

ECO NEWS

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Edmonton Central Office Society
#205, 10544 114 St. NW
Edmonton, AB T5H 3J7
780-424-5900
www.edmontonaa.org
Email:
centraloffice@edmontonaa.org



DELEGATE'S CORNER

CURB YOUR ENTHUSIASM ... TO GOSSIP

“Gossip barbed with our anger, a polite form of murder by character assassination, has its satisfactions for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness.” This is from the *Twelve Steps and Twelve Traditions*, page 67.

This subject of gossip comes up in meetings over and over again. I've heard some pretty devastating stories. One-person gossips to their friends over a particularly juicy step 4 from a sponsee, only for the sponsee to be in the next booth in the restaurant, hearing her privacy being violated by someone in whom she believed she could confide. That destroys trust and eliminates hope for recovery. It could make someone stop coming to meetings and go back out.

As children, many of us grew up hearing adults' gossip. It can become second nature to imitate behaviour. The payoff was obvious, even as a child: I immediately felt superior to the person who was the target of my words. Beyond that, I often felt better than the people with whom I shared my gossip – as if I had an inside track.

This is an honest program. I admit to gossiping in sobriety, albeit much less today than in those first years. Today I know that the cause of my gossip was, and still is, all about me. It may seem to come from envy, or fear, or not recognizing that same trait in me. The bottom line of my need to gossip always comes from my feelings of worthlessness. Curbing it is an inside job.

As members of this amazing fellowship, we have access to many tools. We can learn to be better people and create healthy relationships, instead of tearing others down through gossip.

It all begins with honesty... checking in with my feelings before I open my mouth. How I am feeling sometimes comes from a current event that triggers old feelings from my past. I learned this when I did Step 4. My tendency is to stuff feelings. Today I am aware of this and can work on it.

When the inclination to share inappropriately manifests itself, it's now much easier to recognize. I know the drill. In passing on negative tidbits to others, there is a very short high followed by an immediate knot in my gut. And then the tortured realization that this must be made right: doing Steps 4 through 9 one more time.

Oddly enough, I believe my Higher Power has been intervening on my behalf with this. Several times lately, when I contemplate saying something about someone else, I get interrupted. Either a phone rings, or someone walks into the room ... some other event occurs and saves me from myself. This doesn't feel like a coincidence and makes me very grateful. It's a wonderful program that can save us from gossiping which may have been automatic earlier and can now be curbed.

Thanks for allowing me to share these thoughts and thank you always, for my sobriety. Becky P

OMISSION NOT COMMISSION

She had been sober, for a reasonable length of time, several years, and with the help of AA and by the Grace of God she hadn't had a drink from the very beginning. She was happy, too; content in her sobriety, she had found a measure of that peace of mind others spoke of. But there was one difficulty; like all of us, she had another problem, a problem not connected with alcohol, but a problem she could not seem to solve. To many of us it might not have looked so bad: she wasn't doing anything really wrong, it was a fault of omission rather than commission. But to her it was terribly serious ~ it robbed her of that full and complete serenity she so sincerely wanted. She thought of it constantly; surely there was something in the program she was missing, something she must find and grasp in order to rid herself of this character defect. The answer must be right there in the Steps. Surely her problem had appeared in her original inventory, and she had freely admitted it to God and to herself, and another human being ~ me.

She was ready to have God remove this problem (but was she entirely ready?), and she had asked Him countless times to remove this shortcoming (but had she asked Him humbly?) It cropped up every night when she conscientiously renewed her inventory, and she certainly didn't deny that her problem existed. She did pray for knowledge of God's will for her. It didn't make sense to think that He wanted her to go on this way and not find the solution to her difficulty. Often, she thought that the answer lay in the 24-Hour Plan ~ that she, unconsciously perhaps, worried what the future might bring if she failed to solve her problem. So, she tried to live for today only, and it worked ~ but only for a few days at a time. She prayed desperately for the courage to change this personality defect ~ surely God didn't want her to go along serenely accepting it as something she couldn't change!

And then the answer came, like a bolt out of the blue, and from a totally unexpected source. She **was** worrying over the future, terrified at the thought of living the balance of life forever saddled with this shortcoming. She stumbled on a short quotation in a small magazine ~ now she could face the future without fear and with her chin up. For now, realized: ***The best part about the future is that it comes only one day at a time.*** Reprinted with permission AA Grapevine / 1952

A woman AA member was telling her Group about the days when she was a pantry drinker and used to sip booze while she was cooking meals. Her husband bought her a microwave oven, but she made him return it, giving him a phony excuse. "Actually," she told the Group, "the darn thing could cook faster than I could drink".

Reprinted with permission AA Grapevine, 1985

CONCEPT XII CHECKLIST:

The Conference shall observe the spirit of AA Tradition, taking care that it never becomes the seat of perilous wealth of power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement of public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

- How do we guard against becoming a "seat of perilous wealth or power?"
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all AA members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of AA's Traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?

... Reprinted with Permission of AAWS (F91)

OLD TIMER'S CORNER

Story of Mike C., Vegreville, AB

Sober Date August 10, 1959

I read the Liberty magazine article on AA as a young boy and thought it would be good for some of my relatives and dad's friends.

Years later, in the spring of 1956 I called an AA number in the Journal and was invited to come to the Wilkins Building on Jasper Avenue. Once there, I met Virginia (a great person) while she was talking to me, she suggested that she call an AA member so that I could speak with him.

I agreed with Virginia and met James A (?Who has gone to reward). James spent the afternoon chatting with me and then took me to a beginner meeting that night, which he chaired. James stated that if he ever took a drink, he may never draw a sober breath again. I heard no more!

Upon leaving the meeting, I headed straight for the King Eddy Hotel, sat by myself and felt good, because if I got as bad as James there would be salvation for me!

In the fall of 1956 I asked the judge to send me to Belmont and that is where I met my sponsor, Tom S. I gave booze one more try, in 1959 and I never want to again.

My Higher Power and the AA Fellowship of AA.

