

## DELEGATE'S CORNER

### IT'S NEVER TOO LATE FOR STEPS 4 AND 5

As many of our Daily Reflections readings in the month of May focus on the power and positivity of doing Step 5, and due to a recent incident reminding me of the need for ongoing inventory, I reflect on the amazing results from doing a fearless and thorough look at my resentments.

When I first got sober, I did a Step 4 and 5...however, today I know it was not enough. I wrote about one resentment I had, and I didn't look at my part in it at all. I went to a man of the clergy and did my Step 5. It was less than satisfactory, but that was all I was willing to do at the time.

Fast forward to four years later. I had moved to a new home in a nearby state to finish my schooling. I was working several part time jobs. As a single parent, my 13-year-old was giving me challenges. In the first four years of my sobriety, I had not bothered to look at any more than the one resentment. This was a recipe for disaster. Even though I was attending 3 meetings a week, I had no relief... I got very depressed and seriously considered suicide.

This was another bottom for me; it gave me the willingness to go further. I was fortunate enough to find a tough female sponsor who gave me specific directions, for which I was desperate. She walked me through Steps 1, 2 and 3, to prepare for a complete Step 4. I made a list of 'people, places, things, institutions, old time phrases... anything else I could think of that irritated me. My sponsor reminded me to keep my inventory balanced...I needed to write positive things about myself, especially when I felt overwhelmed by negativity. She phoned me during my Step 4, ensuring that I kept a positive side to the balance sheet. We made a deadline date for Step 5, which I did with her. It was a lifesaving exercise.

I recently attended the 68<sup>th</sup> Annual General Service Conference from April 21-27, 2018. Your 7<sup>th</sup> tradition contributions to the General Service Office made it possible for me to attend and I thank you for this amazing opportunity. During the week there, an old resentment resurfaced. This resulted in some inappropriate behaviour on my part. This showed me again that I needed to dig a little deeper into some old thought patterns... via Steps 4 and 5.

Although I did not take the time to write a Step 4 on this matter in New York, I knew that I could meet with a friend to help me recognize 'causes and conditions', and what feelings triggered the situation. I made an amend to the person I had spoken to, before the conference ended.

So, three days after the conference, I met with my friend to get rid of this old grudge. This resentment caused me to go back to some early childhood beliefs about myself, which are less than helpful. My friend walked me through a thorough and fearless moral inventory of the situation and all my feelings. That fact finding, fact facing activity allowed me to see my part and how I can recognize the triggers and change my perspective on them. I cried, I laughed and felt the deep relief that only these steps can bring to us. I am ever-so grateful for Bill & Bob's wisdom, as somehow, they knew that resentments and anger are the "*dubious luxuries of normal men, but ones, we alcoholics cannot afford*".

So, I'm here to tell you...there is no graduation in AA. There is a never-ending wealth of self-knowledge and learning at our fingertips, whenever we are willing to pick up the kit of spiritual tools, "take the bit in our teeth" and go to it. Regardless of where we are in the chronology of our sobriety... 32 years or 32 days, it does not matter. It's never too late to do a Step 4 and 5 on an issue. I am so grateful to you, the Fellowship, our book of *Alcoholics Anonymous* and to the Program that continues to teach me that drinking – or not drinking – is only the tip of the iceberg.

Thank you all for my sobriety. Becky P, Area 78 Delegate

## MY CAR

Shortly after coming into Alcoholics Anonymous, I noticed a remarkable change in my car's attitude. No longer did it automatically turn into the parking lots of my favorite tavern.

During the last few years of my drinking, my car had very little patience with me. In fact, there were many times when it would remain anywhere near the spot where I had left it. On occasion, it would take me to a town that I had never been to before ~ and had no reason to be in.

My car is now a better "it." It waits patiently for me, no matter where I park it. It doesn't: (1) break down, (2) boil over, (3) have flat tires, (4) run out of gas in front of barrooms. It stays on the right side of the road. It now parks near, not on, the curb. It is no longer afraid of heavy traffic. It greets me in the morning with the same smooth complexion that it went to bed with the night before.

Now that my car's attitude towards me is so different, I would be unfair if I didn't share my sobriety with it. I take it to a different meeting nearly every night of the week. I can't take it inside with me, but this does not seem to bother it. I take it to the county, so we may share quiet, rural roads, sunrises, sunsets, fields of corn, state parks, and forests. I take it to hospitals and prisons, to the golf course, to the lake for fishing. It has been to many new and interesting spots.

My car has met a number of new friends recently. It usually carries two or more AA passengers along with me every night, and certainly some of the good, solid AA talk that goes to and from meetings must have rubbed off on it. Speaking only for my car, I would have it never had it so good.

