

ECO NEWS

\$1.00

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HAPPY New Year!

STEP ONE – THE A.A. LAUNCH PAD

She didn't find it too comforting

I got sober in the Program right in the beginning of the Space Exploration experience and my eyes were glued to the TV screen through it all. I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in AA was the thought of having to do all this stuff *for the rest of her life* and she *didn't find it too comforting*. It sounded to me that, from her perspective, *she knew that she had to do it*, but it *wasn't going to be easy or fun*. I admired her for her *courage and conviction* and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, I was in the Navy at the time, and I was divorced. It was a difficult time, but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical way, and I came out a stronger person for it. I likened it to the first *Apollo space mission to the moon*. It goes something like this:

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted, and they are ejected, and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads toward the moon and *something else happens that sometimes goes unnoticed*. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earths have, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In AA, when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the twelve steps, we finally reach orbit. After we are satisfied that everything is in order, we can now set out for our trajectory. If we stay on course, the spiritual gravity of values we have adopted in the AA program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day, mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

By Rick R., Unconditional AA, Poway, CA

DELEGATE'S CORNER THE OTHER WOMEN

This is about gratitude for the women in my life. My mom was a huge influence on me; she was a strong woman. She taught me how to be a good person by teaching me about honesty and the Golden Rule. I loved my mom, but she never understood my desire to stop drinking.

Thank God there were Other Women in my life when I got into AA. Sobriety was so scary and foreign to me that I floundered for years, socially. Women in Washington, Idaho and Olds, Alberta shared their wisdom and helped me navigate the world of not drinking. I've only recently realized what profound gifts these women were to my sobriety.

While grieving over my dad's death, the rehab counselor told me: **"Some of us have to die, in order for others of us to live."** That made sense and gave his death some meaning. She also saw on my face that I hadn't experienced the devastation that other women were sharing (DUIs, losing kids to the system, jail time). She said to me: **"Do you know the difference between a high bottom and a low bottom? The only difference is how far you have to go, to get your head out of your bum."** "As the tallest kid in my class, I could relate.

About going to meetings, she said: **"If you think you need to go to a meeting, then go. If you think you don't need to go to a meeting, you probably should go. And if you're on the fence of whether to go to a meeting or not ... definitely get to a meeting."**

Darlene taught me the long-range effects of this disease. No matter how long we're sober – even 20 plus years – if we **ever think we can drink again** – we'll pick up where we left off. Our body will process the alcohol **as if we had been drinking the whole time**. I didn't want to believe her. However, I heard those very facts from people who went out again and came back to meetings to tell about it. Those people saved my life too.

Leah Rae encouraged me to get into service right away. Despite my objections, I made coffee and cleaned up after meetings in those first months. I was afraid of people, so I never stayed after a meeting, I just took off. I told myself I was 'smarter than them'. One day Leah Rae looked at me and said, **"There's nobody too dumb to get this program, but there are a lot of people too smart to get it."** It took me a while to realize that wasn't a compliment.

"You are responsible for the effort, not the outcome" was Doris' mantra. In other words, do the next right thing and let go of how it turns out, 'cuz we aren't in control.

Lorali saved my life when I was thinking about suicide, after 4 years of going to meetings and not doing a complete Step 4. She explained why I was doing a fearless and thorough Step 4. She said **"It's to get you right-sized, so that you'll be able to look every other person square in the eye... not to feel superior or inferior, but to feel equal to everyone else."** She knew that I'd always felt either better than, or less than, every other person. Her sharing gave me the needed strength to finish Steps 4 and 5. When I was on the pity pot she said: **"Becky, you are absolutely unique ... just like everyone else."**

Another time when I was feeling jealous, Lorali said **"Don't ever compare your insides to someone else's outsides. You never know what they're going through."** She also said **"What other people say about you is none of your business. You can't control it, so why worry about it. The only person's opinion that matters is the woman looking back at you in the mirror"**

Bobbi drove me to lots of rural meetings after I moved to Olds. She introduced me to members who were her friends. When asked why she wouldn't take gas money, she said **"Nope, you'll pay it forward with another woman who moves to town and needs to learn where the meetings are."**

My current sponsor's always teaching me new things. Recently, we were at a gathering with one of her other sponsees. As my jealousy surfaced, I said in a whisper "Tell me I'm your favorite." Without missing a beat, she said, **"It's like when my kids asked me that; I always said, 'whoever's in trouble is my favourite.'" What a thoughtful, loving comment from a remarkable woman.**

These Other Women showed me love by sharing their truth. Their willingness to help this still suffering alcoholic is deeply appreciated. They are my inspiration and good examples of how I want to live today. Thank you all for my sobriety.

