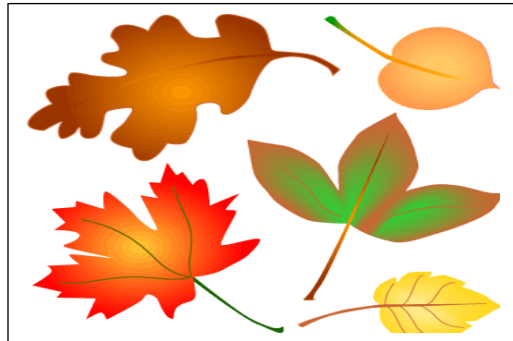


ECOS NEWS

NOVEMBER 2017

\$1.00

To Edmonton Central Office Society
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ICOAA – INTERGROUP/CENTRAL OFFICE/A.A. WORLD SERVICE/A.A. GRAPEVINE SEMINAR

I would like to thank the Central Office Board and Edmonton and Area Intergroup for sending me to the ICOAA Seminar in Herndon, Virginia. I seldom travel by myself and was feeling a bit of apprehension prior to going, but once I took off from the Edmonton airport I started feeling a bit better about the adventure I knew nothing about. Once I landed and got to the hotel, I went down to the registration desk to check in. The very friendly volunteer got my name tag and also a special sticker to indicate that I was a newcomer, which was a bit humbling. In the AA way, the participants of the Seminar work in the ways of A.A. and the people who have attended many seminars would gather up the newcomers and show them “the way”. My Seminar sponsors were the office manager from the Virginia Area Office and the office manager from San Antonio, Texas, both lovely ladies and attendees of the seminar for many years.

The first day was for touring and I had elected to take the tour of the Sully Plantation (original home of Richard B. Lee). Our 2 volunteers accompanied 6 of the seminar attendees and we had a great day. The other tours offered were to Mt. Vernon and also to the Air and Space Museum. The day was topped off with Elliot B., the Arlington, VA Area Delegate sharing his experience, strength and hope. It was an excellent talk about how we felt then and now and how carrying the message is so critical to our still suffering Alcoholic.

Friday ~ I attended the A.A. meeting at 8:00 am and then “four difference workshops”; 1) Online Services, Websites & Technologies. 2) Product Inventory Control –Methods & Impacts, What to Sell & Not to Sell – What is the Right Mark-up. 3) Coordination w/General Service-District & Area Committees. 4) Services to Groups – What are they/What should be/What limits. Then we heard the reports from all the workshops that took place on Friday. The final meeting of the day was a presentation by AAWS, from Albin Z. – G.S.O. Director of Administration & Services, Richard P. Class B Trustee; AA World Services, Chair as well as various staff members.

Saturday ~ I attended the 7:00 am A.A. Meeting and then the Workshop for Paid Workers 2) Answering Services-Day/Night Coverage. 3) NAATW Presentation – National AA Technology Workshop. 4) ICOAA Website Presentation 5) Business meeting of the ICOAA followed by the reports of all workshops that happened on Saturday. The evening presentation was by the AAGV (Grapevine) and we heard from Carole B the Chair AA Grapevine Board of Directors, then from Jon the Senior Editor and Jeff, the Customer Relations Coordinator.

Sunday ~ I attended the 8:00 am meeting. This was followed by a meeting where many of the participants expressed their thoughts on the weekend.

It was wonderful to share ideas and build friendships with my colleagues in our Central Offices and Intergroups across Canada and the US, and to take away that of any of the problems that any of our offices have, they are not unsurmountable. Also, that above all, our primary purpose is to extend our hand to help the still suffering Alcoholic. **Thank you** for the opportunity to attend this Seminar.

... Pam L. - Edmonton Central Office Manager

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

DELEGATE'S CORNER

October 24, 2017

Greetings. As reported last month, Area78 held its Election Assembly on September 15, 16 and 17. In addition to the election and appointment of the Panel 68 Area Committee Officers (reported last month), the Assembly also conducted the business of the Area.

The eleven standing committees met and reported back to the Assembly. The Treasurer presented the final financial report of the Panel 66 rotation and thanked the Groups and Districts for their continued contributions to the Area and urged them to please continue. Calgary was chosen from three bids as the host site for the 2020 Western Canada Regional Forum. The speaker at the Saturday evening open speaker Meeting was Scott H., Trustee at Large for Canada.

There were several motions presented and discussed at this assembly.

- A motion was passed to set up an ad hoc committee was set up to make a comprehensive assessment of possible venues that could host the two annual Area 78 Assemblies, that might include both Red Deer and other Area 78 locations.
- A motion to discontinue the Saturday evening banquet at Assemblies was defeated.
- A motion to conduct an Area Committee Officer Inventory every January was passed.
- A motion was passed to ask the Trustee's Committee for Policy/Admissions to add the word "panel" to the glossary of the AA Service Manual.
- A motion to post a sanitized copy of all Area Assembly and Area Committee Meeting minutes on the Area 78 website was defeated.
- A motion was passed to set up a speaker rotation process and list to be comprised of the Area Table Officers and all Committee Chairs. This rotating list will be used by the Alternate Delegate to administer and insure a better balance of available speakers for Area 78 events.

Please feel free to contact me if you have any questions. In Fellowship and Service, Larry M. Panel 66 Delegate Area 78 Alberta/Northwest Territories; 780-686-7438; delegate@area78.org

CORRECTION

In the Old Timers Corner in October issue, I made a mistake with George's last initial – it should be "C" not "D".

Editor, Jan D.

OLD TIMERS CORNER

The Story of Gordon H., sobered up in 1948

No matter where you find Gordon H. he's not without his daily life plan, the Serenity Prayer. "That has had a terrific impact on my life," extols Gordon. "I say it every morning and evening." The prayer is proudly displayed on a wall near his hospital bed as we speak.

In 1948. Gordon's entry year into the Program of Alcoholics Anonymous, there was but one Group in existence. He recalls hearing of four individuals running "what you might want to call a Group." They were Harold M., George C., Chuck H., and Gibb M. When asked how he learned of AA, Gordon chuckles, "You know how alcoholics are. They've got their nose into everything and do a lot of yakking."