... R.C.B., West Haven, Conn., Reprinted with permission AA Grapevine April 1971

## WHAT A RELIEF!

Laughter, a doctor will tell you, is the contraction of 15 facial muscles. Laughter, a psychologist will tell you, is an expression of relief from tension. Both of these explanations are accurate but not quite enough, just as it is accurate but not quite enough to say that AA is a way to stay sober.

In AA, laughter isn't just fun, it is a necessity. It is a vital part of the "treatment" of one of the most serious, unfunny diseases known ... alcoholism. Dangerous trains of thought are put back on the right track by humor, for it is impossible to feel sorry for ourselves when we are laughing at ourselves.

How many times have we heard a new member say, "I was amazed at the laughter I heard." The newcomer, demoralized and de-humanized by booze, sees little amusing in his situation. What a swift and sure tonic it is to hear people laughing at the "sins" he had buried deep in murky wells of shame.

For 25 years many different editors of widely varying personal point-of-view have guided the Grapevine, and each one has actively sought the best humor, jokes, and cartoons he could find. This book is a distillation (oops!) of the best of the best cartoons that have appeared in the Grapevine in the past quarter-century.

This is a book of mini-wisdom in easy-to-take cartoon capsules, powerful medicine, against the kind of thinking that leads to drinking. Taken even in small doses, they help to put the absurdities of the past in their place and keep them there. They help remind us that while alcoholism is serious business, sobriety can be fun.

Humor heals. Relax and enjoy it.

... Reprinted with permission, 1970 Best Cartoons from the Grapevine, now a retired book.

## SIXTH STEP PRAYERS

(Friends of Bill W., Twelve Step Prayers from Big Book, from internet)

- "God, Thank You for removing my fear and for showing me the truth about myself. Father, I need Your help to become willing to let go of the things in me which continue to block me off from You. Please grant me Your Grace, Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed." (76.1)
- Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual & mental health. " (76.1)



## OLD TIMERS CORNER

### The Story of Scott R.

Sober date: August 24, 1953

Interviewed on November 1996

#### AA IN ALBERTA AND THE START OF AA IN AKRON, OHIO

To have a complete picture of the early days of AA in Edmonton, something of the history or beginnings in Akron and New York must be known.

I have been very fortunate in that for the past nine years I have been going south for the winter and there, meeting many wonderful members of AA, and have learned much from each contact. I have met the oldest member with time in the Program, a remarkable gentleman with 56 years of sobriety. Included, too, must be the sponsor of Ebbie, who travelled for years with Bill W., and who now has 60 years of sobriety. I have met Doctor Bob's son, who has 17 years with Al-Anon.

With such contacts I have amassed a lot of information that I have not found in books.

The history of AA is so fascinating.

Ebbie Thatcher called on Bill W. and told of Religion and the Oxford Group ~ based on help, sharing, talk troubles out, be useful.

Bill ended up back in hospital. Dr. Silkworth told Lois: "Bill is gone. He will never leave this hospital." Bill overheard and remembered Ebbie's story. He then had what has been known since as Bill's hot flash.

Bill spent three months in hospital and came out and back to the stock market. On a business trip to Akron, Bill met Doctor Bob, whose last drink was on June 10, 1935 ~ now known as the start of AA.

Dr. Bob's son states that the two were poles apart but complimented each other. If Dr. Bob was in command, AA would still be in Akron. With Bill in charge the idea would have been sold to a franchise.

The third man in AA was a lawyer, Bill Dobson. There then were six blank months and Bill returned to New York. The second member in New York was Hank Parker ~ a truly great promoter. 1936 saw no other recoveries. 1937 saw the fifth recovery ~ Diff Mayer.

In late 1938, Bill and Dr Bob wrote their stories. There is little change to them as we read in the Big Book today.

Their thoughts were along the lines of producing pamphlets. Hank Parker, ever the promoter, suggested that Bill and he take the two articles to Harper's. They were impressed and offered \$3,000 for a full book. Hank stated that if Harper's is willing to offer that much then we can make thousands more.

Bill wrote a chapter a week and finished in April 1939. At that time only eight men were dry over six months, and two groups had 10 members each. As Bill wrote each chapter, three copies were made: one for files, another for New York and the last for Akron.

Bill had four major influences

- Richard Peabody and "Common Sense of Drinking." Peabody had 11 years of sobriety. He gave the first use of; "Once an alcoholic, always one". There was no spiritual approach with Peabody.
- Secondly, there was James and "Variety of Religious Experiences",
- Then Emmet fox, "Sermon on the Mount",
- Finally, Louis Brown and "Disbelieving World". Brown's book was of great help to Bill in writing our Traditions and Legacy. Brown traced trouble back to three P's: Personalities, Property, Politics.

