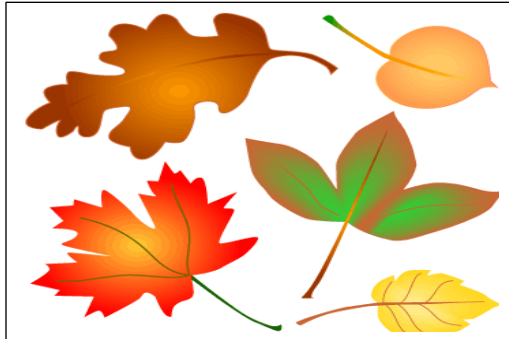


ECOS NEWS

OCTOBER 2017

\$1.00

Edmonton Central Office Society
 #205, 11041-105 Ave. NW
 Edmonton, AB T5H 3J7
 780-424-5900
www.edmontonaa.org
 Email:
centraloffice@edmontonaa.org



DELEGATE'S CORNER

The Area 78 Election Assembly was held in Red Deer on September 15, 16, 17, 2017. There were 226 A.A. members in attendance. The election for the five Table officer positions followed the Third Legacy Procedure and was facilitated by Scott H. Trustee at large Canada. Following the election, the incoming and outgoing Table Officers met and appointed the ten Panel 68 Committee Chairs. Please note that the Panel 68 Officers begin their rotation January 1, 2018. The Panel 68 Area 78 Committee Officers are:

Panel 68 Table Officers as of January 1, 2018

Delegate	Becky P.	Olds
Alternate Delegate	Brad F.	Sherwood Park
Chair	Gordon L.	Raymond
Treasurer	Peter K.	Calgary
Secretary	Elizabeth P.	Edmonton
Past Delegate	Larry M.	Devon

Panel 68 Committee Chairs as of January 1, 2018

Group Records/Registration	Erica N.	Spruce Grove
Public Information	Janice B.	St. Albert
Cooperation with the Professional Community	Rick G.	Edmonton
Treatment and Accessibilities	Catherine P.	Medicine Hat
Corrections	Bob U.	Innisfail
Grapevine	Jacqueline S.	Red Deer
Archives	Lois W.	Edmonton
Remote Communities	Tami A.	Okotoks
Literature	Bonnie-Anne F.	Calgary
E. Services	Wayne P.	Edmonton

Yours in Fellowship and Service, Larry M. Panel 66 Area 78 Delegate Alberta/Northwest Territories.

NOTE: I want to personally thank Larry for his diligent reports and I hope our New Delegate will continue this monthly reporting. Thanks again, Jan D. Editor

■ "I go to AA for a check-up from the neck up."

■ "When I'm traveling down life's highway I start off in low gear, shift to second, then shift to Higher Power
 Reprinted with permission ...1990 AA Grapevine Magazine

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**

TENTH TRADITION

“Alcoholics Anonymous has no opinion on outside issues;
Hence the AA name ought never be drawn into public controversy.”



.....
From AA Grapevine Traditions Checklist

TRADITION TEN

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The Federal or Provincial government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

OLD TIMERS CORNER

This transcript is a copy of an article written June 30, 1954 by Milt H., an early member of Edmonton Alcoholics Anonymous.

ALCOHOLICS ANONYMOUS IN ALBERTA

Alcoholics Anonymous is an imported product. It originated in the United States at Akron, Ohio, to be specific, and required some nine years to find its way to Alberta via B.C. We are glad to say that it is flourishing.

What is A.A.? Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is an honest desire to stop drinking. AA has no dues or fees. It is not allied with any sect, denomination, politics, organization or institution; neither endorses nor approves any causes. The primary purpose of its members is to stay sober and help other alcoholics to achieve sobriety.

To the average person, sobriety may not seem a very remarkable achievement. So, to someone suffering from the complex disease, alcoholism, it is a different matter. To get some idea of the significance of sobriety to an alcoholic, let your imagination linger on the first item to be listed under the History of Alcoholics Anonymous: December 11, 1934 – Bill's first day of continuous sobriety. Bill was one of the co-founders of AA, a brilliant man who had made and run through a few fortunes. His dependence upon alcohol had become absolute and intolerable. He had roamed the world and the sciences looking for a "cure" – in vain. Doctors and psychiatrists had pronounced him hopeless. All he had to look forward to was being incarcerated in a mental institution – or death. But on December 11, 1934, he was sober all day! The idea came to him that perhaps, by helping others he could save himself. The hundreds of thousands of potentially "hopeless" cases around the world who are now living normal, happy lives with the help of Alcoholics Anonymous bear witness to the value of his idea and the energy and intelligence with which he applied it.

George D. brought AA to Alberta. George was a man of means, a business success, but he had a tiger by the tail and he knew it. He couldn't live without liquor, but drinking was making his life unbearable. He was "sick of being sick all the time." He was ready to take a "cure" – even prepared to go to a provincial mental hospital, if need be. He decided to try a private sanitarium at the coast, and voluntarily committed himself. There was no AA Group at the sanitarium, but Charlie, a Vancouver businessman looked him up, talked AA to him and asked him to go to a meeting. George didn't buy this AA stuff that was for the skid-row bums. He wasn't down and out! He was in a private sanitarium, paying his own way. (That's what is known in AA as a "high-bottom drunk"). However, he was bored with sanitarium life and he couldn't leave except in the custody of some responsible person. Charlie would be responsible, and any excuse was good enough if it meant an evening out. So, he went.