I was done, finished, nothing; the doctor said I was going to die. Where could you buy my Gift?
(Many would love to.)

written by Mike C., he passed away July 8, 2005

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

Reprinted with permission AA Grapevine, 1985

ANONYMITY

AA's twelfth Tradition states, "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities". When I read this Tradition, the words that carry weight for me are "foundation" and "principles". Two things I didn't know how to value when I entered the rooms, at least not in a positive and wholesome way.

In the beginning, I remember hearing the Traditions being read, and I used to think they sounded like something that should only be recited at the business level, surely not at every meeting. Then I started working the Twelve Steps and began learning about myself. I started applying the Steps to my daily life, I was making healthy choices more regularly, gaining freedom and joy; all as a result of building a healthier *foundation* and living by a fresh set of *principles*. It was about now that I began to understand the tremendous usefulness and function the Traditions serve. And so, off to a Tradition Study I happily trudged.

The anonymity Tradition Twelve addresses, safeguards members' identity at the personal level and protects the fellowship from exploitation at the public level. These attitudes are essential to the achievement of every member's sobriety and AA's overall success. Admission of one's alcoholism can be very painful, so having a protected environment where one feels safe to share openly is imperative to succeed in attracting, safekeeping, and ultimately helping alcoholics to achieve and maintain sobriety.

Even though the social stigma of alcoholism has been greatly reduced over the years, the importance of confidentiality has not. Anonymity has to be universal to assure the continued unity, effectiveness, and well-being of Alcoholics Anonymous. Protecting this anonymity is the responsibility of every member; personal information can easily identify someone without the use of names, as I'm sure we have all experienced how small and connected this world really is.

I, myself, am ok with telling people I'm an alcoholic. I believe my vulnerability is a strength, and I have learned a great many things from others through my open and honest sharing. I have also witnessed it give permission for others to be just as vulnerable, freeing them in that moment. Ultimately, we are responsible for our own anonymity *and* the anonymity of others.

How do you respect privacy?

Signed, Anonymously Yours



REFLECTIONS FROM THE ECO MANAGERS DESK,

As we are nearing the end of 2018, I wanted to recount what has been happening at your Edmonton Central Office (ECO). I have noticed a great amount of enthusiasm in Alcoholics Anonymous from members coming into the office. Members from Edmonton and all-over northern Alberta are coming in and talking about how they are seeing more newcomers coming into their groups and most importantly that they are staying! Step 12 mentions that we are to carry this message to Alcoholics and we are doing a great job when we have new people staying and joining us on our “road to happy destiny”.

We have a number of folks that come into ECO on a weekly basis to help carry the message to the Alcoholic who still suffers. At the moment we have 18 volunteers on our roster and they are an integral component to serving and supporting the present and future groups of Edmonton and area, their membership and the still suffering Alcoholic. The Principle of Step 12 is **SERVICE** and can be defined as a helpful act; a contribution to the welfare of others, useful labor that does not produce a tangible commodity.

There is an incredible number of members of Alcoholics Anonymous who are currently doing Step 12 Service work, and this is the reason why A.A. works. From opening meetings, making coffee, reaching out and shaking the hands of folks coming into your meeting, being an Intergroup Rep, or GSR of your group, to working on a service committee or the chair of a service committee, to being on the Central Office Board, this is all vital service work that makes A.A. work.

On the topic of the Central Office Board (COB), you may or not know that there will be our Annual AGM of the Edmonton Central Office Society and a number of the members of the COB will be rotating out. I have been working under their direction for the past thirty-three months and have marveled at their tireless dedication to making sure that we are practicing the principles in all our affairs, making sure that ECO is welcome place that is open to all Alcoholics present and future. These members have shown a great deal of humility in their Service!

I have heard that Gratitude is an action word and highly rewarding. So, if you see a member who is doing service work, please say thank you and perhaps you could ask what they do and maybe follow in their footsteps. Sobriety is a wonderful Journey!

~ Pam L. ~ member of “As Bill See’s It ~
Edmonton Central Office Manager

A JOYFUL TIME OF YEAR

Bringing Joy to the Less Fortunate

How appropriate it seems that there are twelve months in a year and we have twelve steps in the program. The joy of good living is the theme of the twelfth step and it blends right in with the holiday season in November and December, starting with Thanksgiving and ending with the New Year's Eve celebration. This time of year, does bring a lot of joy to many of us but it also brings *distress to some of the less fortunate ones* who haven't yet been blessed with the gift of sobriety and peace of mind, *in and outside of A.A.*

During my drinking days I used to be very uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited to a celebration, I felt like *a charity case* and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and the commercializing facade that it had become. Any excuse was better than facing *me* and the miserable wretch I had become.

After being sober for several years it occurred to me that I still had some of those same attitudes, and that I was still holding on to them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, "*Does the rest of the family enjoy the holidays?*" I said yes. He then said, "*Why don't you just take a back seat and just watch the joy in their eyes as they experience these things.*" I did exactly what he suggested and when I started to observe *the childlike innocence and happiness it brought to them*, it gave me a whole new appreciation for this time of year. It brought *tears of Joy* to my eyes and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole attitude concerning these things.

This change of attitude has inspired me to apply the unselfish lessons that I've come to understand and now I spend the holiday season filled with Joy. *If it works like that for the holidays, then why can't I bring it with me for the rest of the year?* This has been my mission for several years, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself. I try to do these things *anonymously and without fanfare*. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am very careful to do these things in a way that *preserves the dignity of that other person*. I don't have to wait for the holidays to do these things. Every day is a holiday in and outside of my home, and you can believe me when I say; I reap more than my share of the joy.

By Rick R., Unconditional AA, Poway, CA



IN GOD'S CARE

We must not...ignore small daily differences we can make which, over time, add up to big differences that we often cannot foresee!

Marian Wright Edelman

It's a healthy human attribute to want our lives to count. But some of us immediately picture people like Mother Teresa, Albert Einstein, Martin Luther King, and we think we could never measure up. What we fail to realize is that their successes really grew from many small steps, and even some stumbles.

Thomas Edison made thousands of attempts before he invented the first successful light bulb. He wasn't diminished by each failure. It has been said that he was inspired because he knew he was drawing closer to success each time by the process of elimination.