The Big Book was financed by stock selling. They collected \$25.00 ~ allowing contributors to buy a Big Book, when it was published. The cost to produce the book is reported to have been thirty-five cents, and it would sell for \$3.50. Bill and Hank each owned one-third of the shares with no contributions from either. Twenty-nine contributors turned in \$2,800 with \$1,700 by one member through the sale of a car.

There was a great dispute on the title. Hank, again displaying his "promoter" instincts, opted for "100 Men". Florence Rankin, the only woman, scotched that title. Other suggestions included "Exit", "Way Out" and "It Works".

Joe Worth was in hospital with a wet brain and was released that night to attend the book meeting. It was he who suggested "Alcoholics Anonymous". He returned to hospital that night and never came out again.

One hundred & thirty copies of the Big Book were made up and distributed to Akron, and new members as they came to meetings. Each member, on reading the book form, was asked to make suggestions.

The member whose story is given in the Big Book under the title of "The Brewmaster" marked his copy diligently. He gave the name and group of each story and underlined each suggested change. His original copy has been published and makes for very interesting reading.

## OLD TIMERS CORNER

### The Story of Scott R.

Sober date: August 24, 1953

Twelve months after the first publication of the Big Book, 110 Groups were recorded with 1,500 members.

The June 1993 edition of the AA Grapevine centered on AA in Canada. In the Alberta section it's stated that George C. found sobriety in a sanatorium in Vancouver, and when he returned home to Edmonton he set out to find his former drinking buddies.

I heard George many times relate his story. He had been told that he had nothing to tell his old drinking buddies. He was advised to return to Edmonton, say nothing and keep away from his old crowd. With six months sobriety he would have then proven something and could contact his drinking companions of old.

The early members each had a tremendous story, and each was of immense help to me. The dedication was tremendous.

An example was Chuck H., known as "Big Finger". His wife had a successful radio program in Winnipeg. When she heard that Chuck was sober and working the AA program, she phoned and said she would come to Edmonton to again be with her husband. Chuck replied he had not yet proven anything and wished two years sobriety before she could join him. Two years to the day and they were reunited. ...

Continued next month

## THE IMPORTANCE OF SERVICE WORK

**"I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there.**

**And for that, I am responsible."**

The principle behind the Twelfth Step is Service. We carry the message to alcoholics who still suffer. We can help when no one else can. I started my sobriety by going to an AA meeting. I am thankful they were there, so I keep going to meetings to help set up, make coffee, and to share a message of hope. A deeply patient sponsor took me through the Steps, which enabled me to have a psychic change. I no longer desire to drink, and I think more of others than I do of myself. So, I sponsor others and take them through the Steps. There are committees and service boards in AA that can add a new layer of growth and excitement to my Program. I am committed and accountable to my commitment, and afterward I rotate out to allow another alcoholic the opportunity to experience Service.

Am I willing to Twelfth-Step the newcomer without regard to who or what is in it for me?

Do I help my Group in every way I can to fulfill our primary purpose?

Do I remember that AA old-timers, too, can be alcoholics who still suffer?

... Jessi S., Reprinted from Plain and Straight Newsletter, Largo, Fl.

## ALCOHOLICS ANONYMOUS FOUNDING DOCUMENT SELLS FOR \$2.4M

BY ANTHONY MCCARTNEY, AP Entertainment Writer

May 05, 2018 07:05 PM

Updated May 05, 2018 07:06 PM

LOS ANGELES

The founding document of Alcoholics Anonymous, known to adherents as the "Big Book," sold at auction Saturday for \$2.4 million to billionaire and Indianapolis Colts owner, Jim Irsay.

The auction house *Profiles in History* announced the sale of the manuscript with handwritten notes from the Group's founding fathers.

Irsay told The Associated Press he plans to build a special display for the manuscript and display it for several months a year at Alcoholics Anonymous' headquarters in New York. He says he attempted to buy the manuscript when it was up for auction several years ago, and he is thrilled at the opportunity to share it publicly.

Irsay said he considers himself a steward for the manuscript, which he said he may also send out on tour, so it can be seen by more people.



## NOW

When I was drinking, I was a past and future girl. My life, naturally, was completely unmanageable. I can't say that it had been particularly manageable before I started drinking, either. In fact, I think I lost control of it when I was about three. I didn't have the kind of family life that gave me a good sense of values. Nobody around home knew what love was, and several members of the family were alcoholics.

Mark Twain said, "Nothing so needs reforming as other people's habits." But I had to grow up, become an alcoholic, and then join AA to sober up before learning these truths: The only person I can change is myself; a day at a time; and the way to change my life is to change my thinking first. Oh, I had some good times as a youngster, of course. But the older I grew, the more I escaped into the past, through books, or into the future, by daydreaming about a perfect life with the dream prince in the castle, surrounded by oceans of euphoria. I wanted to be the most beautiful, brilliant, pure, sexy, seductive, monogamous, witty, virtuous, popular package you ever saw.

