

# ECO NEWS

## DECEMBER 2017

\$1.00

To Edmonton Central Office Society  
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### DELEGATE'S CORNER

Greetings. Area 78 held its Transition meeting on Saturday November 18 in Red Deer. In the morning, the outgoing Table Officers presented information sessions to the incoming Table Officers and Committee Chairs. Topics included communications, reporting, group conscience, service manual, service sponsorship, leadership, documentation and finances. In the afternoon the outgoing officers turned over their committee materials and shared their experience with their incoming counterparts. It was an enjoyable day.

I am rotating out as the Panel 66 Delegate at the end of December. Therefore, this will be my last report to the ECO News as your Delegate. I wish to thank Jan and Edmonton Central Office for allowing me to write this report for the past two years. It has been an honour to report on the activities of the Area 78 Assembly and the General Service Conference.

Even though I will miss being the Area 78 Delegate, I feel strongly in the Principle of Rotation and I know that new opportunities to be of service will come my way. As the immediate Past Delegate. I will remain an Area 78 Table Officer for the next two years.

I wish to thank all the members in Area 78 for the support and kindness extended to me over the past two years. My spiritual being has grown so much through your warmth, love and generosity. I have met so many members in my travels throughout Area 78. It is the friendships I have made with every member I have met that will be my fondest memories of being your Delegate.

I extend my sincere best wishes to everyone during this holiday season and I am sure we will meet again as we trudge this road to happy destiny in recovery and service.

Yours in Loving Service. Larry M. Panel 66 Delegate. Area 78 Alberta/Northwest Territories.  
[delegate@area78.org](mailto:delegate@area78.org). 780-686-7438

\*\*Thank you Larry for great reports. Hopefully the new Delegate, Becky P. will continue this monthly affair. Jan

*Merry Christmas*

*Happy New Years'*

*Happy Holidays*

## DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7<sup>th</sup> Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning Roundups, Conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA. Publication of any article does not imply endorsement.

We would like to hear from you about your AA related experience, strength and hope, keeping in mind copyright and credit concerns. Any feedback will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, Group, and a phone number where you can be reached (of course we will protect your anonymity).

**Material must be submitted no later than the 20<sup>th</sup> of the preceding month for it to print in the next month's issue.**

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7  
Fax: (587) 523-4334

## TRADITIONS CHECKLIST

From AA Grapevine, Inc.

*These questions were originally published in the Grapevine in conjunction with a series of articles on the Twelve Traditions that ran from November 1969 to September 1971. While they were originally intended as suggestions for individual use, many AA groups have since used them as a basis for wider discussion.*

### Tradition Twelve:

**“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”**

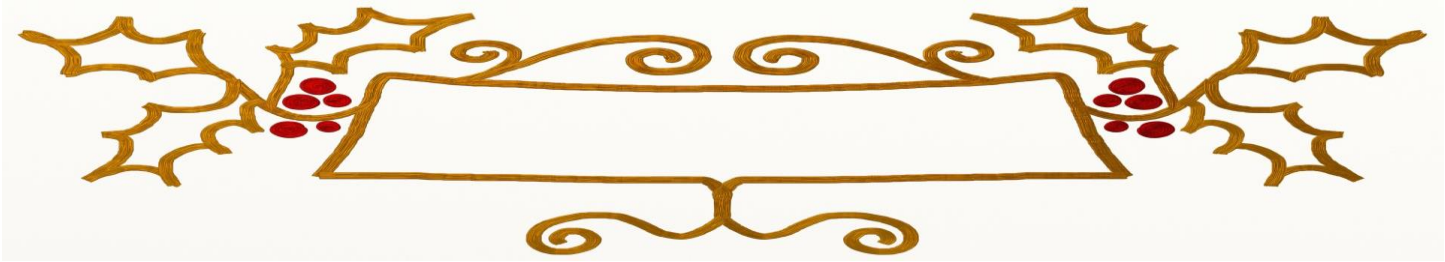
1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA Group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA Group fulfill its primary purpose? What is my part?
6. Does my personal behaviour reflect the Sixth Tradition ~~ or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behaviour ~~ especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

## HEARD AT MEETINGS:

- “I asked my sponsor to tell me about God. He looked at me kindly and said, ‘All you need to know about God is this: You are the problem, and God is the solution.’
- “A Meeting is like an orgy. When it's over, you feel better, but you are not sure who to thank.”

..reprinted from” A Rabbit Walks Into A Bar” AA Grapevine

## *Yesterday, today & tomorrow*



There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said.

### *Yesterday is gone~*

The other day we should not worry about is tomorrow, with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either splendor or behind a mask of clouds ~ but it will rise ~ Until it does, ***we have no stake in tomorrow*** for it is yet unborn.

This leaves only one day ~ ***Today*** ~, any person can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities ~ yesterday and tomorrow that we break down. It is not the experience of today that drives us mad ~ it is remorse or bitterness for something which happened yesterday, and the dread of what tomorrow may bring.

***Let us therefore, live but one day at a time.***

... submitted by Alex S.,

## **ASK IT BASKET**

From AA Service Manual

**Q. When electing our Trusted Servants, how do we select a person who puts principle before personalities?**

A. Somewhere in our literature, there is a statement to this effect, "Our leaders do not drive by mandate, they lead by example." "Act for us, but don't boss us". A leader in AA is therefore a man/woman who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him/her up and help him/her with the job. When a leader power drives us badly, we rebel, but when he/she too meekly becomes an order-taker and he/she exercises no judgement of his/her own ~ well, he/she really isn't a leader at all.

... Service Manual, Concept IX, Page 39

**Q. When and how are General Service Representatives elected; who is eligible; what length of sobriety, etc.?**

A. Experience shows the most successful GSRs are AA's who have been active as group officers, Intergroup Representatives, etc. From such work, they have learned that AA offers growth through service and are aware of our Traditions, etc.

