

ECO NEWS

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DELEGATE'S CORNER

ALL ABOUT THE LOVE

Since this month is February, it seems appropriate to write about love.

Becoming a member of Alcoholics Anonymous is about three things: getting the alcohol out of one's life, passing on what was given to us, and learning to live life on life's terms. We talk a lot about the wonderful tools Bill W. and Dr. Bob gave us: The Big Book, the Traditions, the Concepts and the Warranties. Other legacies given to us these last 80 years of AA involve spiritual growth, patience, generosity, tolerance, kindness and love. But most of all ... the love.

There are many references to love in books written by Bill W. and also in articles from the Grapevine. The Big Book, *the Grapevine Daily Quote* and, of course, *Language of the Heart* – all are full of wonderful quotes. “Love is our glue”, “...the vast import of our brotherhood, love and service”, “When we love, we will see in others what we wish to see in ourselves”, “...these life-giving communications spring out of living experience and are rooted in sacrificial love” and “when we concentrate on loving those we think are unlovable, we find out how expansive love is” are just a few.

Someone wrote “we are either operating from fear or from love in all our actions. There is no other place from which we operate.” How true, those words. When operating from fear, I feel judgment, comparison, envy, tight and small inside. All of my resentments come from fear.

Page 449 (or 417) in our Big Book talks about how “nothing, absolutely nothing happens in God's world by mistake.” It says, “When I stopped living in the problem and began living in the answer the problem went away.” Acceptance leads the way to love... for me. To “accept every person, place, thing or situation as being exactly the way it's supposed to be at this moment” ... that also includes me, and all my varied traits.

We love each other until we can begin to love ourselves. “Of course, I love myself” I'd say, as if it was crazy to think otherwise. However, having worked on some childhood issues lately, it's obvious that deep down inside, I haven't loved me for some time. This is a common theme among alcoholics and others. Learning to love myself is not a small thing; it's not easy to do. It takes work.

My daughter was 7 when I got sober. She went with me to meetings, sitting in the adjoining room coloring. As a result, she knows a lot about our program. Years later, when she was a teenager, she asked me specific questions of what AA is all about. I explained as best I could; her response, after a thoughtful few seconds is with me still. She said, “**It's really all about the love, isn't it?**” What a profound yet simple way to sum up what we do in Alcoholics Anonymous. For all the tools we have to explain how this life-giving fellowship works, it really can be summed up in one word: love.

Thanks for letting me share these thoughts with you and thank you always for my sobriety.

Yours in Loving Service, Becky P, Panel 68, Area 78 Delegate, Alberta, NT & W. Nunavut



OOPS!

I made a mistake in our last issue and apologize for it.
Becky P. is our current Area 68 Delegate for Area 78.
From the Editor, Jan D.

THE STATUS OF “SLIPPERS”

In the first pamphlet put out by Alcoholics Anonymous, **“A Manual for Alcoholics Anonymous” published in early 1940, shortly after the Big Book, by AA Group No.1, Akron, Ohio, Dr. Bob’s Home Group**, is the following statement about the status of “Slippers”. Dr. Bob probably was instrumental in the writing and distributing of this pamphlet.

“An Alcoholic Anonymous member is an alcoholic who through application of and adherence to rules laid down by the organization, has completely forsworn the use of any and all alcoholic beverages. The moment he wittingly drinks so much as a drop of beer, wine, spirits, or any other alcoholic drink he automatically loses all status as a member of Alcoholics Anonymous.” That statement is still very true today and will always be true.

The following clarifies some misunderstandings that were found among today’s current Fellowship taking exception to this very important statement. As soon as a member wittingly takes a drop, they have breached the only requirement for this membership, the desire to stop drinking and they lose all status as a member ... They are always welcome back, of course, but they start over as newcomers, from day zero and counting again, to try to see and learn how they tried to short cut the program ... hopefully to learn how to not make the same mistakes again.

The Program of Alcoholics Anonymous is one hundred percent effective for those who faithfully follow the rules. It is those who try to cut corners who find themselves back in their old drunken state, and newcomers again if they make it back alive. The opening paragraph of Chapter Five very plainly states who these people, the slippers, are, **those who cannot or will not completely give themselves to this simple program**, who will not or cannot get honest with themselves. This, incidentally, implies that some of us may not make it, we may come to the program (**the Twelve Steps**) over and over and yet again and we still may not make it ... Why? For one reason only, we cannot get honest with ourselves. And if we do make it, **we have to stay honest with ourselves**. To do that we must continue to practice the Steps, One Day At A Time. The book in the opening paragraph of the Forward to the First Edition uses the word **“precisely”** i.e., **“To show other alcoholics ‘precisely’ how we have recovered is the main purpose of this book ...”** If we are to recover, we must follow the same path, the Program, **the Steps**, as **precisely** as we are able.