The meeting didn't impress him much. He didn't pay much attention to what was going on. There were eleven members and they met in a private home. That was about all he noticed. He went back to the sanitarium – in Charlie's custody, of course.

Then he started thinking about it. Those eleven men – they weren't bums: they were businessmen, like himself, just like himself, except that they were out in the world, sober, going about their business and living normal lives. He was inside – could only go out in the custody of some responsible person. Eleven men, just like himself. Maybe there was something to it.

He went to more meetings. The more he learned about AA, the more sense it made. By the time he returned to Edmonton he was ready to work at it. He rustled up a few of his old drinking cronies who were in as desperate shape as he had been, and on June 21, 1945, the first AA meeting in Alberta was held in Edmonton.

OLD TIMERS CORNER

...continued

There were George and four other men. George is still going strong (1954), still an active AA member. Ten years without a drink – not so hopeless after all.

What did George have to offer his first four recruits? AA has no written constitution, no laws, only traditions and a recommended Program of 12 Steps. There is a simple prayer with which meetings started: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” The 12 Step Program is simple too. Living up to it, however, is a full time, lifetime job, done on a 24-hour basis.

The 12 Steps of Recovery are:

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Planned to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the Power to carry that out.
12. Having had a spiritual awakening as the result of these Steps we tried to carry this message to alcoholics and practice these principles in all our affairs.

This was what the new men had to work with, each man within himself; with the Group, with those they met of “the millions who still don’t know.” Of course, they made mistakes at the beginning. One that George still finds amusing was the idea that they should lure their prospects into the charmed circle by way of a well-stocked bar. Didn’t work. Oh, the prospects would come, all right (some alcoholics are hard-up. It’s an expensive business, being an alcoholic.) They would come in and listen earnestly and discuss what a good idea the Program was –until the bottle was dry or they were too full to take any more. When they were thirsty again, they might hopefully volunteer for another lesson on the Program. Pretty soon the “tapering off” idea was permanently shelved.

That AA can do more than just sober up a man or woman is well illustrated by the story of a “dry” alcoholic who was finally persuaded to join the Edmonton Group. A “dry” alcoholic is one who has ceased to be a “practicing drunk”, but as there is no known cure for alcoholism, victims of the disease retain their susceptibility to violent reaction from alcohol, as long as they live, so they never cease to be “alcoholics”. Jack had quit drinking, after a long and colorful career as a drunk, but he still had all that bitterness toward the world which had driven him to the bottle in the first place. He was a success professionally – sufficiently able that concessions were made to his bad temper and orders given to those who shared his office that he was to be left strictly alone. He must have been terribly alone because, though he despised and mistrusted all men, he hated women even more. His response to a friendly invitation to join AA has had to be censored. However, some of the men who had once drunk with him (he could tolerate company when he was drunk) managed to get him to a meeting. He came to scoff, as Dr. Goldsmith said. Step 4 got him. He made his self-inventory and, with the help of his new friends, did something about the rather appalling discoveries he made. Gradually he became human, lost his

selfishness and suspiciousness. He even quit hating women and went so far as to marry one. His work improved. He is still the new man, living the new life.

*Ten years ago, five men in Edmonton formed the first Alcoholics Anonymous Group in Alberta. What of AA in Alberta today?

Shortly after the Edmonton Group was formed, a Group was formed independently in Calgary. A non-alcoholic introduced the idea there. His brother was an alcoholic and in his anxiety to help he learned all he could about AA and managed to put it over. Once the idea caught, he stepped back and let it grow on its own. Now both Calgary and Edmonton have many Groups, and a Central Office and Club-House.

George helped a doctor organize the first Group in Red Deer shortly after. Today there are some 40 Groups in Alberta. There are Groups in every city and many in small towns and outlying areas. Since AA doesn't keep a roll call, we don't know exactly how many practicing members there are in Alberta, but there are well over 500 of them. Some of them have belonged for only a few weeks, some for years. Among them, it's a sure bet, they have hundreds of years of sobriety. Partly because on December 11, 1934 Bill W. was sober for a whole day: partly because a sanitarium is a rather dull place, and in 1945 George D. would do anything – even go to an AA meeting under escort – to get out for an evening.

... 20 June 1954, MH

PUBLIC INFORMATION / COOPERATION WITH THE PROFESSIONAL COMMUNITY COMMITTEE

Edmonton "A.A. Public Information and Cooperation with the Professional Community" committee is always looking for volunteers to join our committee to become involved in reaching out to non-A.A. groups to help "carry the message" to the still suffering alcoholic. Our committee is involved with contacting groups who may be interested in having an A.A. presence for their schools, industry, and organizations. We also discuss how A.A. can best advertise to the public, assisting in speaker workshops, and becoming involved in public speaking with non-A.A. groups if they wish. If you feel this is the kind of service you would like to become involved with, please contact the Chair, Peter J. at egsc.picpcchair@edmontonaa.org or Mike R. at cpcpi.edmaa@gmail.com Please come as a guest for one of our sessions and see if this is the kind of service you would like to become involved with.

Our committee meets on the third Wednesday of the month at the Alano Club (10728-124 St) in Edmonton at 6:30 p.m.

