

ECO NEWS

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DELEGATE'S CORNER

Hula Hoop Larry and the Serenity Prayer

It's amusing and endearing to me that we do not get hung up about knowing someone's last name in our program, but we do often use descriptors to tell the Bobs, Bills and Dave's apart. This is also true of Travis's, Jason's, Waynes, Brian's and Larrys, for me anyway.

The Serenity Prayer has haunted me for almost 60 years. It hung in my aunt's house and was cause for silent frustration to me as a 10-year-old. I read it and thought to myself: **God grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference.** This is like a riddle – who's gonna explain how to tell the difference between these two ideas anyway?! Of course, I never had the courage to ask anyone about it.

So, I was at a roundup recently where I met my third Larry. Over the weekend, he shared about a hula hoop and it provided some much-needed clarity for me. I asked him if he was okay with me calling him "Hula Hoop Larry" since I don't know his last name. He assured me this was okay.

Our topic during the meeting was serenity and the serenity prayer. Many shared that this was more elusive than accessible, to which I could relate. Some discussed prayer, meditation, daily readings and so on. Larry talked about how his serenity was directly proportional to taking care of himself. He described his boundary as being about as big as a hula hoop, if he were standing in the middle of its circle. He said, "all the territory inside the hula hoop is my concern, my business and within my power to change; everything outside of it is none of my business, and out of my control."

That makes it so easy for me to visualize how to understand the difference between:

- **the things I cannot change** [outside hula hoop]
- **the things I can change** [my thoughts, feelings, beliefs and actions inside the hula hoop] **and**
- **the wisdom to know the difference** [the hula hoop and the connection to a Higher Power]

When I first heard this from my sponsor, she said that taking care of me are a full-time job. It means we get responsible for maybe the first time in our lives. Today I know that I am responsible for keeping that connection to my Higher Power real, consistent and possible. I'm the one that walks away when the connection gets broken. Because of this connection I can learn to choose to love myself, do the next right thing, to see the best in people, and to accept life on life's terms. All within a little circle of red plastic (mine would be red).

This proves to me beyond the shadow of a doubt that I am a visual learner. I recently heard that Hula Hoop Larry has passed on, to be with his wife Joan. Thank goodness for hula hoops, for the gifts that come from people like Larry, sharing their wisdom in meetings.

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

1. Free your heart from hatred.
2. Free your mind from worries.
2. 3. Live simply.
4. Give more.
3. 5. Expect less.

..Author unkown

CONCEPT X CHECKLIST:

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

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

... Reprinted with Permission of AAWS (F91)

IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

**Having spent the better part of my life trying either
to relive the past or experience the future before it arrives, I have come to believe
that in between these two extremes is peace!**

How hard it often seems to quiet our mind, so we can experience the present. We know that we're missing God's message now when we're obsessively caught in thoughts of another time.

We're not failures if we need to repeatedly remind ourselves to be quiet, but we may think we are. It might be well for each of us to observe a small child who is learning to walk. She stumbles and falls and tries again and again, often with peals of laughter.

We, too, are children trying to master a new skill. That we didn't learn how to quiet our mind in earlier years is unimportant. We're here, now, and the opportunity to practice this skill will present itself many times today. And we will become proficient at knowing peace – with practice!

• *****
Today I'll willingly quiet my mind rather than let my thoughts carry me astray!

... Submitted by Faye E., Oilmen's Group

REMEMBER OUR WORKER IN CONCEPT IV

Full “Participation” of paid workers is highly important.

We have already discussed the necessity of giving key paid personnel a voting representation on our committees and corporate boards. They should enjoy a status suitable to their responsibility, just as our volunteers do.

TRADITION X

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

It is important for AA to stay out of controversy. There are a lot of opinions among members that are not published as AA opinions. After all we are people that can make choices. Anything that is beyond the principles of this program is an outside issue. That includes alternative programs and what others think of AA. If we can stay out of the public eye we can maintain our ability to maintain the principles. We do have committees that address the generic AA view for those interested in learning about our program. These committees provide information through speakers, video and literature. The information provided is approved for the public by AA World Service.

AA takes this stand to uphold our own integrity of autonomy as we could easily be swayed to dilute our program to reflect a diversity beyond the principles as we know them.

I don't know about you, but I don't think I would have the life I have today if AA was influenced by the opinions of others. This tradition reminds me of keeping my nose out of another people's business. An attitude which in our individual lives is very important to maintain a healthy sobriety.