Becky P, Calgary, Past Delegate

Reprinted with permission, AA Grapevine, "A Rabbit Walks Into A Bar"

You might be an alcoholic if:

1. The vodka you're drinking reminds you of the taste of a fine aftershave.
2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed.

OLD TIMER'S CORNER

The Story of Scott R., interviewed in 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 50 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 T. called on Bill W. and told of Religion and the Oxford Group – based on help, share, 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 complemented 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 D. There then were six blank months and Bill returned to New York. The second member in New York was Hank P. – a truly great promoter. 1936 saw no other recoveries. 1937 saw the fifth recovery – Dipp M.

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 P., 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 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 Religion Experiences", then Emmet Fox. "Sermon on the Mount", and finally Louis Brown and "Disbelieving World." Breakdown of all religions, Rise and Fall of Groups." Brown's book was a 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. If and 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 contribution 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 "promotor" instincts, opted for "100 Men". Florence R. the only woman, scotched that title. Other suggestions included "Exit", "Way Out", and "It Works".

Joe W. 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 TIMER'S CORNER

Continued from previous page

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

AA CHRISTMAS GREETING, FROM BILL W., 1944.

TO ALL MEMBERS

Greetings On Our 10th Christmas

1944

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted.

Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth.

Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos.

Great indeed, our blessings!

And so,-- Merry Christmas to you all-- from the Trustees, from Bobbie and from Lois and me. ... Bill Wilson, 1944



A JOURNEY OF HOPE

Getting right with this world is a wonderful quest,
When you've been to the gates of hell.
For we who used liquor, to soften the pain,
Know it usually doesn't end well.
We relied on our EGOs, to bolster our pride,
And support our old way of thinking.
Then slowly but surely, as things went awry,
We began to rely on our drinking.
Failures at life, loss of family and friends,
What a horrible price to pay.
When all else had failed, desperation stepped in,
And we entered the gates of A.A.
Surrounded by people, who'd been there before
And the help of Gods gentle sway,
A new life emerged, that we knew nothing of,
And our problems started fading away.
From the gates of hell, to the gates of A.A.,
To a journey you don't want to miss.
From the pain of the past to the hope of today,
Could it possibly all end in bliss?
If we practice the program, one step at a time,
Leaving nothing out from the start.
The final result will be happiness,
Peace of mind, and a quiet heart.
... By Rick R., Unconditional AA, Poway. CA

IN GOD'S CARE – DAILY MEDITATIONS ON SPIRITUALITY IN RECOVERY

(December 9th)

Where love rules, there is no will to power and
where power predominates, there love is lacking.

Carl Jung

As we work our program we learn about powerlessness. We learn that we are powerless over much of what shapes our life except our own attitudes and behavior. When we forget this and try to control other people's behavior or feelings, we destroy our serenity and theirs. When we dig in our heels, certain that our ideas are best, each moment is filled with tension, and whatever joy and peace there might have been is dissipated.

Working our program has also taught us about acceptance and flexibility. When we bend a little and accept ourselves and others for who we are in the moment, joy and peace flourish. We become enriched and free to receive what God has to give us through each situation or relationship.

All we need to know about living a life of peace and joy will be shown us.

I will relax and accept God's lesson about living peacefully and joyfully today.

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

SIX LITTLE WORDS

{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 a baby in the air, she laughs because she knows you will catch her. **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 91 years old ... I am sweet 16 with 75 years' experience. **That's ATTITUDE**

Have a good week and live your life like the six tiny stories !
May you always have love to share, health to spare & friends who care!



Reprinted with permission, AA Grapevine, "A Rabbit Walks Into A Bar"

- **Heard at Meetings:** "I asked my sponsor to tell me about God. He looked at me kindly and said, 'All you need to know about God is this: You are the problem, and God is the solution'" ... July 2008
- **Alcoholics** are the only people I know who need a pole vault o get over an anthill. ... October 2001
- **Definition of Forgiveness:** Giving up hope for a better past. ... October 2002

PROMISE 1:

We are going to know a new freedom and a new happiness. Big Book p83

The glass was red hard plastic. I could barely see the top of Aunt Blanche's kitchen table. An adult poured some beer in the glass and passed the glass to me. I remember the bubbles around the outside. I didn't like the taste of beer then and I never ever acquired a taste for it.