Thank you, Peter J., Chair



THERE IS NO SUCH THING AS "BEST" IN THE WORLD OF INDIVIDUALS ~

... Hosea Bellou

We live in a society driven by the concept of competition. "We are Number One" is drummed in our ears daily via advertising and sporting events. The message is that we must be or must have something "better than" if we have any sense of pride at all. Failure is the only other option.

But human behaviour can't be judged according to this kind of rating system. How could we ever determine who is the best listener, the most insightful or compassionate? At any given moment, the best for us may not be the best for someone else. If it goes right to the heart, a simple word spoken at a meeting is the best word. If someone we hardly know nods and smiles from across the room, that smile is the best smile for us, here and now. The extended hand, the brief word of encouragement, will never be proclaimed "Number One" on television, never be memorialized in record books as better than the support someone else got, but for us, it's the best.

I am surrounded by a multitude of blessings. I need look no further for what I need.

... Twelve Step Times, October 2010, Bill P., Fulton Place Group

IMPORTANT NEWS:

INTERGROUP POSITIONS IN NEED OF MEMBERS

Central Office Board Members at Large: means those persons elected to the Central Office Committee pursuant to Article 9.02 of the Intergroup Operating Procedures.

Qualifications of Representative preferably at least 2 years of continuous sobriety.

Term of Office: 3 years for Members- at-Large retiring each year in order of their election.

Intergroup Secretary: means that Officer responsible for the keeping of the Intergroup records described in Article 5.05 of the Intergroup Operating Procedures.

Qualifications of Representative preferably at least 2 years of continuous sobriety.

Term of Office: 2 years for Secretary and shall commence on January 1 next following the Elections Meeting and shall expire at the end of the second year.

Vice-Chairperson: means that person holding the office of Vice-Chairperson referred to in Article 5.04 of the Intergroup Operating Procedures.

Qualifications of Representative preferably at least 2 years of continuous sobriety.

Term of Office: 2 years for Secretary and shall commence on January 1 next following the Elections Meeting and shall expire at the end of the second year.

Note: each member will be available for approximately 3 hours each month for their monthly meetings, extra time may be required for any special events.

Intergroup meets on the second Thursday of each month.

IN GOD'S CARE – DAILY MEDITATIONS

That deep emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God. Albert Einstein

There isn't only one correct idea of God. For some of us, God is manifest in nature – in the forests, flowers and waterfalls. Others may see God in people's faces – the wisdom and endurance of the very old; the innocence and wonder in the very young. The mystery of the planets and their orderly rotation around the sun; that the sun rises and sets without fail, provide for many of us awesome reminders that someone or something is in charge.

The beauty of these concepts is that they are all true. God is big enough to encompass what any of us conceive God to be. It's not important to have an exact understanding of God; it's only important to believe. With belief, we can begin to know freedom from worry, and have the courage to take whatever actions are right for us now.

Permission for our own belief in God is one of the gifts of our Twelve Step program.
Today will flow with ease if I let the God of my understanding in.

ARE YOU UNAPPRECIATED?

If you are an especially active and hard-working member of Alcoholics Anonymous, and you are going along, day after day, dishonored, unrecognized and unsung~ may I congratulate you?

No higher mark of appreciation could be paid you than to be taken for granted. That means that you are accounted as an inner member of the inner circle, your service naturally expected, no problem about you suspected which might require solicitude or special attention.

Of course, such a regard is not very thrilling. The person doesn't live who doesn't like to be appreciated. But this is the way it usually is in Alcoholics Anonymous. The most genuine, the sincerest mark of appreciation is to be taken for granted.

Beware of lavish attention, constant expressions of your value and overflow of thank you's.

It may be that you are an exception to the above rule and are just lucky. But it is more probable that people are either not quite sure about you're staying in line, or that your reputation for sensitiveness is well known and its demand simply being met.

There are few places where just being ignored is such an honest tribute as in Alcoholic Anonymous.

... Reprinted with permission from AA Grapevine January 1949

FORGOTTEN ABOUT MY HIGHER POWER

I had forgotten about my Higher Power. All those years I chose to be alone, thinking there was no one that could help me. All those times I had nowhere to turn, left to wander the streets of Victoria, looking for a place to sleep for the night.

I remember I stayed in the yard of a church, still no spark. I chose to remain in hell (Human Existence Losing Life). I was uncomfortable in my own clothes. Deep in my mind were the times spent in prayer within a sweat lodge, times spent listening to recordings of those Haida songs my Uncle had put together, picking sage in the Fraser Canyon learning the rattlesnake dance my other Uncle made up, times spent where we would sit in a circle talking over the smudge bowl.

I had locked up. I thought I had nothing, had nowhere to go, and no one to see. Emptiness!

My Higher Power is MORE cunning, MORE baffling and MORE powerful than alcohol. He sometimes intervenes when I go on self-will. He was there when I had nowhere to go. He was listening when I asked for help. He was there when I began, and He will be there when I end.

Now I feel my Higher Power everywhere: Earth, Wind, Fire, and Water. He is here and now. He is within the smile of a newborn and hidden away inside the still suffering.

When I get the chance to share to the newcomer, He uses me to get to them. The Big Book too. very sneaky, my Higher Power is, He hides behind the letters!

I think He is in all these places because He doesn't want me to forget about Him anymore.

He needs me, not as much as I need Him though.