The same philosophy can work for us. Each failure or rejection can bring us one step closer to our true goal. And giving genuine love to others ensures that our life is counting in the most meaningful way of all.

Today, I'll remember three things. I count;
I am alive for a purpose; I am made to give
and receive love!

Submitted by Faye E., Oilmen's Group

ENTHUSIASM FOR RECOVERY

I have been a member of AA here for what seems forever but is only a whirlwind ten weeks. So much has happened to my attitudes, I at times feel it's too good to be true.

I felt pushed into AA by my young wife, who had had enough of my addictions. I came to AA to win her back and so wasn't interested in personal recovery. I didn't believe alcoholism was a disease and couldn't accept it until recently.

My enthusiasm is of a sort I haven't felt for eight years. Recovery is rushing through my body, mind, and soul. Part of this enthusiasm for recovery is due to the Grapevine. Its pages contained some personal stories which I could really identify with. Opening my eyes began to open my ears and mouth. My heart, which had always been open but fearful of hurt. Causing my need for drugs to cover up, began aching again. Thanks to a Power greater than myself and with the gracious care and guidance of my sponsor, I am beginning to feel equal and a part of humanity.

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G.O. From Alice Springs, Australia:

A.A. HISTORY IN DECEMBER

- Dec 1, 1940 - Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.
- Dec 5, 1985 - Dave B, founder of Montreal Group, dies weeks before 50th anniversary. His story was added to the 4th Edition Big Book.
- Dec 6, 1939 - Bert the Tailor lends Works Publishing \$1000.
- Dec 6, 1979 - Akron Beacon reports death of Henrietta Sieberling.
- Dec 7, 1949 - Sister Ignatia received Poverello Medal on behalf of A.A.
- Dec 10, 1975 - *Birds of a Feather* AA group for pilots is formed.
- Dec 11, 1934 - Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).
- Dec 11, 1941 - Dallas Morning News reports first AA group formed in Dallas.
- Dec 12, 1934 - Bill has Spiritual Experience at Towns Hospital.
- Dec 12, 1937 - Bill meets with Rockefeller Foundation and tries to get money.
- Dec 13, 1937 - Rockland State Mental Hospital takes patients to meeting in New Jersey.
- Dec 13, 1934 - Ebby visits Bill at Towns hospital, brings William James' book, *Varieties of Religious Experience*.
Or 14
- Dec 19, 1939 - Los Angeles hold their first AA meeting there.
- Dec 20, 1945 - Rowland H. dies (he carried the Oxford Group message to Ebby).
- Dec 27, 1893 - Rev. Samuel Shoemaker is born.

Other December happenings with no specific date:

- Dec 1934 - Bill & Lois start attending Oxford Group meetings.
- Dec 1934 to May 1935 - Bill works with alcoholics but fails to sober any of them. Lois reminds him HE is sober.
- Dec 1938 - Twelve Steps written.
- Nov/Dec 1939 - Akron group withdraws from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams' home to Dr Bob and other members' homes.
- Dec 1939 - First AA group in mental institution, Rockland State Hospital, NY.
- Dec 1939 - First home meeting in Los Angeles at Kaye M.'s house.
- Dec 1939 - Matt Talbot Club has 88 members, uses wagons to collect old furniture to recondition & sell, not A.A., used A.A. program, material, marked first effort reach alcoholics outside married, middle-class category.
- Dec 1940 - First AA group formed in St. Louis, Missouri.
- Dec 1940 - Group started Ashtabula, Ohio due to Plain Dealer articles. A.A. Cleveland has about 30 groups.
- Dec 1948 - Dr. Bob's last major talk, in Detroit.
- Dec 1950 - *Grapevine* article signed by both Bill and Dr Bob recommend establishing AA General Service Conference.
- Dec 1955 - *Man on the Bed* painting by Robert M. first appeared in *Grapevine*. Painting originally called *Came to Believe*
- Dec 1982 - Nell Wing retires from GSO after 35 years of service.

HAM ON WRY

- Ham on Wry to stay: A while back, Grapevine readers were asked whether the name of the humor column ought to be changed, and if so to what? In the end, there were just about the same number of write-ins who loved it as loathed it. As for new suggestions, other than *Barleycorn*, none were judged one whit wittier than the incumbent.

In the process, however, the following suggestion was received, which we are considering as seriously as we presume the originator intends it.

- “Use HAM ON WRY as proof of sobriety.” writes this anonymous wag, “It’s simple. Ask every newcomer what it means. If they say a sandwich, you’ll know they’re not too far gone for hope. Give them a sandwich and suggest they make ninety and ninety.
“After their 90th meeting, show them HAM ON WRY in writing and ask them again. If they tell you we’ve misspelled rye whiskey, tell them they qualify, they’re getting better, and to keep coming.
“After six months, show them the HAM ON WRY page in writing and ask them again. This time, they’ll have sat through enough speakers to know why high drama actors are called hams, and the wry probably has something to do with being funny.
“At this advanced stage, you tell them they still qualify, they’re getting much better, to keep coming, get a sponsor, and start working the Steps. Then sell them a subscription to the Grapevine, so they can send in whatever they think is funny, including names that work any better than HAM ON WRY.”
- Speaking of speakers who tend to share at great length, there’s been a suggestion to start a new twelve-step-program for them: **On-And-On-Anon.** (Judy B., NY)
- AN ALCOHOLIC WORKING IN A BREWERY fell into a huge vat of beer and drowned. When his wife arrived at the scene, she told the foreman, “Well, at least it was quick and painless death.” One of the deceased’s old cronies standing nearby muttered, “It was painless all right, but not quite that quick. He got out three times to go to the bathroom.” (Orphir F., Amherst, NS)
- “WE’RE INVITED TO A COCKTAIL PARTY,” the wife informed the husband. “But I’ve been on the wagon for three whole months now!” he complained “That’s probably why we’re invited,” she said. (Pick Me Up, Wichita, Kan.)
- “THE CURRENT FAD OF AA HUGS” isn’t her style, admits this long-timer, and when a guy she hadn’t met yet came up after a big meeting with his arms spread wide, she quickly stuck out her hand and said, “I’m a shaker, not a hugger.” So, he grabbed her hand and assured her, “Keep coming back. Those shakes will go away after a while.”