... Terry F.A., Westminster Group

OLD TIMER'S CORNER

The Story of John P., Geritol Group

Sober date: December 16, 1960

Interviewed September 1996

Continued from last month

When I came into the Program there was one meeting a night, as I recall. Norwood was Wednesday, Halfway House met on Saturday, Monday was Oilmen's Group and somewhere else on Tuesdays.

Were I to attend an AA meeting every night of the week now, would be a disservice to my wife. I have my regular group, The Geritol Group, which meets every Wednesday. Two of the main Groups I used to attend were at the Halfway House and Dovercourt.

Reviewing the history of AA in Edmonton, I feel I blew it by not attending more meetings of the South Side Group and meeting more people there. There was a meeting almost every night at the Chapter House where varying points of view were expressed that could have been of assistance. Only once in 15 years did I make it to a meeting there, which is not a very good record.

I used to tell the guys, "You'd crawl on your hands and knees over 10 blocks for a drink, but you won't walk 3 blocks to an AA meeting." Looking back on my sobriety, I can say the same for myself.

When you read the definition of AA it tells you it's a 'Fellowship of men and women...', well, if you're going to belong to the Fellowship you have to get out and not sit at home wondering why you don't know anybody. I may have missed a lot of good people.

But, living on the north side I tended to stay in the Westend, Dovercourt or the Alano Club. I attended a few meetings with Norm at the Norwood Group. My Home Group at that time was Dovercourt on Thursdays. There are a few of us left from there.

There are so many people in the past that have played a significant role in my sobriety it's difficult to remember them all.

George S., then with the Alcohol Foundation of Alberta (AADAC), is an individual that I thought was "out to lunch". With nearly four years sobriety under my belt and in my enthusiasm, I thought, "if the program is working so well for me, I should be out saving the world." I had seen it happen so many times, I knew it wasn't going to happen to me, but it did.

I applied for a job with the Foundation. George suggested that I should return after I had some sobriety behind me and knew something about what I was talking about.

My immediate thought was, "You've just turned down the best chance you've ever had."

Another year went by and I went to work with Tommy S. at the Halfway House. It's from others you learn. I don't think I've had an original thought in my life.

My sobriety today is based on something someone else has said or done in the business of staying sober and fits in with my pattern of life so, therefore. I can say, "Yes, I can use that, or that'll help me." You maintain your own story, but the rest is what you pick up from the different meetings or talking to people on a one-to-one basis.

As many as 10 of us meet every morning at eight, for two hours at Albert's at Westmount. Ralph and I probably have the most sobriety. Bob B. is there from the old Norwood Group. He's got 30 years in. Army Bob is there with almost 20 years.

There's a lot of good sobriety sitting around those three tables every morning and good-natured bantering but still with a message.

I recall working with Sonny, who has passed away, and Norm, who just last year (1995) also passed away. Duke, another fellow who worked at the house, passed away two years ago (1994). The old gang used to sit around discussing our own cases and how we might help the younger boys coming out of institutions or referrals from probation catch onto the program.

Twelve Step work appears to have changed over the years. A lot of outside agencies are now providing a lot of help.

Having worked 20 years with AADAC, I know they get a lot of first-time people. During my tenure there was not a counsellor there that wasn't aware of the value of AA and referred people from AADAC programs. The current director of AADAC, Len Blumenthal, is not a member of the Fellowship but, as head of Henwood when it first opened, made sure that every counsellor attended open meetings of AA, so they knew what the program was all about, and that was an order.

... continued next page.

OLD TIMER'S CORNER continued

Detox centres were non-existent in the days of old. We have them now in Edmonton and Calgary and in other communities, and I'm sure they make referrals.

With AADAC I was initially employed as a counsellor before establishing the Courts and Corrections program working out of the Court House. During my final years I served as director of Funded Agencies where we worked on the theory that the problems in the various communities belonged in the communities. If the problem is there, then maybe the solution is there.

Be that the case, let them form a Group and AADAC provides the funding and some expertise in running a program.

Treatment centres such as Action North and Poundmaker's Lodge came under my jurisdiction as did the centre in Legal and Edmonton and Calgary Detox centres.

My approach to detox was considered by many as being a bit off the wall. A number of people thought you need only to take a drunk in, give him a hospital bed, a nurse to hold his hand and an expensive counsellor, to sober him up. All too often, though, that person is likely to have been counselled so many times he has the answers before the question is asked. Most likely he has been across Canada a number of times and has been in every provincial alcohol treatment facility.