I joined AA in 1976. I haven't had a drink of alcohol since February 4th of that year. I was 27 years old with no will to live. I felt as though I was between a rock and a hard place. I do not remember why I decided to try AA.

I went to lots of meetings. I was too afraid to talk but I did try to listen as best I could. Some of the members had gatherings at their homes and I was invited. Instead of having a meeting we listened to tapes of speaker meetings. There was discussion after. I heard members talk about what it was like, what happened and what it is like now.

I read my Big Book. I read the Promises. I knew they would not apply to me. I would never experience a new freedom and a new happiness. I didn't know what freedom and happiness was. I kept going to meetings. Listening. Trying to figure things out. (I had no sponsor. And I didn't want a sponsor.)

"The spiritual life is not a theory. *We have to live it.* Big Book page 83 and further down on page 83, if we are painstaking about this phase of our development, we will be amazed before we are half way through." I read Promise 1. I began to live it.

Linda V., Westminster Group, 2016

FROM "THE FAMILY AFTERWARD":

"A body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling. We are convinced that a spiritual mode of living is a most powerful health restorative. We, who have recovered from serious drinking, are miracles of mental health. But we have seen remarkable transformation in our bodies. Hardly any one of our crowd now shows signs of dissipation.

"But this does not mesh that we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists, and practitioner of various kinds. Do not hesitate to take your health problems to such persons."

Reprinted with permission from AAWS Inc., Fourth Edition, Alcoholic Anonymous, pg. 133

Reprinted with permission, AAWS, "As Bill Sees It"

Out of the Dark

Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. With it comes the development of that kind of humility that makes it possible for us to receive God's help. Yet it is only a step. We will want to go further.

We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all, we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun.

.. page 10

Reprinted with permission, AA Grapevine, "A Rabbit Walks Into A Bar"

Dear Lord, so far today I've done all right. I haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty, selfish or overindulgent. I'm really glad about that. But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot more help. January 2000

48 YEARS AND COUNTING

Hi...

Hard to believe. ...27 Dec 1970... I thought I just wanted to quit drinking to keep my marriage together ... it seemed like the right thing to do...my drinking was out of control and I needed a break...wasn't until I was sober for a few months that I realized what I was and that a new chapter in my life was being re-written ... wow ... almost 50 years on the right side of the bar!!

AADAC, my AA program and a band of drunks put me on the road to sanity ... I am an ever grateful drunk...and to think that I thought an alcoholic was someone who drank out of a brown paper bag!

Be well... be safe my friend...

Thank you for your support and guidance!

... Briane A., Victoria, BC

A.A. HISTORY FOR JANUARY

January 1:

- 1943: Columbus Dispatch reports 1st anniversary of Columbus A.A.
- 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
- 1948: "Columbus Dispatch" reported 1st anniversary of Central Ohio A.A. Group.
- 1948: 1st A.A. meeting was held in Japan, (English speaking).
- 1988: West Virginia A.A. began 1st statewide toll-free telephone hot line.

January 2:

- 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
- 2003: Mid-Southern California Archives moved to new location in Riverside.

January 3:

- 1939: 1st sale of Works Publishing Co. stock was recorded.
- 1941: Jack Alexander told Bill Wilson the Oxford Group would be in his Saturday Evening Post article on A.A.

January 4:

- 1940: 1st A.A. group was founded in Detroit, Michigan.
- 1941: Bill & Lois Wilson drove to Bedford Hills, New York to see Stepping Stones & broke in through an unlocked window.

January 5:

- 1939: Dr Bob tells Ruth Hock in a letter that A.A. has "to get away from the Oxford Group atmosphere".
- 1941: Bill & Lois visited Bedford Hills again.
 - Bill Wilson told Jack Alexander that he was "The Toast of A.A.-- with Coca Cola, of course."

January 6:

- 2000: Stephen Poe, compiler of the "Concordance to Alcoholics Anonymous", died.

January 7:

- 1984: "Pass it On" was published.

January 8:

- 1938: New York A.A. split from the Oxford Group.

January 10:

- 1940: 1st A.A. meeting not in a home meets @ King School, Akron, Ohio.
 - Dr Bob tells Ruth Hock in a letter that A.A. has "to get away from the Oxford Group atmosphere".

January 12:

- 1943: Press reported the 1st A.A. group in Pontiac, Michigan.

January 13:

- 1988: Jack Norris, M.D., Chairman/Trustee of A.A. for 27 yrs. died.
- 2003: Dr. Earle Marsh, author of "Physician Heal Thyself," sober 49 years, died.