...Reprinted with permission from AA Grapevine, 1991

TRUE AMBITION - AND FALSE

We have had a much keener look at ourselves and those about us. We have seen that we were prodded by unreasonable fears or anxieties into making a life business of winning fame, money, and what we thought was leadership. So false pride became the reverse side of that ruinous coin marked “Fear.” We simply had to be Number One people to cover up our deep-lying inferiorities.

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

... Reprinted with permission AAWS, As Bill Sees It. Page 46



TWELFTH STEP PRAYER

(A friend of Bill W. from Internet)

Dear God, Having had a spiritual experience, I must now remember that “faith without works is dead.” And PRATICAL EXPERIENCE shows that nothing will so much insure Immunity from drinking as intense work with other alcoholics. So, God, please help me to carry this message to other alcoholics! Provide me with the guidance and wisdom to talk with another alcoholic because I can help when no one else can. Help me secure his confidence and remember he is ill. (89.1)

THIS PRECIOUS GIFT

They say four billion years ago life showed its face
on earth. and so, it happens, man became , the
product of that birth Then grapes appeared upon
the vine, eight thousand years just past.
Their juice, when crushed, seemed harmless, when
enjoyed with repast. But like most things that
seem so fine, and too good to be true, a darker side
revealed the lure that many came to rue.
When smitten by this patient foe the bearers have
no shield, and when the choice is yea or nay, the
stricken always yield. So shameful was this malady,
a moral thing they said.
Their families kept their secret safe, long after they
were dead. Centuries have come and gone, since
first it got its grip, and one in ten would pay the
price, when venturing one sip.
Then God saw fit to intervene and offer up a
choice,
and Bill and Bob were listening and heard his loving
voice. How fortunate we are today, to be among
the first, to have been chosen, at this time, to quell
that deadly thirst.
The wisdom of eight thousand years is laid there at
our feet. How blessed to have it waiting, when I
stumbled in defeat.
When pondering the suffering crossed, that vast
expanse of time, I would not waste one moment
of, His precious gift sublime.

Rick R., Unconditional AA, Poway, CA

PROMISES?

But as times passed, we found that with the
help of AA's Twelve Steps we could lose those
fears, no matter what our material prospects were.
We could cheerfully perform humble labour
without worrying about tomorrow. If our
circumstance happened to be good, we no longer
dreaded a change for the worse, for we had learned
that these troubles could be turned into great
values. It did not matter too much what our
material condition was. Money gradually became
our servant and not our master. It became a means
of exchanging love and service with those about us.
When, with God's help, we calmly accepted our lot,
then we found we could live at peace with
ourselves and show others who still suffered the
same fears that they could get over them, too. We
found that freedom from fear was more important
than freedom from want.

...Reprinted with permission from AAWS,
Twelve Steps & 12 Traditions, pg. 121-122

No one can grow spiritually until they have cleared
their conscience and gained the respect and
forgiveness of others by admitting their wrongs.
Only by wiping the slate clean can we free
ourselves of the constant painful reminders of acts
and words which have left with regrets, guilt, and
shame. Of course, we can't be free of thoughts
about the past until we have learned, through
thorough inventories, the nature of our mistakes.

...Anonymous - The San Diego AA Coordinator

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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**

