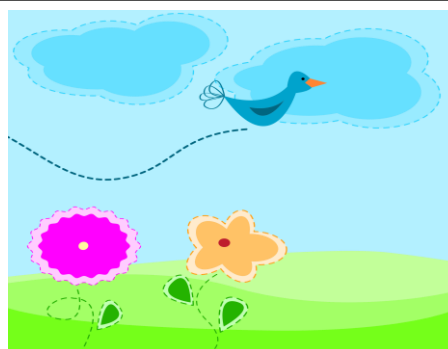


ECO NEWS

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APRIL 2019

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DELEGATE'S CORNER

UNLIMITED CHOICES FOR A GOD CONCEPT

My favorite step is Step 3; my favorite tradition is Tradition 3... as they both refer to the higher power idea. It was brilliant that Bill & Bob decided that no one could dictate how anyone else "should" believe in a power greater than themselves ... only that each person needs to find one. The only requirement for membership is a desire to stop drinking. That's it ... we don't need to belong to any sect, organization, politics, religion or anything, as it says in the preamble. That gives us a lot of freedom to decide for ourselves what that higher power will be.

The first time I heard an atheist get up to speak at a meeting was amazing. She said, "Hi, I'm ____, I'm an alcoholic, and I'm also an atheist, and I want to tell you that this program works!" She had 7 years of sobriety at that time.

One of the Advisory Actions passed at the 68th Annual General Service Conference in New York City last April, was to adopt the 'God' Word pamphlet, which is published by General Service Board of A.A. in Great Britain. In the pamphlet, Bill W is quoted: "**Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous.**"

In the new Grapevine book titled "**One Big Tent**" I read many acronyms for a God concept: Good Orderly Direction and Group of Drunks were old ones, but I'd never heard of Great Out Doors or Gift of Desperation.

For me, pathways to this concept of God involved surrender and discipline. My best thinking got me to AA. I could not get sober on my own. This was a huge chunk of honesty to digest. I surrendered to something that I could not see, feel, hear, or sense in any way, because I was at the end of my rope. People in meetings spoke of the need to surrender. All other options had expired. So, I pretended to believe... I gave myself one year to see if this AA thing would work ... knowing I could always go back to my old ways... Slowly things changed. Listening to that still small voice inside took some time. That gentle message always directed me to the next right thing to do.

The Big Book says: "deep down inside every individual is the fundamental idea of God." I believe that deep down inside all of us is the fundamental idea of "**the next right thing to do.**"

I learned in AA that I need discipline to stay sober. Discipline to attend meetings, to listen, follow directions and stay connected to my higher power. Bill W called us "an undisciplined lot". My undisciplined brain is like a vacuum... it picks up whatever's in front of it... any distraction, that keeps me from looking at myself... and being honest about my motives. When I have that spiritual connection, I am at peace.

In **Language of the Heart**, Bill said the importance of coming to believe in a higher power is invaluable as a way of gaining entry into the realm of faith. He goes on to say that "**faith is never a necessity for AA membership... our concepts of a higher power and God as we understand him afford everyone a nearly unlimited choice of spiritual belief and action.**" I'm grateful for these unlimited choices in how we define the God idea in our own life. Thank you all for my sobriety.

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

NOT SO OLD TIMER'S CORNER * PART TWO

The Story of Gord L., South Side Group autobiography, written in 2000

Sober Date: January 11, 1994

Continued from last month:

Unfortunately, I had made an agreement with them that the next time I drank, I would be terminated. I waited during the remainder of that day and that evening as they discussed my future at more senior levels in the company.

I returned the next day, dressed up in a suit and tie, wondering if I was going to be overdressed for my new position in the unemployment line. My honesty was the only reason they were giving me another chance, and that was slightly over 6 years ago.

What changed in that time was that I began to experience the change of attitude that is today as important in my recovery as was having a ready stock of alcohol when I was drinking. I joined a Home Group which had a lot of old-timers as members. I went for coffee after the meetings and got to know the members. I got a sponsor and phone numbers and used them (sparingly because, well they didn't really want to hear from me, did they?) These were the simple things that people told me to do, but which left to my own thinking, I would complicate unmercifully. The steps were there to be tackled next but left usually until when I felt such pain to make action the only course to take.

Strangely, in hindsight, one of the worst days of my life in sobriety became my best. On the day of my second birthday celebration I was out of town showing some customers one of our operations. It was bitterly cold, and my vehicle had frozen up. I had borrowed another vehicle from the operation in order to pick up the first vehicle, but unfortunately, I didn't quite make it. I lost control of the first vehicle by hitting some ice on a hill and ended up colliding with two other vehicles, the second one head on. Although I had no physical injuries, my sobriety was in tatters. Where I had earlier been thinking about what I would say about my spiritual growth in the last year, I now was holding a strategy session in my mind with the dreaded committee. Since the drive was three hours, and I was alone, I had a lot of time to play judge and executioner. I was sure that my employer was going to fire me. As I got closer to home, I thought that I wasn't going to give them that pleasure, that I was going to do the only respectable thing and quit. I would phone in to quit. Yes, I had it all planned out.