I felt they didn't need counselling, at that stage. If the police picked the drunk up lying on the street, he should be given a mattress and a cup of coffee. No sheets, blankets or pillows, nor the nurse to hold his hand. The next day, if he wants to do something, let him make up his own mind.

The Minister of Health of the day was taken aback when I discussed my plan with him. The subject of the Single Men's Hostel in Edmonton was on the table.

I suggested a coal chute. If a man arrives in a state of drunkenness it's down the chute onto the cold, hard cement floor until he picks himself up. That system would require only a coal chute operator who moves it over the width of a body in preparation for the next client. By the time the room has been circled, the first subject has put himself together, moved out of the way and there's room for the next cycle.

The now-sober client would be given a room upstairs replete with sheets, blankets and pillows. That's rewarding good behaviour.

The minister replied. "John, the newspapers will crucify me if you ever start a program like that."

Something that is important to remember, and people should carefully consider, is that you can't go to every church in the city of Edmonton and feel welcome or comfortable, because it may be they're a different type of people: Nationality, heritage, education or different backgrounds.

Alcoholics Anonymous is no different. It's made up of people. One of the nice things about the program is out of the many meetings held each week, I can find at least 10 where I feel good, and out of the 10 I can pick one or two that I know are a must every week, and out of that I get down to picking the one Group that I want to call home.

Among the memorable experiences for me in AA is a conference in Calgary after my first year of sobriety. At the early stage I wanted to believe that the thing would work. In my heart I knew I wanted it to work, but the faith was not there for me to think I could last long enough. Anyone who stood up at a meeting and said, "I have 20 or more years of sobriety," I knew then, being the expert that I was, the person was either lying or was completely insane. It was so much easier then for me to take another's inventory rather than my own.

I never drank enough that I knew I had to stay sober for 20 years. I had occasions when I over did it. Becoming known as a "wino" that drink was not on my shopping list, but I would steal and drink rye whiskey because men of distinction drank rye, according to advertisements. I was so phony in those days that it makes me shake in wonderment how I every stayed alive.

And there's no doubt in my mind, if it were not for this program I wouldn't have lived. My doctors have told me I would never have survived the heart attack I had. They say the only thing that did it is: a) I wasn't drinking and b) although I'm not a physical fitness nut, I'm in better condition than I ever was before.

After the Calgary conference I knew there was hope. But, I went quite a while in what I consider a dry period. There is a difference between reading the Steps and doing them. I thought I had this program made when I had them memorized. They didn't mean anything, but I had them memorized.

The first time I did Step Five, the minister asked, "Do you trust me?" I said, "Of course." At that he admonished, "Well, next time try to be honest. ... continued next page.

OLD TIMER'S CORNER continued

One can only image how I felt at that time. Here I was, having just spilled my guts and he's telling me to be honest. But, he was so right.

To the newcomer today the message is simple. Stick with it, one day at a time and to hell with the people who say they have 20 years. I'm almost embarrassed when I have a birthday. If there is a newcomer there it's a painful thing. Yet, I know he's sitting there and saying, "You are a lying bugger, I'm not as bad as that." That's what I used to think, and I said that for 20 years.

It's just one day at a time and get involved with people. I don't miss a thing by not going into bars. But life and people have changed. Respect is the key. I don't know whether it's the AA program or just age, but the old-fashioned ways of opening and holding the door for women, ladies first, walking on the proper side of them along the street are all gone.

It's a faster society we live in and kids are putting themselves through much more than I did in the drugs that are being used today. I never took drugs at all and the thought of putting a needle in my arm to get a "high" on would almost make me faint. A doctor with a needle in his hand that would keep me alive and healthy would be a scary circumstance.

Interviewed on September 5, 1996

- When your work speaks for itself, don't interrupt.
- Your mind, like a parachute, works best if it's open.
- A critic is someone who knows the way but can't drive the car

- Never pay a compliment as if you expected a receipt.
- Moral indignation is jealousy with a halo.
- Fear is the parent of cruelty.