Prospective GSRs usually have two or three years sobriety and available to attend district and assembly meetings.

GSRs serve for two years, elected in the fall of an even year and take office January 1.

... Service Manual, Page S34



## COCKINESS

Borrowed from The Road Back newsletter, Dublin, Ireland, 1951

I do not know whether this expression is in common use amongst AA Groups or not. We use it in our Group as the antonym of Humility, and we apply it to the member who says: ~ “AA is alright in the initial stages, but I’ve got beyond that now.” Or, “You’ll never catch me taking another drink as long as I live. I’ve got it beaten.” And so, on ad nauseam. When you hear any of these expressions, look out. The red flag is up. And in measurable time, the man who says it has gone on what, in all probability, is the juiciest bat of his life. And all AA members who have slipped know that the depression and remorse ~ having once known the true way of life ~ is incomparably worse than any previous hangover. I have proved this out personally. After fourteen months of sober, happy life, I began to slip. At first it was only mental. I still continued to go to meetings, open and closed, but in my mind, I had a nebulous, barely formed, thought that I could manage very well without all this talk and discussion. Was it so very necessary that I should rely on a Supreme Being? Must I watch every P and Q? Surely, I could live my life without having to plan it out in 24-hour dollops?

The time came when I had a really bad dose of Cockiness. From that to the first drink was as easy as falling off a log, and the circumstances in which I took that first drink don’t matter in the very least. Suffice it to say, that I went on quite an adequate bender; so much so, in fact, that it took me over a week in hospital to get back into decent physical shape again ~ and another few weeks of AA to get my thinking right.

To me, this break-out was, I feel, necessary to cure me of over-confidence, an over-confidence that was engendered by my not adhering close enough to the Twelve Steps to Recovery.

So, with personal experience, I suggest we avoid Cockiness like the plague; and if we ever feel the symptoms ~ Get out the Big Book.

John B (Bangor)

## LIFE IS SHORT

Happiness is always there within reach,  
no matter how long it lasts.

Let's enjoy life and don't live a complicated  
life.

Life is too short.

Work as if it was your first day.

Forgive as soon as possible.

Love without boundaries.

Laugh without control and never stop smiling.

.. author unknown



## IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

**A comprehended God is no God at all** – author Gerhard Tersteegen

Maybe the only thing we know about God is that dependence on this power greater than us brings remarkable changes to our life, and that ultimately those changes are for the best. That may be all we need to know about God. We can guess at other characteristics as we appreciate the grandeur of the universe and the gentleness of people who try to do God’s will.

But a God that we could pigeonhole wouldn’t be much of a Higher Power. God’s ways are sometimes simply beyond human understanding. The closest we can come is to equate God with love. If our actions are based on love for one another, we can hardly go wrong.

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My understanding of God is best reflected in how I treat the people around me!

# WORD SEARCH FROM AA'S TWELVE STEPS & TWELVE TRADITIONS

December 2017

## STEP 12 & TRADITION 12 WORD SEARCH

C S P I R I T U A L I C A A S  
S O T N M A E L A Y D D K P E  
A H N D O G E N U I N E W P L  
C O N S C I O U S N E S S L P  
R G S R E I T C P I N E R I I  
I N G L T Q L A G O V A I C C  
F I U O A O U D D L S V A A N  
I N M R S E O E E N A T F T I  
C E X U I W P W N G U F F I R  
E V R A B S T P C T E O A O P  
D E V E I R G G A P L I F N X  
S U C I T E H T A P M Y S D W  
A N O N Y M I T Y K P O W E R  
G N I N E K A W A P E T S Q B  
O B S E S S I O N R E H G I H