I got to my meeting that evening visibly shaken, and the Group members saw me in my emotional outhouse. They said that things would be better tomorrow, but I didn't believe them. They said I wasn't unique – other people have accidents – even those in sobriety. Was I relieved? Of course not. These other people they talked about were not in my situation. They didn't have my problems of totaling a vehicle – and sober yet! They just didn't understand. My two years of sobriety were feeling more like two hours, which in a way they were.

And then the miracle happened. A Group member had gotten his vehicle stuck in snow in another section of the city and an announcement was made at the end of the meeting for assistance. On a bitterly cold night, with a temperature of around -40 degrees (Celsius or Fahrenheit at this point are the same), over 14 intrepid members went out to help get the fellow out. We pushed and pulled and froze and laughed and, finally, the car was freed. And so was I, as the action of helping another human being helped me get out of myself, and my own problems were a lot smaller than they seemed previously.

Service became an important part of my recovery and my life. I now no longer asked solely what was in it for me, but what I could give back. While I was able to play my part in helping the service structure and other struggling alcoholics, I had to ask myself what my motives were in accepting assignments. Was it the need for praise and validation, or the sincere wish to be of service? My ego had played a major part in the other disasters of my life, and I would try not to let it get the leading bill on the marquee once again. I need to keep things in perspective and live as though I only have today.

I've become grateful for the people that I now meet each day. I can now see a little clearer the role they plan in teaching me the tools I need as I continue my journey in sobriety, and the help they provide in helping me to understand God's will for me. I am constantly amazed, although not surprised, when I hear exactly the message, I need from somebody when I need it. These are the little things that I enjoy in sobriety – the base hits. And for these I am grateful.

RENT – A- SPONSOR

- Are you tired of being told like it is?
- Still looking for that easier, softer way?
- Had enough of that same old time-tested direction?
- No Reading! No writing!
- Fourth Step writing service now available!
- Yes! We will write your inventory for you!
- Yes, at Rent-A-Sponsor we know how unique you are, and we do understand!
- Half Measures are Our Specialty!
- Call now and receive a free copy of “Staying Sober on War Stories Alone!”
- Listening to your sniveling, without constant reference to the Big Book or Steps!
- Co-signing your excuses and rationalizations!
- Work only the Steps you want, in the order you choose!
- Learn the secret of giving it away before you even have it!
- Why “walk the walk” when you can just “talk the talk?”
- Remember, it’s better to look good than to feel good!
- Why save your ass at the cost of losing your face?
- **Call 1-900-0-POR-ME or 1-900-POUR ME-1**

BLUEPRINT IN RECOVERY IN MY ALCOHOLISM

The emotional relapses and mental binges that I have experienced with my disease of alcoholism hold me hostage to a tormented soul. As long as I don’t put my hand in the hand of God and surrender it all to the Almighty, I will remain quite spiritually sick and I will undoubtedly drink again. It is only a matter of time; for alcohol is patiently waiting for my hopelessness and helplessness to seek it for comfort of the negative kind. I am now only beginning to understand this. Thank God for AA that my Higher Power most certainly works through the people in the Fellowship of Alcoholics Anonymous. I strongly believe this with all my heart through the depths of my soul. How I live in sobriety today on this journey in my life will determine my destination in the hereafter.

Thank God and the Fellowship it is an only one day at a time program ~ a daily reprieve from my disease of alcoholism. The here and now is plenty on my plate; so, there is no point living in the here and after. I cannot determine the outcome of today that God has truly blessed me with. I choose to leave the outcome of today in God’s hands; with whomever He chooses to put in my path just for today.

I have a choice in how I feel in any given situation. I can choose to react (negative) or respond (positive). God gave me that choice. It is entirely my decision how I want to feel about situations in my life today in regards, to people and places, too. I leave the outcome up to God. It always works out in spite of myself. By picking up this simple kit of spiritual tools (The 12 Steps) God helps me in my blueprint for recovery, so as I don’t become an emotional cripple and remain spiritually sick. I must trust God, clean house, and help other if I am to live happy, joyous, and free of the bondage of self in my recovery.

I must continue to attend meetings, call my sponsor, help others and continue to do the steps throughout this lifetime that God has blessed me with on my journey in recovery in sobriety. I must ask God for help each morning and gratefully give thanks at nightfall. This is my blueprint for a purposeful life with God’s grace, mercy, direction and guidance with meditation and prayer. Amen, Praise God.