One thing we must come to realize once and for all is that the “Fellowship” is **NOT** the “Program”. The Fellowship is where we learn to practice the Steps so that we can learn to form true partnerships with our Inner Self, with our Fellows and our Higher Power. Many have gotten sober and stayed sober with the Big Book and the Steps alone, not being in a place where a Fellowship existed, or can **exist**, being sponsored by Bill and Dr. Bob in the first 164 pages. And in a meeting with their fellow alcoholics as they read the stories in the back of the book ... They are the Loners, although they now, for the most part, have a fellowship going over the years via short-wave radio, letters, and now the net ... As in so many things, especially with we alcoholics, **our History is our Greatest Asset!**

We each arrived at the doors of AA with an intensive and lengthy “History of Things That **Do Not Work** ... Today in AA and In Recovery, Our History has added an intensive and lengthy **“History of things that DO Work!!!”** and We will not regret the past nor wish to shut the door on it!!

Borrowed from Tri-County Central Office, Tampa, FL.

- Why did Bill W. willingly give the use of the Twelve Step Program to others?
Ans. ~ Bill W. said that “everything in the AA Program is borrowed from somewhere else, so why not be willing to share it with others.

OLD TIMER'S CORNER

The Story of Scott R., interviewed in November 1996 AA IN ALBERTA AND THE START OF AA IN AKRON, OHIO

... Continued from last month

June 18, 1945 was the first meeting of Alcoholics Anonymous in Alberta.

In 1948 the Alberta Government leased the Eighth Street House to AA for \$1.00 per year.

January, 1953 saw four Groups started. Norwood, Southside, Central and West End Groups.

Later that year, in August, the government requested the return of the Eighth Street House as the property was needed for the new Federal Building.

I had come into the program August 24, 1953, so have little memory of the famous house.

In April of 1954, a Conference was held at the Palliser Hotel, Calgary and the following year in Edmonton's Capital Theatre.

Three program members were in the Arctic in 1956, working on the D.E.W. Line. All three of us are sober today – Eddy B., Andy J. who started the Jasper Place Group and I was one of three founding members of the H-5 Group. Eddy was of importance and active with all Groups.

The man who ended up being my sponsor stressed the importance of the Big Book, and he also obtained for me a lot of other readings. I think that every member was also using the "Little Red Book."

I studied the booklet "AA Traditions" published in 1947. Two quotes from the flyleaf of it have stuck with me: "Alcoholics Anonymous has but one purpose – to help the sick alcoholic recover if he wishes" and, "Alcoholics Anonymous has no opinion on any controversial subject, nor does it oppose anyone."

That pamphlet covered a number of topics. 1. Alcoholics Anonymous Tradition, Twelve Points to Assure our Future. 2. Who is a member? 3. Anonymity. 4. Money. 5. Adequate Hospitalization – One great need. 6. Clubs in AA. 7. Dangers in linking AA to other projects. 8. Will AA ever have a personal government? 9. Incorporations – Their uses and misuses.

In January of 1952, a Big Book was mailed to Dr. Trail at Oliver Hospital. Then nothing happened for three years.

Sometime in late 1954, my sponsor, Gibb M., was invited to start an AA Group at the Ponoka Insane Asylum. I don't recall why, but Gibb asked me to accompany him.

The following year the powers that be at Oliver were willing to allow AA to come in, and Gibb, Chuck, Milt H. and myself attended the first meeting there.

It would be a different story at the penal institution at Fort Saskatchewan. The Warden felt all of the public would have to be a bunch of sober crooks and being sober took away the best chance of catching the criminals. Being drunk, he reasoned, the crooks would pull stupid errors in their criminal activity, they would get drunk and brag about their accomplishments and change their pattern with heavy spending.

It took time and effort, with Gibb and the Central Office secretary, Virginia, doing much of the work to ease the way. But finally, the Institutional Committee managed to get into the Gaol at Fort Saskatchewan.

Times were most interesting when they asked for changes to be made in the Big Book. A new publication, or Second Edition was planned for 1955.

There was considerable discussion on Chapter Five and How It Works. The word "Rarely" should be changed to "Never".

Gibb had suggested adding to the description: "Alcohol, cunning, baffling, powerful, and "deadly".

More changes were made in the Definition of AA, than in the wording of the Big Book.

... Interviewed November, 1996

STEP TWO:

Came to believe that a power greater than ourselves could restore us to sanity.

I sobered up in Hay River, Northwest Territories on January 15, 1996. My first sponsor was a Cree elder named Ernie. I asked him to be my sponsor on February 10, 1996. I know the date because I asked him at a round-up in Hay River that night, the same night I bought my first copy of the book *Alcoholics Anonymous*. I wrote the date on the inside cover.

