - SUNDAY 7:30	10		\$0.00	
CAMPUS GROUP - BLUE JEAN	57		\$1,013.25	NITON AA GROUP		\$246.07	\$246.07	STONY PLAIN - WEDNESDAY NITE U	10	\$200.00	\$200.00	
CAPILANO STEP GROUP	55	\$300.00	\$700.00	NO NAME HOME GROUP	63		\$0.00	ST. ANDREW'S MEETING STEP STUDY		\$88.00	\$88.00	
CLAREVIEW BIG BOOK GROU	53		\$375.00	NO SAINTS MEETING	46		\$540.00	ST. PAUL - FELLOWSHIP GROUP	3		\$450.00	
CORNERSTONE GROUP	46		\$325.00	NORTH EDMONTON GROUP	53		\$250.00	ST. PAUL - YOU GO GAL MEETING	3	\$160.00	\$320.00	
CRESTWOOD WELCOME	40		\$750.00	NORWOOD GROUP	46	\$500.00	\$800.00	STRENGTH AND HOPE GROUP	46		\$0.00	
DAILY REFLECTIONS GROUP	55		\$250.00	OFF THE WALL & LIVING SOBE	55	\$300.00	\$800.00	SUIT UP & SHOW UP BIG BOOK STU	46		\$0.00	
DEVON MONDAY NIGHT GR	12		\$40.00	OILMENS GROUP	57		\$50.00	SUNDAY MORNING OPEN GROUP (S	57		\$602.00	
DISTRICT 10 UNITY ROUND	10		\$0.00	ONOWAY GROUP	57		\$0.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00	
DISTRICE 40/41 COMMITTEE	40		\$0.00	OPEN DOOR GROUP	55		\$200.00	SUNRISE LIGHT LUNCHEON GROUP	46		\$0.00	
DISTRICT 53	53		\$100.00	OUR HOUSE	40		\$150.00	TA WOW GROUP	46		\$0.00	
DISTRICT 57 COMMITTEE	57		\$0.00	OUR PLACE GROUP	46		\$0.00	TERRA NOVA GROUP	46		\$578.83	
DISTRICT 64	64		\$0.00	PEACE RIVER AA GROUP	2		\$10.00	THERE'S MORE TO THE STORY (SHE	61	\$476.50	\$476.50	
DOLPHIN GROUP	40	\$70.00	\$465.00	POUNDMAKER'S TREATMENT	64		\$0.00	THE WHY GROUP	46		\$1,950.00	
DOWNTOWN DRAYTON VAL	6		\$0.00	PROVIDENCE GROUP	57		\$1,200.00	THORSBY GROUP		\$200.00	\$200.00	
EARLY BIRDS BREAKFAST GR	53		\$0.00	RAINBOWS TO RECOVERY			\$0.00	THUS WE GROW	57		\$925.00	
EASTWOOD GROUP	53		\$0.00	RAY OF HOPE GROUP	46	\$237.50	\$850.00	TO SHOW OTHERS			\$0.00	
EGSC & INTERGRP(FR DELEGATE REPORT)			\$25.00	RED ROAD TO RECOVERY	46		\$0.00	TOWER GROUP	46		\$0.00	
ELLERSLIE ROAD GROUP	60		\$400.00	RIO TERRACE GROUP	40		\$0.00	TURNING POINT GROUP	46		\$0.00	
FAITH WORKS STEP GROUP	53		\$0.00	RITE TRAC GROUP	53		\$0.00	TUESDAY NIGHT AT 7	61		\$0.00	