Edmonton Central Office - 2018 Group Contributions

GROUP	District	Oct	YTD	GROUP	District	Oct	YTD	GROUP	District	Oct	YTD
60 MINUTES TO SOBRIETY	53	\$250.00	\$900.00	JELLNICK JUMPSTART	46	21.85	\$236.45	SHER. PARK MILLSHAVEN	61		\$200.00
10 AFTER 10 GROUP	46		\$72.25	LAC LA BICHE TRI SOBRIETY	3		\$150.00	SHER. PARK 12 STEPS TO SERENITY	61	\$320.00	\$1,976.00
84TH STREET	46	\$600.00	\$1,100.00	KNIGHTS OF SOBRIETY	40		\$0.00	SHER. PARK SISTERS IN SOBRIETY	61		\$0.00
AB GROUP	57		\$1,759.80	LAMONT - BEAVERHILL GROUP	20		\$0.00	SHER. PARK TUESDAY NIGHT AT 7	61		\$680.00
ALANO WOMENS DISCUSSION	46		\$54.15	LANCASTER PARK TRI-SERVICE G	64		\$0.00	SHER. PARK THERE'S MORE TO THE ST	61		\$804.87
ALTERED ATTITUDES GROUP	46		\$1,000.00	LAST CALL GROUP	40		\$400.00	SHIFTERS GROUP	57		\$1,000.00
AS IT IS GROUP	55		\$0.00	LEDUC HOW IT WORKS	12		\$50.00	SIMPLY SOBER AA GROUP	40		\$315.00
ATHABASCA AA GROUP	8		\$157.75	LEDUC SATURDAY	12		\$200.00	SLAVE LAKE AA GROUP	7		\$250.00
BACK TO BASICS	64		\$220.00	LEDUC SUNDAY BEGINNERS	12	\$200.00	\$200.00	SOBER COUNTRY - EDSON	5		\$0.00
BEAUMONT HOW IT WORKS GRP	60		\$250.00	LIGHTHOUSE GROUP	53		\$640.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$500.00
BEAUMONT GROUP	60		\$400.00	LIONS DEN GROUP	57		\$2,000.00	SOUTH SIDE GROUP	57		\$0.00
BEAVERLODGE AA	4		\$600.00	LOVE AT WORK	60		\$400.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEVERLY GROUP	53		\$0.00	MANDATE:SOBER GROUP	40	\$50.00	\$500.00	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00
BONNIE DOON GROU	55		\$125.00	MILLET: STAIRWAY TO FREEDC	12		\$0.00	STEP SISTERS	40	\$100.00	\$150.00
BREATHE EASY GROUP	40		\$1,000.00	MILLWOODS GROUP	60		\$0.00	STEPS TO SERENITY GROUP (MEN'S)(S	55		\$571.00
CAMEL DISCUSSION CLUB	40		\$1,260.00	MILLWOODS SPRING STEP STUD	60		\$0.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
CAMPUS GROUP	57		\$675.00	MONDAY AT 7:30 GROUP	46		\$100.00	STONY PLAIN - FIRST DOOR ON THE I	10	\$300.00	\$300.00
CAMPUS GROUP - BLUE JEAN R/U	57		\$0.00	MORINVILLE THURSDAY	9		\$50.00	STONY PLAIN - NEW WOMEN'S GRO	10		\$0.00
CAPILANO STEP GROUP	55		\$1,000.00	MUSTARD SEED GROUP	46		\$500.00	STONY PLAIN - SUNDAY 7:30	10		\$200.00
CLAREVIEW BIG BOOK GROUP	53	\$45.00	\$45.00	NEW HOPE GROUP	62		\$0.00	STONY PLAIN - WEDNESDAY NITE UP	10		\$225.00
CORNERSTONE GROUP	46		\$350.00	NITON AA GROUP			\$0.00	ST. ANDREW'S MEETING STEP STUDY			\$0.00
CRESTWOOD WELCOME	40	\$500.00	\$1,500.00	NO NAME HOME GROUP	63		\$0.00	ST. PAUL - FELLOWSHIP GROUP	3		\$200.00
DAILY REFLECTIONS GROUP	55		\$0.00	NO SAINTS MEETING	46		\$600.00	ST. PAUL - YOU GO GAL MEETING	3		\$0.00
DAYSLAND	12		\$0.00	NORTH EDMONTON GROUP	53		\$100.00	STRENGTH AND HOPE GROUP	46		\$0.00
DEVON MONDAY NIGHT GROUP	12		\$40.00	NORWOOD GROUP	46		\$0.00	SUIT UP & SHOW UP BIG BOOK STUD	46	\$720.00	\$720.00
DISTRICT 7 SLAVE LAKE R/U	7		\$400.00	OFF THE WALL & LIVING SOBER	55		\$550.00	SUNDAY MORNING OPEN GROUP (SH	57	\$300.00	\$1,650.00
DISTRICT 10 UNITY ROUND UP	10		\$0.00	OILMENS GROUP	57		\$50.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00
DISTRICE 40/41 COMMITTEE	40		\$1,000.00	ONOWAY GROUP	57		\$100.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$146.55	\$637.30
DISTRICT 53	53		\$100.00	OPEN DOOR GROUP	55	\$50.00	\$400.50	TA WOW GROUP	46		\$10.00
DISTRICT 57 COMMITTEE	57		\$0.00	OUR HOUSE	40		\$200.00	TERRA NOVA GROUP	46	\$532.50	\$1,090.50
DISTRICT 64	64		\$880.00	OUR PLACE GROUP	46		\$0.00	THE WHY GROUP	46		\$700.00
DOLPHIN GROUP	40	\$223.40	\$2,084.70	PEACE RIVER AA GROUP	2		\$0.00	THORSBY GROUP			\$150.00
DOWNTOWN DRAYTON VALLEY	6		\$0.00	PONOKA THURSDAY NIGHT			\$0.00	THUS WE GROW	57		\$500.00
EARLY BIRDS BREAKFAST GROUP	53		\$500.00	POUNDMAKER'S TREATMENT CT	64		\$0.00	TO SHOW OTHERS			\$0.00
EASTWOOD GROUP	53		\$50.00	PROVIDENCE GROUP	57		\$1,500.00	TOWER GROUP	46		\$0.00
ELLERSLIE ROAD GROUP	60		\$898.00	RAINBOWS TO RECOVERY			\$0.00	TURNING POINT GROUP	46		\$0.00
FAITH WORKS STEP GROUP	53		\$170.00	RAY OF HOPE GROUP	46		\$985.00	UNDER NEW MANAGEMENT	57		\$800.50
FELLOWSHIP BREAKFAST GRP	57	\$100.00	\$100.00	RED ROAD TO RECOVERY	46		\$0.00	UNITY STEP GROUP	55	\$195.00	\$534.10
FIRST DAY GROUP	46	\$50.00	\$50.00	RIO TERRACE GROUP	40	\$300.00	\$400.00	U OF AA GROUP	57		\$120.00
FRIENDS OF BILL GOLF TOURN	60		\$395.00	RITE TRAC GROUP	53		\$0.00	UP THE CREEK	55		\$1,000.00
FT MCMURRAY BACK TO BASICS	21		\$1,500.00	S.A. BREAKFAST GROUP	64		\$1,534.91	VIOLET GROVE LAST CHANCE	6		\$0.00
FT. SASK BIG BOOK TOOLBOX-TAL	62		\$480.00	S.A. BROTHERHOOD GROUP	64		\$500.00	WABAMUN WEDNESDAY NIGHT	10		\$0.00
FULTON PLACE GROUP	55		\$806.00	S.A. FRI. NIGHT OFF THE TRAIL G	64		\$500.00	WEST END GROUP	40		\$0.00
GRANDIN MEETING	57		\$235.00					WACYPA-XX1			\$274.32
GRATITUDE GROUP	53		\$360.00	S.A. MILLENNIUM GROUP	64		\$0.00	WE AGNOSTICS	46	\$100.00	\$100.00
GRIMSHAW SATURDAY NIGHT GR	2		\$100.00	S.A.NOON HOUR MEETINGS	64		\$1,382.80	WEST END GROUP			\$162.00
H5	57		\$150.00	S.A. SOBER SISTERS GROUP	64		\$120.00	WESTEND 12 STEP GROUP	40		\$200.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	S.A. STEP X STEP SATURDAY NIG	64		\$100.00	WEST END MEN'S GROUP	40	\$500.00	\$3,438.79
HELPING HANDS	60	\$250.00	\$1,900.00	S.A. SUNDAY STEP STUDY	64		\$560.00	WESTGROVE GROUP	40		\$300.00
HIGH PRAIRIE GROUP			\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$0.00
HOME GROUP #1	63		\$269.13	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK FRIDAY GROUP	9		\$450.00
HOME GROUP #11	63		\$401.00	SANDY BEACH GROUP	9		\$0.00	WESTMINSTER GROUP	46		\$600.00
HOME GROUP #13	63		\$559.00	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WESTMOUNT GROUP	40		\$0.00
HOME GROUP #18	63		\$0.00	SERENITY GROUP	46		\$300.00	WETASKIWIN SUNDAY MORNING			\$100.00
HOPE THROUGH FRIENDSHIP GRO	40		\$75.00	SERENITY POOL SUNDAY MEETII	60		\$0.00	WHITECOURT AA GROUP	6		\$0.00
HOW IT WORKS GROUP	55		\$1,350.00	SHER. PARK HAPPY HOUR GROU	61		\$250.00	WINTER ROUND UP			\$0.00
IDEAL BOOK STUDIES	63		\$1,990.00	SHER. PARK GROUP	61	\$1,000.00	\$3,000.00	YOUNG & OLD GROUP	53		\$0.00
INTO ACTION GROUP	40		\$200.00	SHER. PK IT'S 5 O'CLOCK SOMEV	61		\$0.00	YOUR CHOICE GROUP	53		\$701.10
JASPER PLACE GROUP	40		\$728.80								
Total		\$2,018.40		Total		\$1,621.85				\$3,214.05	\$21,610.48
			\$30,240.58				\$18,559.66	Grand Total			\$70,410.72