I wasn't, so I went on being uncomfortable with myself till I found out about liquor. Most wonderful! You didn't have to daydream, bury yourself in books. (This was before TV.) Here was instant bliss, relaxation, self-acceptance, popularity. But, as the drinking increased over the years, the good effects wore off. So, did other people's patience. Bad hangovers set in. I was getting into more and more trouble.

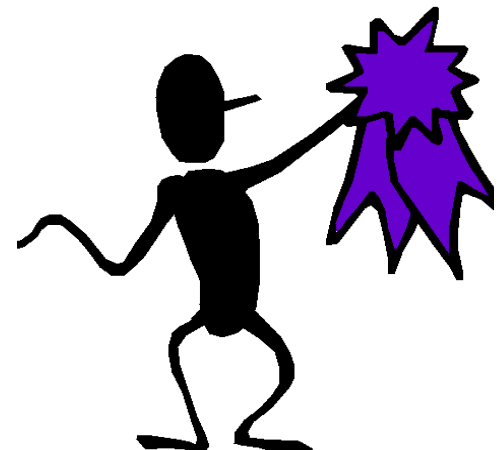
I hated myself. By the time my drinking was at its worse, I had been married and divorced twice and was living in New York. I'd already covered a lot of country, trying to run away from myself. Now I was earning part of my living as a writer. But the writing deteriorated as my drinking increased still further. I was winging between the past and the future as fast as I could, so I wouldn't have to be in the present at all. I couldn't face me, here, now, I didn't want to face my behaviour, because I thought I was nuts.

So, I, who had dreamed of being perfect, was now a barfly who avoided her old friends or was avoided by them. My social life was mostly a cheap bar on Eighth Street in Greenwich Village. At one moment, dragged down by hangovers, guilt, remorse and shame, I'd swear to swear off forever. At the next, I'd bounce up with "I'll just have a few to see me through today," and right on to "I'm going to that bar tonight. This time, it's going to be different. I'm never going to get that drunk again. No, never, never!" And of course, this was like trying to spit across the Grand Canyon. When it comes to sobering up, tomorrow is always too far away.

Since joining AA, I've discovered that *today* is the day I don't take that drink. It's the only time span I can manage. It's the day I can try to help somebody else. I can cut problems and projects down to size this way. I can take on each project to the best of my ability and do as much as is possible now. I can do the best I can about a problem and turn over what's beyond me, just as the Serenity Prayer says. I can use the telephone right now and talk things over with an AA friend. I can be grateful now for the good things that are going on. I am learning to be flexible. Oh, this is a tough one. But flexibility is a part of maturity. It helps me toward achievable goals, instead of impossible dreams. I'm learning, a day at a time, to be friendly with myself, and this gives me a reach toward others, with love and empathy.

Thank God for a new sense of values, given me by AA and my wonderful friends in AA. This includes to knowledge that my attitude right now, *today*, is what counts most.

... F.M., New Canaan, Conn., AA Grapevine Magazine  
Borrowed from Tri-County Newsletter, April 2018



## QUOTES

{1}

Once all villagers decided to pray for rain.  
On the day of prayer all the people gathered,  
but only one boy came with an umbrella.

**That's FAITH.**

{2}

When you throw babies in the air,  
they laugh because they know you will catch them.

**That's TRUST.**

{3}

Every night we go to bed  
without any assurance of being alive the next morning,  
but still we set the alarms to wake up.

**That's HOPE.**

{4}

We plan big things for tomorrow  
in spite of zero knowledge of the future.

**That's CONFIDENCE.**

{5}

We see the world suffering,  
but still we get married and have children.

**That's LOVE.**

{6}

On an old man's shirt was written a sentence  
'I am not 80 years old;  
I am sweet 16 with 64 years of experience.'

**That's ATTITUDE.**

Have a happy day and live your life like the six stories.  
When I was a child, I thought nap time was punishment.  
Now it's like a mini-vacation.

**"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE...  
DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"**

Submitted by Briane A., Sydney, BC

## A RABBIT WALKS INTO A BAR

- **There's no harm** in having nothing to say.  
Just try not to say it out loud. 09/1962 pg.140
- They say that **alcoholics** have three kinds of memory  
loss: short-term, long-term, and convenient.  
08/2000
- There are **no losers in AA**, just slow winners.
- My Life hadn't become unmanageable ~ The wrong  
S.O.B. was managing it!