AFFAIR  
APPLICATION  
CONSEQUENTLY  
FOUNDATION  
POST  
SPIRITUAL

AGGRIEVED  
AWAKENING  
DISCLOSURES  
GENUINE  
POWER  
STEP

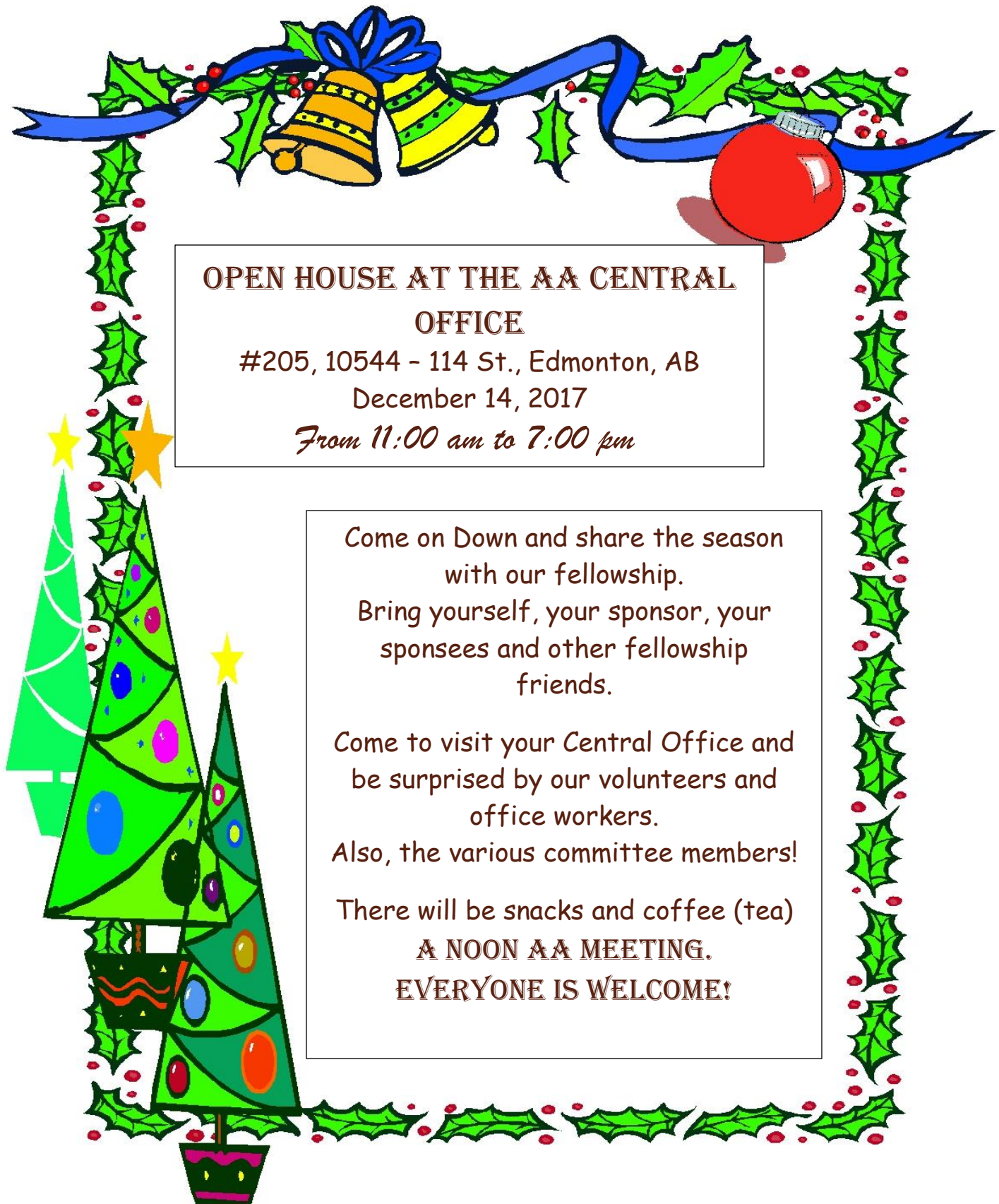
ANONYMITY  
BESIEGED  
EMOTIONAL  
HIGHER  
PRINCIPLES  
SYMPATHETIC

APPEALS  
CONSCIOUSNESS  
EVENING  
OBSESSION  
SACRIFICE  
TWELVE

### SOBER!

S	sober -	I will not drink today.
O	open -	I will talk openly with at least one person today.
B	be aware -	I will be aware of my Higher Power and His will today.
E	effort -	I will accomplish one task today.
R	reward -	I will reward myself today - I will do an act of kindness to another today.

... Anonymous, from Twelve Step Times, Dec. 1999



**OPEN HOUSE AT THE AA CENTRAL  
OFFICE**

#205, 10544 - 114 St., Edmonton, AB

December 14, 2017

*From 11:00 am to 7:00 pm*

Come on Down and share the season  
with our fellowship.

Bring yourself, your sponsor, your  
sponsees and other fellowship  
friends.

Come to visit your Central Office and  
be surprised by our volunteers and  
office workers.

Also, the various committee members!

There will be snacks and coffee (tea)

**A NOON AA MEETING.**

**EVERYONE IS WELCOME!**

*Serenity does not mean smoothing out the waves in the storm of life; it  
means growing so that they break around your knees not over your head.*

*... Anonymous, from Twelve Step Times, Dec. 1999*

## STEP TWELVE

**“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.**

For such a long time in AA I thought that Step 12 was working with other alcoholics at meetings or on Twelfth Step calls. “Having had a spiritual awakening as the result of these Steps,” simply means to me that in order for me to have a spiritual awakening I must work the first eleven Steps in order, so that I can share my experience to the newcomer. I want to share briefly how I did the Steps.

Step 1 – The last time I drank I went into a blackout and the next morning I couldn’t remember the rest of the night before. To this day I do not know what happened. That was the first and only time I had a blackout and that was my bottom. I went to my very first AA Meeting five days later and I haven’t had a drink since.

Step 2 - I had always believed in God, but I didn’t believe that I was insane enough to need God to restore me to sanity until I came to AA and got sober. When I came to AA I was able to get back to my Higher Power.

Step 3 - Every morning when I awake, I ask God to help me stay sober and help me do God’s will. Sometimes during the day I may have problems that I don’t know how to handle, then I get down on my knees and ask God for the courage, strength, wisdom and willingness to do the right thing. When I do this the answer always comes to me at some point. At night when I go to sleep I thank God for helping me to stay sober. I’ve also made it a habit to pray for other people.

Step 4 - Helped me begin to look at all things that were causing me to have panic attacks. I had to adopt the idea that I couldn’t lie to myself about anything. In other words, I had to write down absolutely everything that was bothering me.

Step 5 - This Step was quite difficult because for the first time I had to talk to another person about some deeply personal things that I had never spoken about before. As soon as I was done my first Step 5, I began to feel like I was healing spiritually.

Step 6 - I see this Step as having the willingness to have God remove my defects. I still have defects that I am not willing to have removed.

Step 7 - This Step means that I ask God to remove my shortcomings. I discovered what my shortcomings were in Step 4 but I cannot remove these shortcomings by myself, as I am powerless, so I ask God for help.

Step 8 - Here I list the people from my Step 4. I was willing to approach these people but my problem was that I was afraid to.

Step 9 - Since I was afraid to approach these people I had to ask God for the courage to face people that I needed to. Most of these amends are behind me now, but it has taken me several years of sobriety in AA to accomplish this. I must add that I am far from having finished making amends.

Step 10 - This Step seems to be quite automatic for me because when I make a mistake I always have a guilty conscience, then I go and correct whatever I did wrong.

Step 11 - I do twenty minutes of meditation in the morning and twenty minutes at night. At night I read from my AA Big Book and other spiritual books and meditate on that. In summing up the way I see –

Step 12 - it is a summary of the first eleven Steps and sharing those first eleven Steps with the newcomer.

... Scott M., S.P. Happy Hour Group, from Dec. 1999, Twelve Step Times.