FATAL ATTITUDES

1. Most problem drinkers feel that, like most things if they only practice harder they will be able to control their drinking.
2. Most feel that if they only will use their "Will-Power" all will be well. Trying to practice will-power has killed many alcoholics.
3. Alcoholics drink to escape from reality. Most alcoholics use alcohol to "cope" with life, not escape from it. Most alcoholics think of alcohol as a stimulant. They are so wrong. It is a descending depressant drug. Drunkenness is over dosing.
4. Almost all problem drinkers feel if they can stop for a period of time they cannot be alcoholic. It is not what you drink, how much you drink, or how often you drink. It is what happens to you when you drink.
5. Confusing alcoholism, with vagrancy, a good education, socially approved background, a good position, home, financially secure immunize you from alcoholism.

All alcoholics stop drinking but it is nice to be alive when it happens.

... Reprinted from the Twelve Step Times, November 1998



TENTH STEP PRAYER

(A friend of Bill W. from Internet)

"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Higher Power help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thought to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"

A QUESTION OF SAFETY

“ I don’t feel safe,” someone at a meeting will share, or “Let’s keep AA a safe place.” And I think, “Safe from whom? Safe from the outside world?” Perhaps, but it is more likely that the world needs to be kept safe from me should I pick up a drink, given my drinking history. **Safe.** Sometimes the word seems to float lonely, unattached, through the room, seeking a context. Sometimes, hearing the word, I feel, well, unsafe.

I noticed that the business meeting that normally followed the regularly scheduled meeting on the first Thursday of the month did not take place. The next month came and again no business meeting. The same thing the following month. I asked the chairperson about it. “We have business meetings when we feel like having business meetings” he said. I went to another member of the Group. “We’re not into business meetings” he said. The Group began to seem different. A Group officer wandered around with the collections from the previous three weeks seeking to know who the treasurer was. The chairperson’s personality seemed to intrude more on the meeting. Vacancies in some service positions went unfilled. The offerings on the literature table looked sparse. It became difficult to share simple things about sobriety at the meetings: the premium seemed to be wit over sincerity. Then, at the Group’s monthly anniversary meeting, the celebrants shared their gratitude for their year or years of recovery. At the secretary’s break, the elderly manager of the center where we met asked for a few minutes of the Group’s time. She spoke with pain and anger. She said that we weren’t cleaning up after ourselves. She said that time after time the meeting place was being left in disarray: chairs weren’t put away, garbage was not disposed of, the floors weren’t swept and mopped. She said that some group members, when she sought to discuss the problem, gave her the runaround, that they tried to con her with flip answers. “Keep it up and I’m going to put you out of here” she announced to the stunned Group.

Each Group has the right to be wrong (and right to be right). Tradition Four tells us so. And yet, among the sweetest words I hear at any AA meeting these days are, “There’s a business meeting following our regular meeting tonight. All Group officers are asked to attend, and members of the Group are encouraged to do so as well.” A regularly scheduled business meeting increases the probability of Group unity, of an informed Group conscience rather than the wimps of a few. It increases the probability that Group officers will, along with the right to serve, have a sense of responsibility regarding their service commitment. A business meeting is a way of saying that we as members have a right to an accounting of our Seventh Tradition contributions with a Treasurer’s report. It is a way of allowing the general service representative, through his or her report, to introduce into the consciousness of the Group the idea that the Group is not an end in itself but part of the service structure beyond it. It is a way of ensuring that we take our inventory, so our hosts won’t have to. It is a way of saying we care. Safe from each other and safe for each other, and safe for the person coming in behind us, the alcoholic who still suffers ~ that is what I think **safe** means. Safe through our Twelve Traditions from the irresponsibility that was such a feature of my active

YESTERDAY, TODAY AND 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 **YESERDAY**. 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 control.

TOMORROW’s sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in **TOMORROW**, for it is yet unknown.

This leaves only one day ~ **TODAY** ~ anyone can fight the battles of just one day. It is only when you and I add the burdens those two awful, eternities, **YESTERDAY AND TOMORROW** that we breakdown. 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!

THE TENTH STEP ACID TEST

Principles to Live By

Each of our Steps takes a certain amount of thoroughness but for most of the Steps, it seems we will be working on them for the rest of our lives as they involve practicing principles that we have incorporated into our day to day living experiences, and after the Ninth Step has been given due diligence, we can go on to the Tenth Step. This is not the time to rest on our laurels.

Having put a little time between us and our last drink required a lot of effort and it would be a shame to lose interest in the growing process at this time. My ego is always ready to move right into those empty spaces when I vacate my growing efforts. My approach to Step Ten was confusing at first, as I thought I was going to be running around with a clipboard for the rest of my life, and I didn't like the idea of credit and debit lists and penciling out things, but I tried it for a while, and I still didn't like it.