... Damian A., 84 St., From Oct. 2006

AN ALCOHOLIC'S PRAYER

An Alcoholic's prayer could be as follows:

"God grant me the serenity to accept my condition gracefully and humbly, grant me also the ability to absorb the teachings of those who are by their past experiences trying to help me."

"Teach me to be grateful for their help. Guide me, oh God, in the path of tolerance and understanding of my fellows, guide me away from the path of criticism, intolerance, jealousy and envy of my fellows.

"Let me not prejudge, let me not become a moralist, keep my tongue and thoughts from malicious idle gossip.

"Help me to grow in stature spiritually, mentally, and morally.

"Grant me that greatest of all boons, that of being able to help my fellow sufferer in their search out of the morass that has encompassed them.

"Above all, help me to be not critical and impatient with myself."

... Reprinted with permission, AA Grapevine, Inc..1950 Grapevine Magazine

DISTILLED SPIRITS

When sharing my experience, strength and hope, I try to avoid using words like "success" and failure". I might come off as indicating that those who return to drinking are failures while those who remain sober are successes.

When I look across a table in an AA meeting and see a person full of alcohol hanging onto the last vestiges of any self-esteem he or she may have, I do not see failure. I see a person who has the same illness I have.

So, little is known about the treatment of my disease that I think it wise not to classify the condition of another's health.

... Borrowed from Add-A-Line newsletter, 2010



We're told in AA not to look back. But sometimes, it's good to reflect on the ways our lives have changed for the better. For example, early in sobriety, a therapist asked me about my career plans.

I pondered the question seriously, then replied: "Oh, I don't know ~ I'll become either managing editor of a paper or a security guard." He had the nerve to tell I needed to be more honest and to get a sponsor. (I fixed him; I never went back.)

.... Reprinted with permission from 1985, AA Grapevine Magazine.

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



CONCEPT X

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand “authority” and “responsibility” as they relate to Group conscience decisions by GSR’s, DCM’s and our Area Delegate?
- Why is delegation of ‘authority’ so important to the overall effectiveness of AA?
- Do we use this Concept to define the scope of “authority”?

- Alcoholics Anonymous is for those of us who want, not for those of us who need it.
- Serenity is not the absence of conflict, but the ability to cope with it.

- Alcohol doesn’t make you fat ... it makes you lean on ... tables, chairs & random ugly people.
- **Sign seen in a bar:** “Those drinking to forget please pay in advance.” ... from “A Rabbit Walks in to a Bar”
- You know **it’s time to sober up** when:
 - Those fluttering things that keep scaring you are your hands. ... from “A Rabbit Walks in to a Bar”
 - You realize the last time you were sober you didn’t have kids. ... from “A Rabbit Walks in to a Bar”



"He's either a spy, or an AA 'member having a slip. '

EASE OF SOBRIETY

Happy sobriety is not the result of not drinking. It is the result of a new way of life. We cannot live a new life in the way that we used to live the old one. To think that we can is like thinking that we can control our drinking.

The habits of the old life are not compatible with those of the new one, and the new one, because it is new, is simple. When our ego is finally busted and our sick will completely broke, we become aware, often very gradually, of a Supreme Power which makes the Program of Alcoholics Anonymous work.

With this growing awareness that we are not God, we are enabled to receive forgiveness and love. Thus, cleansed by this feeling of forgiveness, relaxed and strengthened by this love, we are able to start the adventure of living with gratitude and simple trust.

Whereas before, in our drinking days, every detail was a problem, now most problems are a detail. They are that way to God. They will stay that way unless we wrestle with them. God salvaged the human wreckage which was us and one way or another, despite ourselves, shunted us into Alcoholics Anonymous. We do not know why, but we know it is intended for us to be happy in our new way of life and that to maintain our happiness we seek to share it. It is a simple rule that when we give we get, and we can give to anyone, anywhere, anytime.

The day is bulging with opportunity. The day is as good as we let it be. I read in the Big Book one short sentence in the chapter "Into Action." It says, "We don't struggle." To struggle means, eventually, to drink. To struggle means to take every opportunity and turn it into a problem which cannot be solved. To struggle means to clutch to ourselves fear, pride, shame, remorse, jealousy, dishonesty, conceit and selfishness to make a great show of overcoming; and then, in an orgy of self-pity, to be overcome. If that is what we want we can get it straight and quickly in one short drink, a drink that will never, never end.

But we want it no more because we have learned through experience a truth which cannot be refuted, a living truth which is responsible for the pulse-bent at our wrists today; that we were specially blessed people made to live abundantly, and more abundantly still, made to know humility ~ and joy ~ and a new life.

Our life is made worthwhile. It takes time to learn to live the new way. It takes time to uncomplicate ourselves. It takes experience to learn by experience. It takes just as long as it takes ~ but meanwhile with our new-found gifts of honesty, open-mindedness and willingness we are very much taken up in something which we had no part of before living life in the world as it is, and liking it. Our selfishness begins to fall away through neglect as we start giving of what we have, and the least of what we have in AA is hope for the hopeless and love for the loveless. The Program of AA is unlimited. Its healing action is infinite. Moreover, it is not intricate. It is simple, straight-forward and proven. It works.

CLOSET SKELETONS

This is one of those pieces where you have to leave out the names. The central character is a businessman ~ a middle-aged guy ~ who had trouble with his mother-in-law for years because he had a habit of having a glass of beer on the way home from work.

The mother-in-law lived with this guy and his wife and if he wanted a bottle of beer at home, he had to sneak it into the icebox and then wait until the old gal retired for the night.