FT. SASK BIG BOOK TOOLBO	62		\$60.00	S.A. BREAKFAST GROUP	64		\$940.00	UNDER NEW MANAGEMENT	57	\$800.00	\$1,200.00	
FULTON PLACE GROUP	55	\$1,360.00	\$1,924.00	S.A. BROTHERHOOD GROUP	64		\$500.00	UNITY STEP GROUP	55	\$130.00	\$130.00	
GRANDIN MEETING	57		\$200.00	S.A. FRI. NIGHT OFF THE TRAIL	64		\$1,050.00	U OF AA GROUP	57		\$50.00	
GRATITUDE GROUP	53		\$0.00	S.A. MILLENNIUM GROUP	64		\$0.00	UP THE CREEK	55		\$1,100.00	
GRIMSHAW SATURDAY NIG	2		\$100.00	S.A. NOON HOUR MEETINGS	64	\$397.50	\$1,470.95	VIOLET GROVE LAST CHANCE	6		\$0.00	
H5	57		\$100.00	S.A. SOBER SISTERS GROUP	64		\$116.00	WABAMUN WEDNESDAY NIGHT	10	\$378.40	\$378.40	
HEADS UP FOR AA - VEGREV	20		\$60.00	S.A. STEP X STEP SATURDAY N	64		\$0.00	WEST END GROUP	40		\$400.00	
HELPING HANDS	60	\$750.00	\$1,500.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WESTEND 12 STEP GROUP	40		\$30.00	
HIGH PRAIRIE GROUP			\$250.00	S.A. TUESDAY NIGHT GROUP	64		\$970.00	WESTEND OASIS	40		\$0.00	
HILLETE #2	40		\$130.00	S.A. WED. NIGHT CLOSED MEN	64		\$0.00	WESTGROVE GROUP	40		\$0.00	
HOME GROUP #1	63		\$235.30	SANDY BEACH GROUP	9		\$0.00	WESTLOCK AA GROUP FRIDAY NIGH	9		\$800.00	
HOME GROUP #11	63		\$250.00	SATURDAY NIGHT LIVE MEETI	57		\$0.00	WESTLOCK WEDNESDAY GROUP	9		\$0.00	
HOME GROUP #13	63		\$542.40	SERENITY GROUP	46		\$0.00	WESTMINSTER GROUP	46	\$400.00	\$1,200.00	
HOME GROUP #18	63		\$1,000.00	SERENITY POOL SUNDAY MEE	60		\$0.00	WESTMOUNT GROUP	40		\$0.00	
HOPE THROUGH FRIENDSHI	40		\$0.00	SHER. PARK HAPPY HOUR GRO	61		\$100.00	WHITECOURT AA GROUP	6		\$0.00	
HOW IT WORKS GROUP	55		\$850.00	SHER. PARK GROUP	61		\$500.00	WINTER ROUND UP			\$0.00	
IDEAL BOOK STUDIES	63	\$505.00	\$983.85	SHER. PK IT'S 5 O'CLOCK SOM	61		\$0.00	YOUNG & OLD GROUP	53		\$200.00	
JASPER PLACE GROUP	40		\$348.33					YOUR CHOICE GROUP	53	\$307.10	\$944.64	
Total		\$3,822.50		Total		\$3,915.64		Total		\$3,140.00		
		YTD Total	\$18,113.36				\$17,687.14	Monthly Total		\$10,878.14		
								YTD Total		\$16,066.62		
								Grand Total		\$51,867.12		