### FOR SALE

- One slightly used AA program modified to suit original owner’s requirements includes complete set of 12 Steps, rewritten and made easier.
- Also one Higher Power, never used, complete with instruction book on how to tolerate AA members while drinking.
- How to Twelve Step people in a pub.
- Plus 9465 well-tried excuses.

Owner changing to original model. Apply to Happyville Hospital.

... Borrowed from Intergroup Express, May/June 2008

### THE CHANGE

Today we can share with those who care.

We don’t have to fear from shedding a tear,

And we don’t have to hide what is really inside (behind our pride),

We can take to understand and reach out with a helping hand.

But most of all, Today, we don’t have to be what others would like to see,

For we can just be the “Real Me

## CHANGE?

The world hasn't changed much just because I went to AA. Actually things are pretty much the same and that's the way they'll stay; however, there are a few things that are different. Not family, friends or cash; I refer to the way I look at life and how I ACT. There are tools that guide and prompt me to change the things that I can; to accept what I can't; and try my best towards my Higher Power and fellow man. No one said it would be easy.

Sometimes I get sick of looking "within" but it never was the world at fault. It was my perspective and need to win, my incredible need to win the battle of life, to become the best at all I do, to control my little world of booze, and cover up my deep insecurities too.

So the result of going to Meetings, getting a sponsor, studying the book, doing the Steps in order and trying my best to develop a faith, has allowed me to slowly grow up. I have been provided a bit of Grace – to learn what "spiritual principles" are and to practice each in its place. It all started by not taking a drink. Simply ~ not today. If that's the only price for all these things, I will stay in AA, to feel a part of the human race. To make it through tough times and good times. To have friends that listen and love and to tell you the truth when they should. To have the courage to face the facts and not run away from it all. To do all you must. To stay sober and hold your head high. To be proud that you don't do today what you did when you lied.

Yes, it is all so worthwhile. To be a person of integrity and respect. To show up for life one day at a time and let the Higher Power change that which you wrecked.

Wendy M., Morinville, Dec. 1999 Twelve Step Time.

## TRUTH IS:

As we grow older, and hence wiser, we slowly realize that:

- Whether we wear a \$300 or \$30 watch they both tell the same time.
- Whether we carry a \$300 or \$30 wallet/handbag the amount of money inside is the same.
- Whether we drink a bottle of \$300 or \$30 or \$3 wine the hangover is much alike.
- Whether the house we live in is 3,000 or 30,000 sq. ft. the loneliness is the same.  
And, we realize our true inner happiness does not come from the material things of this world. Whether we fly first or economy class, if the plane goes down we go down with it.
- Whether we fly first or economy class, if the plane reaches its destination, everyone arrives at the same time.
- Therefore, we should realize that when we have mates, buddies and old friends, brothers and sisters, with whom we can chat, laugh, talk, sing, talk about north-south-east-west or heaven and earth – that is true happiness!

### Six Undeniable Facts of Life:

1. Don't educate your children to be rich. Educate them to be happy, so when they grow up they will know the value of things, not the price.
2. Best wise words: "Eat your food as your medicines. Otherwise you have to eat medicines as your food."
3. The one who loves you will never leave you because, even if there are 100 reasons to give up, he or she will find one reason to hold on.
4. There is a big difference between a human being and being human. Only a few folks really understand that.
5. You are loved when you are born. You will be loved when you die. In-between you have to manage!
6. If you just want to walk fast, walk alone; but, if you want to walk far, walk together!

### Six Best Doctors in the World:

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self Confidence
6. Friends!!

And, finally: The nicest place to be is in someone's thoughts – you are in mine . . . . .

- *The real art of conversation is not only to say the right thing in the right place, but also to leave unsaid the wrong thing at the tempting moment.*



## *If GOD spoke to AA, He might have said:*

“**INTO YOUR WEAK AND FEEBLE** hands, a Power beyond your estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives, or mothers, not even to My priests and ministers have I given this gift of healing other alcoholics, which I entrust to you. It must be used unselfishly. It carries with it grave responsibility. No day can be too long, no demands upon your time can be too urgent, no case too pitiable, no task too hard, no effort too great.

“It must be used with tolerance, for I have restricted its application to no race, no creed and no denomination. Personal criticism you must expect, lack of appreciation will be common, ridicule will be your lot, your motives will be misjudged. Success will not always attend your efforts in your work with other alcoholics. You must be prepared for adversity, for what people call adversity is the ladder you must use to ascend the rung toward spiritual perfection. I shall not exact of you beyond your capabilities.

“**YOU ARE NOT SELECTED BECAUSE:** of exceptional talents; and be careful always, if success attends your efforts, not to ascribe to personal superiority, that to which you lay claim only by virtue of My gift.

“If I had wanted learned men to accomplish this mission, the Power would have been entrusted to the physician and scientist. If I had wanted eloquent men there would have been many anxious for the assignment, for talk is the easiest use of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who have been available.

“You were selected because you have been outcasts of the world, as your long experience as a drunkard has made, or should make you, humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere. Keep ever in mind the admission that you made on the day of your profession of AA ~ namely, that you are powerless, and that it was only with your willingness to turn your life and will into My keeping, that relief came to you.

“**THINK NOT, THAT BECAUSE YOU** have been dry, one year or two years, or ten years, that it is the result of your unaided efforts. The help which has been keeping you normal will keep you so just as long as you live this Program which I have mapped out for you. Beware of the pride that comes from growth, the Power of numbers and insidious comparisons between yourselves, or your organization with other organizations whose success depends on numbers, money and position. These material things are not part of your creed.

“The success of material organization comes from pooling of joint assets; yours from the union of mutual liabilities. Appeal for membership in material organization is based upon a boastful recital of their accomplishments; yours on the humble admission of weakness; the motto of successful commercial enterprise is: ‘He profits most who serves best,’ yours: ‘He serves best who seeks no profit.’ The wealth of material organizations, when they take their inventory, is measured by what they have left; yours (when you take moral inventory) by what you have given.”