Every time she caught a whiff of brew on his breath, the mother-in-law would read the riot act.

Well, the other day, the old lady passed on to her reward and was duly buried. After the funeral, our hero and his wife were inspecting the mother-in-law's room. In the closet, among other things, they found 157 empty whiskey bottles.

... Reprinted with permission, 1949 Grapevine Magazine

RAMBLINGS OF AN OLD MIND

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to me and asks, "What brings you in today?"

I looked at her, and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

Am I getting to be that age? I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency.

I think you should write, 'An ambulance.'

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have Love to Share, Cash to Spare, And Friends Who Care.



QUOTE OF THE MONTH

EXECUTIVE INEBRIATES

"Aside from the drinks and luses that one sees almost everywhere, there are the sequestered and protected compulsive drinkers of whom there is very little awareness until the point of disaster is reached. How many there are, in positions of high responsibility, it not known, nor is it possible to measure the effects of such drinking, not only on the individual but on their associates, on those under the direction and above all on their family and community.

"The law can reach behind the wheel of an automobile and remove the menace of a drunken driver, but what is there to control or remove the executive whose drinking has almost completely removed their capacity to function, but who still carries responsibilities affecting the lives and resources of nearly everyone with whom they come in contact."

... Reprinted with permission - 1990 AA Grapevine Magazine

TENTH STEP PRAYER

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

I pray I may continue, to grow in understanding and effectiveness. To take daily spot check inventories of myself. To correct mistakes when I make them. To take responsibility for my actions. To be ever aware of my negative and self-defeating attitudes and behaviors. To keep my willfulness in check. To always remember I need Your help. To keep love and tolerance of others as my code, and continue in daily prayer how I can best serve You, my Higher Power. Amen

