

# ECO NEWS

## JULY 2019

\$1.00

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### DELEGATE'S REPORT CONFESSIONS OF A MARTYR

It is from a place of amazement that this story is written ... recalling a time when my thinking moved off the pink cloud and onto a long, dry plateau...then back again... full to the brim with gratitude, for all the miracles in my life.

Today I'm not afraid to share who I was in early sobriety, for the possibility that someone else may be feeling this way as well. A well-worn phrase often heard in and out of meetings is that "we are as sick as the secrets we keep." In that respect, I offer this experience:

I'm not aware of when my thinking changed from enjoying service work to be the martyr of service in my home group, but it did happen. My ego was involved. And perhaps a good example of a bad example was in full operation. I somehow believed that AA wouldn't be able to function without me – only unless I opened the meeting room, made the coffee and chaired the meetings, week after week. I knew meetings were keeping me sober, but I wanted more.... I wanted a thank you from others and a deeper appreciation for 'what I was doing for everyone else'. Strange but true.

Today I recognize these were the thoughts of a born and bred people pleaser. There was no inner work happening; I had stopped working on me ... instead keeping the focus on others – for outside recognition - and to my detriment. Slowly, over a few years, it dawned on me ... I was no one's saviour, not even my own.

I'd come home from a meeting where the focus was on the newcomers attending their first meeting. In my head I congratulated myself for all the "good things" I said to them that would help them. Some phrases came back to me. I said to myself: "That's really good advice, why don't I do that?" That other old phrase "If you spot it, you got it" rings true here.

At whatever point I became aware that working on me is the **only way I can possibly give back what was given to me**. I also fell in love again, with service work. There are so many opportunities to give in Alcoholics Anonymous, at whatever level you feel qualified – or even unqualified - in which to serve. What I found out is that, moving to another level of service, I met many wonderful role models who were involved in service **while also doing their own work**. It's a blessing like none other.

I overheard someone on TV recently say, "Transparency is the best disinfectant." In that vein, it feels good to shine some light on one aspect of my darker self.... for your amusement, judgment or possible ability to relate to such things yourself. It's great to be off the plateau!

Thanks for your time and thank you always for my sobriety.

Becky P, Area 78 Delegate

\*\*Heard at a meeting:

My friend, Barb, shares that she still goes to meetings after 20-some years because she's yet to see a newcomer walk by the couch in her living room.

.. Reprinted with permission AA Grapevine, "Take me to your sponsor" page 2



**\*\*OLDIES BUT GOODIES:** The speaker at the Convention's Big Meeting walked up to the podium, looked out at the stadium full of people and said, "My heart is beating, my knees are weak, and my stomach is in knots. I used to pay a lot of money for this feeling."

.. Reprinted with permission AA Grapevine, "Take me to your sponsor" page 2

## STEP SEVEN: HUMBLÝ ASKED HIM TO REMOVE OUR SHORTCOMINGS.

The whole emphasis of Step Seven is on humility. In the Big Book, Step Seven consists of seven lines in what has become known as the Step Seven Prayer. This is as it should be because Steps One through Six have prepared me or should have ... to be ready to have my defects and shortcomings removed.

And the humility mentioned above is one of the requirements needed to complete this Step. There are other requirements, of course. Some of those requirements are desire and the willingness to accept a lesser materialistic way of life.

The truly humble way of life is an impossible ideal for me. I needed to work, to have the car, the house and the lifestyle I was raised with. It was and is who I am. Those were the things I lost through drinking. I lost myself, my soul, my being and a whole lot more.

Sobriety gave me the opportunity to get back the things I lost. I needed to find a compromise between material necessities and striving for humility. I've read that the basic ingredient of all humility is a desire to seek and do God's will. I also know that my few brushes with humility was when I admitted I was powerless over alcohol and that my life was unmanageable. (Step One.) And again, my insane carvings and compulsion to drink were miraculously lifted from me. I felt gratitude and a relief like never before. And that changed me.