... Reprint from Special Edition, Prince Albert Daily Herald – May 28,1977

### **DEAR LORD**

So far today, I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish or overindulgent. I'm really glad about that.

But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot more help)

..reprinted from” A Rabbit Walks Into A Bar” AA Grapevine



### **THE CAMEL**

“Each day goes twice to its knees.

It picks up its load  
With the greatest of ease,  
It walks through the day  
With its head held high,  
And stays for that day  
Completely dry.”

... author unknown

## 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



## CHRISTMAS RIDDLES

- Why is a burning candle like being thirsty? Because a little water ends both of them!
- What do you give a train driver for Christmas? Platform shoes!
- What happens to you at Christmas? Yule be happy!
- What's Tarzan's favourite Christmas song? Jungle bells!
- Where do mistletoe go to become famous? "Holly" wood!
- I have holes in my top and bottom, my left and right, and in the middle, but I still hold water. What am I? A sponge!
- What do you call cheese that isn't yours? Nacho cheese!  
\* \* \*
- A man who has obviously had a little too much to drink staggers into an Alcoholics Anonymous meeting and is met at the door by a member who says, "So, you've obviously come here to join."  
"No," says the man. "I've come here to resign."



## 12TH STEP PRAYER

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

Dear God, my spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength and wisdom to practice the principles of this way of life in all I do and say I need You, my friends and the Program every hour of every day. This a better way to live.

## VIOLET'S 22<sup>ND</sup> SOBER CHRISTMAS

**M**ay I never forget about long ago empty lonely Christmases.

The days in my life of booze never knowing where I could go,

Just to keep warm and a little food.

So dirty, hungry full of self-disgust.

**T**oday I'm rich not in money or fame but in life in general.

Things we take for granted like a warm home and friends.

**M**y brothers and sisters are my friends. The many people of all walks of life.

The freedom to walk in peace. My heart swells with pride

When this ex-skid-row drunk can now walk not run from the law.

I can stop and talk to the police without fear or wondering what I'd done.

**M**ost of all, the way the public treat me ~ they don't turn away in disgust.

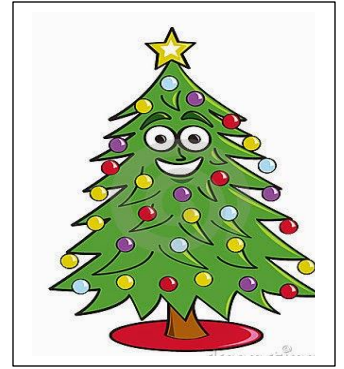
Many talk to me with respect.

Edmonton is one great place to live and the many friends I've met here

Who help me walk the sober walk.

**G**od bless you and yours as I celebrate my 22<sup>nd</sup> Sober Christmas.

...Violet G., Last Chance Group, Edmonton, AB, written in Dec. 1999



## PROMISE TWELVE

**“We will suddenly realize that God is doing for us what we could not do for ourselves.”**

This promise is a summary of the first eleven Promises and the first nine Steps in the AA Program. When I first came into the Program, I was in denial and despair and I had run out of ways to escape. I didn't like myself much either. All I had left was a tiny spark of conviction that AA may be able to help me.

Could I have undergone a healing transformation without the help of a Higher Power? Very occasionally I hear stories of people who have stopped drinking without the help of AA and have been content with their lot, but I really wonder if they did it without the help of a Higher Power;

The concept of a Higher Power is an extremely elastic one. Any AA meeting I have attended where it was discussed has generally revealed about as many definitions as there were people present in the room. As well, some definitions are sharp and clear, while some are fuzzy and vague.

What I believe is so very important in the tremendous variety of views is that this entity is capable of acts beyond the capability of any human being.

What Promise Twelve is saying to me is that if I settle down in the Program and work my way through, I will inevitably come to a point where I will look back, see how much progress I have made and have the insight that I could not have reconstructed myself as well as I have with the help of a Higher Power, however I conceive it to be.

...Stan C., Serenity Group, written in Dec. 1999

## PRINCIPLE OF TRADITION TWELVE: SACRIFICE

The AA preamble says “Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.” It doesn’t say two things: first, to stay sober; second, to help others. It’s just one thing: to freely give of oneself without any thought of reward and by doing this stay sober.

This is the principle of sacrifice embodied in Tradition Twelve. Of course those who have been in the AA Program long enough to do a few Twelve-Step calls or a little service work appreciate that it’s impossible to freely give of oneself without reward, because the reward comes from inside ~ in the form of strengthened sobriety.

Someone once said “Love is the strangest currency; the more you give it to others, the richer you become.” Kahlil Gibran, writing about giving says “... there are those who give ... as in yonder valley the myrtle breathes its fragrance into space. Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.” One of the many rewards of living the AA way of life is that one cannot truly strive to help another without also helping oneself.

Bill and Bob, our co-founders, discovered a great truth that is one of the essential elements leading to the founding of AA, namely; if you would have sobriety, you must give it away. In the chapter “Bill’s Story” our Big Book says “if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead”, and in “Working with others” the Big Book says “nothing will so much insure immunity from drinking as intensive work with other alcoholics.” In the context of Tradition Twelve *sacrifice* means helping others and not being found out (another important definition of anonymity)!

... Tony F., Rite Trac Group, Edmonton, AB, written Dec. 1999



## MONEY ~ ~ IT'S NOT A DIRTY WORD

At the end of my first AA meeting, an announcement was made: “We have no dues or fees, but we do have expenses.” And a basket was passed. In the basket were a lot of one dollar bills (now loonies) so I put one in also. Nothing was said about the kind of expenses a Group has: there was no indication that you could put anything but a dollar in the basket.