January 15:

- 1937: Fitz M. brings A.A. meetings to Washington, DC.
- 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
- 1941: Bill W. asked Ruth Hock to get him "The Spook Book" "The Unobstructed Universe".
- 1945: 1st A.A. meeting formed in Springfield, Missouri.
- 1948: Polk Health Center "Alcoholic Clinic for Negroes" started operating with 14 willing subjects. A Washington Black Group of A.A. cooperated with the clinic.

January 17:

- 1919: 18th amendment, "Prohibition" became law.

January 19:

- 1940: 1st A.A. group was formed in Detroit, Mich.
- 1943: Canadian newspaper reported eight men met @ "Little Denmark," a Toronto restaurant, to discuss forming Canada's 1st A.A. group.
- 1943: The Wilson's returned from their 1st major A.A. tour started on Oct 24, 1943.
- 1999: Frank M., A.A. Archivist since 1983, died.

A.A. HISTORY FOR JANUARY

January 20:

1954: Hank Parkhurst, who helped Bill W. start up the New York office & author of "The Unbeliever" in the first edition of the Big Book, died in Pennington, N.J., January 21:

1951: A.A. Grapevine published memorial issue on Dr. Bob.

January 23:

1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

January 24:

1918: Bill Wilson & Lois Burnham were married, days before he was sent to Europe in WWI.

1945: 1st black group of A.A. was formed in St. Louis.

1971: Bill Wilson died in Miami, Florida, only weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.

January 25:

1915: Dr. Bob Smith married Anne Ripley

January 26:

1971: The "New York Times" published Bill Wilson's obituary on page one.

January 27:

1971: The "Washington Post" published an obituary of Bill Wilson, written by Donald Graham, son of the owner of The Washington Post.

January 30:

1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

Other significant happenings in January--no specific date available

1938: Jim Burwell, author of "The Vicious Cycle" a former atheist, gave A.A. "God as we understand Him."

1939: 400 copies of manuscript of Big Book circulated for comment, evaluation & sale.

1940: 1st A.A. meeting not in a home meets @ Kings School, Akron, Ohio.

1942: "Drunks are Square Pegs" was published.

-Dr. Harry Tiebout's 1st paper on the subject of "Alcoholics Anonymous".

-Onset of Bill's 11 years of depression.

1946: Readers Digest does a story on A.A.

1948: 1st A.A. meeting in Japan.

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

1984: "Pass It On" the story of Bill W. & how the A.A. message reached the world, was published.

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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 Society
INCOME STATEMENT 2018