**Edmonton Central Office Society  
INCOME STATEMENT 2017**

	July	YTD	YTD BUDGET	variance
<b><u>General Receipts:</u></b>				
Group donations	\$ 10,878.14	\$ 51,867.12	\$ 59,000.00	\$ 7,132.88
Individual/Bequeath	\$ 80.00	\$ 1,098.72	\$ 1,000.00	-\$ 98.72
Office Supplies / Postage	\$ 72.59	\$ 354.08	\$ 120.00	-\$ 234.08
Newsletter	\$ 10.00	\$ 128.00	\$ 120.00	-\$ 8.00
Rental Income-EGSC, etc	\$ -	\$ 1,014.55	\$ -	-\$ 1,014.55
Tradition Seven-meetings	\$ 434.10	\$ 3,336.40	\$ 3,425.00	\$ 88.60
Other Inc (Interest, etc)	\$ 3.30	\$ 22.04	\$ 28.00	\$ 5.96
<b>Total General Receipts</b>	<b>\$ 11,478.13</b>	<b>\$ 57,820.91</b>	<b>\$ 63,693.00</b>	<b>\$ 5,872.09</b>
<b><u>Literature &amp; Medallion</u></b>				
Literature	\$ 7,516.85	\$ 54,114.00	\$ 52,500.00	-\$ 1,614.00
Medallion	\$ 1,429.00	\$ 11,321.00	\$ 7,000.00	-\$ 4,321.00
<b>Total Literature and Med.</b>	<b>\$ 8,945.85</b>	<b>\$ 65,435.00</b>	<b>\$ 59,500.00</b>	<b>-\$ 5,935.00</b>
<b>Total Revenue</b>	<b>\$ 20,423.98</b>	<b>\$ 123,255.91</b>	<b>\$ 123,193.00</b>	<b>-\$ 62.91</b>
<b><u>Expenses: (COS)</u></b>				
AAWS & Grapevine Literature	\$ 4,334.58	\$ 32,400.46	\$ 34,600.00	\$ 2,199.54
Meeting list & Greeting Cards	\$ 407.75	\$ 3,439.44	\$ 1,075.00	-\$ 2,364.44
Medallion Purch /engraving	\$ 693.58	\$ 6,229.34	\$ 5,845.00	-\$ 384.34
Freight / Brokerage		\$ 44.10	\$ 330.00	\$ 285.90
	\$ 5,435.91	\$ 42,113.34	\$ 41,850.00	-\$ 263.34
<b><u>Intergroup Expenses</u></b>				
12 Step Answering	\$ 404.87	\$ 2,834.11	\$ 2,765.00	-\$ 69.11
Literature expense	\$ 2.09	\$ 19.74	\$ 290.00	\$ 270.26
Office,postage,mtg room		\$ -	\$ 406.00	\$ 406.00
Communications & Tech		\$ 435.30	\$ 950.00	\$ 514.70
Other (Archive, 12 Step,Cred		\$ -	\$ 580.00	\$ 580.00
	\$ 406.96	\$ 3,289.15	\$ 4,991.00	\$ 1,701.85
<b><u>Administrative Expenses</u></b>				
Accounting & Legal	\$ 250.00	\$ 2,042.23	\$ 2,000.00	-\$ 42.23
Bank Chgs & Cr Card chgs	\$ 136.56	\$ 551.55	\$ 615.00	\$ 63.45
Bad Debt		\$ 553.10	\$ -	-\$ 553.10
Equipment Lease	\$ 428.67	\$ 2,993.33	\$ 2,875.00	-\$ 118.33
Insurance	\$ 259.50	\$ 2,059.50	\$ 2,000.00	-\$ 59.50
Newsletter Expenses	\$ 0.90	\$ 11.22	\$ 280.00	\$ 268.78
Office Supplies	\$ 272.35	\$ 586.81	\$ 6,170.00	\$ 5,583.19
Postage	\$ 166.13	\$ 391.43	\$ 290.00	-\$ 101.43
Rent	\$ 3,394.80	\$ 23,586.48	\$ 24,900.00	\$ 1,313.52
Repairs & Maintenance		\$ 6.60	\$ 350.00	\$ 343.40
Salaries, Source, WCB	\$ 4,509.84	\$ 31,315.98	\$ 31,300.00	-\$ 15.98
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 241.79	\$ 1,224.69	\$ 1,225.00	\$ 0.31
	\$ 9,660.54	\$ 65,322.92	\$ 72,005.00	\$ 6,682.08
<b>Total Expenses</b>	<b>\$ 15,503.41</b>	<b>\$ 110,725.41</b>	<b>\$ 118,846.00</b>	<b>\$ 8,120.59</b>
<b>Income / (Loss)</b>	<b>\$ 4,920.57</b>	<b>\$ 12,530.50</b>	<b>\$ 4,347.00</b>	<b>-\$ 8,183.50</b>

# Birthdays

in -September

## 60 Minutes to Sobriety

Last Sunday  
Sept. 24 Annette F. 9 yrs.