Rose P., Rite Trac Group

A.A. HISTORICAL EVENTS IN APRIL

- April 1,** 1939 – “Alcoholics Anonymous”, AA’s Big Book was published.
1940 – Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.
1966 – Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.
1984 – 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.
- April 3,** 1941 – First Florida AA meeting was held.
- April 4,** 1960 – The Chicago Daily News reported that Fr. Ed D., a Jesuit priest who helped start the first AA group in St. Louis, had died at age 62.
- April 7,** 1941 – Ruth Hock, Bill W.’s secretary, reported there were 1,500 letters asking for help, because of the Saturday Evening Post Article by Jack Alexander.
- April 10,** 1939 – First ten copies of the Big Book arrived at the office Bill shared with Hank P. in Newark, New Jersey.
- April 11,** 1938 – Alcoholic Foundation held its first meeting.
1939 – Marty M. attended her first meeting at the home of Bill and Lois W. in Brooklyn.
1941 – Bill and Lois W. moved into their new home, Stepping Stones.
- April 12,** 1942 – The Windsor Daily Star in Ontario, Canada, reported that over 400 AA’s attended a testimonial dinner for Dr. Bob.
- April 16,** 1940 – A sober Rollie H. caught the only opening day no-hitter in baseball history since 1909.
1973 – Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.
- April 17,** 1941 – 2nd group in Los Angeles, the “Hole in the Ground Group” was formed.
- April 19,** 1940 – First AA group in Little Rock, Arkansas, was formed.
- April 22,** 1940 - Bill W. transferred his Works Publishing Stock to the Alcoholic Foundation. The date on which Hank P. transferred his stock is uncertain.
- April 23,** 1940 – Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.
- April 24,** 1989 – Dr. Leonard Strong died. He was Bill’s brother-in-law and a non-alcoholic AA Trustee.
- April 25,** 1951 – AA’s first General Service Conference was held.
- April 26,** 1939 – Bill & Lois W. moved in with Hank P. after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.
- April 30,** 1989 – The film “My Name is Bill W.,” a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.
- Other April events for which we have no specific dates:**
1940 – The first AA pamphlet was published, entitled simply “AA.”
1958 – The word “honest” was dropped from “an honest desire to stop drinking,” in the AA Preamble.
1960 – Bill W. refused to be on the cover of Time Magazine.
1988 – Cybil C., the first woman member in Los Angeles and archivist, died.

AA GRAPEVINE QUOTES

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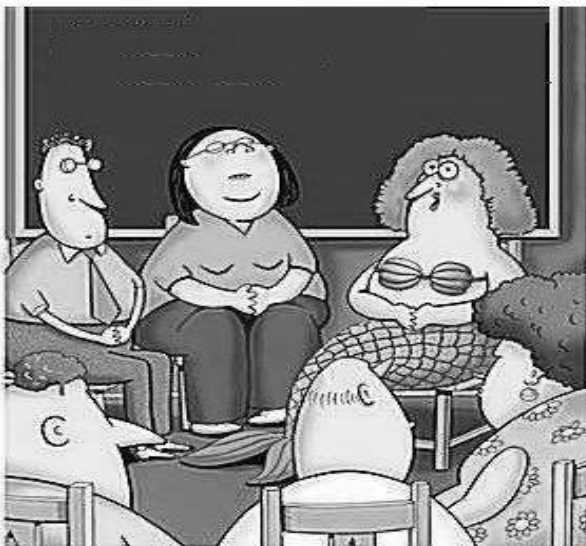
- “The reason we try to carry the message is so that we stay sober. If the person we are helping stays sober, that’s an extra bonus”
May 2003- “What I learned from my Sponsor. “ I Am Responsible: The Hand of AA
- “I am still amazed at the aura around AA meetings ... No matter what our immediate problems, fears or resentments, we come to a halt when the meeting begins and focus on our primary purpose.”
Sept. 1991 “A Beacon in the Dark” The Home Group: Heartbeat of AA
- “The rewards of asking for help – increased humility, connection and trust – are well worth the effort.”
April 2011 ‘H -E-L-P’, AA Grapevine
- “Spiritual awakening ... begins with knowledge and acceptance of the truth about ourselves.”
May 1967 “AA’s Steps Lead to = Spiritual Awakening”