	November	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 9,141.78	\$ 79,552.50	\$ 82,000.00	\$ 2,447.50
Individual/Bequeath/Birthday Club	\$ 581.50	\$ 10,588.07	\$ 1,825.00	-\$ 8,763.07
Office Supplies / Postage	\$ 82.75	\$ 951.88	\$ 375.00	-\$ 576.88
Newsletter	\$ 9.00	\$ 144.00	\$ 180.00	\$ 36.00
Rental Income-EGSC, etc	\$ 178.75	\$ 1,602.25	\$ 1,100.00	-\$ 502.25
Tradition Seven-meetings	\$ 402.80	\$ 4,099.00	\$ 4,575.00	\$ 476.00
Fundraising		\$ 8,250.00	\$ 3,000.00	-\$ 5,250.00
Other Inc (Interest, etc)	\$ 105.57	\$ 151.34	\$ 45.00	-\$ 106.34
Total General Receipts	\$ 10,502.15	\$ 105,339.04	\$ 93,100.00	-\$ 12,239.04
Literature & Medallion				
Literature	\$ 8,737.05	\$ 89,487.23	\$ 76,500.00	-\$ 12,987.23
Medallion	\$ 2,214.00	\$ 18,707.25	\$ 15,000.00	-\$ 3,707.25
Total Literature and Med.	\$ 10,951.05	\$ 108,194.48	\$ 91,500.00	-\$ 16,694.48
		\$ -		
Total Revenue	\$ 21,453.20	\$ 213,533.52	\$ 184,600.00	-\$ 28,933.52
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,201.56	\$ 50,247.25	\$ 50,500.00	\$ 252.75
Meeting list & Greeting Cards	\$ 371.21	\$ 4,493.73	\$ 4,575.00	\$ 81.27
Medallion Purch /engraving	\$ 1,248.22	\$ 10,933.19	\$ 9,185.00	-\$ 1,748.19
Freight / Brokerage		\$ 25.52	\$ 90.00	\$ 64.48
	\$ 5,820.99	\$ 65,699.69	\$ 64,350.00	-\$ 1,349.69
Intergroup Expenses				
12 Step Answering	\$ 404.88	\$ 4,453.60	\$ 4,500.00	\$ 46.40
Literature expense	\$ 2.22	\$ 20.74	\$ 90.00	\$ 69.26
Communications & Tech		\$ 534.14	\$ 1,100.00	\$ 565.86
Other (Archive, 12 Step,Cred,Grp Serv)		\$ 162.50	\$ 90.00	-\$ 72.50
	\$ 407.10	\$ 5,170.98	\$ 5,780.00	\$ 609.02
Administrative Expenses		\$ -		
Accounting & Legal	\$ 156.95	\$ 2,382.90	\$ 3,125.00	\$ 742.10
Bank Chgs & Cr Card chgs	\$ 148.09	\$ 1,389.83	\$ 965.00	-\$ 424.83
Equipment Lease	\$ 359.77	\$ 4,371.86	\$ 4,750.00	\$ 378.14
Fundraising expense	\$ -	\$ 5,440.23	\$ 3,000.00	-\$ 2,440.23
Insurance	\$ 300.00	\$ 3,300.00	\$ 3,200.00	-\$ 100.00
Newsletter Expenses	\$ 0.81	\$ 12.21	\$ 90.00	\$ 77.79
Office Supplies	\$ 246.71	\$ 858.74	\$ 1,825.00	\$ 966.26
Postage	\$ 90.95	\$ 1,069.39	\$ 550.00	-\$ 519.39
Rent	\$ 2,981.52	\$ 32,785.72	\$ 40,300.00	\$ 7,514.28
Repairs & Maintenance	\$ -	\$ 3,097.80	\$ 450.00	-\$ 2,647.80
Salaries, Source, WCB	\$ 4,563.22	\$ 51,739.35	\$ 50,500.00	-\$ 1,239.35
Staff Training / Seminar	\$ -	\$ 1,668.01	\$ 3,600.00	\$ 1,931.99
Telephone / Internet	\$ 190.41	\$ 2,101.54	\$ 1,825.00	-\$ 276.54
	\$ 9,038.43	\$ 110,217.58	\$ 114,180.00	\$ 3,962.42
		\$ -		
Total Expenses	\$ 15,266.52	\$ 181,088.25	\$ 184,310.00	\$ 3,221.75
		\$ -		
Income / (Loss)	\$ 6,186.68	\$ 32,445.27	\$ 290.00	-\$ 32,155.27

2019 Birthdays

in - JANUARY

60 Minutes to Sobriety

Last Sunday
 Jan. 27 Carl L. 22 yrs.
 Johanne J. 29 yrs.
 Len M. 38 yrs.
 Marcel T. 39 yrs.

Bonnie Doon

Last Thursday
 Jan. 31 Dan R. 37 yrs.
 George B. 45 yrs.

Breathe Easy

First Friday
 Feb. 1 Andre G. 4 yrs.
 Matthew F. 22 yrs.
 Bruce M. 6 yrs.
 Genevieve M. 2 yrs.

Clareview Big Book

Last Wednesday
 Jan. 30 Ray K. 52 yrs.
 Verna H. 29 yrs.
 Chris M. 2 yrs.

Crestwood Welcome

Last Monday
 Jan. 28 Kevin Mc. 28 yrs.
 Julie S. 8 yrs.
 Kurt S. 6 yrs.

Eastwood

Third Monday
 Jan. 21 Harold S. 37 yrs.

Ellerslie

Last Thursday
 Jan. 31 Jamie S. 4 yrs.
 Ron T. 29 yrs.

Fulton Place

Last Friday
 Jan. 25 P.J. P. 23 yrs.
 Earl B. 9 yrs.

Jasper Place

Last Tuesday
 Jan. 29 Spenser K. 2 yrs.

Last Call

Last Wednesday
 Jan. 30 Lianne M. 23 yrs.
 Susan M. 12 yrs.
 Dan R. 10 yrs.

Lion's Den

Last Monday
 Jan. 28 Bob W. 46 yrs.
 Mike B. 24 yrs.
 Philomena B. 6 yrs.

Lighthouse

Last Friday
 Jan. 25 Matty M. 19 yrs.
 Jim M. 38 yrs.

Serenity

Feb. 1 Clayton M.
 Rose Mac. 12 yrs.
 Mike J. 4 yrs.