I knew humility, if only fleeting, but it was a start and I began building from there. I had to or I may be tempted to drink again. And to drink for me is to return to the darkness of despair and terror or worse.

Humility comes and goes for me. Helping others, doing the odd good deed secretly, praying, being a better person through some effort. It all helps but doesn't always satisfy totally. It's better than it was before and for that I am grateful and a little humble, I'm sure.

Steps Four, Five and Six is where we write down, discuss and prepare ourselves to have our defects finally removed. Step Seven is where we ask God for that to happen. Humbly.

... Lorne W., Beverly Group, 1990

## CONCEPT VII

**The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments:**

**That the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document; that it relies instead upon the force of tradition and the power of the AA purse for its final effectiveness.**

This Concept attempts to clarify the relationship and “balance of powers” between the Conference and the General Service Board.

“This ... may look like the collision of an irresistible force with an immovable object.” On the one hand, “the board is invested with complete legal power over AA’s funds and services; on the other hand, the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.

Thus, the practical power of the Conference is, in the final analysis, superior to the legal power of the board. This superior power derives from the traditional influence of the Conference Charter itself; from the fact that the delegates chosen by the groups always constitute more than two-thirds of the Conference members”, and finally from the ability of the delegates to cut off financial support by the groups. “Theoretically, the Conference is an advisory body only; but practically speaking, it has all the ultimate power it may ever need.

The Conference “recommends” – though its recommendations have the force of directives to the board. The board does have the legal authority to veto a Conference recommendation – but in actual practice, it never has done so. As Bill tactfully puts it, the trustees “simply refrain from using their legal right to say ‘no’ when it would be much wiser, all things considered, to say ‘yes’.

Reprinted with permission from AAWS, Twelve Concepts Illustrated

## DR. BOB’S FAREWELL TALK TO THE APRIL 1951 GENERAL SERVICE CONFERENCE

My good friends in AA and of AA ... I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing I did a number of years ago played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn’t returned as I would like, so my remarks of necessity will be very brief.

But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis. One is the simplicity of our program. Let’s not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have very little to do with our actual AA work. Our Twelve Steps, when simmered down to the last, resolve themselves into the words *love* and *service*. We understand what love is, and we understand what service is. So, let’s bear those two things in mind.

Let us also remember to guard that erring member, the tongue, and if we must use it, let’s use it with kindness and consideration and tolerance.

And one more thing: None of us would be here today if somebody hadn’t taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts on our behalf. So, let us never get the degree of smug complacency that we’re not willing to extend, or attempt to, that help which has been so beneficial to us to our less fortunate brothers. Thank you very much.

... Dr. Bob died from cancer on November 16, 1951

## BREAKING THE CYCLE OF ALCOHOLISM

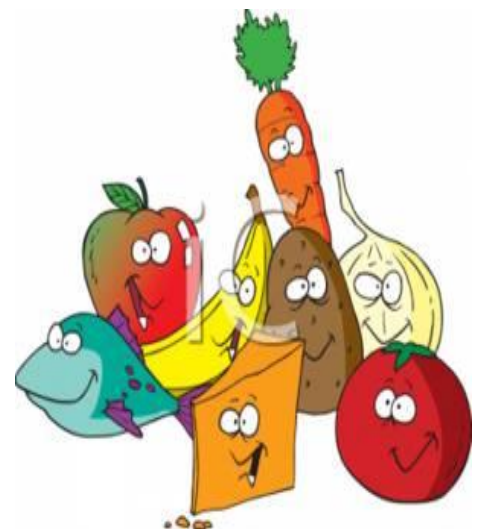
### Our Children need a Safe Environment