With the first step done it was time for step two. Ernie told me that the Creator was in everything and everyone. I had to pay attention if I wanted to see or hear or see him. In addition to reading the book *Came to Believe*, my second step involved long walks in the woods every night with my German Shepherd, Compa. I think if one is going to meet one's creator for the first time, it is best done alone and in silence. Sometimes we would walk out onto the river, which in February is mostly frozen solid. The stars were incredible. The peacefulness and the beauty of this place left no doubt that I too had a creator. If there was any doubt it was erased by the Northern Lights, which came out and danced almost nightly.

Ernie joined the Creator after sponsoring me for my first five years of sobriety. Something he told me over and over again was that there was no situation in life that I could not get through, together with my Higher Power. Right now, I am entering what could possibly be the most difficult personal experience in almost twenty-three years of sobriety. But I know that if I remember what Ernie told me I'm going to be okay.

... Anonymous, Edmonton, January 2019

A SENSE OF MAGIC

Whenever we see a new person in AA come alive, whenever we see the flow begin to appear, it's magic! It's nothing short of magic when we see men and women regaining their hope, losing their aloneness, beginning to pass some of their renewed strength along to others. We look back at that special magic we once felt when we were newcomers ~ the way-out attitudes began to change, and our eagerness to give this new-found wonder to someone else. There had never been anything like it before, and there hasn't been since.

As the years go by, the magic somehow deepens into what I like to call a miracle. Few of us in AA could, or would, ever deny that we are the product of a way of life inspired by AA's trailblazers, not that they, in turn, most certainly were inspired by a Power greater than themselves. We can account for the miracle in our lives by no other means. As more time goes on, our gratitude grows stronger, and our responsibility becomes more apparent. The problems of living do not disappear, but we learn to cope with situations that once seemed hopeless. It is, perhaps, fortunate that we now thank God for a miracle instead, but the memory of that special magic we felt when we first started to come alive begins to fade away

So, we need you new people in AA. We need you to freshen our enthusiasm, to make us remember how we felt when the magic first struck. We need your sense of magic to brush off on us when we become discouraged with some of our own problems. Your magic, too, will in time become more of a miracle, but enjoy it while it lasts. It's a once-in-a-lifetime experience.

... Reprinted with permission, AA Grapevine, 1978

FUNNY, HA, HA

- AIRBOURNE: An AA group flying together to Hawaii decided to hold a meeting in the air, which was okay until one guy, called on to share, identified himself and everybody yelled, "Hi, Jack!"
... borrowed from the TST, February 2002
- It was dumping time at the meeting. One very young newcomer put up her hand and said, "I feel ... I just feel alienated in my own space."
"What on earth does that mean?" grumbled an old-timer.
"It means she's hungry, angry, lonely, and tired." Explained another old-timer.

... Reprinted with permission from AA Grapevine, March 1991



2019 TWELVE CONCEPTS WORKSHOP

We invite all members interested in sharing and learning about our Twelve Concepts.

Please advise if you plan to attend at:
780-424-5900

Saturday, March 23, 2019
10:00 AM – 4:00 PM
#205, 10544 – 114 St. NW
Edmonton, AB

Seventh Tradition will be collected to supply Pizza for lunch!



DAY TWO

Responsible: This word is a combination of “response” and “able”. When you want to know who is responsible for something, ask yourself who is “able” to “respond”. That is your answer.

Responsibility is simply my response to God’s ability.
... Borrowed from the Pocket Sponsor Thumbnail

PROMISE TWO

“A new freedom and a new happiness”

I was free to continue my destructive path or go to my first AA meeting. I didn’t have to sign a pledge or commit to anything ~ I could come back if I chose or not come back.

The first positive feeling, I got from my first few days and weeks in the AA Fellowship was freedom. When I admitted with no reservation that I was powerless over alcohol the heavy burden of denial was lifted from me and I knew what acceptance was. I was free now to be me, and I wanted sobriety.

God was always in my life in some way. The encouragement to have my own concept of God gave me a whole new beginning and my growth was self-evident.

Today I am free to drive my car anywhere, anytime without fear. I walk through the shopping mall’s actually hoping I’ll meet someone I know. I have no fear of a ringing telephone or a knock on the door. I am rich today, not materially, but rich and happy beyond measure and free.

... Andy M., North Edmonton Group, 1996

LIVING SOBER

Our experience has taught us to make no long-term promises about staying sober. We have found it more realistic – and more successful – to say, “I am not taking a drink *just for today.*”

Once the idea has become a part of our thinking, we find that living life in twenty-four-hour segments is an effective and satisfying way to handle many other matters as well.