Edmonton Central Office Society				
INCOME STATEMENT 2018				
	October	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 8,034.20	\$ 70,410.72	\$ 74,000.00	\$ 3,589.28
Individual/Bequeath/Birthday Club	\$ 1,559.00	\$ 10,006.57	\$ 1,650.00	-\$ 8,356.57
Office Supplies / Postage	\$ 64.40	\$ 869.13	\$ 345.00	-\$ 524.13
Newsletter	\$ 9.00	\$ 135.00	\$ 165.00	\$ 30.00
Rental Income-EGSC, etc	\$ 205.00	\$ 1,423.50	\$ 1,000.00	-\$ 423.50
Tradition Seven-meetings	\$ 466.25	\$ 3,696.20	\$ 4,150.00	\$ 453.80
Fundraising		\$ 8,250.00	\$ 3,000.00	-\$ 5,250.00
Other Inc (Interest, etc)	\$ 5.15	\$ 45.77	\$ 40.00	-\$ 5.77
Total General Receipts	\$ 10,343.00	\$ 94,836.89	\$ 84,350.00	-\$ 10,486.89
Literature & Medallion				
Literature	\$ 8,432.10	\$ 80,750.18	\$ 69,000.00	-\$ 11,750.18
Medallion	\$ 2,012.00	\$ 16,493.25	\$ 13,500.00	-\$ 2,993.25
Total Literature and Med.	\$ 10,444.10	\$ 97,243.43	\$ 82,500.00	-\$ 14,743.43
		\$ -		
Total Revenue	\$ 20,787.10	\$ 192,080.32	\$ 166,850.00	-\$ 25,230.32
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,552.71	\$ 44,646.37	\$ 46,000.00	\$ 1,353.63
Meeting list & Greeting Cards	\$ 359.54	\$ 4,122.52	\$ 4,150.00	\$ 27.48
Medallion Purch /engraving	\$ 1,110.49	\$ 9,684.97	\$ 8,350.00	-\$ 1,334.97
Freight / Brokerage		\$ 25.52	\$ 80.00	\$ 54.48
	\$ 6,022.74	\$ 58,479.38	\$ 58,580.00	\$ 100.62
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 4,048.72	\$ 4,050.00	\$ 1.28
Literature expense	\$ 1.86	\$ 18.52	\$ 80.00	\$ 61.48
Communications & Tech		\$ 534.14	\$ 1,000.00	\$ 465.86
Other (Archive, 12 Step,Cred,Grp Serv)		\$ 162.50	\$ 80.00	-\$ 82.50
	\$ 406.73	\$ 4,763.88	\$ 5,210.00	\$ 446.12
		\$ -		
Administrative Expenses				
Accounting & Legal	\$ 156.95	\$ 2,225.95	\$ 2,850.00	\$ 624.05
Bank Chgs & Cr Card chgs	\$ 135.90	\$ 1,241.74	\$ 880.00	-\$ 361.74
Equipment Lease	\$ 359.77	\$ 4,012.09	\$ 4,300.00	\$ 287.91
Fundraising expense	\$ -	\$ 5,440.23	\$ 3,000.00	-\$ 2,440.23
Insurance	\$ 300.00	\$ 3,000.00	\$ 2,900.00	-\$ 100.00
Newsletter Expenses	\$ 0.81	\$ 11.40	\$ 80.00	\$ 68.60
Office Supplies	\$ 254.03	\$ 612.03	\$ 1,650.00	\$ 1,037.97
Postage	\$ 73.55	\$ 978.44	\$ 500.00	-\$ 478.44
Rent	\$ 2,981.52	\$ 29,804.20	\$ 36,600.00	\$ 6,795.80
Repairs & Maintenance	\$ -	\$ 3,097.80	\$ 400.00	-\$ 2,697.80
Salaries, Source, WCB	\$ 5,763.22	\$ 47,176.13	\$ 45,900.00	-\$ 1,276.13
Staff Training / Seminar	\$ 851.81	\$ 1,668.01	\$ 3,600.00	\$ 1,931.99
Telephone / Internet	\$ 190.41	\$ 1,911.13	\$ 1,650.00	-\$ 261.13
	\$ 11,067.97	\$ 101,179.15	\$ 104,310.00	\$ 3,130.85
		\$ -		
Total Expenses	\$ 17,497.44	\$ 164,422.41	\$ 168,100.00	\$ 3,677.59
		\$ -		
Income / (Loss)	\$ 3,289.66	\$ 27,657.91	-\$ 1,250.00	-\$ 28,907.91

2018 Birthdays

in - DECEMBER

60 Minutes to Sobriety

Last Sunday
 Dec. 30 Jeff C. 2 yrs.
 Joyce F. 21 yrs.
 Melissa A. 4 yrs.
 Stan C. 14 yrs.