## TRADITION V1

"An AA Group ought never endorse, finance or lend  
the AA name to any related facility or outside  
enterprise, lest problems of money, property and  
prestige divert us from our primary purpose."

### THIS IS AA

In thinking about Tradition Six I'm reminded  
of my friend George. In the fall of '94 I was on our  
local Intergroup call list. Late one evening, I was  
asked to give George a call, as he might want help.  
George said that he had tried "AA" before but it had  
never worked ~ during several previous stays in  
treatment, he'd gone to meetings there. It was a  
great surprise to George when I said that most of  
those meetings were run by the facilities; they were  
not AA Groups but a function of the treatment  
center or hospital. I said I would be glad to meet  
him and show him the program of recovery that  
worked for me ~ as outlined in our book *Alcoholics  
Anonymous* ~ and introduce him to an AA Group.

Because of the amount of alcohol George  
had consumed, I suggested a medically supervised  
detox. After that, I agreed to meet him at my Home  
Group. Unexpectedly, I had to leave early, so I  
arranged for George to be met by a fellow member,  
Jimmy D. ~ who became George's sponsor.

Eight years later, when Jimmy D. died,  
George talked about the wonderful way of life  
Jimmy had shared with him. George and I often  
reminisced about how he had given up hope of  
finding sobriety, and how he thought he had tried  
AA but had never been introduced to the Program  
of recovery.

"While an AA Group may cooperate with  
anyone, such cooperation ought never to go so far  
as affiliation or endorsement, actual or implied,"  
AA's Sixth Tradition, long form, says: (AA's Third  
Tradition, long form, adds: "any two or three  
alcoholics gathered together for sobriety may call  
themselves an AA Group, provided that as a Group  
they have no other affiliation.")

... Mike M. June 2009, pg84, AA Grapevine's  
"Our Twelve Traditions".

**We** are not cured of alcoholism. What we really  
have is a daily reprieve contingent on the  
maintenance of our spiritual condition.

## 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 are very special.

God chose us as his special children and we should walk together on our new found road of sobriety.

... Violet G., Last Chance Group, Edmonton

## A.A. HISTORICAL EVENTS IN JUNE

- June 1, 1949 – Anne S., Dr. Bob’s wife, died.
- June 4, 2002– Caroline K., author of “Drinking: A Love Story” died sober of lung cancer.
- June 5, 1940 – Ebby T. took a job at the NY World’s Fair.
- June 6, 1940 – The first AA Group in Richmond, VA, was formed.  
 1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill’s wife, in New York.
- June 7, 1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.  
 1941 – The first AA Group in St. Paul, Minnesota, was formed.
- June 8, 1941 – Three AA’s started a Group in Kalamazoo, Michigan.
- June 10, 1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA.
- June 11, 1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.  
 1969 – Dr. Bob’s granddaughter, Bonne, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.
- June 13, 1945 – Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he didn’t drink.
- June 15, 1940 – First AA Group in Baltimore, MD, was formed.
- June 16, 1938 – Jim B., “The Vicious Cycle” in Big Book, had his last drink.
- June 17, 1942 – New York AA Groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
- June 18, 1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
- June 19, 1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.
- June 21, 1944 – The first Issue of the AA Grapevine was published.
- June 24, 1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”
- June 25, 1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”
- June 26, 1935 – Bill D. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.
- June 28, 1935 – Dr. Bob and Bill W. visited Bill Dotson at Akron’s City Hospital.
- June 30, 1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.  
 2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.
- Other significant events in June for which we have no specific date:
- 1948 – A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.
- 1981 – AA in Switzerland held its 25th Anniversary Convention with Lois W. and Nell Wing in attendance.
- Thanks to Billy C. and Nancy O. for this list, used by permission.

### MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

- July 1944- December 1949 All
- 1951 All except January, February & October
- 1952 All
- 1953 All except July
- 1954 All except March, August & November
- 1955 Only January, February & March

### MISSING GRAPEVINE MAGAZINES

- 1956 Only January, February, April & November
- 1957 Only February, June & July
- 1958 Only January
- 1959 Only August
- 2004 Only March
- 2015 Only January & February
- 2016 Only January
- 2017 February to November
- 2018 January & March

## WE ALL GET OLD AND ...

- I changed my car horn to gunshot sounds. People get out of the way much faster now.
- Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.
- You know that tingly little feeling you get when you really like someone? That's common sense leaving your body.
- I didn't make it to the gym again today. That makes five years in a row.
- I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.
- Old age is coming at a really bad time. When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.
- The biggest lie I tell myself is..."I don't need to write that down, I'll remember it.
- I don't have gray hair; I have "wisdom highlights"! I'm just very wise.
- If God wanted me to touch my toes, He would've put them on my knees.
- Last year I joined a support Group for procrastinators. We haven't met yet.
- Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?
- Of course, I talk to myself; sometimes I need expert advice.
- At my age "Getting lucky" means walking into a room and remembering what I came in there for.
- I have more friends I should send this to, but right now I can't remember their names. Now, I'm wondering...did I send this to you, or did you send it to me?