Under escort of a lady, Lil W., the first meeting Gordon attended was in the basement of Merrick's Café in downtown Edmonton. Of the close to 25 members in the Program at the time there were only a handful at the meeting that night. Gordon felt out of place, but that would soon change as going to meetings became part of his routine.

The format of the meeting was not unlike that of today. Gordon recalls some of the old-timers sharing their experience, strength and hope. They would identify themselves as alcoholics and go on to talk about what they were doing about their illness.

The older members followed the "Big Book" very closely. At each of the meetings one of the Steps would come under study after one of the members offered an interpretation. The following week someone else would do the next Step, and so on.

"What was made clear," Gordon explains, "What you said was not law but only suggested. The same was done with the 12 Traditions. The Traditions are to the Group what the Steps are to the individual."

Gibb was to become Gordon's first sponsor and is remembered as a well-read student of AA. "He knew more of the Program than anyone I know of," proclaims Gordon. "While somewhat rambunctious at times Gibb was a good type"

Before "Home" Groups began to appear on the scene, there was one Group in Edmonton at 108 Street & 100 Avenue, aptly call the "Eighth Street House." That Group was to eventually become the South Side Group, "the strongest of all those I attended," Gordon says. "On the basis of the Traditions and Steps it is still going strong." Meetings were held at various locations with "good, down-to-earth, AA therapy" before settling in the Chapter House.

It wasn't long in the Program that a person realized how important AA was to their lives, for without it they had nothing. It's all very basic to Gordon: "Without AA you don't have anything, nothing. Without AA you don't have sobriety, without sobriety you don't have your family or job. You haven't nothing.

In Gordon's case, he says he didn't acquire a lot of wealth in terms of money. His home and vehicle are paid for and he has a few dollars in savings. A raised-roof van was sold for the lack of need. But in life, he emphasizes, he's extremely wealthy. "It's a wonderful way of life," is Gordon's description of the AA Program.

Twelve Steps calls would eventually work their way into Gordon's service commitments.

The requests, as they are today, were made by telephone and occasionally through personal contact. From there the process was the same. The call was passed onto "Tom, Dick or Harry" and one of them would make the visit. Sometimes it was successful, other times not. But to Gordon, "It's amazing how often the message took root."

In the growth era of Edmonton Alcoholics Anonymous there were always speaking engagements with few members available to undertake the task. Gordon did, however, fulfill his assignments traveling as far away as Wainwright on occasion.

His message then and continues to be, ONE DAY AT A TIME. "That was my big theme or focus. Stay sober today, tomorrow may never come and yesterday is gone." The Serenity Prayer also played a large part in those undertakings.

Assemblies were held in the early years, alternating between Edmonton and Calgary. Gordon feels they were good, solid AA get-togethers, but Edmonton was the most solid, particularly the South Side Group.

■

Next time you want a drink ... remember what Benjamin Franklin said: "Drink does not drown care, but waters it and makes it grow faster." Or Andre Fide: "Drunkness is never anything but a substitute for happiness." Or cheer up to the words of Mark Twain: "Water taken in moderation cannot hurt anybody."

Reprinted with permission, AA Grapevine Magazine, April 1985

The Story of Gordon H., sobered up in 1948

At one time an Edmontonian ventured to Penticton for a Conference but found it to be lackluster. Gordon re-calls a guest speaker brought in from the United States. It turned out, he says, “to be 90 percent B.S. (even with) he found the best speakers were right from Edmonton,” Gord said, “I think, in the main, members will agree this city produced extremely high-quality AA people to carry the message.”

Gordon’s message to the newcomer today? “You’re a drunk, otherwise you wouldn’t be asking for help. And, as a drunk, you need the help the AA Program offers. Without the Program you’ll be a nothing, just a drunken bum or even a sober bum, ending up in the gutter. With the Program you could end up as a self-respecting citizen of the country, which is a big thing to say when you can proclaim, “I’m Gordon H., I’m a good guy.” If you want to be a success in the Program attend the Meetings, practice the rules and regulations of the Twelve Steps and Twelve Traditions and learn to believe in God as you understand Him.

Coming to know his God has been one of the wonderful benefits of Alcoholics Anonymous for Gordon. He makes daily reference to Him for guidance and help and continues to be amazed at the results.

“Without a genuine belief in God you won’t get very far,” Gordon says. “You don’t use it as a bible-thumping media, but just say God is there. He has helped me where no one else could. My wife, my family or my friends.

Therefore, I have accepted God who, for all my life, has been the overpowering force for which I’m extremely thankful.”

Alcoholics Anonymous, to Gordon, is a wonderful Program with a religion all of its own. In fact, he says, “It’s my main religion. I live the Program to the best of my ability. It may not coincide with a lot of the other members, but it’s sufficient for me to live by.”

Declares Gordon, “It’s a simple Program if you want to follow it simply.”

... Interviewed on September 6, 1996

TRADITION 11

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films”. Today this includes the Internet.

We don't often think of anonymity other than when we're at meetings and introduce ourselves by our first name. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. Anonymity is akin to humility. My own experience is keeping myself protected from my employers for the time I was employed with them. As a whole they were judgmental and would have fired me if my background was known. It's an old-fashioned idea for sure but one that still exists. If you read in the Twelve Steps and Twelve Traditions you will see some very interesting things. One of which is the idea there is no need for self-praise. We need also to check our collective motives. Does it divert us from our primary purpose? It can be confusing for the public as not all members have the same message. As individuals we quite often have different ideas from one another. Each of us is a small part of the whole.

Now that we are also using the internet to connect with others of our background it can be easy to share but how public are you? For myself I don't post anything on any social media on the internet. I think by what I see we often forget how public we are. Anyone can look us up.

Maybe you don't care what you post as recovery is a part of your life but some of your connections might be sensitive to keeping their anonymity. Keep in mind when you post you could be affecting someone else.