I couldn't see monitoring myself on every face to face verbal transaction and running around apologizing to everyone that I may have made a mistake with. That was my first impression of Step Ten. What I discovered was that the Tenth Step is a framework for the upkeep and maintenance of all of the previous Nine Steps, and as I incorporated those principles into my value system it made me aware of my mistakes and it became easier and easier for me simply because the more I live by unselfish, proven principles, the less mistakes I make, and the easier it became to right those mistakes on the spot.

When I first heard the term, "cash register honesty", it meant more to me than just being honest with a cashier. It meant that I had to stop taking advantage of everyone. That is a principle to live by. Since I started on this journey I have wanted to be free of all the sick feelings I had about myself and, at first, I couldn't find anything in the Big Book or the 12X12 that I could sink my teeth into. The one thing that came close was the term: *sins of omission, but that was too direct*. I was looking for a broader term that would have covered the things that I was unaware of.

All my life, under a mountain of misdeeds and inappropriate behavior was the word **NEGLECT**. I then Googled it and found it twice in the Big Book (pg.97 and 129) and twice in the 12X12 (pg.81 and 151) but I don't think I ever saw it addressed as seriously as all the other major defects are, but it was *major for me*.

I discovered it in the process of doing the Tenth Step. To set the tone for my day to day activities I start by making my bed when I get up in the morning. By doing this I am making a statement that, I won't be neglectful, irresponsible, lazy, etc. If I am at the market, I'll find a stray cart and return it to the rack, just to make up for all the times I pushed a cart into the flower bed and fled.

The acid test is how diligent I am at continuing these exercises in selflessness until they become second nature. You may have your own way of giving back to make it right and these things cost us nothing, but if I'm willing to do them, it's a cinch I won't be ripping anyone off today. It helps to have a clear conscience and it may be what a good role model should be doing.

I want to be quick to address my mistakes, for we know that nobody's perfect, and I don't want to miss the spiritual boat. Now it all comes down to, *going through each day without doing anything I regret*, and I hope I pass the acid test.

Submitted by Rick R., San Diego

TRADITION TEN

Organized is this big word of 'tradition'.

Organization denotes rules, control and conformity, the things that many alcoholics rebelled against in their practicing days although AA must have some semblance of cohesion, unity and flexibility as a must. There are no directions, orders or punishment met out by GSO or Edmonton GSC.

This seeming lack of organization can be quite often seen at meetings, where a chairperson or secretary is absent, and someone fills in for them. There was no vote or great decision-making process. It just happens.

As stated in the Tradition, Service Boards and committees serve the Fellowship. Our GSO office in New York has a great store of knowledge and history but whenever questions arise, and I quote: "It has been our experience", etc.

The Twelve Steps are a suggested way of recovery. The Twelve Traditions are a suggested way of keeping the Fellowship functioning. We must remember that suggestions can be every bit as important as a direct order. It has been suggested that when you jump out of a plane, that you wear a parachute. Good idea!

... Mike V., Edmonton, August 1997

A.A. HISTORICAL EVENTS IN OCTOBER

- Oct 1, 1941 - Local news reports 1st AA Group in New Haven, CT.
Oct 1, 1957 - Book "A.A. Comes of Age" published.
Oct 2, 1944 - Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.
Oct 3, 1945 - AA Grapevine adopted as national publication of AA.
Oct 5-7, 1972 - 2nd World Service meeting held in New York.
Oct 5, 1988 - Lois W. died.
Oct 6, 1941 - 900 dine at Cleveland dinner for Bill D., AA #3.
Oct 8, 1988 - Memorial Service for Lois W at Stepping Stones, NY.
Oct. 9-11, 1969 - 1st World Service meeting held in New York with delegates from 14 countries.
Oct 10, 1943 - 6 of 1st 9 AA's attend clubhouse anniversary in Toledo.
1970 - Lois reads "Bills Last Message" at annual dinner in NY.
1988 - Lois is buried next to Bill in Manchester, Vermont.
Oct 13, 1947 - The Melbourne Group held its first meeting in Australia.
Oct 14, 1939 - Journal of American Medical Association gives Big Book unfavorable review.
Oct 15, 1904 - Marty M., early AA woman, is born in Chicago.
Oct 17, 1935 - Ebby T., Bill's sponsor, moves in with Bill and Lois.
Oct 20, 1928 - Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.
1939 - Cleveland Plain Dealer begins series of articles on AA by Elrick Davis.
Oct 22, 1963 - E. M. Jellinek, alcoholism educator and AA friend dies.
Oct 24, 1942 - L.A. Times reports AA groups in 14 California cities.
1943 - Bill & Lois start 1st major A.A. tour, returned Jan 19, 1944.
1973 - Trustee's Archives Committee of AA has its 1st meeting.
1994 - National Council on Alcoholism and Drug Dependence celebrates 50 years.