## Breathe Easy

First Friday  
Oct. 6 Kathleen O. 3 yrs.  
Annette F. 9 yrs.  
Don M. 36 yrs.  
Jonathan H. 1 yr.

## Campus

Last Monday  
Sept. 25 Joanne D. 3 yrs.

## Capilano Step

Last Thursday  
Sept. 28 Guy B. 43 yrs.

## Crestwood Welcome

Last Monday  
Sept. 25 Bob E. 35 yrs.  
Karen S. 2 yrs.

## Dolphin

Closest Monday  
Sept. 4 Dustin S. 1 yr.  
11 Shelley M. 2 yrs.  
25 Guy B. 43 yrs.

## Eastwood

Third Monday  
Sept. 18 Amanda P. 9 yrs.

## Fulton Place

Last Friday  
Sept. 29 Hal A. 25 yrs.  
Dwayne H. 2 yrs.  
Al C. 20 yrs.  
Leslie M. 2 yrs.

## Jasper Place

Last Tuesday  
Sept. 26 Michael A. 25 yrs.

## Knights of Sobriety

First Wednesday  
Oct. 4 Brian H. 2 yrs.  
Drew F. 16 yrs.

## Lighthouse

Last Friday  
Sept. 29 Mike R. 16 yrs.  
Mark E. 15 yrs.  
Steven B. 2 yrs.

## Mustard Seed

First Sunday  
Oct. 1 Viola. 26 yrs.  
Linda. 24 yrs.  
Jolene. 6 yrs.

## Oilmen's Group

First Monday  
Oct. 2 Randy D. 13 yrs.

## Providence

Last Wednesday  
Sept. 27 Jessica B. 2 yrs.

## Serenity

First Friday  
Oct. 6 Ray E. 3 yrs.

## Shifters

Last Saturday  
Sept. 30 Maureen A. 24 yrs.  
Annette F. 9 yrs.

## South Side

3<sup>rd</sup> Friday  
Sept. 15 Donna Y. 10 yrs.  
George B. 45 yrs.

## South Side Young People

Last Sunday  
Sept. 24 Pete M. 5 yrs.  
Ashley F. 5 yrs.  
Yasir K. 5 yrs.  
Jason C. 4 yrs.  
Jody M. 3 yrs.  
Blair J. 4 yrs.  
Jason M. 3 yrs.

## Terra Nova

Last Wednesday  
Sept, 27 Darren W. 3 yrs.

## The Why Group

Last Saturday  
Sept. 30 Jay B. 16 yrs.  
June S. 17 yrs.  
Mary C. 3 yrs.  
Richard M. 5 yrs.  
Shelly. 4 yrs.

## West End 12 Step

First Tuesday  
Oct. 3 Dale L. 18 yrs.

## Westgrove

Last Sunday  
Sept. 24 Gord V. 3 yrs.  
Tracy M. 5 yrs.

## Westminister

Last Saturday  
Sept. 30 Harry E. 33 yrs.

## SURROUNDING AREAS

### SHERWOOD PARK

#### Twelve Steps to Serenity

Last Monday  
Sept. 25 Dale D. 1 yr.  
Scott B. 1 yr.  
Jody T. 2 yrs.  
Don N. 2 yrs.  
Will F. 4 yrs.  
Greg D. 4 yrs.  
Wally C. 10 yrs.  
Elizabeth P. 11 yrs.

### ST. ALBERT

#### S.A. Breakfast

Last Sunday  
Sept. 24 Eileen E. 6 yrs.  
Mike M. 21 yrs.  
Carla V. 2 yrs.  
Kevin S. 3 yrs.  
Lyle Z. 2 yrs.

#### S.A. Sunday Night Step Study

Last Sunday  
Set. 24 Mike P. 1 yr.  
Derek B. 4 yrs.  
David L. 10 yrs.  
Stan T. 30 yrs.  
Ashleigh C. 6 yrs.