I would suggest if you want further information read the 11th Tradition in the book Twelve Steps and Twelve Traditions. Terry F-A., Edmonton AB

BOB'S 90 TOOLS FOR SOBRIETY

Continued from September 2017

80. Protect your sobriety at all costs. Keep the light in you.
81. Learn to listen, not just hear. Be open-minded and non-judgmental.
82. Know that if your insides match your outsides, everyone looks good.
83. If the rest of the world looks bad, check yourself out first.
84. Gratitude is in the attitude.
85. When all else fails ... punt! Up the meetings!!!
86. Remember FEAR – FALSE EVIDENCE APPEARING REAL!
87. Remember FINE – Fouled up, Insecure (insane) Neurotic and Emotionally unbalanced ... watch the FINE.
88. Handle what you can and leave the rest, don't overtax yourself.
89. Honesty and consistency are key factors in recovery.
90. Let the little kid in you out – learn how to laugh from the gut.

* Note: This list is not necessarily in order. They are but suggestions.

... From 90reasons.txt at www.arn.org

A One-dollar bill met a twenty-dollar bill and said, "Hey, where have you been today?"

The twenty answered, "I was on a cruise ship for a while and hung out in the casinos, then I came back to the States and flew to L.A., went to a couple of baseball games, out to dinner, took in some of the new movies, that sort of thing. How about you?"

The one-dollar bill said, "Oh, you know, the same old thing = Meetings, Meetings, Meetings."

Heard at Meetings: Service work in AA is like a football game: 20,000 spectators – who might benefit from a little exercise – are watching 22 players badly in need of rest.

What's the **last thing a drunk says** before he's hospitalized? "Watch this?"

It's the first drink that gets you drunk. It's the last one that gets you sober.

Reprinted with permission, AA Grapevine, "A Rabbit walks into a bar"

NEVER FORGET YOUR FRIENDS

A newlywed young man was sitting on the porch on a humid day, sipping ice tea with his Father. As he talked about adult life, marriage, responsibilities, and obligations, the Father thoughtfully stirred the ice cubes in his glass and cast a clear, sober look on his Son.

"Never forget your friends," he advised, "they will become more important as you get older."

"Regardless of how much you love your family and the children, you happen to have, you will always need friends. Remember to go out with them occasionally (if possible), but keep in contact with them somehow. "What strange advice!" thought the young man. "I just entered the married world, I am an adult and surely my wife and the family that we will start will be everything I need to make sense of my life."

Yet, he obeyed his Father; kept in touch with his friends and annually increased their number. Over the years, he became aware that his Father knew what he was talking about.

Inasmuch as time and nature carry out their designs and mysteries on a person, friends are the bulwarks of our life.

After 60 years of life, here is what he (and you) will have learned:

Time passes. Life goes on. The distance separates. Children grow up. Children cease to be children and become independent. And to the parents, it breaks their heart but the children are separated of the parents. Jobs come and go. Illusions, desires, attraction, sex...weakens. People do not do what they should do. The heart breaks. The parents die. Colleagues forget the favors. The races are over.

But, true friends are always there, no matter how long or how many miles away they are. A friend is never more distant than the reach of a need, intervening in your favor, waiting for you with open arms or in some way lessening your life. When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that were ahead. We did not know how much we would need from each other. Love your parents, take care of your children, but keep a group of good friends. Dialog with them but do not impose your criteria.

...

Submitted by Faye E.

ORGANIZED INTO OBLIVION

“Rigidity overtook a successful group and brought it to its knees”

When I was first sober, embracing the Twelve Traditions was no more complicated than listening to them being read after each meeting. Through those early phases of desperate fog, it certainly seemed to me that this newfound heaven called sobriety could never be in danger of collapse either from outside assault or internal confusion. What was already in place was already deeply rooted. Rather naïve, but after all, I was sober about five years at the time, my Home Group was doing well, and a Group I attended on a regular basis was blossoming by incredible leaps.

That particular Group, a second meeting for me, seemed to be doing everything according to the highest spiritual principles. Core membership was around sixty men and women. From its inception of two members, regular attendance peaked at around 150; in its seventh anniversary. Participation at every local, district, area, and region were represented. This Group was the talk of AA Roundups and get-togethers in several states and a couple of Canadian provinces. “Circuit” speakers came and went, in the joyous celebration of sobriety. It seemed that by the sheer determination of unstoppable forces, this Group would sweep the world by its dedication and enthusiasm. I was as caught up as anyone else, even though I had never become an actual “card-carrying member” by joining the Group.

And now I take a pause. That’s the pause when something isn’t totally wrong but just isn’t quite right. That’s the momentary space where Bill W. must have listened acutely to the loving advice of others and humbly passed over the offer of his picture on *Time* magazine. Somewhere between my fifth and sixth years of sobriety, I began to feel that pause when it came to the activities of the Group I had put above all other Groups, including my own. Privately I poured through the Traditions and the Twelve Concepts for World Service. I questioned my own motives, wondering if I was becoming judgmental. I found the Group much higher in principles than my own, but I somehow wondered why the mere mention of that Group left me with an unanswered void. Then I left the area. I heard they were doing great things and shouting great tidings. I tried my sober best to leave it alone.

A year or so ago, I heard through the grapevine that the Group had fallen apart. I had mixed feelings, and thought about the many friends I had made there. I knew they would find their own way with renewed hope and find another Group. I also got the answer why, after ten years and tremendous activity, this Group had ceased to function. It was an old-timer familiar with the situation who gave me the answer: “That Group orchestrated everything from meetings that lasted 60.3 minutes to a structure of organization that made everything robotic. They operated on human power and made everything too damn perfect. They lacked humility.”

Sad to say, the old-timer was right. I knew the truth was not so much in the fact that Traditions were broken, but more in the overall spirit of what AA was set up to be, drunks helping other drunks get sober. What is proved was not that the Traditions don’t work, but that they do, spiritually tuned by what all of us are trying to become: better, weller, but less than perfect.

- **I’m great at multitasking; I can waste time, be unproductive, and procrastinate all at once.**
- **You smile when things go wrong, you have someone in mind to blame the therapeutic message. But, he sure spread it (B.S.) out.”**
- **“A hangover is whiskey that thinks the party is still going on.”**

In order to remind myself that change is God’s job, not mine, I use this prayer.