THE FEAR OF A MORAL INVENTORY

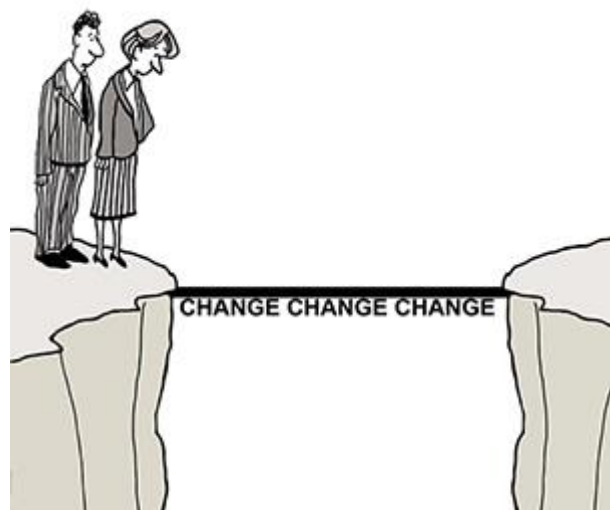
Those Tormenting Ghosts of Yesterday

Over the years, I have watched the differing patterns of A.A. members and the degree of the importance of thoroughness applied to the steps as opposed to simply abstaining from alcohol and with all the empathy and compassion in my heart I try to be available to everyone with an explanation of what I perceive to be the biggest *Stumbling Block* that stands in the way of the unfortunate ones that never seem to reach the degree of *Happiness and Peace of Mind* that the program offers. When I am approached by someone who is struggling with this issue my first question would be, "Have you completed a thorough Fourth and Fifth step?" and if they are honest about it, we have a chance to revisit that part of the program and *Neutralize those Tormenting Ghosts of Yesterday*. I was that guy in my first attempt at taking the steps and rather than dealing with it I just went to meetings and told funny stories until an event in my life caused me to *take a second look at the inventory process* and I'm so glad that I got it right the second time around, for if I hadn't, I can see no possible way that I could have followed up with the remaining steps of the program. Most alcoholics are not proud of their past behaviors and live in a constant state of *guilt and shame*. They believe that they were responsible for those behaviors and that is where the alcohol became the solution (no pun intended) to their problem until it stopped working. There is a difference between *Responsibility and Accountability*. Most alcoholics believe that they are responsible for becoming an alcoholic and that is the *Biggest Misconception* concerning this subject, unless, at childbirth, you had the capacity to understand alcoholism and the ability to decide that you wanted to become one. From the day we were born, until we took our first drink, we were conditioned to a degree that alcohol affected us differently than it does for the normal person. Our minds were diseased, and we had no choice in the matter. The symptoms of the disease were the behaviors that followed. Once we are aware of this perception, and become willing to become accountability for those behaviors and make restitution for wrongs done, who could fault us for that? As we continue the steps of the program, we start by recognizing the old alcoholic habits and they are not too hard to change, and we seem to begin that process as soon as we start attending meetings and we deal with the obvious things upfront and if we continue to examine our motives for the things we do, over a period of time, the load gets lighter and lighter. Now comes the *Stumbling Blocks* I referred to earlier; *Those Tormenting Ghosts of Yesterday*. *There is a big difference between a Habit and a Deed*. Habits can be changed, in time, as we establish a new track record and we become an entirely different person. Deeds are an entirely different matter. *We can't change history*. I'm sure that we all have done things that we would hope that they remain a secret but when they measure up to the term "Tormenting Ghosts" we need to deal with them if we wish to have some degree of *Happiness and Peace of Mind*. We can't change our history but we can change our Perception of those deeds as *Symptoms of the disease of Alcoholism* that were part of the conditioning and often things that happened even before we ever took a drink and as painful as they may be, if we spend the rest of our lives living by those unselfish habits, over a period of time, our actions will far outweigh our guilt and shame. We only live once, and it would be a shame if something that happened years ago kept us in pain as a result of a symptom of a disease. They are not what we Perceived them to be.

By Rick R., Unconditional AA, Poway, CA



"No matter how hard I tried to quit,



"Remember dear one step at a time" —Joe P., Doylestown, Pa.



WHO RUNS AA?

Sometimes, newcomers in AA will ask: **WHO RUNS AA?** We are perfectly safe in answering: **NO ONE REALLY!** AA has no government, as such.

But the nearest thing to a boss in AA is the Group itself. As a Group, we direct our own activities. And because we want to help other Groups ~ and because we need more services than we can furnish ourselves ~ we are part of what is known as **GENERAL SERVICE**.

The General Service Office or G.S.O., is located in New York, but the direction of it starts **RIGHT HERE** in the Group. Here we select a G.S.R. ~ a General Service Representative ~ who meets with other G.S.R.'s to set up an Area Committee. The committee elects a General Service **DELEGATE**.

In April of each year, one Delegate meets with ninety-three others from the U.S. and Canada ~ called the **GENERAL SERVICE CONFERENCE** ~ to help the Trustees map out their programs for carrying the message world=wise.

General Services is 12th Step Work, but on a national and international basis. It helps get Groups started in the U.S. and Canada and all over the world. It helps Groups and Central Offices with their problems of finance, meeting programs, public information and steering committees. It is responsible for publishing and distributing all the books and pamphlets which the Conference approves. It works in a score of ways to help knock out road blocks to AA's growth and progress.

General Service is **OUR** service office for carrying the message to places, and under conditions, that are beyond the limits of any one Group or Central Office. And just as the direction of General Services starts here in this Group, so does its support. Groups support their General Service Office ~ their G.S.O. ~ as they do everything in AA ~ without help from outside the Fellowship.

They do it by sharing S.D.O. costs with twice-a-year contributions ~ usually figured at the rate of \$3.65 (US) per member per year. Many Groups contribute more to balance those who can't carry their share because they are just starting or because they are in prisons and hospitals, or in low economy countries overseas.

So next time someone asks: **WHO RUNS AA?**

Tell them: **NO ONE. WE RUN OURSELVES AND SUPPORT OUR OWN SERVICES.**

... Found in our Archives in 1990

2020 ALCOHOLICS ANONYMOUS INTERNATIONAL CONVENTION

“Love and Tolerance is our Code”

Detroit, Michigan

In less than two years – July 2 – 5, 2020 – the International Convention will celebrate AA's 85th Anniversary.

Registration forms will be mailed in August 2019 to all GSR's, Central Offices, Intergroups and Online will be available in September 9, 2019

SO, KEEP THESE DATES IN MIND, OUR LAST ONE WAS A SUPER ONE WITH MANY COUNTRIES BEING PRESENTED, LOTS OF SHARING, ETC.

IN GOD'S CARE – DAILY MEDITATIONS

Forgiveness is the key to action and freedom

- Hannah Arendt

Resentments keep us in the past, a past that can never be relived. Resentments keep a stranglehold on our mind. They keep us from appreciating the beauty of a moment. They stop us from hearing the loving voices of friends. We forget that we have a mission to fulfil God's Divine plan for our life.

Fortunately, we can shake this hold on us, and our freedom comes when we decide to forgive whatever transgressions are made against us. This decision, with some practice, can become second nature.