... Reprinted with permission, AA Grapevine, 1978

- Remember : The task ahead of us is never as great as the “POWER” behind us. . . . author unknown
- We can cultivate the blessed silence in which divine guidance can come to us. . . . author unknown
- A friend is a feeling of forever in the heart.
- A friend is the one door that is always open. . . . author unknown

- Anyone who has ever tried to break a habit knows that substituting a new and different activity is easier than just stopping the old activity and ;putting nothing in its place
Recovered alcoholics often say, “Just stopping drinking is not enough.” Just *not drinking* is a negative, sterile thinking. That is clearly demonstrated by our experience. To *stay* stopped, we’ve found we need to put in place of the drinking a positive program of action. We’ve had to learn how to live sober. . . . Living Sober

TOGETHER WE TRUDGE THE ROAD OF HAPPY DESTINY

THE AKRON MANUAL 1940

Interesting, and still relevant today.

Edit. This present text was formatted by Glenn C. (South Bend IN) in January 2002; the editorial notes are his. His text was drawn from one prepared by Barefoot Bob, who scanned the text of an original copy of the pamphlet and reformatted it for web on May 15, 1997; see www.barefootsworld.net/aamannual.html. The original printed version of the manual is no longer published in Akron.

Bob says that this little booklet was written and being distributed within one year of the publication of the Big Book, which would date it to 1940. On the basis of a number of statements made within the text, it certainly could not have been produced much later than that. This pamphlet assumes hospitalization at St. Thomas Hospital under the care of Sister Ignatia and the overall supervision of Dr. Bob as the normal first step in recovery and gives recommended readings (e.g. the Upper Room for your morning meditation) which dropped out of A.A. practice fairly soon thereafter, but parts of its advice are still very relevant, and it makes very fascinating reading even today. We must assume that Dr. Bob himself (and probably Sister Ignatia too) gave their approval to the statements made in this little booklet.

• *****

If you're not enjoying your Sobriety, it's your own damn fault

STEP TWO

Dear Friends,

Step two reads, "Came to believe that a Power greater than ourselves could restore us to sanity."

In my view, it is impossible to describe in a logical organized detailed manner all of the possible interpretations that can be derived from a careful and complete analysis of any of the 12 steps, traditions, or concepts within 300 words or less.

The reason is because the meaning of any given statement changes every time the tone by which the statement is conveyed changes, and which words and / or phrases are emphasized.

For example, please consider the possible meanings conveyed when the bold italicized words are emphasized in the following two examples.

1. ***Came to believe*** that a Power greater than ourselves ***could restore us to sanity.***
2. Came to believe ***that a Power greater than ourselves*** could restore us to sanity.

Test for yourself by changing the tone in various ways and emphasizing different words and / or phrases. You might be amazed at how many possible interpretations you find.

In my view, a fair evaluation of my personal experience with any of the 12 steps, traditions, or concepts, would be an analytical report that I estimate would require somewhere between 10,000 to 50,000 words.

... Submitted by Anonymous, Edmonton, AB / Jan. 2019

FAITHFUL FIVERS CLUB

The Faithful Fivers Club was initiated several years ago to generate funds for the Twelfth Step work done through the staff and volunteers at your Central Office.

AA members pledge a donation of \$5.00 or more a month to assist this work.

What you receive for your support is the satisfaction of carrying the message and you will also receive a monthly copy of our local ECO newsletter

Drop off or mail completed form and cheque to:

Edmonton Central Office #205, 10541—114 Street NW Edmonton, AB T5H 3J7

GOD AS HE MAY EXPRESS HIMSELF

God as we Understand Him

Alcoholics Anonymous came into existence in 1935 at a time when much of our society was centered around the churches in the communities where we lived. Much of the South and the Midwest are still like that to this day.

As a child in my home town, on Sunday morning, I could look out the window and see a great majority of my neighbors walking to church. That was the way it was in the early 1940's The book, Alcoholics Anonymous was published in 1939, and it seems that it was highly influenced by the many early members of the program at that time.

A.A. could have very easily become a religious program, but fortunately the elders of that time realized, by the mistakes of the Oxford Group and the Washingtonians, that they had to make it clear that *a desire to stop drinking was the only requirement for membership*, and that the individual members could choose their own concept of a power greater than themselves, i.e. God as we understand him. In Tradition Two it says, "As He may express Himself in our group conscience." When the word God is used in the remainder of the book it is not always followed by the "as we understand him" qualifier, and I believe that many members get the idea that somehow they are trying to push religion on them. I think that's understandable.

When I was faced with that possibility I personally found it easy enough to read the black part of the pages in the book and to not let myself become distracted by what I now recognized as a cultural norm at the time. I had no problem setting aside my religious bias and recognizing the parts of the Big Book and the 12X12 that clearly state all of the options available when it comes to finding a "power greater than myself", and I can name several right off top.