GOD’S JOB

God, I don’t care What I sound like, or look like, who my partners are, or where I live. I just don’t want to be like this anymore. On Your terms. In Your time, please remake me as You will. Thank You.

... adapted from Drop the Rock book



SAFETY CARD FOR AA GROUPS

Suggested Statement on Safety

Our Group endeavors to provide a safe meeting place for all attendees and encourages each person here to contribute to fostering a secure and welcoming environment in which our meetings can take place. As our Traditions remind us, the formation and operation of an AA Group resides with the Group conscience. Therefore, we ask that Group members and others refrain from any behavior which might compromise another person's safety.

Also, please take the precautions you feel are necessary to ensure your own personal safety, for example, walking to your car in a Group after a meeting. If a situation should arise where someone feels their safety is in jeopardy, or the situation breaches the law, the individuals involved should take appropriate action. Calling the proper authorities does not go against any AA Traditions and is recommended when someone may have broken the law or endangered the safety of another person.

Our Common Welfare

Each member of Alcoholics Anonymous is but a small part of a great whole.

AA must continue to live or most of us will surely die. Hence our common

Welfare comes first. But individual welfare follows close after.

... Tradition One (Long Form)

It is hoped that our common suffering as alcoholics and our common solution in AA will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an AA meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world, can also make their way into the rooms of AA. For this reason, Groups and members discuss the Topic of safety ~ to raise awareness in the Fellowship and to seek through sponsorship, workshops, to create as safe an environment as possible to carry AA's message of hope, and recovery to the still-suffering alcoholics.

Yellow Card, ~ F-211

THE HOPER

There has got to be something in between the agnostic and the believer. For lack of a catchy term to apply to this in-between state, "I'll simply refer to it as "the Hoper."

In my office life I have experienced the miracle of freedom from all the despair that accompanies a life of active alcoholism. Now I hope for freedom from anxiety, fear, and depression. I do not yet have a faith that I will ever experience this type of freedom. I do believe that if it is ever to come at all, it will be through sobriety. a day at a time, and an earnest attempt at practicing the Twelve Steps.

Often, I hear testimonies at various Meetings on the topic of faith. At times, I feel inadequate and guilty because I do not possess an unshakeable faith in God. However, at times when I'm at my lowest, when I know I've done my best to achieve this "faith," I try to remind myself that hope is tremendous progress for someone who was once "hopeless." Perhaps these feelings of inadequacy surrounding faith may in part be due to my "perfectionism."

This "hoper" would very much like to acquire faith that would dissolve all these little, numerous fears of living a sober file. Yet I have learned in AA that I can stay sober and still be afraid. In fact, the fear I live with in sobriety has not prevented me from doing anything I suppose my Higher Power has wanted me to do or experience. So perhaps a way to faith may be simply accepting that it just isn't there yet, and using the other gifts, like courage, to do the things I need to do on a daily-basis. I'm grateful for the gift that makes it all possible ... sobriety.

Reprinted with permission AA Grapevine Magazine, April 1990



Every year these words grow more special to me. I'm sure you've read but read again save.

And then it is Winter

THIS IS RIGHT ON THE MARKREAD IT SLOWLY... I DON'T KNOW WHO WROTE IT, BUT I AM GUESSING IT WAS A SENIOR!!!

THIS EMAIL IS VERY THOUGHT-PROVOKING. MAKES YOU STOP AND THINK.

You know... time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life and it catches me by surprise... How did I get here so fast? Where did the years go, and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like. But, here it is....my friends are retired and getting gray...they move slower and I see an older person now. Some are in better and some worse shape than me...but, I see the great change...Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit! And so.... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!

But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth... it's NOT over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long! Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life...so, live for today and say all the things that you want your loved ones to remember... and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY!

REMEMBER:

"It is health that is real wealth and not pieces of gold and silver. "LIVE HAPPY IN THIS YEAR AND EVERY YEAR!

LASTLY, CONSIDER THE FOLLOWING: TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVER BE SO - ENJOY THIS DAY WHILE IT LASTS.

~Your kids are becoming you...

~Going out is good... Coming home is better!

~You forget names... But it's OK because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".

~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letter words... "what?".... "when?"... "what?"...???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless"!!!!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But Old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!! .. anonymous

PERFECT PEACE OF MIND

GOD GRANT ME THE SERENITY

That is how the saying starts

ACCEPT THE THINGS I CANNOT CHANGE

Is true in all its parts.

COURAGE TO CHANGE THE THINGS I CAN

Is something I desire

WISDOM TO KNOW THE DIFFERENCE

I hope I can acquire.

THIS SAYING SAYS IT LIKE IT IS

Complete in every way

IF ONLY WE COULD LIKE THESE THOUGHTS

In every single day.

ACCEPTING THINGS, WE CANNOT CHANGE

Will make us more at ease

ACCEPT THESE FAULTS THAT OTHERS HAVE

Faults that perhaps do not please.

CHANGING THE WAY THAT OTHERS THINK

Can be a tiresome task

ACCEPTING OTHERS AS THEY ARE

Is all that we should ask.

SOME THINGS HOWEVER MAY NEED CHANGE

Things that apply to us

TO CHANGE OUR HABITS, ATTITUDES

Be more harmonious.

COURAGE TO CHANGE THESE THINGS WE WILL ASK

And wisdom we will implore

TO KNOW THOSE THINGS THAT WE SHOULD Change not others any more.

IF WE COULD BE THESE GREAT TRUTHS

Our lives we soon would find

WOULD GAIN THE GREATEST GIFT OF ALL

“A PERFECT PEACE OF MIND.”