... submitted by Briane A., Sydney, BC

### A RABBIT WALKS INTO A BAR

Jokes from AA Grapevine

The **man chairing the meeting** called on a younger member to share.

She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!"

An old-timer who was hard of hearing leaned over and whispered to a friend, "What did she say?"

The friend replied, "She says she's hungry, angry, lonely and tired."

... Joe R., St. James NY, March 1998



### 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

Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**



## SMALL TOWN AND BIG-CITY AA

Having recently spent an interesting week in New York City, during which time I went to three daytime AA meetings. I have been thinking of some of the similarities and differences between big-city AA and our small-town meetings. In New York, perfect strangers showed me the same warmth and friendliness that I find in my own Group, and the meetings were similar in their discussions of living problems. However, one big difference that stuck out was about anonymity. While few people at the New York meetings knew each other, most of them used first names, with no thought of last names or families.

At my first city meeting, I sat next to a charming girl, and we went on to shop a little and have lunch together. The conversation, of course, was all on AA, and it turned out that her name was Mary Ellen, and this was her second meeting. She had been given the time and place of the meeting by the Intergroup Office when she telephoned there. I told her about a women's Group that met two days later at noon and said I would make it a point to be there. However, Mary Ellen did not show. Naturally, I've wondered why, and how she is now. This couldn't happen here at home, in either our local Group or the three or four in nearby towns. Here, I would have known who she was and something about her and would have telephoned.

Whether our knowing or caring about individuals around smaller towns is better, who can say? But we do know the families and circumstances of other members and can have more drop-in visits with AA here and thus find someone to talk with when we need to ~ or just want to. Another thing that bothered me after not seeing Mary Ellen again was the fact that she had told me she knew nothing about sponsors, that no one had given her any literature, and that she had never heard of the Big Book or the Grapevine. This is not criticism, just in amazement.

As for anonymity in a small town, our AA membership is revealed only if we personally wish to tell people ourselves. When I wanted and desperately needed AA over five years ago, I didn't know where there was a Group, and so I asked a minister. It was coincidental (?) that AA met in his church and he knew whom to call, without even having to look up the number. I was scared silly before going to my first meeting, not knowing what to expect and fully believing that I would be quite superior to "those winos" that I would see there. Those were exactly my feelings before attending! And I looked both ways before going in the door with the couple who had stopped by for me. But soon I began to tell one friend at a time that I was a member of AA, and this served a double purpose.

In the beginning, I thought it would be a help not to have friends say, "Oh, just have one." So, it was kind of like insurance. But I was shocked that not one of my friends said, "I didn't know you had a problem." Instead, each one said how happy or proud or thankful she was that I was doing something about it. That really took the wind out of my sails for a long time! ~a second good result of my speaking out.

Now, I am grateful that when someone needs help, my telephone rings, or someone looks me up at a civic meeting. Sometimes I feel that our phone at home is a little like an Intergroup Office, and that's fine with me. Most calls are from individuals wanting to talk AA ~ sometimes the city judge or the circuit judge or a doctor. It seems that the longer we are in AA around here, the less secret we want to keep our membership.

However, in the beginning almost everyone is fearful of being observed going in to the meeting place. One young man admitted he needed help, went to a hospital nearby to dry out, and attended AA meetings there. Since his return, he has not gone to an AA meeting, as he is afraid someone will know he was there. He has even said that he didn't care who saw him drunk ~ that was socially acceptable ~ but he didn't want anyone to know that he would go to an AA meeting!

Whether we are city or small-town AAs, I'm sure we all realize the reasons for anonymity at the public level. Around here, we don't get on a soapbox and announce that we are proud members. But personally, I am so grateful to AA, I feel that if anyone reaches out, *I want the hand of AA always to be there. And for that: I am responsible.*

Now I'll keep on with my private worries, (1) Did Mary Ellen make another meeting, and is she getting help? (2) Will George come into our meeting sometime? I do hope the answer to both is yes!

...I.K., Seymour, Ind. – Reprinted with permission AA Grapevine/ May 1972



### **The Edmonton Cooperation with the Professional Community**

committee of Alcoholics Anonymous would like to extend an invitation for you to attend a professional luncheon. This event is being held for those in the Edmonton professional community who are interested in learning about how Alcoholics Anonymous can help individuals within the scope of your professional practice to gain and maintain sobriety.