Clearly the choice to resent no-one is our opportunity to free our mind and heart for the real activities God hopes we'll attend to. Our purpose in this life goes unfulfilled when we're consumed by resentments. Now we have a program of recovery to help us develop a forgiving heart and find the peace and joy that are part of God's will for each of us.

Holding resentments against others hurts me. Forgiveness can make me glad I'm alive today

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

4TH STEP PRAYER

God, please help me show those I resent the same tolerance, pity and patience that I would cheerfully grant a sick friend. Help me to see that this is a sick person. Father, please show me how I can be helpful to them and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done. Amen.

... taken from AA Meeting in a pocket.

DAY FOUR

Is yesterday something that you worry about? Some yesterday? Whatever it's mistakes, faults, blunders, or pains. It has passed forever beyond your control. Yesterday's history! Tomorrow's a mystery! Live for the good you can create today.

The only person I can ever be better than, is the person I was yesterday.
... Pocket Sponsor Thumbnail

GRAPEVINE QUOTE

"Putting my ego aside to ask others for help still doesn't come naturally, so I've made it a part of my Tenth Step inventory, asking 'Have I failed to ask for help when I needed it today?'"

... Reprinted with permission "HELP" AA Grapevine

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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**

A FEW WORDS OF WISDOM

“ SOMEONE HAS WRITTEN THESE 10 BEAUTIFUL LINES. READ and TRY to UNDERSTAND the DEEPER MEANING of THEM.

- 1). PRAYER is not a "spare tire" that YOU PULL OUT when IN trouble, but it is a "STEERING WHEEL" that DIRECT the RIGHT PATH THROUGHOUT LIFE.
 - 2). Why is a CAR'S WINDSHIELD so LARGE & the REAR-VIEW MIRROR so small? BECAUSE our PAST is NOT as IMPORTANT as OUR FUTURE. So, LOOK AHEAD and MOVE ON.
 - 3). FRIENDSHIP is like a BOOK. It takes a FEW SECONDS to BURN, but it TAKES YEARS to WRITE.
 - 4). All THINGS in LIFE are TEMPORARY. If they are GOING WELL, ENJOY them, they WILL NOT LAST FOREVER. If they are going wrong, don't WORRY, THEY CAN'T LAST LONG EITHER.
 - 5). Old FRIENDS are GOLD! NEW friends are DIAMONDS! If you GET a DIAMOND, DON'T FORGET the GOLD! To HOLD a DIAMOND, you ALWAYS NEED a BASE of GOLD!
 - 6). Often when WE LOSE HOPE and THINK this is the END, God SMILES from ABOVE and SAYS, "RELAX, SWEETHEART; it's JUST a BEND, NOT THE END!"
 - 7). When GOD SOLVES your PROBLEMS, you HAVE FAITH in HIS ABILITIES; when GOD DOESN'T SOLVE YOUR PROBLEMS, HE has FAITH in YOUR ABILITIES.
 - 8). A BLIND PERSON asked GOD: "CAN THERE be ANYTHING WORSE THAN LOSING EYE SIGHT?" HE REPLIED: "YES, LOSING YOUR VISION!"
 - 9). When YOU PRAY for OTHERS, GOD LISTENS to YOU and BLESSES THEM, and SOMETIMES, when you are SAFE and HAPPY, REMEMBER that SOMEONE has PRAYED for YOU.
 - 10). WORRYING does NOT TAKE AWAY TOMORROW'S TROUBLES; IT TAKES AWAY today's PEACE.
- If you ENJOYED this, please COPY it and PASS it to OTHERS. It may BRIGHTEN SOMEONE else's DAY, too....”

Submitted by Bob J., St. Albert Breakfast Group

AND ACCEPTANCE IS THE ANSWER

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation ~ some fact of my life ~ unacceptable to me, and I find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Shakespeare said, "All the world's a stage, and all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. AA and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about or about you, I am complaining about God's handiwork. I am saying that I know better than God.

...excerpt Big Book, page 417, Reprinted with permission of AAWS



"Earl suddenly realizes why his sponsor said that he should always bring another person along on a twelfth step call."

—John C., Berlin, Wis.

STEP FOUR LIST

ASSETS

Strive For:

LIABILITIES

Watch For:

Selflessness	Self-centredness
Self-forgetfulness	Self-pity
Humility	Self-justification
Modesty	Self-importance
Proper Self-esteem	Self-condemnation
Honesty	Dishonesty
Patience	Impatience
Love	Hate
Forgiveness	Vengefulness
Understanding	Resentment
Simplicity	False Pride
Trust	Jealousy
Generosity	Envy
Useful Activity	Laziness
Promptness	Procrastination
Straightforwardness	Insincerity
Positive Thinking	Negative Thinking
Clean Thinking	Trashy Thinking
Look for the Good	Gossipy Criticizing
Respect for Others	Intolerance
Faith	Fear
ACCENTUATE THE POSITIVE	ELIMINATE THE NEGATIVE

CHECK THE SCORE EVERY NIGHT -- TRY TO GET THE SLATE CLEAN

DON'T QUIT

When things go wrong as they sometimes will,
 When the road you're trudging seems all uphill,
 When funds are low and the debts are high,
 And you wan to smile, but you have to sign,
 When care is pressing you down a bit,
 Rest, if you must, but don't quit.