Early in my first marriage I could easily rationalize all my alcoholic behaviors. These things meant nothing to me, at the time, but *that all changed the day that I became a father*. It didn't change my behavior, but it *did affect my conscience*. From that day forward I felt guilty about my inability to be a good father and as the result, my only son developed problems as bad as, or worse than mine. My wife and I separated and were divorced within two years of his birth and I got sober one year after that and have been sober ever since. My current wife of forty eight years and I have done everything we could to be *supportive of my first wife* and my son from a distance and as he turned ten years old, she asked us if we would take custody of him, since she was still having difficulties of her own and we understood and gladly accepted her offer. This was the right thing to do but it didn't solve my son's problem. *He was damaged and the dye was cast*. He struggled with drugs and alcohol problems into his late forties and is now in the program, *sober for seven years and doing well*. From this experience and from the observation of the newer members that come to us during a divorce or a marriage *influenced by alcohol or drugs*, the children are often emotionally damaged and have very *little chance of evolving into healthy adults*. Some of the symptoms I've read about are as follows: Children of alcoholics endure chronic and extreme levels of tension and stress. **At times, children of alcoholics** may begin to feel as though they are responsible for the problems and are likely to develop problems with drugs and alcohol themselves. These are just a few of the things that I and my family have experienced firsthand and it was not a pretty sight. There were many sleepless nights in sobriety wondering where my son was and fearing the worst. It took many years of anguish before he finally surrendered, and we finally had some peace of mind. My experience concerning this situation is to give some perspective on this matter in order to minimize the emotional damage to the children when the parents either divorce or reconcile their marriage. Divorces are messy with the pain and disappointment of a failed relationship and my divorce was no different. Fortunately for us, I realized that *my child would be witness to how I treated his mom* and from that day forward I have not been critical about her in or out of his presence. I only talk understanding and compassion and I taught him that same principle, and in time, she came around to the same way of thinking, and we all moved on with grace. When my grandson was born, the same thing happened when his mom and dad separated and my wife and I had a the chance to provide virtually all of his daycare, and we had the opportunity to shield him from most of the trauma by providing him with a safe environment, with love and comfort, explaining to him that they were good people but they have problems and we cannot judge them but we can help them when they are ready. The main thing was the *safe environment part*. We had the opportunity to walk him through these things with compassion and understanding. I am happy to say that he just completed his first year of college at the age of nineteen with virtually no signs of emotional damage, no drugs or alcohol, no smoking of any kind and very mature. He talks to us freely about any and all subjects. We can break the cycle, but we must get our priorities straight as soon as possible, consider the damage to our children, put the past behind us and we must be strong enough to forgive. Every minute counts if we want to break the cycle.

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



"Hungry, Angry, Lonely and Tired! I could have got that from those AA's for free."  
—James, New Zealand



## Pass It On

I	A	E	B	G	R	A	P	E	V	I	N	E	U	I	M	S	F	G
I	Z	I	L	P	C	M	D	I	K	E	E	P	G	A	C	N	R	S
S	G	P	K	B	T	Q	D	E	A	M	Q	E	N	R	J	G	U	Z
A	M	N	A	Y	I	Q	C	A	H	N	O	U	V	P	O	D	T	H
T	E	Y	S	A	E	S	Y	O	N	S	S	T	T	L	H	U	H	K
T	S	F	Y	I	S	Y	N	H	O	C	I	N	Q	T	E	B	P	P
E	S	S	E	B	X	R	T	O	R	Z	O	L	S	I	T	W	R	Y
I	A	X	I	K	B	R	Z	I	P	M	T	G	B	R	H	O	T	P
R	G	O	U	O	O	E	P	X	R	S	N	S	O	U	H	D	U	N
N	E	B	G	W	L	T	F	E	S	I	E	X	E	I	P	K	X	A
E	N	J	K	M	P	S	V	V	H	F	P	R	B	I	F	F	K	O
H	M	L	G	O	V	G	T	T	A	R	S	I	C	O	R	R	Q	F
V	I	I	S	J	O	F	B	N	O	G	T	K	W	A	O	O	I	T
S	E	E	L	Y	Z	O	F	G	I	I	O	S	N	N	G	F	T	V
L	G	J	Y	I	O	W	R	Y	O	O	R	S	Y	U	V	N	N	S
L	L	B	X	K	T	A	D	N	M	Z	P	O	O	M	R	O	U	Z
Q	M	H	P	S	M	A	B	O	K	U	L	R	F	E	D	D	F	J
D	F	I	R	S	T	B	R	R	E	Y	C	A	G	E	L	R	O	H
E	E	F	F	O	C	H	U	Y	P	S	T	Y	S	I	M	P	L	E