2017 - Group Contributions to Central Office											
GROUP	District	Aug	YTD	GROUP	District	Aug	YTD	GROUP	District	Aug	YTD
60 MINUTES TO SOBRIETY	53		\$1,475.00	KNIGHTS OF SOBRIETY	40	\$500.00	\$2,040.17	SHER. PARK MILLSHAVEN	61		\$400.00
10 AFTER 10 GROUP	46	\$200.00	\$337.50	LAMONT - BEAVERHILL GROUP	20		\$450.00	SHER. PARK 12 STEPS TO SERENITY	61	\$350.00	\$1,025.00
84TH STREET	46		\$0.00	LANCASTER PARK TRI-SERVICE G	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	LIGHTHOUSE GROUP	53	\$31.70	\$366.20	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 G	60		\$0.00	MANDATE:SOBER GROUP	40	\$50.00	\$400.00	SOUTH SIDE GROUP	57		\$200.00
BEAUMONT GROUP	60		\$500.00	MILLETT: STAIRWAY TO FREEDC	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEAVERLODGE AA	4		\$300.00	MILLWOODS GROUP	60		\$659.45	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00
BEVERLY GROUP	53		\$0.00	MILLWOODS SPRING STEP STUD	60		\$0.00	STEPS TO SERENITY GROUP (MEN'S)	55		\$343.00
BONNIE DOON GROU	55		\$0.00	MONDAY AT 7:30 GROUP	46		\$600.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
BREATHE EASY GROUP	40		\$0.00	MORINVILLE THURSDAY	9		\$50.00	STONY PLAIN - FIRST DOOR ON THE I	10		\$200.00
CAMEL DISCUSSION CLUB	40		\$1,387.50	MUSTARD SEED GROUP	46		\$700.00	STONY PLAIN - NEW WOMEN'S GRO	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 F	57		\$1,013.25	NITON AA GROUP			\$246.07	STONY PLAIN - WEDNESDAY NITE UP	10		\$200.00
CAPILANO STEP GROUP	55		\$700.00	NO NAME HOME GROUP	63		\$0.00	ST. ANDREW'S MEETING STEP STUDY			\$88.00
CLAREVIEW BIG BOOK GROUP	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		\$320.00
CRESTWOOD WELCOME	40		\$750.00	NORWOOD GROUP	46		\$800.00	STRENGTH AND HOPE GROUP	46		\$0.00
DAILY REFLECTIONS GROUP	55		\$250.00	OFF THE WALL & LIVING SOBER	55		\$800.00	SUIT UP & SHOW UP BIG BOOK STUD	46		\$0.00
DEVON MONDAY NIGHT GROU	12		\$40.00	OILMENS GROUP	57		\$50.00	SUNDAY MORNING OPEN GROUP (SH	57		\$602.00
DISTRICT 10 UNITY ROUND UP	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	\$4.90	\$4.90
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 (SHER	61		\$476.50
DOLPHIN GROUP	40	\$128.75	\$593.75	PONOKA THURSDAY NIGHT		\$100.00	\$100.00	THE WHY GROUP	46		\$1,950.00
DOWNTOWN DRAYTON VALL	6		\$0.00	POUNDMAKER'S TREATMENT CT	64		\$0.00	THORSBY GROUP			\$200.00
EARLY BIRDS BREAKFAST GROU	53	\$500.00	\$500.00	PROVIDENCE GROUP	57		\$1,200.00	THUS WE GROW	57		\$925.00
EASTWOOD GROUP	53		\$0.00	RAINBOWS TO RECOVERY			\$0.00	TO SHOW OTHERS			\$0.00
EGSC & INTERGRP(FR DELEGATE REPORT)			\$25.00	RAY OF HOPE GROUP	46	\$50.00	\$900.00	TOWER GROUP	46		\$0.00
ELLERSLIE ROAD GROUP	60		\$400.00	RED ROAD TO RECOVERY	46		\$0.00	TURNING POINT GROUP	46		\$0.00
FAITH WORKS STEP GROUP	53	\$300.00	\$300.00	RIO TERRACE GROUP	40		\$0.00	TUESDAY NIGHT AT 7	61		\$0.00
FT. SASK BIG BOOK TOOLBOX-	62		\$60.00	RITE TRAC GROUP	53		\$0.00	UNDER NEW MANAGEMENT	57		\$1,200.00
FULTON PLACE GROUP	55		\$1,924.00	S.A. BREAKFAST GROUP	64		\$940.00	UNITY STEP GROUP	55		\$130.00
GRANDIN MEETING	57	\$50.00	\$250.00	S.A. BROTHERHOOD GROUP	64		\$500.00	U OF AA GROUP	57		\$50.00
GRATITUDE GROUP	53		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL G	64		\$1,050.00	UP THE CREEK	55		\$1,100.00
GRIMSHAW SATURDAY NIGHT	2		\$100.00	S.A. MILLENNIUM GROUP	64		\$0.00	VIOLET GROVE LAST CHANCE	6		\$0.00
H5	57		\$100.00	S.A.NOON HOUR MEETINGS	64		\$1,470.95	WABAMUN WEDNESDAY NIGHT	10		\$378.40
HEADS UP FOR AA - VEGREVI	20		\$60.00	S.A. SOBER SISTERS GROUP	64		\$116.00	WEST END GROUP	40	\$500.00	\$900.00
HELPING HANDS	60	\$175.00	\$1,675.00	S.A. STEP X STEP SATURDAY NIG	64		\$0.00	WESTEND 12 STEP GROUP	40		\$30.00
HIGH PRAIRIE GROUP			\$250.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WESTEND OASIS	40		\$0.00
HILLETE #2	40		\$130.00	S.A. TUESDAY NIGHT GROUP	64		\$970.00	WESTGROVE GROUP	40		\$0.00
HOME GROUP #1	63		\$235.30	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$800.00
HOME GROUP #11	63		\$250.00	SANDY BEACH GROUP	9		\$0.00	WESTLOCK WEDNESDAY GROUP	9		\$0.00
HOME GROUP #13	63		\$542.40	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WESTMINSTER GROUP	46		\$1,200.00
HOME GROUP #18	63		\$1,000.00	SERENITY GROUP	46	\$450.00	\$450.00	WESTMOUNT GROUP	40		\$0.00
HOPE THROUGH FRIENDSHIP G	40	\$75.00	\$75.00	SERENITY POOL SUNDAY MEETIN	60		\$0.00	WETASKIWIN SUNDAY MORNING		\$100.00	\$100.00
HOW IT WORKS GROUP	55		\$850.00	SHER. PARK HAPPY HOUR GROU	61		\$100.00	WHITECOURT AA GROUP	6		\$0.00
IDEAL BOOK STUDIES	63		\$983.85	SHER. PARK GROUP	61		\$500.00	WINTER ROUND UP			\$0.00
JASPER PLACE GROUP	40		\$348.33	SHER. PK IT'S 5 O'CLOCK SOMEW	61		\$0.00	YOUNG & OLD GROUP	53		\$200.00
Total		\$1,428.75		Total		\$1,181.70		YOUR CHOICE GROUP	53		\$944.64
			\$19,542.11				\$18,868.84	Total		\$954.90	
								Monthly Total		\$3,565.35	
											\$17,021.52
								Grand Total			\$55,432.47