- 1) Alcohol itself was my higher power for a long time and still would be if hadn't gotten into the program.
- 2) My EGO ran my life for quite a while until I got serious about life issues.
- 3) The A.A. program itself. I found myself spiritually lost when I surrendered and entered the program of Alcoholics Anonymous and when faced with the need to come to terms with the Higher Power issue, I now realize why it took such a long time to settle this subject.

Years of drinking and an underdeveloped thinking process made it hard to get up to speed right away. As I got more familiar with the Big Book and the 12X12 I started to uncover all the evidence that debunked the idea that I had to conform to any religious doctrine. In the 12X12 I read on page 26, "*alcoholics anonymous does not demand that you to believe anything.*" On belief, "*to acquire it, I had only to stop fighting and practice the rest of A.A.'s program as enthusiastically as I could.*" (Pg.27) Also on page 26 where it states, "Take it easy. The hoop you have to jump through is a lot wider than you think...."

A one-time vice-president of the American Atheist Society ... "got through with room to spare" Then on page 33 of the 12X12 it says "Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this step." Today I am very comfortable with my own concept of a Higher Power and I use the word God only to put a name on a concept that has no physical form and I might say that it expresses itself in *the collective conscience of the world we live in*. I can assure you that if you read these qualifiers and practice the rest of the principals of the program, as enthusiastically as you can, you will come to terms with a personal concept of a higher power as well as any of us.

... By Rick R., Unconditional AA, Poway. CA

YOU MIGHT BE AN ALCOHOLIC ...

* If you buy a 40-ounce beer with nickels and dimes. * If you go to the dump at 5 am and return at 5 pm and still have the garbage in your car. * If your Mom keeps finding your stash in your bedroom so you start hiding it in her bedroom, * If you put your vodka in plastic bottles and you get caught because your son put them in the refrigerator for a party, * If you pour half a can of beer left over from the night before into your fresh can so it won't go to waste. * If you stop putting vodka bottles in the recycling bin and put them into the regular garbage so the neighbours don't see them. * If you hide a vodka bottle in the clothes hamper. * If you drive around with a soda cup of beer ~ with a straw. *If you fill a garden hose with booze and uncoil it to mix a drink!

... Reprinted with permission, AA Grapevine, Sept. 2012

A LETTER FROM BILL W. ON DEPRESSION

The following excerpts from a letter of Bill W.'s was quoted in the memoirs of Tom P., an early California AA member. Tom did not use the name of the person addressed—perhaps because he was still living.

Tom said: Here in part is what Bill W. wrote in 1958 to a close friend who shared his problem with depression, describing how Bill himself used St. Francis's prayer as a steppingstone toward recovery:

Dear,

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA ... the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

How to translate a right mental conviction into a right emotional result and so into easy, happy, and good living ... well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis prayer ... "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly I realized what the matter was ... My basic flaw had always been dependence, almost absolute dependence on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and institutional satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that as long as I was victimized by false dependencies.

For my dependency meant demand ... a demand for the possession and control of the people and the conditions surrounding me.

This seems to be the primary healing circuit, an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea ... only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine. _____

Tom said: "Bill's words of wisdom helped and inspired me and many others. To those who have never been there, it is hard to describe the gratitude that overflows in men and women who are delivered from the black depths of depression into the light. As with delivery from the bondage to alcohol, it is a hosanna of the heart that never ends."