Today, I know something about Group expenses because someone cared enough to take my hand and tell me to get involved. I have also found that if a nickel is all I have, it is as important a contribution as a dollar; and that contributions of time are as necessary as money.

The discussion of money at a meeting need not be a no-no. Tradition Seven says, “Every AA Group ought to be self-supporting, declining outside contributions.” Self-support begins with me because I am a part of us ... the Group. We pay our rent and utility bills, buy coffee, snacks, chips and AA literature. We support our Central Office, our Area committee, and our General Service Office. If it were not for these entities many new people would never discover the miracles of AA.

One motive for trying to carry the message to alcoholics is gratitude, and one tangible measure of gratitude is money. Let’s have the courage to talk about money and the necessary part money plays in keeping AA alive and well.

... Baton Rouge Newsletter, Dec. 1999

**Edmonton Central Office Society**  
**INCOME STATEMENT 2017**

	October	YTD	YTD BUDGET	variance
<b>General Receipts:</b>				
Group donations	\$ 5,878.50	\$ 68,088.40	\$ 81,500.00	\$ 13,411.60
Individual/Bequeath/Birthday Club	\$ 815.00	\$ 3,100.72	\$ 2,000.00	-\$ 1,100.72
Office Supplies / Postage	\$ 115.23	\$ 508.96	\$ 160.00	-\$ 348.96
Newsletter	\$ 14.00	\$ 172.00	\$ 165.00	-\$ 7.00
Rental Income-EGSC, etc	\$ 170.10	\$ 1,388.05	\$ -	-\$ 1,388.05
Tradition Seven-meetings	\$ 568.35	\$ 4,695.05	\$ 4,750.00	\$ 54.95
Other Inc (Interest, etc)	\$ 3.33	\$ 31.88	\$ 40.00	\$ 8.12
<b>Total General Receipts</b>	<b>\$ 7,564.51</b>	<b>\$ 77,985.06</b>	<b>\$ 88,615.00</b>	<b>\$ 10,629.94</b>
<b>Literature &amp; Medallion</b>				
Literature	\$ 8,440.10	\$ 79,334.10	\$ 72,500.00	-\$ 6,834.10
Medallion	\$ 1,603.00	\$ 16,159.00	\$ 10,000.00	-\$ 6,159.00
<b>Total Literature and Med.</b>	<b>\$ 10,043.10</b>	<b>\$ 95,493.10</b>	<b>\$ 82,500.00</b>	<b>-\$ 12,993.10</b>
<b>Total Revenue</b>	<b>\$ 17,607.61</b>	<b>\$ 173,478.16</b>	<b>\$ 171,115.00</b>	<b>-\$ 2,363.16</b>
<b>Expenses: (COS)</b>				
AAWS & Grapevine Literature	\$ 4,635.58	\$ 45,911.27	\$ 48,200.00	\$ 2,288.73
Meeting list & Greeting Cards	\$ 318.65	\$ 4,620.32	\$ 1,525.00	-\$ 3,095.32
Medallion Purch /engraving	\$ 763.86	\$ 8,534.93	\$ 8,350.00	-\$ 184.93
Freight / Brokerage	\$ 29.22	\$ 73.32	\$ 460.00	\$ 386.68
	<b>\$ 5,747.31</b>	<b>\$ 59,139.84</b>	<b>\$ 58,535.00</b>	<b>-\$ 604.84</b>
<b>Intergroup Expenses</b>				
12 Step Answering	\$ 404.87	\$ 4,048.72	\$ 3,950.00	-\$ 98.72
Literature expense	\$ 1.17	\$ 26.24	\$ 400.00	\$ 373.76
Office,postage,mtg room	\$ -	\$ -	\$ 560.00	\$ 560.00
Communications & Tech	\$ -	\$ 1,421.77	\$ 1,500.00	\$ 78.23
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ 75.30	\$ 800.00	\$ 724.70
	<b>\$ 406.04</b>	<b>\$ 5,572.03</b>	<b>\$ 7,210.00</b>	<b>\$ 1,637.97</b>
<b>Administrative Expenses</b>				
Accounting & Legal	\$ 250.00	\$ 2,792.23	\$ 2,900.00	\$ 107.77
Bank Chgs & Cr Card chgs	\$ 143.64	\$ 942.87	\$ 870.00	-\$ 72.87
Bad Debt	\$ -	\$ 553.10	\$ -	-\$ 553.10
Equipment Lease	\$ 428.67	\$ 4,275.66	\$ 4,150.00	-\$ 125.66
Insurance	\$ 259.50	\$ 2,838.00	\$ 2,900.00	\$ 62.00
Newsletter Expenses	\$ 1.26	\$ 15.03	\$ 400.00	\$ 384.97
Office Supplies	\$ 38.82	\$ 944.80	\$ 8,870.00	\$ 7,925.20
Postage	\$ 45.01	\$ 499.46	\$ 400.00	-\$ 99.46
Rent	\$ 3,375.28	\$ 33,750.86	\$ 36,200.00	\$ 2,449.14
Repairs & Maintenance	\$ -	\$ 6.60	\$ 500.00	\$ 493.40
Salaries, Source, WCB	\$ 4,558.57	\$ 45,591.69	\$ 44,800.00	-\$ 791.69
Staff Training / Seminar	\$ 1,453.08	\$ 2,095.50	\$ 3,600.00	\$ 1,504.50
Telephone / Internet	\$ 186.03	\$ 1,779.36	\$ 1,750.00	-\$ 29.36
	<b>\$ 10,739.86</b>	<b>\$ 96,085.16</b>	<b>\$ 107,340.00</b>	<b>\$ 11,254.84</b>
<b>Total Expenses</b>	<b>\$ 16,893.21</b>	<b>\$ 160,797.03</b>	<b>\$ 173,085.00</b>	<b>\$ 12,287.97</b>
<b>Income / (Loss)</b>	<b>\$ 714.40</b>	<b>\$ 12,681.13</b>	<b>-\$ 1,970.00</b>	<b>-\$ 14,651.13</b>



# Birthdays

in – DECEMBER 2017

## 60 Minutes to Sobriety

Dec. 31 Mallissa A. 5 yrs.  
 Jeanne D. 10 yrs.  
 Joyce F. 20 yrs.  
 Stan C. 13 yrs.  
 Tim S. 3 yrs.