### GROUPS IN NEED OF SUPPORT

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

Sat. 8:00pm Rite Trac Group  
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 U of 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**

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# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

### Greig Lake, SK

**Sept. 1-4 Greig Lake 38 AA Campout R/U Trad 7**  
Meadow Lake Prov. Park  
Contact: 780-274-3503, 587-252-3639  
780-209-1955  
Email: greiglakeroundup@hotmail.com

### Calgary, AB

**Sept. 2 Steps, Stories & Beyond R/U Trad 7**  
7:30AM 9 PM 6100 – 8 Ave. SE-I if able to do chili or stew  
Contact: 403-875-9894 / 403-617-6151

### Grande Prairie, AB

**Sept. 8-10 58<sup>th</sup> Annual Grande Prairie R/U \$?**  
Sexsmith Civic Centre  
Contact: 780-832-1966 / 780-831-7814  
780-296-3940 / 780-814-0041

### Irricana, AB

**Sept. 8 Irricana Hope & Unity R/U Trad 7**  
1<sup>st</sup> & 2 Ave, Irricana Lions Hall  
Contact: 403-37-737

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### Red Deer, AB

**Sept. 15-17 AREA 78 ASSEMBLY**  
310 – 50 Ave., Sheraton Hotel

**THIS IS AN ELECTION - attendance is critical**

### Edmonton, AB

**Sept. 20 Edmonton CPC Luncheon**  
11:30pm The Derrick Golf & Winter Club  
3500 – 119 St. NW

NOTE: If you know someone that would like to attend  
pls. extend an invitation **RSVP by September 5<sup>th</sup>**.

### Morinville, AB

**Sept. 23 Morinville 40<sup>th</sup> Anniversary \$25.00**  
2:30 PM -10 PM 9610 Morinville Drive,  
United Church

### Winnipeg, MN

**Sept.28-Oct.1 21<sup>st</sup> National AA Archives Workshop**  
1445 Portage Ave., Clarion Hotel  
[www. aanationalarchivesworkshop.com](http://www.aanationalarchivesworkshop.com)

### Drumheller, AB

**Oct. 7 District 15 Annual AA Roundup \$25.00**  
10 AM – 9PM 627 6 St./ Church of the Nazarene  
Contact: | area78dist15@gmail.com

### Stony Plain, AB

**Oct. 13-15 District 10 -34 Annual Unity R/U \$30.00**  
Blueberry Hall, 5 Min. west on RR 15  
Contact: 780-257-7085, 220-7466  
[goodenoughgina@gmail.com](mailto:goodenoughgina@gmail.com)/[laughy6@hotmail.com](mailto:laughy6@hotmail.com)

## ROUNDUPS & FUNCTIONS

### Edmonton, AB

**Oct 13-15 Blue Jean Round Up \$40.**  
9240 93 St. Bonnie Doon Hall

### Edmonton, AB

**Oct. 22 Twelve Concepts Workshop Trad 7**  
1-4 PM 205, 10544 – 114 St.  
Edmonton Central Office

### Edmonton, AB

**Dec. 28-31 WACYPAA21 Sunlight At Last \$35.00**  
Chateau Lacombe Hotel \$105.00  
Email:  
[WACYPAAXXIWEEBLY.COM](http://WACYPAAXXIWEEBLY.COM)

## BIRTHDAY CLUB MEMBERS

In July & August

Breathe Easy Group

Jan D. Oilmen's Group Aug. 1, 1963

## NEW AA MEETING

**We Agnostics**

Fridays 7 – 8 PM 10728 – 124 St. (Alano Club)



## MEETING ROOM SPACE

### AVAILABLE

Meeting space at the Camel Club as follows:

**Sun. 4:30 – 7:PM**  
out no later than 7 PM  
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**Mon to 6:30 – 11:30 AM**  
**Fri. out no later than 11:30AM**  
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**Mon to 1:30 – 7:00 PM**  
**Fri. out no later than 7:00 PM**  
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Contact: Marianne at 780-918-3885 or  
Email: [mjchildrey@shaw.ca](mailto:mjchildrey@shaw.ca)