Author unknown, found in Edmonton archives

SPECIAL FRIENDS

If I throw my arms around you ~ don't jump and run,

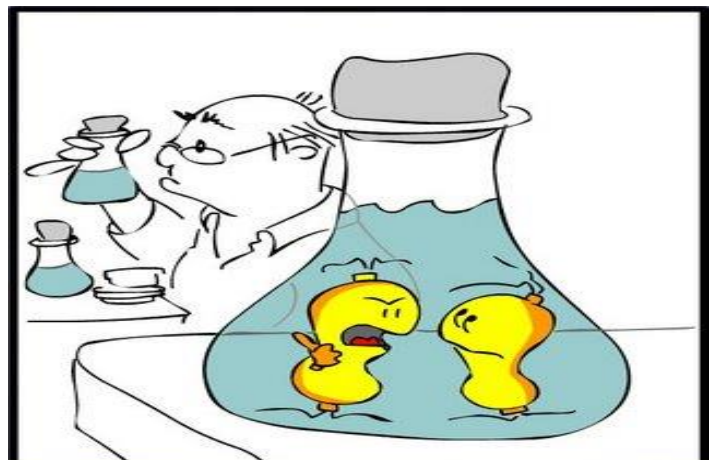
I only wish to protect you ~ hoping my love and strength can flow thru to give you strength to face each day with its problems.

If I should give you a kiss ~ it's a symbol of Love that I feel for you. You are very special.

God chose us as His special children

And we should walk together on our new-found road of sobriety.

... Violet G., Edmonton



I'M FED UP WITH THIS GUY -
LET'S BECOME PATHOGENIC

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.

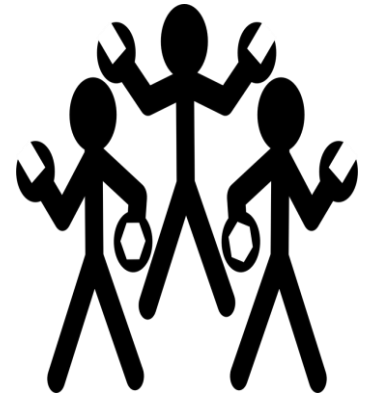
The 21st iteration of this event will be held December 28-31, 2017 at the Chateau Lacombe Hotel downtown and our theme is 'Sunlight At Last.' This will be only the second time that it's taken place in Canada and we are the northernmost city to host it so far. The last time WACYPAA occurred in Canada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



- I'm great at multitasking; I can waste time, be unproductive, and procrastinate all at once.
- you smile when things go wrong, you have someone in mind to blame the therapeutic message. But, he sure spread it (B.S.) out."



THE SECRET OF AA

I met God in the morning when my day
was at its best,
And His presence came life sunrise like a
glory in my breast.

All day long the Presence lingered,
And we sailed in perfect calmness
O'er a very troubled sea.

So, I think I know the secret,
Learned from many a troubled way
You must seek Him in the morning
If you want Him through the day.
... Anonymous

11TH STEP PRAYER

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

Higher Power, as I understand You, I pray to keep my connection with You open and clear from the confusion of daily life. Through my prayers and meditation, I ask especially for freedom from self-will, rationalization and wishful thinking. I pray for the guidance of correct thought and positive action. Your will, Higher power, not mine, be done.
Amen