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AA HISTORY FOR FEBRUARY

- Feb. 1, 1918** – Original date set for Bill W.'s marriage to Lois Burnham. The date was moved up because of the war.
- Feb 2, 1942** – Bill W. paid tribute to Ruth Hock, AA's first paid secretary, who resigned to get married. She had written approximately 15,000 letters to people asking for help
- Feb 5, 1941** – Pittsburgh Telegram ran a story on the first A.A. group's Friday night meeting of a dozen "former hopeless drunks."
- Feb. 8, 1940** – Bill W., Dr. Bob, and six other A.A.s asked 60 rich friends of John D. Rockefeller, Jr. for money at the Union Club, N Y. They got \$2,000.
1940 – Houston Press ran first of 6 anonymous articles on A.A. by Larry J.
- Feb. 9, 2002** – Sue Smith Windows, Dr. Bob's daughter died.
- Feb. 10, 1922** - Harold E. Hughes was born on a farm near Ida Grove, Iowa. After his recovery from alcoholism, he became Governor of Iowa, a United States Senator, and the leading dark horse for the Presidential Democratic nomination in 1972, until he announced he would not run. He authored the legislation which created the National Institute on Alcohol Abuse and Alcoholism, and other legislation to help alcoholics and addicts.
- Feb. 11, 1938** – Clarence S. ("Home Brewmeister" in 1st, 2nd & 3rd editions) had his last drink.
- Feb. 12, 1945** – World War II paper shortage forced reduction in size of the Big Book.
- Feb. 13, 1937** – Oxford Groups "Alcoholic Squadron" met at the home of Hank P. ("The Unbeliever" in the 1st edition of the Big Book) in New Jersey.
1940 – With about two years of sobriety, Jim B. ("The Vicious Cycle") moved to the Philadelphia area and started the first Philadelphia A.A. group.
- Feb 14, 1971** – AA groups worldwide held a memorial service for Bill Wilson.
2000 – William Y., "California Bill" died in Winston Salem, NC.
- Feb. 15, 1946** – AA Tribune, Des Moines, IA, reported 36 new members since Marty M. had been there.
- Feb. 16, 1941** – Baltimore Sunday Sun reported city's first AA group begun in 1940 had grown from 3 to 40 members, with five being women.
- Feb. 18, 1943** – AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.
- Feb .19, 1967** – Father "John Doe" (Ralph P.), 1st Catholic Priest in AA, died.
- Feb. 20, 1941** – The Toledo Blade published first of three articles on AA by Seymour Rothman.
- Feb. 21, 1939** – 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book.
- Feb. 22, 1842** – Abe Lincoln addressed the Washington Temperance Society in Springfield, IL.
- Feb. 24, 2002** – Hal M., "Dr. Attitude of Gratitude," died. He had 37 years of sobriety. Hal testified, anonymously, before the U.S. Senate Subcommittee on Alcoholism and Drug Abuse on Dec. 3, 1970.
- Feb. 26, 1999** – Felicia G., author of "Stars Don't Fall," died. Born Countess Felicia G. in 1905, she was the daughter of Count Josef G. and Eleanor Medill Patterson. She married Drew Pearson in 1925 and divorced him three years later. She married Dudley de Lavigne in 1934, but the marriage lasted less than a year. In 1958 she married John Kennedy Magruder and divorced him in 1964. For most of her professional career, she went by the name Felicia G.
- Other February happenings with no specific date:**
- 1908 – Bill W. made boomerang.
- 1916 – Bill W. & sophomore class at Norwich University was suspended for hazing.
- 1938 – Rockefeller gave \$5,000 to AA.
- 1939 – Dr. Harry Tiebout endorsed AA, the first psychiatrist to do so.
- 1940 – First organization meeting of Philadelphia AA is held at McCready H.'s room at 2209 Delaney Street.
- 1940 – 1st AA clubhouse opened at 334-1/2 West 24th Street, NYC.
- 1943 – San Francisco Bulletin reporter Marsh Masline interviewed Ricardo, a San Quentin Prison AA group member.
- 1946 – Baton Rouge, La., AA's hold their first anniversary meeting.
- 1946 – The AA Grapevine reported the New York Seaman's Group issued a pamphlet for seamen "on one page the 12 Steps have been streamlined into 5."

AA HISTORY FOR FEBRUARY

Continued

1946 – Des Moines Committee for Education on Alcoholism aired its first show on KRNT.

1946 – Pueblo, Colorado, had a second group, composed of alcoholic State Hospital patients.

1951 – Fortune magazine article about AA was published in pamphlet form.

1959 – AA granted “Recording for the Blind” permission to tape the Big Book.

1963 – Harpers carried article critical of AA.

1981 – 1st issue of “Markings,” AA Archives Newsletter, was published, “to give the Fellowship a sense of its own past and the opportunity to study it.”

Thanks to Billy C. and Nancy O. of the group “AA History Buffs” for this list, used by permission.

ABOUT DR. BOB'S OWN PATH

Bill W. often emphasized Dr. Bob's success record, stating:

In this human laboratory, he [Dr. Bob] has proved that any alcoholic, not too mentally defective, can recover if he so desires. The possible recovery among such cases has suddenly been lifted from almost nil to at least 50%, which, quite aside from its social implications, is a medical result of the first magnitude. Though, as a means of our recovery, we all engage in the work, Dr Bob has had more experience and has obtained better results than anyone else.

Years later, Bill added:

[Dr. Bob] had treated 5,000 drunks at St. Thomas Hospital in Akron. His spiritual example was a powerful influence, and he never charged a cent for his medical care. So Dr. Bob became *the prince of all twelfth steppers*. Perhaps nobody will ever do such a job again (emphasis added).

If you want to know what Dr. Bob did as he recovered from alcoholism and helped some 5,000 other alcoholics to achieve recovery, his reading defined a good part of the path. Of the path and program that Dr. Bob and other early AA's followed. Frank Amos reported: “His [the alcoholic] must have devotions every morning ~ a ‘quiet time’ of prayer and some reading from the Bible and other religious literature. Unless this is faithfully followed, there is grave danger of backsliding.” We therefore believe this study is vital to understanding Dr. Bob's success.