Other significant events in October for which we do not have a specific date:

- Oct. 1939 - First central committee formed in Cleveland; 1st example of A.A. rotation.
Oct. 1936 - Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
Oct. 1942 - First issue of Cleveland Central Bulletin is published.
Oct. 1944 - First non-American branch started in Sydney, Australia by Father T. V. Dunlea & Rex.
Oct. 1951 - Sister Ignatia wrote "Care of Alcoholics - St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in *Hospital Progress* the journal of Catholic Hospital Association.
Oct. 1954 - The "Alcoholic Foundation" renamed the "General Service Board of A.A."
Oct. 1958 - Playhouse 90 TV airs *The Days of Wine and Roses*. Submitted by Rick & Bob J.

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

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

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

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

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7

Fax: (587) 523-4334

Email: centraloffice@edmontonaa.org **Subject Line: Attention ECO News**

WHAT YOU SCATTER

I was at the corner grocery store buying some early potatoes... I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

'Hello Barry, how are you today?'

'H' lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas. They sure look good.'

'They are good, Barry. How's your Ma?'

'Fine. Gittin' stronger alla' time.'

'Good. Anything I can help you with?'

'No, Sir. Jus' admirin' them peas.'

'Would you like to take some home?' asked Mr. Miller.

'No, Sir. Got nuthin' to pay for 'em with.'

'Well, what have you to trade me for some of those peas?'

'All I got's my prize marble here.'

'Is that right? Let me see it', said Miller.

'Here 'tis. She's a dandy.'

'I can see that. Hmmm, only thing is this one is blue, and I sort of go for red. Do you have a red one like this at home?' the store owner asked.

'Not zackley but almost.'

'Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble'.

Mr. Miller told the boy.

'Sure will. Thanks Mr. Miller.'

Mrs. Miller, who had been standing nearby, came over to help me. With a smile she said, 'There are two other boys like him in our community, all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, when they come on their next trip to the store.' I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado, but I never forgot the story of this man, the boys, and their bartering for marbles.

Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could. Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts... all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket.

Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them as, one by one; each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles. With her eyes glistening, she took my hand and led me to the casket. 'Those three young men who just left were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size... they came to pay their debt.'

'We've never had a great deal of the wealth of this world,' she confided, 'but right now, Jim would consider himself the richest man in Idaho...'

With loving gentleness, she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

The Moral: We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath.

Today I wish you a day of ordinary miracles ~ A fresh pot of coffee you didn't make yourself...An unexpected phone call from an old friend.... Green stoplights on your way to work...The fastest line at the grocery store....A good sing-along song on the radio...Your keys found right where you left them.

.submitted by Bob J., St. Albert Breakfast Group

EMOTIONAL MATURITY

The mature person has developed attitudes in relation to themselves and their environment which have lifted them above “childishness” in thought and behaviour.

Alcoholics Anonymous General Service Office,
P. O. Box 6458, Wellington, 6141

Some of the characteristics of the person who has achieved true adulthood are suggested here.

1. They accept criticism gratefully, being honestly glad for an opportunity to improve.
2. They do not indulge in self-pity. They have begun to feel the laws of compensation operating in all life.
3. They do not expect special consideration from anyone.
4. They control their temper.
5. They meet emergencies with poise.
6. Their feelings are not easily hurt.
7. They accept the responsibility of their own acts without trying to “alibi”.
8. They have outgrown the “all or nothing” stage. They recognize that no person or situation is wholly good or wholly bad, and they begin to appreciate the Golden Mean.
9. They are not impatient at reasonable delays. They have learned that they are not the arbiter of the universe and that they must often adjust themselves to other people and their convenience.
10. They are a good loser. They can endure defeat and disappointment without whining or complaining.
11. He does not worry unduly about things they cannot help.
12. They are not given to boasting or “showing off” in social unacceptable ways.
13. They are honestly glad when others enjoy success or good fortune. They have outgrown envy and jealousy.
14. They are open-minded enough to listen thoughtfully to the opinions of others.
15. They are not a chronic “fault-finder”.
16. They plan things in advance rather than trusting to the inspiration of the moment.