Life is queer with its twists and turns,
 As every one of us sometimes learns,
 And many a failure turns about,
 When we might have won had he struck it out.

Don't give up though the pace seems slow,
 You may succeed with another blow.

Success is a failure turned inside out.

The silver tint of the clouds of doubt,
 And you never can tell how close you are,
 It may be near when it seems so far,
 So, stick to the fight when your hardest hit.

It's when things seem worst that you must not
 QUIT!

... Anonymous



"I'm a Scientologist, and my husband belongs to Alcoholics Anonymous. So, we won't be needing any more cult religion."



"Where are you hiding him? He's supposed to be at an AA meeting" —George

A BUDDHIST'S NON-THEIST 12 STEPS

1. We admitted our addictive craving over alcohol and recognized its consequences in our lives.
2. Came to believe that a power other than self could restore us to wholeness.
3. Made a decision to go for refuge to this other power as we understood it.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to our selves and another human being the exact moral nature of our past.
6. Became entirely ready to work at transforming ourselves.
7. With the assistance of others and our own firm resolve, we transformed unskillful aspects of ourselves and cultivated positive ones.
8. Made a list of all persons we had harmed.
9. Made direct amends to such people where possible, except when to do so would injure them or others. In addition, made a conscientious effort to forgive all those who harmed us.
10. Continue to maintain awareness of our actions and motives, and when we acted unskillfully promptly admitted it.
11. Engaged through the practice of meditation to improve our conscious contact with our true selves and seeking that beyond self. Also used prayer as a means to cultivate positive attitudes and states of mind.
12. Having gained spiritual insight as a result of these steps, we practice these principles in all areas of our lives and make this message available to others in need of recovery.

...by Bodhi, Sydney, Australia

Note:

Since it was first published in the book Alcoholics Anonymous back in 1939, AA's 12-Step program has transformed the lives of literally millions around the world. Since adopted by numerous other 12 Step based fellowships, it offers a practical path for healing addiction, self and spirit. Although !! stresses that the concept of God or a Higher Power that it speaks of is a matter of personal understanding, the language of that book and the 12-Steps is often rooted in the Christian tradition to which AA founders largely belonged, somewhat understandable considering the time, place and context in which it was initially written. But despite the founder's best intentions to make the spirituality of AA all inclusive, some people do find the Christian or theistic language used either off-putting or even unacceptable.

Buddhism does not teach the doctrine of theism but rather points out ways to live an enlightened, spiritual life without necessarily believing in God. For this reason, some people do not see Buddhism as a religion in the normal, Western sense. Buddhism could be described as more akin to a path of practice and spiritual development which enables people to realize and utilize its teachings in order to transform their lives. A path that enables people to develop the qualities.

... AHS Business & Industry Clinic

AA PRINCIPLES

1. **Surrender.** (Capitulation to helplessness)
2. **Hope.** (Step 2 is the mirror image or opposite of Step 1. In Step 1 we admit that alcohol is our Higher Power, and that our lives are unmanageable. In Step 2, we find a different Higher Power who we hope will bring about a return to sanity in management of our lives.)
3. **Commitment.** (The key word in Step 3 is decision)
4. **Honesty.** (An inventory of self)
5. **Truth.** (Candid confession to God and another human being.)
6. **Willingness.** (Choosing to abandon defects of character.)
7. **Humility.** (Standing naked before God, with nothing to hide, and asking that our flaws – in His eyes – be removed.)
8. **Reflection.** (Who have we harmed? Are we ready to amend?)
9. **Amendment.** (Making direct amends/ restitution/ correction, etc.)
10. **Vigilance.** (Exercising self-discovery, honesty, abandonment, humility, reflection and amendment on a momentary, daily, and periodic basis.)
11. **Attunement.** (Becoming as one with our Higher Power.)
12. **Service.** (Awakening into sober usefulness.)