**AKRON**

**BOOK**

**COFFEE**

**DOES**

**DRUNKS**

**EASY**

**EBBY**

**FIRST**

**GRAPEVINE**

**GROUP**

**HENRIETTA**

**JUNG**

**KEEP**

**LEGACY**

**LOIS**

**MANUSCRIPT**

**MESSAGE**

**MILITARY**

**POINTS**

**PROGRAM**

**PROHIBITION**

**PUBLISHED**

**RESPONSIBLE**

**RUTH**

**SILKWORTH**

**SIMPLE**

**STORIES**

**THINGS**

**TWELVE**

**VERMONT**

## 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 want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must, but don't you quit.  
Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck 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!! **Author Unknown**

## 12 GOLDEN RULES GUARANTEED TO MAKE LIFE EASIER

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it up.
4. If you break it, admit it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you value it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to someone else and you want to use it, get permission.
11. If you don't know how to operate it, leave it alone.
12. If it's none of your business, don't ask questions.

**I just thought of two more ~~**

13. If it ain't broke, don't fix it.
14. If it will brighten someone's day, **SAY IT!**  
... borrowed from Trio-County CO Newsletter

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## AA IN HEAVEN -

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An old-timer comes home from his home group meeting, gets ready for bed, and is on his knees saying his evening prayers.

He's in the middle of his "God blesses" saying "God bless the guy who says the same thing no matter what the topic, God bless George, the 'cake lady,' God bless . . ." suddenly he pauses and looks up. Then says, "You know God. I wonder if there is AA in heaven. If there isn't AA in heaven, I don't know if I want to go there. These folks are so important to me, I don't want to spend eternity without them."

There's a bolt of lightening and a loud clap of thunder and then the old-timer hears a voice saying, "I have good news and bad news. The good news is, there is AA in heaven. The bad news is .....You're speaking tomorrow night."

submitted by Carlyn C. of Live & Let Live Group

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## CONCEPT VII

Concept VII sets out the balance of power and responsibility for the General Service Board and the General Service Conference.

The Conference is the will of AA members world-wide. Their power comes from the ability to distribute money to the General Service Board. They also have the power to vote the appointment of any new Trustees. The Conference acts as an advisory board to the Trustees. It brings the directives of the AA Groups to the General Service Board.

... Borrowed from District 16 Newsletter, July-Aug. 1994

## STEP 7 HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS



**I ASKED A HIGHER POWER TO HELP ME  
BE FREE**

## TRADITION SEVEN

Since I first started going to AA meetings, the basket, the process of the basket, has been something that I have just been in awe of. It has been said: “The basket is where money and spirituality come together in Alcoholics Anonymous.” And I think this passing the basket at an AA meeting and what goes on thereafter, is a totally spiritual process.

The process of passing the basket and what follows has been part of my whole AA life. I think past AA members would like to see the day that all the money AA service entities need can come out of the simple anonymous act of individual members digging into their pocket and doing a little Twelve Step work by putting some money into the basket. I think that can ultimately totally fulfill all of AA’s financial needs.

That is an ideal situation that we can all strive for. It is totally, in my opinion, spiritual. The process continues at the Group level when a treasurer counts the money and conscientiously (maybe sometimes not so conscientiously) takes care of the Group’s expenses. Then, if there are any left-over talks to the secretary, GSR or steering committee and tries to decide who it should go to in terms of supporting AA services.

This is a continuation of a spiritual process and shows an understanding on the part of the Group and a feeling a part of that Group that they want to be a part of AA as a whole. They are indeed financial transactions that are totally spiritual.