Edmonton Central Office Society				
INCOME STATEMENT 2017				
	August	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 3,565.35	\$ 55,432.47	\$ 63,000.00	\$ 7,567.53
Individual/Bequeath	\$ 270.00	\$ 1,368.72	\$ 2,000.00	\$ 631.28
Office Supplies / Postage	\$ 2.00	\$ 356.08	\$ 130.00	-\$ 226.08
Newsletter	\$ 8.00	\$ 136.00	\$ 135.00	-\$ 1.00
Rental Income-EGSC, etc	\$ -	\$ 1,014.55	\$ -	-\$ 1,014.55
Tradition Seven-meetings	\$ 400.60	\$ 3,737.00	\$ 3,800.00	\$ 63.00
Other Inc (Interest, etc)	\$ 3.23	\$ 25.27	\$ 32.00	\$ 6.73
Total General Receipts	\$ 4,249.18	\$ 62,070.09	\$ 69,097.00	\$ 7,026.91
Literature & Medallion				
Literature	\$ 7,519.15	\$ 61,633.15	\$ 58,500.00	-\$ 3,133.15
Medallion	\$ 1,684.00	\$ 13,005.00	\$ 8,000.00	-\$ 5,005.00
Total Literature and Med.	\$ 9,203.15	\$ 74,638.15	\$ 66,500.00	-\$ 8,138.15
Total Revenue	\$ 13,452.33	\$ 136,708.24	\$ 135,597.00	-\$ 1,111.24
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,104.94	\$ 36,505.40	\$ 38,600.00	\$ 2,094.60
Meeting list & Greeting Cards	\$ 366.24	\$ 3,805.68	\$ 1,175.00	-\$ 2,630.68
Medallion Purch /engraving	\$ 762.29	\$ 6,991.63	\$ 6,680.00	-\$ 311.63
Freight / Brokerage		\$ 44.10	\$ 370.00	\$ 325.90
	\$ 5,233.47	\$ 47,346.81	\$ 46,825.00	-\$ 521.81
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 3,238.98	\$ 3,160.00	-\$ 78.98
Literature expense	\$ 2.82	\$ 22.56	\$ 320.00	\$ 297.44
Office, postage, mtg room	\$ -	\$ -	\$ 448.00	\$ 448.00
Communications & Tech	\$ 986.47	\$ 1,421.77	\$ 1,050.00	-\$ 371.77
Other (Archive, 12 Step, Cred	\$ -	\$ -	\$ 640.00	\$ 640.00
	\$ 1,394.16	\$ 4,683.31	\$ 5,618.00	\$ 934.69
Administrative Expenses				
Accounting & Legal	\$ 250.00	\$ 2,292.23	\$ 2,300.00	\$ 7.77
Bank Chgs & Cr Card chgs	\$ 130.39	\$ 681.94	\$ 700.00	\$ 18.06
Bad Debt	\$ -	\$ 553.10	\$ -	-\$ 553.10
Equipment Lease	\$ 428.67	\$ 3,422.00	\$ 3,300.00	-\$ 122.00
Insurance	\$ 259.50	\$ 2,319.00	\$ 2,300.00	-\$ 19.00
Newsletter Expenses	\$ 0.72	\$ 11.94	\$ 320.00	\$ 308.06
Office Supplies	\$ 469.48	\$ 1,056.29	\$ 7,070.00	\$ 6,013.71
Postage	\$ 47.33	\$ 438.76	\$ 320.00	-\$ 118.76
Rent	\$ 3,414.80	\$ 27,001.28	\$ 28,600.00	\$ 1,598.72
Repairs & Maintenance		\$ 6.60	\$ 400.00	\$ 393.40
Salaries, Source, WCB	\$ 4,558.57	\$ 35,874.55	\$ 35,800.00	-\$ 74.55
Staff Training / Seminar	\$ 642.42	\$ 642.42	\$ -	-\$ 642.42
Telephone / Internet	\$ 322.83	\$ 1,547.52	\$ 1,400.00	-\$ 147.52
	\$ 10,524.71	\$ 75,847.63	\$ 82,510.00	\$ 6,662.37
Total Expenses	\$ 17,152.34	\$ 127,877.75	\$ 134,953.00	\$ 7,075.25
Income / (Loss)	-\$ 3,700.01	\$ 8,830.49	\$ 644.00	-\$ 8,186.49

Birthdays

in - October

60 Minutes to Sobriety

Last Sunday
 Oct. 29 Adam B. 4 yrs.
 Kathy R. 6 yrs.

Breathe Easy

First Friday
 Nov. 3 Nancy DM. 13 yrs.
 Chico V. 7 yrs.

Campus

Last Monday
 Oct. 3 Cinnamon 29 yrs.
 Jeremiah. 9 yrs.
 Jocelyn W. 3 yrs.
 Joseph B. 7 yrs.

Capilano Step

Last Thursday
 Oct. 26 Lach H. 35 yrs.

Crestwood Welcome

Last Monday
 Oct. 30 Frank C. 11 yrs.
 John H. 4 yrs.
 Paul M. 3 yrs.

Dolphin Group

Last Monday
 Oct. 30 Kathy R. 6 yrs.
 Harvey L. 24 yrs.

Eastwood

Last Monday
 Oct. 30 Colleen T. 3 yrs.

Ellerslie

Last Thursday
 Oct. 26 Rick G. 4 yrs.
 Shantell. 4 yrs.

Fulton Place

Last Friday
 Oct. 27 Stuart R. 27 yrs.
 Wendy G. 34 yrs.
 Rhea M. 23 yrs.
 Wendy D. 2 yrs.

Jasper Place

Last Tuesday
 Oct. 31 Pat F. 29 yrs.

Knights of Sobriety

Oct. 25 Alan D. 11 yrs.
 Kurtis B. 5 yrs.
 Perry S. 18 yrs.

Lighthouse

Last Friday
 Oct. 27 Monique B. 7 yrs.
 Amanda D. 2 yrs.
 Julie C. 1 yr.
 Trevor. 1 yr.

Last Call

Last Wednesday
 Oct. 25 Lyn P. 7 yrs.
 Sandy S. 2 yrs.

Mustard Seed

Last Sunday
 Oct. 29 Johnny B. 23 yrs.
 Nanci-Lee B. 27 yrs.

North Edmonton

2nd Thursday
 Oct. 12 Maggie M. 6 yrs.

Oilmen's

Oct. 2 Randy D. 13 yrs.

Providence

Last Wednesday
 Oct. 25 Glen B. 32 yrs.
 Andrew A. 11 yrs.
 Mike S. 1 yr.

Serenity

1st Friday
 Nov. 3 Courtney C. 1 yr.

Shifters

Last Saturday
 Oct. 28 Richard S. 14 yrs.
 Wes R. 16 yrs.
 Jim C. 5 yrs.
 Brent H. 10 yrs.
 Oskar 16 yrs.
 Chico V. 7 yrs.