Shifters

Last Saturday
 Jan. 26 Ian G. 37 yrs.
 JoAnn T. 19 yrs.
 Allyson H. 5 yrs.
 Kyle T. 3 yrs.
 Michael F. 3 yrs.

South Side

3rd Friday
 Jan. 18 Gord L. 25 yrs.

Step Sisters

Last Wed. Noon-1:30 PM
 Jan. 30 Carol A. 6 yrs.

Steps to Serenity

Last Wednesday
 An. 30 Mike M. 17 yrs.

The Why Group

Last Saturday
 Jan. 26 Victoria G. 24 yrs.
 Avril C. 13 yrs.
 Bill M. 36 yrs.
 Catherine B. 24 yrs.
 Coralie C. 7 yrs.
 Holly. 36 yrs.
 Irene K. 28 yrs.

West End Men's

First Wednesday
 Feb. 6 Dennis W. 34 yrs.
 John F. 5 yrs.
 Gerry P. 5 yrs.
 Mike JB. 6 yrs.
 Stephen M. 2 yrs.
 Sonny V. 34 yrs.

Westminster

Last Saturday
 Jan. 26 Kelley B. 3 yrs.
 Roger A. 29 yrs.
 Ross E. 29 yrs.
 Manjit. 1 yr.



SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
 Jan. 28 Scotty O. 2 yrs.
 Brian B. 4 yrs.
 Frank D. 4 yrs.
 Shane M. 5 yrs.
 Duncan M. 11 yrs.

Fri. Nite Happy Hour

Last Friday
 Jan. 25 Glenn P. 3 yrs.

New Locations for groups on the move:

Step Sisters effective Feb. 1, 2019

Westmount Presbyterian Church
 13830 109A Ave, Edmonton, AB
 Wednesdays @ 12:00 - 1:30 p.m.

Westminster Group effective January 7
 Inglewood Community Centre
 12525 - 116 St.

Saturdays @ 10:00 AM

Amazing Grace Mediation Mtg.
 effective January 7

Alano Club
 10728 - 124 St., Mtg. Room 3



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

2019

Sherwood Park, AB

Jan. 17 **14-week Tradition Series**
7:00 PM 1380 Sherwood Drive
Church of Nazarene

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

Edmonton, AB

Feb. 1 - 2 **Beat the Mid-Winter Blues R/U** \$40.00
8535 – 182 St. Aldergrove Comm. Hall
Contact: 780-424-5900

Calgary, AB

Feb. 9 **Bridging the Gap Workshop**
6100 – 8 Avenue SE
10 AM – 3:30 PM Penbrooke Community Centre

Kelowna, BC

Feb. 22-24 **Western Regional AA Service Ass. \$30.00**
Coast Capri Hotel
Contact: <https://wrassa2019.com>
Hotel rates \$120.00 dble. Occupancy

Banff, AB

Mar. 1 - 3 **AA Banff Roundup** **Reg. \$37.00**
Banff Park Lodge
Contact: 403-777-1212
www.banffroundup.com

Cardiff, AB

June 21-23 **Cardiff AA Roundup** **\$25.00**
21 Discovery Way
Cardiff Community Hall

THE AA PREAMBLE

The Preamble was introduced in the June 1947 issue of the AA Grapevine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the book, "Alcoholics Anonymous".

In those early years, the Grapevine had just begun to circulate among non-alcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes.

As time passed, it began appearing in all the Conference-approved publications, and many AA Groups now use it to open meetings. The original version differed in two ways from the familiar form we all know:

1. It stated that "the only requirement for membership is an honest desire to stop drinking," and
2. It contained only the very brief statement "AA has no dues or fees."

People often ask why the word "honest" was deleted. At the 1958 General Service Conference, a delegate asked about the words "honest desire to stop drinking," suggesting that since "honest" does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and, also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage.

The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble as read simply "a desire to stop drinking." At the same time, the phrase "AA has no dues or fees" was clarified to read as it presently does "There are no dues or fees for AA membership; we are self-supporting through our own contributions." The current version of the Preamble appears on page one of every issue of the Grapevine. When reprinted, the Preamble should carry the credit line: "Copyright by the AA Grapevine, Inc."

... Reprinted in full from an AAWA flyer.

DAY ONE

Some clean and sober members believe that our program is too idealistic and can't possibly apply in the "real" world.

They don't get the "practice these principles in all our affairs" part of the Big Book.

If it works in any place, then it works in every place.

● *****

If I work my program in only one place,
Then I'm not working it.

... Borrowed from the Pocket Sponsor Thumbnail