Breathe Easy

First Friday
 Jan. 4 Pat L. 38 yrs.
 Doug S. 23 yrs.
 Jac M. 18 yrs.
 Kirk S. 21 yrs.
 Cliff P. 52 yrs.

Capilano Step

First Thursday
 Jan. 3 Andy H. 30 yrs.

Clareview Big Book

Last Wednesday
 Dec. 26 Chris B. 13 yrs.
 Drew W. 4 yrs.
 Rob N. 2 yrs.
 Blake T. 1 yr.

Crestwood Welcome

Last Monday
 Dec. 31 Don P. 54 yrs.

Eastwood

Third Monday
 Dec. 17 Claudette M. 2 yrs.

Ellerslie

Last Thursday
 Dec. 27 Bruce M. 4 yrs.
 Lee P. 7 yrs.

Fulton Place

Last Friday
 Dec. 28 Dave R. 6 yrs.

Jasper Place

Last Tuesday
 Dec. 25 Ron R. 27 yrs.

Last Call

Last Wednesday
 Dec. 25 Wayne P. 38 yrs.

Lion's Den

Last Monday
 Dec. 31 Al H. 36 yrs.
 Krista C. 4 yrs.
 Mike K. 26 yrs.
 Nathan I. 3 yrs.
 Teresa K. 8 yrs.

Lighthouse

Last Friday
 Dec. 28 Guy W. 13 yrs.
 Kevin N. 9 yrs.
 Lynn J. 2 yrs.

North Edmonton

Last Thursday
 Dec. 27 Max L. 36 yrs.

Oilmen's

First Monday
 Dec. 3 Dale B. 32 yrs.
 Faye E. 18 yrs.

Providence

Last Wednesday
 Dec. 26 Peter M. 2 yrs.
 Amanda M. 11 yrs.

Shifters

Last Saturday
 Dec. 29 Kasandra. 39 yrs.
 Donna N. 17 yrs.
 Anthony C. 13 yrs.
 Donal O. 7 yrs.
 Joshua M. 1 yr.
 Steve M. 1 yr.
 Sirim. 1 yr.

South Side

3rd Friday
 Dec. 21 Douglas P. 2 yrs.
 Brian M. 15 yrs.
 Bob A. 49 yrs.

Step Sisters

Last Wed. Noon-1:30 PM
 Dec. 25 Barb H. 1 yr.
 Nancy B. 10 yrs.

Terra Nova

Last Sunday
 Dec. 30 Wendy V. 7 yrs.
 Rene L. 29 yrs.
 Stephanie W. 3 yrs.
 Heather J. 2 yrs.
 Mike G. 2 yrs.

The Why Group

Last Saturday
 Dec. 29 Eugene. 3 yrs.
 Julie L. 8 yrs.
 Fay L. 24 yrs.
 Kevin P. 6 yrs.
 Michele C. 6 yrs.

Thus, We Grow

Last Tuesday
 Dec. 25 Candice B. 31 yrs.
 Lola M. 2 yrs.

West End Men's

First Wednesday
 Jan. 2 Jesse R. 1 yr.
 Scott W. 9 yrs.
 Peter H. 10 yrs.

Westminster

Last Saturday
 Dec. 29 Kathy B. 42 yrs.
 Ron R. 35 yrs.

SURROUNDING AREAS

SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
 Dec. 31 Brian B. 2 yrs.
 Dave R. 6 yrs.

Fri. Nite Happy Hour

Last Friday
 Dec. 28 Dianne H. 23 yrs.

ST. ALBERT

S.A. Sunday Night Step Study

Last Sunday
 Dec. 30 Adam J. 1 yr.



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

Red Deer, AB

Dec. 16 Christmas Potluck Dinner 6 PM
Balmoral Bible Chapel Mg. 7:30 PM

Edmonton, AB

Dec. 24 37th Annual Christmas Brkft. \$25.00
7:30 AM Chateau Louis Conference Centre
Tickets: Central Office 780-424-5900

Dec. 24 St. Albert Christmas Brunch \$22.00
8:30 AM Brkft a 9:00 - Meeting 10:00 AM
156 St. Albert Rd., St. Albert Inn
Contact: 780-884-0977 or 780-619.8600

Dec. 24 Campus Group Christmas Brkft.
7:30 AM to be announced later
Contact: Central Office 780-424-5900

Dec. 31 District 53 New Year's Eve \$15.00
****** Pot Luck Dinner at 6:00 PM

5:00 PM 6770 – 129 Ave., Enter off 129 Ave.

****** Bosco Homes – Large Hall

****** Contact: 780-909-3797 or Central Office
At 780-424-5900

Dec. 31 Denim to Diamonds New Year's \$25.00
6:00 PM Munchies & Mingling Speaker & Dance
King Edward Hall= 7708 – 85 St.
Tickets at Central Office 780-424-5900
Or 780-903-4012, 780-604-0472

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. 24-26 84th Street Groups Noon to Noon
#1 8406 -118 Ave. bsmt. E side in alley

25 4PM Potluck

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

Dec. 24 -25 Camel Groups 6AM to Dec. 25 Mid.
8240 – 175 St. Thorncliff Mall

Leduc Alkathons

Dec. 24 – 25 Masonic Hall Dec. 24 9 PM – Midnite
4706 – 46 Ave. Dec. 25 1PM -5PM

Mundare. Alkathons

Dec. 24 – 25 4820 – 50 Ave. from 5 PM to 5 PM

Stony Plain Alkathons

Dec. 24-26 Serenity Centre, 4904 – 50th Ave. bsmt.
Meetings every two hours

Starts Dec. 24-8AM *** Ends Dec. 26–10 PM

Edmonton, AB

Dec. 31 Alano Club 8:00 am - Midnite
10728 – 124 St. every 2 hours or so

Dec. 31 - 1 84th 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 Jan. 1 - 12 AM
8240 – 175 St. Thorncliff Mall

St. Albert, AB

Dec. 24 St. Albert Alcathon noon – 11:30 PM
145 Larose Dr., Lacombe Clubhouse

Dec. 25 Meetings every 1 ½ hr. 8AM - Mid.