... excerpt from Dr. Bob's Library, Books of Twelve Step Growth, written by Dick B.

DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 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**

Edmonton Central Office Society
INCOME STATEMENT 2018

	December	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 7,246.22	\$ 86,798.72	\$ 90,000.00	\$ 3,201.28
Individual/Bequeath/Birthday Club	\$ 1,734.00	\$ 12,322.07	\$ 2,000.00	-\$ 10,322.07
Office Supplies / Postage	\$ 117.50	\$ 1,069.38	\$ 400.00	-\$ 669.38
Newsletter	\$ 7.00	\$ 151.00	\$ 200.00	\$ 49.00
Rental Income-EGSC, etc	\$ 210.70	\$ 1,812.95	\$ 1,200.00	-\$ 612.95
Tradition Seven-meetings	\$ 344.80	\$ 4,443.80	\$ 5,000.00	\$ 556.20
Fundraising	\$ -	\$ 8,250.00	\$ 3,000.00	-\$ 5,250.00
Other Inc (Interest, etc)	\$ 148.86	\$ 300.20	\$ 50.00	-\$ 250.20
Total General Receipts	\$ 9,809.08	\$ 115,148.12	\$ 101,850.00	-\$ 13,298.12
Literature & Medallion				
Literature	\$ 4,885.35	\$ 94,369.58	\$ 84,000.00	-\$ 10,369.58
Medallion	\$ 1,693.00	\$ 20,400.25	\$ 16,500.00	-\$ 3,900.25
Total Literature and Med.	\$ 6,578.35	\$ 114,769.83	\$ 100,500.00	-\$ 14,269.83
		\$ -		
Total Revenue	\$ 16,387.43	\$ 229,917.95	\$ 202,350.00	-\$ 27,567.95
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,919.02	\$ 55,166.27	\$ 55,000.00	-\$ 166.27
Meeting list & Greeting Cards	\$ 217.03	\$ 4,710.76	\$ 5,000.00	\$ 289.24
Medallion Purch /engraving	\$ 1,001.20	\$ 11,934.39	\$ 10,000.00	-\$ 1,934.39
Freight / Brokerage		\$ 25.52	\$ 100.00	\$ 74.48
	\$ 6,137.25	\$ 71,836.94	\$ 70,100.00	-\$ 1,736.94
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 4,858.47	\$ 4,900.00	\$ 41.53
Literature expense	\$ 1.68	\$ 22.42	\$ 100.00	\$ 77.58
Communications & Tech		\$ 534.14	\$ 1,200.00	\$ 665.86
Other (Archive, 12 Step,Cred,Grp Ser	\$ 9.00	\$ 171.50	\$ 100.00	-\$ 71.50
	\$ 415.55	\$ 5,586.53	\$ 6,300.00	\$ 713.47
Administrative Expenses		\$ -		
Accounting & Legal	\$ 470.92	\$ 2,853.82	\$ 3,400.00	\$ 546.18
Bank Chgs & Cr Card chgs	\$ 285.57	\$ 1,675.40	\$ 1,050.00	-\$ 625.40
Equipment Lease	\$ 359.77	\$ 4,731.63	\$ 5,200.00	\$ 468.37
Fundraising expense	\$ -	\$ 5,440.23	\$ 3,000.00	-\$ 2,440.23
Insurance	\$ 300.00	\$ 3,600.00	\$ 3,500.00	-\$ 100.00
Newsletter Expenses	\$ 0.63	\$ 12.84	\$ 100.00	\$ 87.16
Office Supplies	\$ 73.26	\$ 932.00	\$ 2,000.00	\$ 1,068.00
Postage	\$ 118.93	\$ 1,188.32	\$ 600.00	-\$ 588.32
Rent	\$ 2,981.52	\$ 35,767.24	\$ 44,000.00	\$ 8,232.76
Repairs & Maintenance		\$ 3,097.80	\$ 500.00	-\$ 2,597.80
Salaries, Source, WCB	\$ 7,247.21	\$ 58,986.56	\$ 57,000.00	-\$ 1,986.56
Staff Training / Seminar		\$ 1,668.01	\$ 3,600.00	\$ 1,931.99
Telephone / Internet	\$ 190.41	\$ 2,291.95	\$ 2,000.00	-\$ 291.95
	\$ 12,028.22	\$ 122,245.80	\$ 125,950.00	\$ 3,704.20
		\$ -		
Total Expenses	\$ 18,581.02	\$ 199,669.27	\$ 202,350.00	\$ 2,680.73
		\$ -		
Income / (Loss)	-\$ 2,193.59	\$ 30,248.68	\$ -	-\$ 30,248.68

2019 Birthdays

in - FEBRUARY

Breathe Easy

First Friday

Mar. 1 Andre G. 5 yrs.
Matthew F. 22 yrs.
Bruce M. 6 yrs.
Genevieve M. 2 yrs.