Last of all, we think in terms of spiritual maturity.

1. They have faith in a Power greater than themselves.
2. They feel themselves an organic part of mankind, as a whole, contributing their part of each Group of which they are a member.
3. They obey the spiritual essence of the Golden Rule “Thou shalt love thy neighbor as thyself”.

(From the “moral and Spiritual Values in Education” used by the Los Angeles City Schools as part of their educational

CORRECTIONS FACILITY COMMITTEE

HELP WANTED

The Corrections team needs ladies to come out to chair meetings at our local correctional facilities. This is a weekly commitment on Sundays from 6pm to 7:30 pm.

Men are needed as well.

committee meets the 3rd Friday of each month – 6:30 pm at the Alano Club

Also: CFC needs literature donations: AA pamphlets, Big Books, Grapevines. Contributions shall be used to carry the message into the Edmonton and Area Correctional Facilities.

Drop donations off at Edmonton Central Office, @205, 10544 – 144 Street NW 780-424-5900

CPIC clearance is required along with 1-2 years minimum sobriety.

Please contact Willie M. @ 780-406-5307



YOU ARE SPECIAL

You may not think that the world needs you, but it does, for you are unique!

Like no one who has gone before or will come after.

No one can speak with your voice, say your piece, smile your smile, or shine your light.

No one can take your place, for it is your alone to fill.

If you are not there to shine your light, who knows how many travelers will lose their way as they try to pass by your empty place in the darkness.

... Reprinted from the Twelve Step Times, November 1998

2018 Birthdays

in - OCTOBER

Breathe Easy

First Friday
Nov. 2 Nancy DM 14 yrs.
Chico V. 8 yrs.

Capilano Step

Last Thursday
Oct. 25 Lach H. 36 yrs.

Clareview Big Book

Last Wednesday
Oct. 31 Brian O. 9 yrs.
Dave K. 3 yrs.

Crestwood Welcome

Last Monday
Oct. 29 Frank C. 12 yrs.
Paul M. 4 yrs.
John H. 5 yrs.

Eastwood

Third Monday
Oct. 15 Colleen T. 4 yrs.

Ellerslie

Oct. 25 Shentell M. 5 yrs.

Fulton Place

Last Friday
Oct. 26 Stuart R. 28 yrs.
Rhea M. 24 yrs.
Mike M. 2 yrs.

Jasper Place

Oct. 30 Pat F. 30 yrs.

Last Call

Last Wednesday
Oct. 31 Lyn P. 8 yrs.

Lion's Den

Last Wednesday
Oct. 31 Bill L. 37 yrs.
Charles B. 2 yrs.
David G. 15 yrs.
Kenny A. 2 yrs.

Lighthouse

Last Friday
Oct. 26 Monique B. 8 yrs.
Amanda D. 3 yrs.
Julie C. 2 yrs.
Trevor 2 yrs.

Providence

Last Wednesday
Oct. 31 Glen B. 33 yrs.
Andrew A. 12 yrs.
Mike S. 2 yrs.

Mustard Seed

First Sunday
Nov. 4 Johnny B. 24 yrs.

Shifters

Last Saturday
Oct. 27 Wes B. 17 yrs.
Brent H. 11 yrs.
Breanna T. 1 yr.
Ron L. 1 yr.

South Side

3rd Friday
Oct. 19 Gordon M. 26 yrs.
Emile C. 34 yrs.
Michelle 1 yr.

Terra Nova

Last Sunday
Oct. 28 Karen M. 4 yrs.
Leah S. 14 yrs.
Franz F. 3 yrs.
Ron S. 25 yrs.

The Why Group

Last Saturday
Oct. 27 Carla W. 2 yrs.
Foster N. 36 yrs.
John F. 7 yr.
Lana 30 yrs.
Nancy 25 yrs.
Joy Y. 17 yrs.
Norma Jean 23 yrs.
Paul G. 5 yrs.
Ryan V 2 yrs.
Scott S. 21 yrs.

Thus We Grow

Last Tuesday
Oct. 30 Rob B. 1 yr.
Dan H. 8 yrs.

West End Men's

First Wednesday
Nov. 7 Alan D. 12 yrs.
Don F. 4 yrs.
Lukas D 4 yrs.
Perry S. 19 yrs.