It is only through the kind cooperation of so many non-alcoholic professionals like you, that A.A. has more than two million members in recovery, in over 180 countries.

Our committee's work would be enhanced by your participation, and we would be delighted if you could attend this valuable and informative presentation.

Chateau Louis, 11727 Kingsway Avenue NW

Executive Room

Doors open at 11:30 a.m.

Presentation and Lunch from 12:00 noon – 1:00 p.m.

If you are able to attend, please RSVP Cathy S. on or before June 13, 2018 by emailing Cathy at: [sitkoc@me.com](mailto:sitkoc@me.com) or calling Cathy at: 780 434-9688 .

Thank you, and we hope to see you there!

*Lunch is on us, and parking is free!*



← *Online Registration Form*

[www.areacommittees.org/professional-luncheon/](http://www.areacommittees.org/professional-luncheon/)

# Birthdays

in - JUNE 2018

## 60Minutes to Sobriety

Last Sunday  
 June 24 Bill L. 19 yrs.  
 Patrick M. 2 yrs.

## Breathe Easy

First Friday  
 July 6 Peter J. 24 yrs.

## Capilano Step

First Thursday  
 July 5 Ken S. 3 yrs.

## Clareview Big Book Study

Last Wednesday  
 June 27 Don M. 5 yrs.  
 Lance K. 1 yr.

## Crestwood Welcome

Last Monday  
 June 25 Peter J. 24 yrs.  
 Val K. 3 yrs.

## Eastwood

Third Monday  
 June 18 George H. 37 yrs.  
 Don M. 24 yrs.

## Ellerslie

Last Thursday  
 June 28 Julian G. 3 yrs.  
 Rob B. 7 yrs.

## Fulton Place

Last Friday  
 June 29 Chrissie M. 3 yrs.

## Hillettes #2

Last Wednesday  
 June 27 Darcie M. 1 yr.

## Knights of Sobriety

Last Wednesday  
 June 27 Karl W. 10 yrs.  
 Rod M. 29 yrs.

## Lighthouse

Last Friday  
 June 29 John F. 9 yrs.  
 Roxanne W. 18 yrs.  
 Sam W. 2 yrs.

## Lion's Den

Last Wednesday  
 June 27 Don j. 19 yrs.  
 Leslie M. 2 yrs.  
 Paul T. 8 yrs.  
 Rob A. 6 yrs.

## North Edmonton

Last Thursday  
 June 28 Bill D. 31 yrs.

## Providence

Last Wednesday  
 June 27 Stan V. 38 yrs.  
 Tonya. 2 yrs.  
 Denis M. 2 yrs.

## St. Albert

### S.A. Sunday Breakfast

Last Sunday  
 June 24 Cam M. 13 yrs.  
 Melanie P. 33 yrs.

### S.A. Sunday Night Step Study

Last Sunday  
 June 24 Edna B. 9 yrs.  
 Danielle A. 8 yrs.

## Sherwood Park

### SP Friday Night Happy Hour

June 29 Jay S. 6 yrs.

### SP Twelve Steps to Sobriety

Last Monday  
 June 25 Elise S. 2 yrs.  
 Erin P. 39 yrs.

## Shifters

Last Saturday  
 June 30 Janet P. 32 yrs.  
 Scott M. 10 yrs.  
 Trish O-B. 30 yrs.  
 Renee D. 29 yrs.  
 Nancy H. 3 yrs.  
 Linn J. 15 yrs/

## South Side

3<sup>rd</sup> Friday  
 June 15 Sylvia M. 15 yrs.  
 Jim S. 20 yrs.  
 Bonnie G. 38 yrs.

## The Why Group

Last Saturday  
 June 30 Christine D. 9 yrs.  
 Jim R. 36 yrs.  
 Richard J. 2 yrs.  
 Jo-Anne H. 2 yrs.  
 Linda P. 20 yrs.  
 Renne O. 3 yrs.

## Westminster

Last Saturday  
 June 30 Kelly J. 14 yrs.  
 Lindsay S. 31 yrs.

## MOVING!

### S.A. Brotherhood Group

May 2, 2018 15 Corriveau St.  
 Red Willow Church



## NEW GROUPS

### BYOBB Meeting starts June 5

Tues. 7:30 PM 4059 Orchards Dr. SW  
 go to front desk & sign in  
 As Friends of Bill W.

### Fellowship Breakfast Group

Sat. 10-11:30 AM 10740 - 19 Ave.  
 Southminster Steinhauer Ch.

### 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.

Wed. 8:00 PM E side in alley

### Safe Harbor Meeting

Thurs. 6:30 PM 10025 - 105 St., S side  
 -7:30 PM (First Presb. Church)

### We Agnostics 10728 - 124 St.

Fri. 7:00 PM (Alano Club)

### Sobriedad - 2-hour Spanish Meeting

Fri-Sun 6:00 PM 10728 - 124 St.  
 (Alano Club)

- I was so sick when I was new, at one point I asked another guy in my Home Group if I could copy his Fourth Step.