Stony Plain Alkathons

Dec. 31- 1 Serenity Centre, 4904 – 50th Ave. bsmt.
Starts Dec. 31-8AM *** Ends Jan.1–10 PM
Meetings every two hours

2019

Edmonton, AB

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

Leduc, AB

Jan 18-19 Area 78 - Area Committee Mtg.
4614 – 48 St.
St. David's United Church

Calgary, AB

Jan. 26 7th Annual Roundup \$45.00
33 Edgevalley Circle NW
Edgemont Community Centre
Contact: 403-777-1212

Kindersley, SK

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

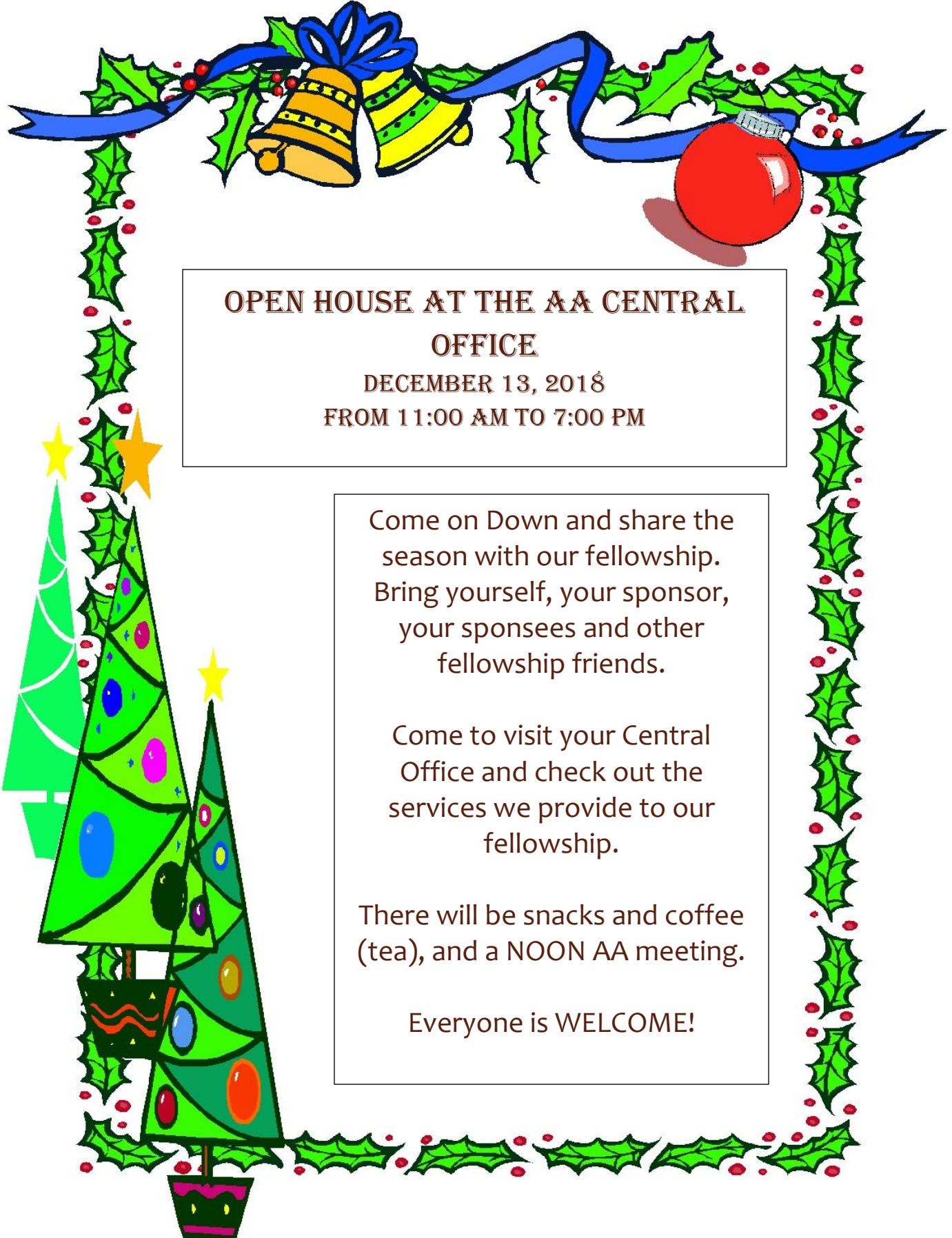
Kelowna, BC

Feb. 22-24 Western Regional AA Service Ass.
Coast Capri Hotel
Contact: <https://wrassa2019.com>

** Labour to keep alive in your breast that spark of celestial fire called conscience.

**We learn to live and live to learn ~ and life is the classroom.





**OPEN HOUSE AT THE AA CENTRAL
OFFICE**

**DECEMBER 13, 2018
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 check out the services we provide to our fellowship.

There will be snacks and coffee (tea), and a NOON AA meeting.

Everyone is WELCOME!

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.

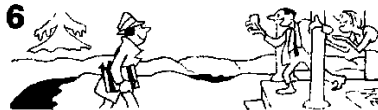


4 Find out about the special holiday parties, meetings, or other celebrations

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.

Season's Greetings! Jimas.
Wishing you a sober, serene holiday
Peace
Christie P.
RD
Let's be happy, joyous & free this season!
Happy Holidays Kelly W.
Peace on earth! Holiday
Happy Holidays Kelly W.
Happy Holidays everyone!
AL-D
ALTHEA BASTY
GARY B.

Peace and Good Will
MIKA L.

Happy holidays
in Nung Ross!

Happy Holidays
From the Staff & Volunteers at
Edmonton Central Office

Merry Christmas to all!
Christie P.
RD

Happy holidays Everyone
Joee Jon D



All the best for the coming year. Yours in service
Walter S.
Chair Policy's Procedures.

Have a wonderful holiday season and all the best in the new year!
Jan T

Best wishes over the holidays. One day at a time.
Wendy

All the best of the season and the new year!
Jan B

Enjoy a great Christmas season
Nevada H
Zoevever

Happy Holidays
I hope you all have a holiday full of love and joy
Kristina