2017 - Group Contributions to Central Office

GROUP	District	Sep	YTD	GROUP	District	Sep	YTD	GROUP	District	Sep	YTD
60 MINUTES TO SOBRIETY	53	\$350.00	\$1,825.00	KNIGHTS OF SOBRIETY	40		\$2,040.17	SHER. PARK MILLSHAVEN	61		\$400.0
10 AFTER 10 GROUP	46		\$337.50	LAMONT - BEAVERHILL GROUP	20		\$450.00	SHER. PARK 12 STEPS TO SERENITY	61		\$1,025.0
84TH STREET	46		\$0.00	LANCASTER PARK TRI-SERVICE G	64		\$110.00	SHER. PARK SISTERS IN SOBRIETY	61		\$660.0
AB GROUP	57		\$496.50	LAST CALL GROUP	40		\$750.00	SHIFTERS GROUP	57		\$500.0
ALTERED ATTITUDES GROUP	46		\$450.00	LIGHTHOUSE GROUP	53	\$31.00	\$397.20	SIMPLY SOBER AA GROUP	40		\$45.2
AS IT IS GROUP	55		\$0.00	LIONS DEN GROUP	57		\$1,000.00	SLAVE LAKE AA GROUP	7		\$300.0
ATHABASCA AA GROUP	8		\$0.00	LIVE AND ACTIVE GROUP			\$0.00	SOBER COUNTRY - EDSON	5		\$0.0
BACK TO BASICS	64		\$389.73	LOVE AT WORK	60		\$200.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$500.0
BEAUMONT HOW IT WORKS G	60	\$1,000.00	\$1,000.00	MANDATE:SOBER GROUP	40	\$50.00	\$450.00	SOUTH SIDE GROUP	57		\$200.0
BEAUMONT GROUP	60		\$500.00	MILLETT: STAIRWAY TO FREEDOM	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.0
BEAVERLODGE AA	4		\$300.00	MILLWOODS GROUP	60		\$659.45	SPRUCE GROVE AFTER 1 GROUP	10	\$100.00	\$100.0
BEVERLY GROUP	53	\$500.00	\$500.00	MILLWOODS SPRING STEP STUD	60		\$0.00	STEPS TO SERENITY GROUP (MEN'S)	55		\$343.0
BONNIE DOON GROU	55		\$0.00	MONDAY AT 7:30 GROUP	46		\$600.00	STONY PLAIN - BEYOND BELIEF	10		\$0.0
BREATHE EASY GROUP	40	\$300.00	\$300.00	MORINVILLE THURSDAY	9		\$50.00	STONY PLAIN - FIRST DOOR ON THE I	10		\$200.0
CAMEL DISCUSSION CLUB	40		\$1,387.50	MUSTARD SEED GROUP	46		\$700.00	STONY PLAIN - NEW WOMEN'S GRO	10		\$20.0
CAMPUS GROUP	57		\$0.00	NEW HOPE GROUP	62		\$0.00	STONY PLAIN - SUNDAY 7:30	10		\$0.0
CAMPUS GROUP - BLUE JEAN F	57		\$1,013.25	NITON AA GROUP			\$246.07	STONY PLAIN - WEDNESDAY NITE UP	10		\$200.0
CAPILANO STEP GROUP	55	\$200.00	\$900.00	NO NAME HOME GROUP	63		\$0.00	ST. ANDREW'S MEETING STEP STUDY			\$88.0
CLAREVIEW BIG BOOK GROUP	53		\$375.00	NO SAINTS MEETING	46		\$540.00	ST. PAUL - FELLOWSHIP GROUP	3		\$450.0
CORNERSTONE GROUP	46	\$150.00	\$475.00	NORTH EDMONTON GROUP	53		\$250.00	ST. PAUL - YOU GO GAL MEETING	3		\$320.0
CRESTWOOD WELCOME	40		\$750.00	NORWOOD GROUP	46		\$800.00	STRENGTH AND HOPE GROUP	46		\$0.0
DAILY REFLECTIONS GROUP	55		\$250.00	OFF THE WALL & LIVING SOBER	55	\$150.00	\$950.00	SUIT UP & SHOW UP BIG BOOK STUD	46		\$0.0
DEVON MONDAY NIGHT GROU	12		\$40.00	OILMENS GROUP	57		\$50.00	SUNDAY MORNING OPEN GROUP (SI	57		\$602.0
DISTRICT 10 UNITY ROUND UP	10		\$0.00	ONOWAY GROUP	57		\$0.00	SUNDAY MORNING BIG BOOK GROUP			\$0.0
DISTRICE 40/41 COMMITTEE	40		\$0.00	OPEN DOOR GROUP	55		\$200.00	SUNRISE LIGHT LUNCHEON GROUP	46		\$0.0
DISTRICT 53	53		\$100.00	OUR HOUSE	40		\$150.00	TA WOW GROUP	46		\$4.9
DISTRICT 57 COMMITTEE	57		\$0.00	OUR PLACE GROUP	46	\$400.00	\$400.00	TERRA NOVA GROUP	46	\$250.00	\$828.8
DISTRICT 64	64		\$0.00	PEACE RIVER AA GROUP	2		\$10.00	THERE'S MORE TO THE STORY (SHER F	61		\$476.5
DOLPHIN GROUP	40		\$593.75	PONOKA THURSDAY NIGHT			\$100.00	THE WHY GROUP	46		\$1,950.0
DOWNTOWN DRAYTON VALL	6		\$0.00	POUNDMAKER'S TREATMENT CT	64		\$0.00	THORSBY GROUP			\$200.0
EARLY BIRDS BREAKFAST GROU	53		\$500.00	PROVIDENCE GROUP	57		\$1,200.00	THUS WE GROW	57		\$925.0
EASTWOOD GROUP	53		\$0.00	RAINBOWS TO RECOVERY			\$0.00	TO SHOW OTHERS			\$0.0
EGSC & INTERGRP(FR DELEGATE REPORT)			\$25.00	RAY OF HOPE GROUP	46	\$100.00	\$1,000.00	TOWER GROUP	46		\$0.0
ELLERSLIE ROAD GROUP	60		\$400.00	RED ROAD TO RECOVERY	46		\$0.00	TURNING POINT GROUP	46		\$0.0
FAITH WORKS STEP GROUP	53		\$300.00	RIO TERRACE GROUP	40		\$0.00	TUESDAY NIGHT AT 7	61		\$0.0
FT. SASK BIG BOOK TOOLBOX-	62		\$60.00	RITE TRAC GROUP	53		\$0.00	UNDER NEW MANAGEMENT	57		\$1,200.0
FULTON PLACE GROUP	55	\$541.00	\$2,465.00	S.A. BREAKFAST GROUP	64		\$940.00	UNITY STEP GROUP	55		\$130.0
GRANDIN MEETING	57		\$250.00	S.A. BROTHERHOOD GROUP	64		\$500.00	U OF AA GROUP	57		\$50.0
GRATTITUDE GROUP	53		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL G	64		\$1,050.00	UP THE CREEK	55		\$1,100.0
GRIMSHAW SATURDAY NIGHT	2		\$100.00	S.A. MILLENNIUM GROUP	64		\$0.00	VIOLET GROVE LAST CHANCE	6		\$0.0
H5	57		\$100.00	S.A. NOON HOUR MEETINGS	64	\$579.35	\$2,050.30	WABAMUN WEDNESDAY NIGHT	10		\$378.4
HEADS UP FOR AA - VEGREVILL	20		\$60.00	S.A. SOBER SISTERS GROUP	64		\$116.00	WEST END GROUP	40		\$900.0
HELPING HANDS	60		\$1,675.00	S.A. STEP X STEP SATURDAY NIG	64	\$375.00	\$375.00	WESTEND 12 STEP GROUP	40		\$30.0
HIGH PRAIRIE GROUP			\$250.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WESTEND OASIS	40		\$0.0
HILLETE #2	40		\$130.00	S.A. TUESDAY NIGHT GROUP	64		\$970.00	WESTGROVE GROUP	40		\$0.0
HOME GROUP #1	63		\$235.30	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$800.0
HOME GROUP #11	63		\$250.00	SANDY BEACH GROUP	9		\$0.00	WESTLOCK WEDNESDAY GROUP	9		\$0.0
HOME GROUP #13	63		\$542.40	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WESTMINSTER GROUP	46		\$1,200.0
HOME GROUP #18	63		\$1,000.00	SERENITY GROUP	46		\$450.00	WESTMOUNT GROUP	40		\$0.0
HOPE THROUGH FRIENDSHIP G	40		\$75.00	SERENITY POOL SUNDAY MEETIN	60		\$0.00	WETASKIWIN SUNDAY MORNING			\$100.0
HOW IT WORKS GROUP	55	\$900.00	\$1,750.00	SHER. PARK HAPPY HOUR GROU	61	\$500.00	\$600.00	WHITECOURT AA GROUP	6		\$0.0
IDEAL BOOK STUDIES	63		\$983.85	SHER. PARK GROUP	61		\$500.00	WINTER ROUND UP			\$0.0
JASPER PLACE GROUP	40	\$301.08	\$649.41	SHER. PK IT'S 5 O'CLOCK SOMEV	61		\$0.00	YOUNG & OLD GROUP	53		\$200.0
	Total	\$4,242.08						YOUR CHOICE GROUP	53		\$944.6
			\$23,784.19	Total		\$2,185.35		Total		\$350.00	
							\$21,054.19	Monthly Total		\$6,777.43	
											\$17,371.5
								Grand Total			\$62,209.9