## IN GOD’S CARE

### Daily Meditations on Spirituality in Recovery

Much of our spiritual progress is an unlearning process. So many “truths” we thought we could bank on have turned out to be bankrupt. Too many time-honoured sentiments that are accepted as noble truths are misleading, false, or exaggerated.

For instance, contrary to what many of us were taught, God’s love isn’t dependent on anything we do or don’t do. Our happiness isn’t found in another person, a possession, or the other places we might look – we need to look inside. We really only gain when we give. Struggle brings defeat; surrender brings victory.

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I can unlearn my errors by putting God’s truth to work!

It’s not what we don’t know that hurts,  
It’s what we know that ain’t so!                      Will Rogers

## SICK AND TIRED

“Worry is a form of fear, and all forms of fear produce fatigue. A man/woman who has learned not to feel fear will find the fatigue of daily life enormously diminished.                      Bernard Russell”

I’m sick and tired of worrying about things that don’t really matter.

I’m sick and tired of having unreasonable expectations of myself.

I’m sick and tired of worrying about things over which I have no control.

I’m sick and tired of worrying about what other people are thinking about me.

I’m sick and tired of taking my emotional temperature.

I’m sick and tired of using my energy foolishly by regretting what happened yesterday and worrying about what might happen tomorrow.

I’m sick and tired of comparing my insides to other people’s outsides.

I’m sick and tired of being so hard on myself.

I’m sick and tired of waiting until the last minute and causing myself problems by putting things off.

I’m sick and tired of feeling sorry for myself.

I’m sick and tired of living in the problem instead of the solution.

I’m sick and tired of being sick and tired.

### FALSE EVIDENCE APPEARING REAL

...Borrowed from Twelve Step Times, July 2010

## YOUR HUMBLE SERVANT

To enjoy what being humble has to offer, just follow these twelve simple guidelines.

**Embrace your strengths. But admit your weaknesses.** Know who you are and who you are not. Be smart enough to realize that while you're good at some things, you're not perfect. Thinking like this will keep you grounded.

**Accept compliments,** but don't let them go to your head. When someone praises you for something you said or did, take their compliment to heart because they meant it. However, don't let it bolster your ego so much that you can't get your head out of the door.

**Keep it real.** Be honest with others. Don't try to put up a mysterious front or act like you're someone else. Just be you.

**Let your accomplishments speak for themselves.** Just because you do great things doesn't mean that you have to shout it from the rooftop. In fact, the more you speak of how wonderful you are, the less wonderful you actually become.

**Ask other people their opinions.** Find out what someone else thinks about things. Let them know that you value what they have to say by spending less time giving them your take on things and more time learning theirs.

**Give others the benefit of the doubt.** Be open-minded and don't rush to judgment. Things are rarely as they seem so give faith and trust until and unless you decide you can't

**Appreciate other people's strengths.** Give them credit when credit is due. Acknowledge when someone else is good at something by giving them positive, encouraging feedback.

**Embrace individuality.** When you're humble, you're not trying to be like everyone else. You're comfortable in your own skin, which inspires others to be comfortable in theirs.

**Know when to speak and when to listen.** And, if you handle this one appropriately, you're going to be listening far more than speaking. You already what you have to say, so why not spend your time learning what others have to say?

**Continue to learn as much as possible.** Never have the attitude that you know everything there is to know. Want to improve your learning ability? Meditate. It switches your brainwave patterns from Beta to Alpha, giving you an increased ability to process, memorize and recollect large amounts of information.

**Admit when you don't know the answer.** Don't try to fake your level of knowledge or skill by making up an answer when you don't know one. Admit if you don't know something.

**Focus on giving, not receiving.** When you're truly humble, you realize that life isn't about you. It's about everyone else. It's about making them feel good, appreciated and honored to be with you.

**Humility** is a virtue that many idolize but few practice it. It doesn't matter what others think about you, what matters is what you think. And, when you know you're strong, talented and blessed, you don't need to run around and tell everyone about it. It speaks for itself.