South Side

3rd Friday
 Oct. 20 Emile C. 33 yrs.
 Gord M. 25 yrs.
 Darren J. 1 yr.

South Side Young People

Last Sunday
 Oct. 30 Chico. 7 yrs.

Steps to Serenity

Last Wednesday
 Oct. 25 Tom E. 23 yrs.

Terra Nova Group

Last Wednesday
 Oct 25 Karen M. 3 yrs.
 Leah S. 13 yrs.
 Franz F. 7 yrs.
 Ron S. 24 yrs.

West End 12 Step

1st Tuesday
 Oct. 3 Dale L. 8 yrs.

Westgrove

Oct. 29 Rollie B. 45 yrs.

Westminster

Last Saturday
 Oct. 29 Jack M. 47 yrs.
 Peter H. 32 yrs.
 Margaret N. 30 yrs.
 Brenda F. 28 yrs.
 Valerie S. 5 yrs.

The Why Group

Last Saturday
 Oct. 28 Dan. 3 yrs.
 Foster N. 35 yrs.
 John F. 6 yrs.
 Joy Y. 16 yrs.
 Lana 29 yrs.
 Nancy 24 yrs.
 Neil C. 4 yrs.
 Norma-Jean 22 yrs.
 Paul G. 4 yrs.
 Scott S. 20 yrs.

SURROUNDING AREAS

Sherwood Park, AB

Happy Hour

Fri. 27 Dan W. 27 yrs.

Twelve Steps to Serenity

Last Monday
 Oct. 30 Tim D. 3 yrs.
 Virgil L. 4 yrs.
 Lorne B. 8 yrs.

St. Albert, AB

S.A. Sunday Breakfast

Last Sunday
 Oct. 30 Marilyn T. 38 yrs.
 Bob j. 43 yr29
 Liam W. 2 yrs.
 Melanie P. 8 yrs.

S.A. Brotherhood

Last Wednesday
 Oct. 26 Dan B. 24 yrs.

S.A. Sunday Step Study

Last Sunday
 Oct. 30 Elaine M. 34 yrs.



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Winnipeg, MN

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

Drumheller, AB

Oct. 7th **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/laughy6@hotmail.com

Edmonton, AB

Oct. 13-15 **Annual Blue Jean Roundup** \$40.00
6115 Fulton Road NW
Fulton Place Community Hall
Contact: call or text Lucas 587-597-5853 or
Central Office 780-424-5900

St. Albert, AB

Oct. 21 **Sponsorship Workshop** Trad 7
1 – 4 PM 12 Gate Ave.
Christian Reformed Church

Calgary, AB

Oct. 21 **Annual Pioneers Dinner** \$25.00
4:30 PM 5511 Baroc Rd. NW Dinner 5:30 PM
Dalhousie Church
Sponsored by Calgary Central Office

Edmonton, AB

Oct. 22 **Twelve Concepts Workshop** Trad 7
1-4 PM 205, 10544 – 114 St.
Edmonton Central Office 780-424-5900

Sherwood Park, AB

Oct. 28 **District 61 Gratitude Night** ?
6:00 PM 298 Bethel Drive,
Bethel Lutheran Church

Edmonton, AB

Dec. 28-31 **WACYPA21 Sunlight at Last** \$35.00
Chateau Lacombe Hotel \$105.00
Email: WACYPAAXXIWEBLY.COM

BIRTHDAY CLUB MEMBERS

Breathe Easy Group
Jim B. 46 yrs.
Pam L. 33 yrs.



HOLIDAY ALKATHONS

Edmonton, AB

Dec. 24-26 **Camel groups** ~ 6PM to 6PM daily
8240 – 175 St. Thorncliff Mall
Dec. 24-25 **Groups at Alano Club** ~ Noon to 1AM
10728 – 124 St.
Dec. 24-26 **84th Street Group** ~ Noon to Noon
#1 8406 -118 Ave. bsmt. E side in alley
**Pot luck dinner Dec 25 at 4:00pm
Dec. 24-25 **South Side Group** ~ 6PM to 6PM daily
8318 – 104 St. bsmt. Strathcona Church
Dec. 31- 1 **Camel groups** ~ 6PM to 6PM daily
8240 – 175 St. Thorncliff Mall
Dec. 31-1 **Groups at Alano Club** ~ Noon to 1AM
10728 – 124 St.
Dec. 31 - 1 **South Side Group** - 6PM to 6PM daily
8318 – 104 St. bsmt. Strathcona Church

GROUPS/ MEETING IN NEED OF SUPPORT

Sunrise Light Luncheon Group 11229-100 Ave.
Tues & Fri. Noon
Oilmen's Group 11223 – 51 Ave.
Mon. 8:00 PM
Need new members as well as support



NEW MEETINGS

Edmonton, AB

Sun. 8:00 PM **Sunday Survivors**
8240-175 St., Camel Club
Fri. 8:00 PM **Young & the Restless**
8240-175 St., Camel Club
Wed. 7:00 PM **Ladies Meeting at 84 St.**
#1, 8406 – 118 Ave., bsmt E side dr.
Thu. 7:00 PM **AA Group**
11325-89 Ave. St. Joseph's College
Wed. 7:00 PM **Hillettes #1 – Women's**
Sherwood Park
Sun. 2:00 PM **New at Two Newcomers Meeting**
4 Raven Drive
St. Thomas Anglican Church