## Breathe Easy

First Friday  
 Jan. 5 Pat L. 37 yrs.  
 Doug S. 22 yrs.  
 Jac M. 17 yrs.  
 Kirk S. 20 yrs.  
 Cliff P. 51 yrs.

## Campus

Last Monday  
 Dec. 25 Dina E. 6 yrs.  
 Lindsey M. 8 yrs.  
 Martin P. 10 yrs

## Capilano Step

Last Thursday  
 Dec. 28 Andy H. 29 yrs.

## Crestwood Welcome

Last Monday  
 Dec. 25 Don P. 53 yrs.

## Eastwood

Last Monday  
 Dec. 25 Claudette M. 1 yr.

## Ellerslie

Last Thursday  
 Dec. 28 Albert V. 10 yrs.  
 Lee P. 6 yrs.  
 Bruce M. 3 yrs.

## Hillettes #2

Closest Wednesday  
 Dec. 6 Alicia J. 8 yrs.

## Jasper Place

Last Tuesday  
 Dec. 26 Lois W. 19 yrs.  
 Ron B. 26 yrs.  
 Mike T. 5 yrs.

## Knights of Sobriety

Last Wednesday  
 Dec. 27 Scott V. 8 yrs.  
 David B. 10 yrs.  
 Peter H. 9 yrs.

## Lighthouse

Last Friday  
 Dec 29 Guy W. 12 yrs.  
 Kevin N. 8 yrs.  
 Lynn J. 1 yr.

## Mustard Seed

Last Sunday  
 Dec. 31 Darlene 12 yrs.

## Noon Meeting at Central Office

Dec. 8 Doug Q. 37 yrs.

## North Edmonton

Last Thursday  
 Dec. 28 Max L. 35 yrs.  
 Andy Mc. 31 yrs.

## Oilemn's

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

## Providence

Last Wednesday  
 Dec, 27 Peter M. 1 yr.  
 Amanda M. 10 yrs.

## Serenity

First Friday  
 Jan. 5 Wayne P. 37 yrs.

## Sherwood Park

### Sherwood Park Group

Third Thursday  
 Dec. 28 Bob T. 33 yrs.  
 Rita 14 yrs.  
 Mel S. 11 yrs.  
 Jean G. 10 yrs.  
 Linda C. 9 yrs.  
 Tom J. 9 yrs.  
 Jim W. 8 yrs.  
 Dean S. 7 yrs.  
 Tim T. 7 yrs.  
 Tom S. 6 yrs.  
 Mike M. 5 yrs.  
 Wendy M. 5 yrs.  
 Ken S. 3 yrs.

### SP Friday Night Happy Hour

Last Friday  
 Dec. 29 Dianne H. 22 yrs.

### SP Twelve Steps to Sobriety

Last Thursday  
 Dec. 28 Brian B. 1 yr.  
 Dave R. 5 yrs.

## Shifters

Last Saturday  
 Dec. 30 Donal O. 6 yrs.  
 Kasandra C. 38 yrs.  
 Dan M. 4 yrs.  
 Chris U. 4 yrs.

## South Side

3<sup>rd</sup> Friday  
 Dec. 15 Brian N. 14 yrs.  
 Bob A. 48 yrs.  
 Daniel M. 2 yrs.

## South Side Young People

Last Sunday  
 Dec. 31 Nathan G. 4 yrs.  
 Leah. 5 yrs.  
 Lawrence M. 3 yrs.

## St. Albert

### S.A. Sunday Breakfast

Last Sunday  
 Dec. 31 Jordan T. 4 yrs.  
 Sheri-lee L. 8 yrs.  
 Linda G. 9 yrs.  
 Neil T. 14 yrs.  
 Bob L. 28 yrs.  
 Karen C. 2 yrs.

### S.A. Brotherhood

Dec. 27 David L. 34 yrs.  
 Ken L. 42 yrs.  
 Carol M. 4 yrs.

## Terra Nova

Last Sunday  
 Dec. 31 Wendy V. 6 yrs.  
 Rene L. 28 yrs.  
 Stephanie W. 2 yrs.  
 Heather J. 1 yr.  
 Mike G. 1 yr.

## The Why Group

Last Saturday  
 Dec. 30 Eugene. 2 yrs.  
 Julie L. 7 yrs.  
 Kevin P. 5 yrs.  
 Lisa B. 7 yrs.  
 Michele C. 5 yrs.  
 Peggy P. 2 yrs.

## West End 12 Step

Jan. 2 Scott W. 8 yrs.  
 Kelly S. 3 yrs.

## Westgrove

Last Sunday  
 Dec. 31 Jim M. 30 yrs.  
 Jewel Mc. 31 yrs.  
 Alexis G. 5 yrs.

## Westminster

Last Saturday  
 Dec. 30 Kathy B. 42 yrs.  
 Ron R. 35 yrs.  
 Darcy C. 1 yr.



# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

Edmonton, AB

**Dec. 14<sup>th</sup>** Annual General Meeting – INTERGROUP  
7:00 PM #205, 10544 – 114 Street  
Edmonton Central Office

Edmonton, AB

**Dec. 23** 36<sup>th</sup> Annual Xmas Breakfast \$25.00  
7:30 AM Sponsored by Altered Attitudes

Chateau Louis Conference Centre  
Contact: Central Office 780-424-5900  
Tom 780-906-1750 / Rick 780-907-8890

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

Edmonton

**Dec. 31** District 53 New Year's Eve Bash \$10.00+  
6:00 pm 6770 – 129 Ave., enter off 129 Ave.  
Bosco Large Hall plus pot luck items  
Contact: Central Office 780-424-5900

### 2018

Edmonton AB

June 15-17 **A Big Book Weekend** \$40.00  
15<sup>th</sup> 8:00 pm ~ 8532 – 182 St. NW  
Aldergrove Community Hall  
Contact: [abigbookweekend@gmail.com](mailto:abigbookweekend@gmail.com)  
780-668-9015 or 780-686-8743

## NEW GROUPS

**New Awakenings** 8318 – 104 St. bsmt.  
Mon. 7:00 AM Strathcona Church

**Sherwood Park**

**New at Two** 4 Raven Dr.

Sun 2:00 PM St. Thomas Church

**84 St. Ladies** #1 8406 -118 Ave. bsmt. E side in alley

Wed. 8:00 PM

**We Agnostics** 10728 – 124 St.

Fri. 7:00 PM (Alano Club)

## BIRTHDAY CLUB

Ron R. April 7, 1986

Walter S. October 2, 1986



## ALKATHONS:

Need Members to chair meetings

Edmonton, AB

**Dec. 24** Alano Club 8:00 am - Midnite  
10728 – 124 St. every 2 hours or so

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

**Dec. 24-25** South Side Group. 6PM to 6PM  
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** Alano Club 8:00 am - Midnite  
10728 – 124 St. every 2 hours or so

**Dec. 31 - 1** 84<sup>th</sup> Street Group. Noon to Noon  
#1 8406 -118 Ave. bsmt. E side in alley

**Dec. 31 - 1** South Side Group. 6PM to 6PM  
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



## GROUPS/ MEETING IN NEED OF SUPPORT

**Sunrise Light Lunch.** 11229-100 Ave. (Jellinek)  
Tues & Fri. Noon

**Oilmen's Group** 11223 – 51 Ave. (Holy Spirit Luther.)  
Mon. 8:00 PM

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

**Active 10 Group** 9009 163 St. (Hosanna Lutheran)  
Mon. 8:00PM

**West End 12 Step Grp.** 18345 – 62B Ave. (Our Savior)  
Tues. 8:00 PM

**Last Chance Group** 10728 124 St Rm 3 (Alano Club)  
Thurs. 7:00PM

NEED NEW MEMBERS AS WELL AS SUPPORT

\*\*\*\*\*





## Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



**1** Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



**4** Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



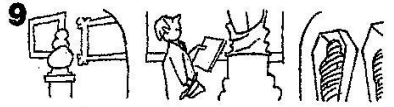
**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



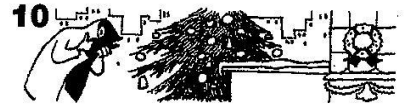
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**8** Worship in your own way.



**9** Don't sit around brooding. Catch up on those books, museums, walks, and letters.



**10** Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



**11** Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



**12** "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

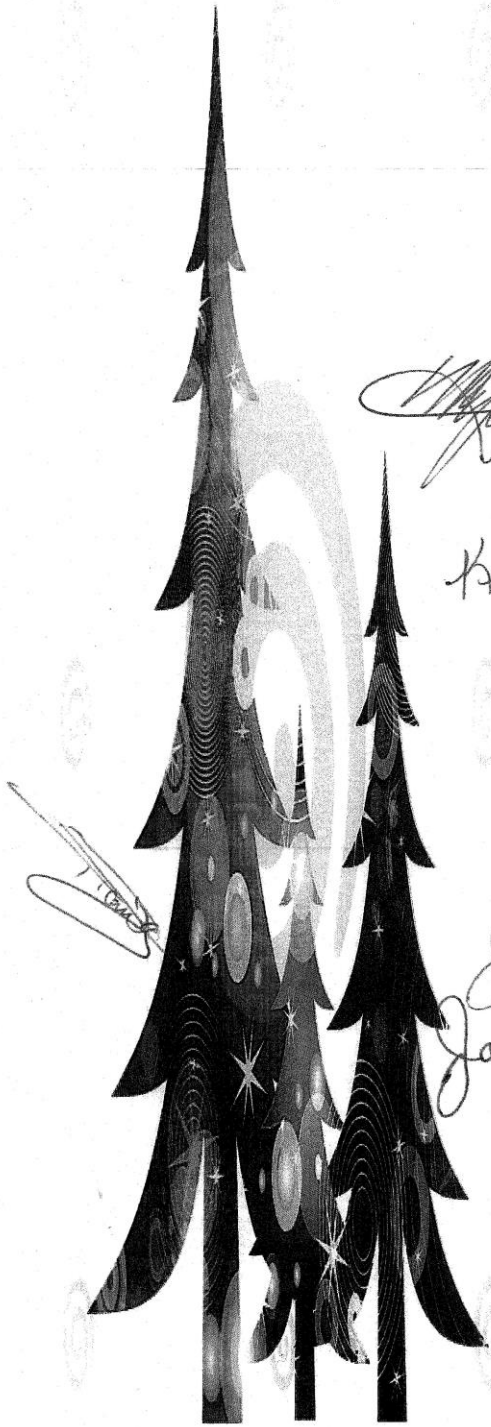


2017

Happy Holidays

From the Staff & Volunteers at

Edmonton Central Office



*[Signature]*  
Kelly W. Jamie J.

*[Signature]*  
Kristine M.

*[Signature]*  
Pam J. Rick B. Jerry J. Jan K.

*[Signature]*  
Mike L. Al. D. Wendy.

*[Signature]*  
James W. Dina M.

*[Signature]*  
Christie P. *[Signature]*

*[Signature]*  
Dan D. Karen Hoffman

With A.A. love  
Walter S.

*[Signature]*  
Caroleeally

*[Signature]*  
Seanna B.