Capilano Step

First Thursday

Mar. 7 Bob B. 12 yrs.
Ken B. 5 yrs.
Stan B. 32 yrs.

Clareview Big Book

Last Wednesday

Feb. 27 Gary N. 23 yrs.
Mary R. 6 yrs.

Crestwood Welcome

Last Monday

Feb. 25 Don A. 31 yrs.
Stuart S. 21 yrs.
Janet M. 17 yrs.
Diane H. 17 yrs.
Darlene P. 19 yrs.

Eastwood

Third Monday

Feb. 18 Allie M. 30 yrs.

Fulton Place

Last Friday

Feb. 22 Sharyn C. 3 yrs.

Last Call

Last Wednesday

Feb, 27 Wayne R. 30 yrs.
Jamie C. 3 yrs.

Lion's Den

Last Monday

Feb. 25 Barry T. 3 yrs.
Eric F. 20 yrs.
Nicole C. 2 yrs.
Rob A. 3 yrs.

Lighthouse

Last Friday

Feb. 22 Cherish G. 5 yrs.
Lowell G. 2 yrs.

North Edmonton

Last Thursday

Feb. 28 Sheila V. 33 yrs.
Ken R. 24 yrs.

Serenity

First Friday

Mar. 1 Jan B. 26 yrs.
Derick B. 2 yrs.
Wayne P. 39 yrs.

Shifters

Last Saturday

Feb. 23 Erik M. 2 yrs.
Sarah E. 1 yr.

South Side

3rd Friday

Feb. 16 Mike B. 11 yrs.
Karen W. 14 yrs.

Steps to Serenity

Last Wednesday

Feb. 27 Jeff L. 5 yrs.

The Why Group

Last Saturday

Feb. 23 Grant K. 6 yrs.
Debra M.C. 2 yrs.
Ole I. 36 yrs.
Marty G. 4 yrs.

Thus We Grow

Last Tuesday

Feb. 26 Kevin V. 3 yrs.
Gord G. 34 yrs.

West End Men's

First Wednesday

Mar. 6 Darcy D. 1 yr.
Mike B. 4 yrs.
James H. 15 yrs.
Michael B. 6 yrs.
Randy W. 2 yrs.
Ravi S. 7 yrs.

Westminster

Last Saturday

Feb. 23 Linda V. 43 yrs.
Brenda B. 22 yrs.
Steve K. 44 yrs.
Rick V. 47 yrs.

SHERWOOD PARK

Fri. Nite Happy Hour

Last Friday

Feb. 22 Frankie S. 27 yrs.

Twelve Steps to Serenity

Last Monday

Feb. 25 Jeff B. 5 yrs.
Barry H. 2 yrs.
Todd K. 23 yrs.
Larry V. 32 yrs.

ST. ALBERT

Sun. Night Step Study

Last Sunday

Feb. 24 Tucker T. 16 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 pm

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
Mondays @ 5:30 pm



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

Edmonton, AB

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

Sherwood Park, AB

Feb. 4 **14 Weeks Step Series BBS**
7:00 pm 1380 Sherwood Drive
Church of the Nazarene

St. Albert, AB

Feb. 9 **District 64 Gratitude Night** Trad. 7
6:00 pm 12 Gate Ave.
Christian Reform Church
All donations to GSO

Calgary, AB

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

Tampa, Florida

Feb. 16 **Tri-County Central Office** \$15.00
5:00 pm 44th Anniversary Dinner &
Speaker Meeting
Contact: 813-933-9123

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

Edmonton, AB

Feb. 25 **Oilmen's Group 63rd Anniversary**
8:00 PM 11223- 51 Ave. Pot Luck
Holy Spirit Lutheran Church

Banff, AB

Mar. 1 -3 **AA Banff Roundup** Reg. \$37.00
Banff Park Lodge Banq & Reg. \$110.
Contact: 403-777-1212
www.banffroundup.com

St. Albert, AB

Mar 9 **District 64 Traditions Workshop** Trad. 7
10am – 3 pm 12 Gate Ave.
Christian Reform Church

Edmonton, AB

Mar. 23 **Twelve Concepts Workshop** Trad. 7
10 - 4 205, 10544 – 114 St.
Central Office
All members welcome.

Edmonton, AB

April 6 **42 Annual District 64 R/p** \$30.00
8:30 am 14025 – 167 Ave.
North Pointe Community Church
Coffee & tea Trad. 7
Contact: 780-239-7317, 604-0472 &
458-5069

Edmonton, AB

May 11th **District 46 Roundup** ?
5:30 pm 10528 – 98 Street,
Marian Centre
Contact: Central Office - 780-424-5900

Cardiff, AB

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