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	February	YTD	YTD BUDGET	variance
<u>General Receipts:</u>				
Group donations	\$ 7,178.10	\$ 12,186.35	\$ 15,500.00	\$ 3,313.65
Individual/Bequeath	\$ 100.00	\$ 200.00	\$ 650.00	\$ 450.00
Birthday Club/Faithful Fivers	\$ 105.00	\$ 449.00	\$ 410.00	-\$ 39.00
Office Supplies / Postage	\$ 196.75	\$ 364.83	\$ 162.50	-\$ 202.33
Newsletter	\$ 8.00	\$ 16.00	\$ 35.00	\$ 19.00
Rental Income-EGSC, etc	\$ 151.00	\$ 296.70	\$ 200.00	-\$ 96.70
Tradition Seven-meetings	\$ 240.75	\$ 500.65	\$ 750.00	\$ 249.35
Fundraising	\$ -	\$ -	\$ -	\$ -
Other Inc (Interest, etc)	\$ 5.22	\$ 10.91	\$ 8.00	-\$ 2.91
Total General Receipts	\$ 7,984.82	\$ 14,024.44	\$ 17,715.50	\$ 3,691.06
<u>Literature & Medallion</u>				
Literature	\$ 6,223.30	\$ 16,867.50	\$ 15,865.00	-\$ 1,002.50
Medallion	\$ 2,111.00	\$ 4,828.00	\$ 3,590.00	-\$ 1,238.00
Total Literature and Med.	\$ 8,334.30	\$ 21,695.50	\$ 19,455.00	-\$ 2,240.50
		\$ -		
Total Revenue	\$ 16,319.12	\$ 35,719.94	\$ 37,170.50	\$ 1,450.56
<u>Expenses: (COS)</u>				
AAWS & Grapevine Literature	\$ 3,646.54	\$ 9,964.32	\$ 11,000.00	\$ 1,035.68
Meeting list & Greeting Cards	\$ 419.48	\$ 1,040.29	\$ 850.00	-\$ 190.29
Medallion Purch /engraving	\$ 1,139.55	\$ 2,729.83	\$ 2,095.00	-\$ 634.83
Freight / Brokerage		\$ -	\$ 20.00	\$ 20.00
	\$ 5,205.57	\$ 13,734.44	\$ 13,965.00	\$ 230.56
<u>Intergroup Expenses</u>				
12 Step Answering	\$ 404.88	\$ 809.76	\$ 800.00	-\$ 9.76
Literature expense	\$ 4.56	\$ 6.24	\$ 20.00	\$ 13.76
Communications & Tech		\$ -	\$ 200.00	\$ 200.00
Other (Archive, 12 Step,Cred,Grp Ser	\$ -	\$ 237.24	\$ 200.00	-\$ 37.24
	\$ 409.44	\$ 1,053.24	\$ 1,220.00	\$ 166.76
<u>Administrative Expenses</u>				
		\$ -		
Accounting & Legal	\$ 156.95	\$ 313.90	\$ 670.00	\$ 356.10
Bank Chgs & Cr Card chgs	\$ 118.28	\$ 287.42	\$ 235.00	-\$ 52.42
Computer & IT Maintenance	\$ -	\$ 133.24	\$ 1,000.00	\$ 866.76
Equipment Lease	\$ 359.77	\$ 719.54	\$ 780.00	\$ 60.46
Fundraising expense	\$ -	\$ -	\$ -	\$ -
Insurance	\$ 300.00	\$ 600.00	\$ 600.00	\$ -
Newsletter Expenses	\$ 0.72	\$ 1.44	\$ 10.00	\$ 8.56
Office Supplies	\$ 114.08	-\$ 124.42	\$ 525.00	\$ 649.42
Postage	\$ 131.52	\$ 517.82	\$ 200.00	-\$ 317.82
Rent	\$ 2,981.52	\$ 5,963.04	\$ 6,660.00	\$ 696.96
Repairs & Maintenance	\$ -	\$ -	\$ 300.00	\$ 300.00
Salaries, Source, WCB	\$ 4,713.78	\$ 9,280.56	\$ 9,400.00	\$ 119.44
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 190.41	\$ 380.82	\$ 400.00	\$ 19.18
	\$ 9,067.03	\$ 18,073.36	\$ 20,780.00	\$ 2,706.64
		\$ -		
Total Expenses	\$ 14,682.04	\$ 32,861.04	\$ 35,965.00	\$ 3,103.96
		\$ -		
Income / (Loss)	\$ 1,637.08	\$ 2,858.90	\$ 1,205.50	-\$ 1,653.40

2019 Birthdays in - APRIL

60 Minutes to Sobriety

Last Sunday
Apr. 28 Des T. 9 yrs.

Breathe Easy

First Friday
May 3 Shawn M. 12 yrs.
Karen M. 2 yrs.
Mike B. 3 yrs.

Capilano Step

First Thursday
May 2 Al M. 3 yrs.
Gene B. 4 yrs.
Mike M. 3 yrs.

Clareview Big Book

Last Wednesday
Apr. 24 Sam P. 5 yrs.
Derek M. 3 yrs.
Lloyd V. 3 yrs.
Linda M. 2 yrs.

Crestwood Welcome

Last Monday
Apr. 29 Linda S. 39 yrs.

Ellerslie Group

Last Thursday
Apr. 25 Julie M. 9 yrs.
Jason D. 2 yrs.

Fulton Place

Last Friday
Apr. 26 Terry G. 31 yrs.
Jane B. 8 yrs.
Nick L. 3 yrs.
Derek S. 3 yrs.

Last Call

Last Wednesday
Apr. 24 Tracie C. 5 yrs.
Bryan S. 9 yrs.
Michelle L. 9 yrs.

Lion's Den

Last Monday
Apr. 29 Andy M., 3 yrs.
Barry D. 39 yrs.
Brenda R. 3 yrs.
Craig P. 3 yrs.
Lauren A. 8 yrs.
Mike O. 4 yrs.
Deb M. 3 yrs.

Lighthouse

Last Friday
Apr. 26 Maureen H. 42 yrs.

Mustard Seed

Last Sunday
Apr. 28 Beatrix M. 4 yrs.
Dave L. 39 yrs.

North Edmonton

Last Thursday
Apr. 25 Mike O. 26 yrs.

Oilmen's

First Monday
May 6 Kenny E. 14 yrs.
Ron G. 40 yrs.

Providence

Last Wednesday
Apr. 24 Terry S. 34 yrs.
Ron G. 2 yrs.

Serenity

First Friday
May 3 Tom W. 11 yrs.