## FAITHFUL FIVERS FOR MAY

Clarence Y.

# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS 2018

### Athabasca, AB

June 1-3 **Athabasca AA Roundup** \$30.00  
Grosmont Hall,  
Northside Baptiste Lake  
Roast Beef Dinner bring your own dessert  
Contact: 587-989-2327 or 780-675-5665

### Grimshaw, AB

June 1-3 **Annual N. Peace AA R/U Camp** \$25.00  
Lac Cardinal Prov. Park  
N of Grimshaw

### Hay River, NT

June 1-3 **Hay River's 5<sup>th</sup> Annual Campout** Trad 7  
Escarpment Creek Grp Campout  
South of Enterprise, NT  
Suggested \$20./ Person for the weekend

### Regina, Saskatchewan

Jun. 8 -10 **Western Canada Regional Forum**  
1818 Victoria Ave. No Registration  
Ramada Plaza Reginal Hotel  
Contact: [chair@asask.org](mailto:chair@asask.org)

### Barrhead, AB

June 8 - 10 **Annual Barrhead Campout**  
Belvedere Hall, 8 mi. S on Hwy 33  
At Hwy 654 W  
Contact: 204-771-0983, 780-05-9731  
Or 780-284-0134

### Edmonton AB

June 15-17 **A Big Book Weekend** \$40.00  
8532 - 1821 St. NW  
Aldergrove Community Hall  
Contact: 780-668-9015 or 780-686-8743  
[abigbookweekend@gmail.com](mailto:abigbookweekend@gmail.com)

### Edmonton to Jasper, AB

June 16<sup>th</sup> **1<sup>st</sup> Annual Sobriety Ride** \$10.00  
8-10 AM Starting from Sands Hotel  
Motorcycle Ride  
Contact: 1-780-995-3343

### Edmonton, AB

June 22-24 **Cardiff AA Roundup** Complete \$35.00  
Cardiff Hall, Sat. Supper & Dance \$25.00  
21 Discovery Way Kids 12 - 18 \$25.00  
2 mi. E & 1/2 mi. S 12 & under FREE  
Contact: 780-266-0871 or 780-660-6895  
Or Central Office 780-424-5900

### Sandy Beach, AB

June 29-30 **Annual Sandy Beach Roundup** 7<sup>th</sup> Trad.  
7:00 PM Starting from Sands Hotel  
Contact: Denise 780-913-9036  
780-292-4136 or 780-242-8398  
Proceeds to Edmonton Central Office

### Stettler, AB

July 13-15 **39<sup>th</sup> Annual Roundup** \$30.00  
Nevis Community Hall  
Follow signs on Hwy 12 at Nevis  
Contact: 403-742-1887, 403-916-5361

### Coleman, AB

July 20-22 **31st. Crowsnest Pass Campout**  
Island Lake Campgrounds  
Contact: 403-582-0038, 403-563-5473  
Or 403-753-1212

### Consort, AB

July 27-29 **30<sup>th</sup> Annual Campout** \$20.00  
Gooseberry Lake Prov. Park  
8 mi. N on Hwy 41 - 1 mi. E  
Contact: 403-575-5623

### Innisfail, AB

Aug 24-26 **4<sup>th</sup> Annual Campout-R/up**  
Antler Hill Community Hall  
\$25 Weekend or \$15 Sat. Pot Luck  
Contact 403-227-6717 or 403-392-3538

### Greig Lake, SK

Aug 31-Sept 3 **39<sup>th</sup> Annual Campout** 7<sup>th</sup> Trad  
Meadow Lake Provincial Park  
Reservation thru Saskatchewan Parks  
Cont: greiglakeroundup@hotmail.com

### Stony Plain, AB

Oct 12-14 **35<sup>th</sup> District 10 Unity Round up** \$35.00  
Blueberry Hall 53109 RR 15  
Contact 780-257-7085

## 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. 8:00 PM

**Rite Trac Group** 13111 - 79 St. (Christ King Church)  
Tues. 8:00 PM

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

**We Agnostics** 10728 - 124 St.  
Fri. 7:00 PM (Alano Club)

## NEED NEW MEMBERS AS WELL AS SUPPORT

**HAVE YOU VOLUNTEERED FOR  
THE 12<sup>TH</sup> STEP LIST?  
WHY NOT!  
YOU CAN'T KEEP IT UNLESS YOU GIVE  
IT AWAY ...**

... Borrowed from Tri-County Central Office News.