Westminster

Last Saturday
Oct. 27 Jack M. 48 yrs.
Peter H. 33 yrs.
Margaret N. 31 yrs.
Brenda F 29 yrs.

SURROUNDING AREAS

SHERWOOD PARK

Sherwood Park Group

No listing for October

Twelve Steps to Serenity

Last Monday
Oct. 29 Tim D. 4 yrs.
Virgil L. 5 yrs.
Lorne B. 9 yrs.

Fri. Nite Happy Hour

Last Friday
Oct. 26 Dan W. 28 yrs.

ST. ALBERT

S.A. Breakfast

Last Sunday
Oct. 28 Marilyn T. 39 yrs.
Bob J. 44 yrs.
Liam W. 3 yrs.
Abby T. 4 yrs.

S.A. Brotherhood

Last Sunday
Oct. 38 Dan B. 25 yr.

S.A. Sunday Night Step Study

Last Sunday
Oct. 28 Elaine M. 35 yrs.

MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

July 1944 - December 1949 -

1949 All except May

1950 All

1951 All except Jan., Feb. & Oct.

1952 All

1953 All except July

1954 All except March, August & Nov.

1955 Only January, February & March

1956 Only Jan., February, April & Nov.

1957 Only February, June & July

1958 Only January

1959 Only August

2004 Only March

2015 Only January

2016 we now have all of them

2017 Only February & November

2018 Only March



CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Drumheller, AB

Oct. 6 15th Annual AA Roundup \$25.00
10 AM 627 – 6 St. E.
Church of the Nazarene Hall

Stony Plain, AB

Oct. 12-14 35th District 10 Unity Roundup \$35.00
Blueberry Hall, 53109 RR 15
West of Stony Plain
Contact: 780-257-7085

Melfort, SK

Oct 13th, Melfort Roundup Tradition 7
Legion Hall 101, McLeod Ave East.
Starts at 1:00 PM.

St. Albert, AB

Oct. 20 District 64 Workshop Tradition 7
Noon-4 PM 12 Gate Ave., Christian Reform
Facilitators: Brad D. & Larry M.
Please bring finger food, Beverages provided

Moosomin, SK

Oct 19 -21. Area 91 Fall Assembly 2018 –
Conexus Convention Centre
113 Wright Road East.
Start Time: 6:00 PM End Time: 1:00 PM

Edmonton, AB

Oct. 20 District 40 Fall Unity Potluck Tradition 7
6PM – 9 PM 8420 – 145 St.
St. Timothy's Anglican Church
Bring our favourite dish to share.

Sherwood Park, AB

Nov. 3 District 61 Gratitude Night
5:00 PM 298 Bethel Drive
Bethel Lutheran Church
Note: Suggested donation is \$1. A yr. for
sobriety Minimum \$5.00

Saskatoon, SK

Nov 10, Saskatoon Gratitude Night \$8.00
St. Joseph's Hall- Broadway & Eighth
5 PM Pot Luck

2019

Kindersley, SK

Jan 26, Kindersley AA/Al Anon Round-Up –
Start Time: 12:30 PM End Time: 12:00 PM

Saskatoon, SK

Feb 22, Saskatoon Roundup

Vibank, SK

April 6 Vibank Roundup –

A RABBIT WALKS INTO A BAR

From AA Grapevine with permission

- **Heard at a meeting, circa 1970:** “The last days of my alcoholic drinking were like making love to a skunk. I wondered how much pleasure I could stand”.
- **Definition of an alcoholic bottom:** When things get worse faster than you can lower your standards.
- An **alcoholic** is a person who, from a single tree, creates a great forest in which he immediately gets lost.
- **Heard at Meetings**” “When I was sixteen, I was trying to act forty-four, and when I was forty-four, I was trying to act sixteen. I am not sure how, but alcohol made both possible.”
- **“If you want** to have the last word in an argument trying saying, ‘I guess you’re right.’”
- A **sponsor** is somebody who sees through you and stull sees you through.
- **“At first I thought** the ‘God thing’ was a crutch. Turns out to be stilts.”
- **“Why settle** for relief when what you really want is freedom?”
- **When it comes to gratitude,** my mind is like Teflon. When it comes to resentments, my mind is like flypaper.

BIRTHDAY CLUB MEMBERS

For August / September

Ray B.
Randy M.
Patricia C.
Pam L.