Edmonton Central Office Society				
INCOME STATEMENT 2017				
	September	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 6,777.43	\$ 62,209.90	\$ 72,500.00	\$ 10,290.10
Individual/Bequeath/Birthday Club	\$ 917.00	\$ 2,285.72	\$ 2,000.00	-\$ 285.72
Office Supplies / Postage	\$ 37.65	\$ 393.73	\$ 140.00	-\$ 253.73
Newsletter	\$ 22.00	\$ 158.00	\$ 150.00	-\$ 8.00
Rental Income-EGSC, etc	\$ 203.40	\$ 1,217.95	\$ -	-\$ 1,217.95
Tradition Seven-meetings	\$ 389.70	\$ 4,126.70	\$ 4,250.00	\$ 123.30
Other Inc (Interest, etc)	\$ 3.28	\$ 28.55	\$ 36.00	\$ 7.45
Total General Receipts	\$ 8,350.46	\$ 70,420.55	\$ 79,076.00	\$ 8,655.45
Literature & Medallion				
Literature	\$ 9,260.85	\$ 70,894.00	\$ 65,500.00	-\$ 5,394.00
Medallion	\$ 1,551.00	\$ 14,556.00	\$ 9,000.00	-\$ 5,556.00
Total Literature and Med.	\$ 10,811.85	\$ 85,450.00	\$ 74,500.00	-\$ 10,950.00
Total Revenue	\$ 19,162.31	\$ 155,870.55	\$ 153,576.00	-\$ 2,294.55
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,770.29	\$ 41,275.69	\$ 43,400.00	\$ 2,124.31
Meeting list & Greeting Cards	\$ 495.99	\$ 4,301.67	\$ 1,350.00	-\$ 2,951.67
Medallion Purch /engraving	\$ 779.44	\$ 7,771.07	\$ 7,515.00	-\$ 256.07
Freight / Brokerage		\$ 44.10	\$ 415.00	\$ 370.90
	\$ 6,045.72	\$ 53,392.53	\$ 52,680.00	-\$ 712.53
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 3,643.85	\$ 3,555.00	-\$ 88.85
Literature expense	\$ 2.51	\$ 25.07	\$ 350.00	\$ 324.93
Office,postage,mtg room		\$ -	\$ 490.00	\$ 490.00
Communications & Tech		\$ 1,421.77	\$ 1,400.00	-\$ 21.77
Other (Archive, 12 Step,Cred,Grp Ser	\$ 75.30	\$ 75.30	\$ 700.00	\$ 624.70
	\$ 482.68	\$ 5,165.99	\$ 6,495.00	\$ 1,329.01
Administrative Expenses				
Accounting & Legal	\$ 250.00	\$ 2,542.23	\$ 2,600.00	\$ 57.77
Bank Chgs & Cr Card chgs	\$ 117.29	\$ 799.23	\$ 785.00	-\$ 14.23
Bad Debt	\$ -	\$ 553.10	\$ -	-\$ 553.10
Equipment Lease	\$ 424.99	\$ 3,846.99	\$ 3,725.00	-\$ 121.99
Insurance	\$ 259.50	\$ 2,578.50	\$ 2,600.00	\$ 21.50
Newsletter Expenses	\$ 1.83	\$ 13.77	\$ 360.00	\$ 346.23
Office Supplies	-\$ 150.31	\$ 905.98	\$ 7,970.00	\$ 7,064.02
Postage	\$ 15.69	\$ 454.45	\$ 350.00	-\$ 104.45
Rent	\$ 3,374.30	\$ 30,375.58	\$ 32,400.00	\$ 2,024.42
Repairs & Maintenance	\$ -	\$ 6.60	\$ 450.00	\$ 443.40
Salaries, Source, WCB	\$ 5,158.57	\$ 41,033.12	\$ 40,300.00	-\$ 733.12
Staff Training / Seminar	\$ -	\$ 642.42	\$ -	-\$ 642.42
Telephone / Internet	\$ 45.81	\$ 1,593.33	\$ 1,575.00	-\$ 18.33
	\$ 9,497.67	\$ 85,345.30	\$ 93,115.00	\$ 7,769.70
Total Expenses	\$ 16,026.07	\$ 143,903.82	\$ 152,290.00	\$ 8,386.18
Income / (Loss)	\$ 3,136.24	\$ 11,966.73	\$ 1,286.00	-\$ 10,680.73

Birthdays

in - November

Breathe Easy

First Friday
 Dec. 1 Jordy S. 3 yrs.
 Nada Z. 2 yrs.
 Alex W. 5 yrs.
 Diane S. 13 yrs.
 Tracy M. T. 18 yrs.

Campus

Last Monday
 Nov. 27 David B. 3 yrs.
 Kyle M. 6 yrs.

Capilano Step

Last Thursday
 Nov. 30 Doug A. 22 yrs.
 Todd H. 5 yrs.
 Rick L. 5 yrs.

Crestwood Welcome

Last Monday
 Nov. 27 Gary L. 1 yr.

Dolphin

Closet Monday
 Nov. 4 Doug A. 22 yrs.

Eastwood

Last Monday
 Nov. 27 Mallory P. 1 yr.

Ellerslie

Last Thursday
 Nov. 30 Kelly F. 4 yrs.
 Mike T. 4 yrs.

Hillettes #2

Closest Wednesday
 Nov. 6 Rita W. 2 yrs.
 Nov. 15 Maureen M. 8 yrs.

Jasper Place

Last Tuesday
 Nov. 8 Alex M. 4 yrs.

Knights of Sobriety

Last Wednesday
 Nov. 29 John B. 33 yrs.
 Jon D. 1 yr.
 Perry B. 7 yrs.

Last Call

Last Wednesday
 Nov. 29 Armin A. 2 yrs.
 Steve N. 1 yr.
 Brad C. 1 yr.

Lighthouse

Last Friday
 Nov. 24 Greg K. 8 yrs.
 Charlotte B. 8 yrs.
 Nicky. 1 yr.