South Side

Third Friday
Apr. 19 Dennis F. 23 yrs.

Steps to Serenity

Last Wednesday
Apr. 24 Brent H. 3 yrs.
Gord L. 5 yrs.

Step Sisters

Last Wednesday
Apr. 24 Joan J. 24 yrs.
Seanna B. 15 yrs.

The Why Group

Last Saturday
Apr. 27 Carla Y. 30 yrs.
Bruce M. 34 yrs.
Chris M. 3 yrs.

Thus, We Grow

Last Tuesday
Apr. 30 Grant H. 5 yrs.

West End Men's

First Wednesday
May 1 Bruce J. 17 yrs.
Jason H. 2 yrs.
Lucas H. 3 yrs.
Seann H. 6 yrs.

Westminster

Last Saturday
Apr. 27 Ronald R. 33 yrs.
Barb C. 38 yrs.
Gerry H. 9 yrs.
Christine W. 25 yrs.
Linda T. 25 yrs.
Terry F-A 44 yrs.

SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
Apr. 29 Cheyenne D. 8 yrs.
Garry G. 11 yrs.
Syd W. 12 yrs.
Brad F. 20 yrs.

ST. ALBERT

St. Albert Sunday Night

Last Sunday
Apr. 28 Arlene B. 4 yrs.



New Locations for groups on the move:

Into Action Group effective Mar. 4/19
Westmount Presby. Church
13830 109A Avenue, Edmonton

Oilmen's Group effective Apr. 1/19
Strathcona Baptist Church, bsmt.
8318-104 Street, Edmonton



BIRTHDAY CLUB

Ian G. 37 years

FAITHFUL FIVERS

Randy Y.
Ian G.

GROUPS IN NEED OF SUPPORT

Thurs. 8:00 PM 10240 Kingsway
Auditorium, sub-bsmt.
Royal Alex Hospital

PLEASE NOTE:

ECO News requires more up-to-date
Group Birthday lists.

CALENDAR OF EVENTS

2019 ROUNDUPS & FUNCTIONS

Edmonton, AB

April 6 **42 Annual District 64 R/U** \$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

April 9 **Up The Creek 15th Anniversary** Trad. 7
 6:30PM NE Corner 96 St. & 83 Ave.
 Contact: 780-913-9762 / 780-977-0625

Cape May, New Jersey

April 12-14 **52 Annual Sepia Roundup** \$25. - \$30.
 Ocean & Philadelphia Avenues
 The Grand Hotel
www.aasepia.org/roundup

Edmonton, AB

April 13 **District 53 Traditions Workshop**
 10 AM 13708 – 74 St.
 McClure United Church

Stettler, AB

April 13 **50th Anniversary Dinner** \$12.00
 6:30PM 4820 – 51 St.
 CE Wing, Stettler United Church
 Contact: email stettleraa@gmail.com

Ardrossan, AB

Apr. 26-27 **Annual Sherwood Park R/U** \$45.00
 80 – 1st Avenue,
 Ardrossan Community Hall

Edmonton, AB

May 4 **District 40 Dinner**
 6-9 PM 8420 - 145 Street
 St. Timothy's Anglican Church

Violet Grove, AB

May 11 **Last Chance Grp. Trad. 3rd & 5th 7th Trad.**
 12 Noon Violet Grove Hall from Drayton Valley
 S on Hwy 60 to 620 approx. 5 km
 N on RR80 to first road on left.

Balzac, AB

May 11 **4th R/U Back to the Book** \$30.00
 10075 TWP Rd. 262
 Balzac Hall
 Contact: 403-96-3963, 403-483-1291
 587-229-2167

Edmonton, AB

May 25 **Intergroup Unity Breakfast** \$50.00
 10AM 10111 Bellamy Hill
 Chateau Lacombe Parking \$4.

Spruce Grove, AB

May 31-June 1 **Area Committee Meeting**
 60 Parkland Gate Rd.
 Parkland Village Community Centre
 Just north of Spruce Grove, AB

Didsbury, AB

June 7-9 **21 Annual Campout R/U** \$20.00
 Rosebud Community Hall
 Contact: 403-335-9990 / 335-9525

Calgary, AB

June 7-9 **38th Annual Gratitude R/U** \$75.00
 2720 Glenmore Trail SE
 The Glenmore Inn
 Contact: www.gratituderoundup.com

Edmonton, AB

June 8 **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

Edson, AB

July 19-21 **59th Annual District R/U**
 15229 TWP Rd 534
 Pinedale Hall

Consort, AB

July 26-28 **31 Annual Consort Campout R/U** \$20.
 Gooseberry Lake Prov. Park
 8 mi. N of Consort on HWT 31
 And 1 mile East
 Contact: 403-575-5623

Wainwright, AB

Aug. 9-11 **17th Annual Campout R/U** \$20.00
 Riverdale Mini Park
 20km N of Wainwright on Hwy 41
 Contact: 780261-0104 / 780-386-2337

Legal, AB

Aug. 16-18 **Annual District 9 R/U** \$25.00
 5320A – 46 Street
 Club 60 Roses

Antler Hill, AB

Aug. 23-25 **5th Annual Innisfail Campout R/U**
 RR 275 TWP 362 \$25.00
 Contact: 403-350-6467 / 403-392-3538