North Edmonton

Last Thursday
 Nov. 30 Denise G. 16 yrs.
 Bill B. 22 yrs.

Oilmen's

First Monday
 Dec. 3 Joe T. 58 yrs.
 3 Faye E. 17 yrs.
 4 Dale B. 31 yrs.
 11 Fabian D. 6 yrs.

Providence

Last Wednesday
 Nov. 30 Warren G. 11 yrs.
 John. 2 yrs.
 Anna. 1 yr.

Serenity

First Friday
 Nov. 3 Matt U. 1 yr.

Sherwood Park

Third Thursday
 Nov. 17 Daisy M. 5 yrs
 Dan B. 4 yrs.
 Darla U. 44 yrs.
 Diane P. 13 yrs.
 Heather T. 4 yrs.
 Jack C. 7 yrs.
 Justin L. 6 yrs.
 Keira. 11 yrs.
 Rob D. 4 yrs.
 Robert H. 4 yrs.
 Samantha L. 9 yrs.
 Scott M. 32 yrs.
 Wendell H. 6 yrs.

SP Friday Night Happy Hour

Last Friday
 Nov. 24 Chet B. 35 yrs.

SP Twelve Steps to Sobriety

Last Thursday
 Nov. 30 Dan M. 1 yr.
 Ken G. 4 yrs.
 Ron S. 7 yrs.
 John W. 32 yrs.

Shifters

Last Saturday
 Nov. 25 Brian R. 14 yrs.
 Sharon H. 18 yrs.
 Barb C. 18 yrs.
 Roman S. 18 yrs.
 David M. 28 yrs.
 Marilyn W. 33 yrs.
 Anne L. 36 yrs.
 Daneen U. 9 yrs.
 Darcy B. 7 yrs.
 Friedemann P. 23 yrs.
 Alex. 4 yrs.

South Side

3rd Friday
 Nov. 17 Betty S. 28 yrs.
 Carl H. 4 yrs.
 April O. 1 yr.

South Side Young People

Last Sunday
 Nov. 26 Kory B. 4 yrs.
 Kristjana. 5 yrs.

St. Albert

S.A. Sunday Breakfast

Last Sunday
 Nov. 26 Jesse. 3 yrs.
 Dennis B. 4 yrs.
 Shayne. 5 yrs.
 Mickey L. 29 yrs.
 Dale S. 32 yrs.

S.A. Sunday Step Study

Last Sunday
 Nov. 26 Richard S. 16 yrs.

Steps to Serenity

Last Wednesday
 Nov. 29 Scott F. 3 yrs.

Terra Nova

Last Sunday
 Nov. 26 Sonja F. 14 yrs.

The Why Group

Last Saturday
 Nov. 25 David D. 4 yrs.
 Debbie H. 13 yrs.
 Ernie G. 13 yrs.
 Gayle L. 28 yrs.
 Mary G. 11 yrs.
 Sam K. 2 yrs.

West Grove

Last Sunday
 Nov. 27 Rick B. 34 yrs.
 Carol 44 yrs.

Westminster

Last Saturday
 Nov. 25 Jack H. 46 yrs.
 Tom R. 34 yrs.
 Marilyn W. 33 yrs.
 Lil C. 27 yrs.
 Patrick M. 19 yrs.
 Richelle G. 1 yr.

BIRTHDAY CLUB MEMBERS

Breathe Easy Group
 Don J.
 Pat F.



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Edmonton, AB

Nov. 18 1-6 PM **PI / CPC Speaker Workshop** Trad 7
10728 – 124 St. (Alano Club)

Are you interested in speaking – sharing the AA message?



Edmonton, AB

Dec. 23 **35th Annual Xmas Breakfast** \$25.00
Sponsored by Altered Attitudes
Chateau Louis Conference Centre
Contact: Central Office 780-424-5900
Bob: 780-446-6289

Dec. 28-31 **WACYPA A21 Sunlight at Last** \$35.00
Chateau Lacombe Hotel \$105.00
Email: WACYPA@XIIWEBLY.COM

ALKATHONS:

Edmonton, AB

Dec. 24-25 **Groups at Alano Club** Noon to 1AM daily
10728 – 124 St.

Dec. 24-25 **84th Street Groups** Noon to Noon daily
#1 8406 -118 Ave. bsmt. E side in alley

Dec. 24-25 **South Side Group.** 6PM to 6PM daily
8318 – 104 St. bsmt. Strathcona Church

Dec. 24 **Camel Groups** 6AM to 1 AM
8240 – 175 St. Thorncliff Mall

Dec. 25 **Camel Groups** 6AM to 1 AM
8240 – 175 St. Thorncliff Mall

Dec. 31 -1 **Groups at Alano Club** Noon to 1AM daily
10728 – 124 St.

Dec. 32 - 1 **84th Street Group.** Noon to Noon daily
#1 8406 -118 Ave. bsmt. E side in alley

Dec. 31 - 1 **South Side Group.** 6PM to 6PM daily
8318 – 104 St. bsmt. Strathcona Church

Dec. 31 **Camel Groups** 6AM to 1 AM
8240 – 175 St. Thorncliff Mall

2018

Jan. 1 **Camel Groups** 6AM to 9PM
8240 – 175 St. Thorncliff Mall



TWELVE STEP LIST

If you have put your name on the 12th Step List, you MUST be prepared to follow through! Please honor 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!

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

You know you're a recovering alcoholic if:

1. Emails from your friends say HALT in the subject line.
2. Your idea of a smooth opening line is "I really liked what you shared."
3. You don't know the last names of most of your friends.

Anonymous, July 2001,
taken from "A Rabbit Walks into A Bar"



GROUPS/ MEETING IN NEED OF SUPPORT

Sunrise Light Lunch. 11229-100 Ave.
Tues & Fri. Noon

Oilmen's Group 11223 – 51 Ave.
Mon. 8:00 PM

First Day Group 10528 – 98 St. (Marion Centre)
Mon. 8:00 PM

West End 12 Step Grp. 18345 – 62B Ave.
Tues. 8:00 PM

RITE TRAC 13111 – 79 Street
Tues. 8:00 PM

Need new members as well as support