Let it speak. The world will hear it loud and clear.

Submitted by Pat L., Breathe Easy Group

## 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 85<sup>th</sup> 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.**



## QUOTES & SAYINGS

- The Serenity Prayer with a twist: God grant me the Serenity to forget the people I never liked anyway. The good fortune to run into the ones I do, and the eyesight to tell the difference. Anonymous
- Although we are not responsible for our disease, we are responsible for our recovery. " AA Grapevine "Ham on Wry"
- PRAY, LOVE and HOPE are four letter words. Anonymous"
- And always remember... No matter where you go, there you are! Anonymous
- Courage: Mental or moral strength to venture, persevere and withstand danger, fear or difficulty. Anonymous
- Wisdom is the art f knowing what to overlook. Anonymous

**\*\* AN ALKY ON A BINGE runs out of drinking money** and breaks into a house. Rummaging through dresser drawers in a dark bedroom, he hears a small voice behind him:

"Jesus and I are watching you!" He freezes in fear. After awhile, when nothing happens, he starts rummaging away again.

And again, comes that small voice from behind: "Jesus and I are watching you!"

This time, with his heart pumping madly, the drunk turns on the light and sees--nobody. Scared, he stutters, "Who-who-who said that?"

"I did!"

The thief whirls toward the voice, only to see a parrot perched in a corner of the room. Immensely relieved, his Dutch Courage returns, and he smirks at the bird, "Oh, you did, did you--and who do you think you are?"

"Stuart!" answers the parrot.

"Stuart," sneers the drunk, "what a stupid name for a parrot!"

"Oh yeah?" squawks the bird, "What do you think of 'Jesus' for a 200-pound Rott-weiler?"

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... Taken from Internet "Free AA Jokes"

## DAY SEVEN

End your prayers with a Thank You. Thank You. Thank You!!!

The first Thank You is for what it was like.

The second Thank You is for what happened.

And the third Thank You is for what it is like now.

GRATITUDE, that's the attitude/

When I am grate-full,

I am grace-filed

...from the Pocket Sponsor Thumbnail

## 7<sup>TH</sup> STEP PRAYER

My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character, which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do your bidding.

AMEN

## DISCLAIMER:

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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 350 and 500 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 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**

## A.A. HISTORICAL EVENTS IN JULY

- June 29-July 2,** 1995 – 56,000 attends 60<sup>th</sup> Anniversary of AA in San Diego. What a party!
- July 1-3** 1955 - Legacies of Recovery, Unity and Service are turned over to the Fellowship at Large by AA old-timers at 20<sup>th</sup> Intl AA Convention in St. Louis, MO.
- July 1-3** 1960 – 8700 attend, 25<sup>th</sup> Anniversary of AA in Long Beach, CA
- July 2** 1960 – Father Ed Dowling dies.  
1965 –Best of Bill and pocket-sized 12 & 12; first sold.  
1965 – First La Vigne (French Canadian) version of the Grapevine, is published.  
1993 – Canadian AA’s 50<sup>th</sup> Anniversary Convention held in Toronto, ON.
- July 2-3,** 1955 – 5000 attends 20<sup>th</sup> Anniversary at our St Louis Convention; Bill W. turns “the fellowship over to the fellowship” at 4:00 PM
- July 3,** 1934 - Ruth Hock types the first of many 1,000’s of letters to **drunks seeking help.**  
1935 - Akron, OH. Lawyer Bill D. (“man on the bed” \_ painting leaves the hospital sober and becomes AA #3.
- July 2-4** 1965 – 10,000 attend, 30<sup>th</sup> Anniversary of AA in Toronto, our Responsibility Declaration is adopted.
- July 4** 1939 – First AA meeting in Flatbush, NY starts.
- July 3-5** 1970 – 10,900 attend, 35<sup>th</sup> Anniversary of AA in Miami; Bill W. gives his last talk to AA.
- July 3-6** 1980 – 22,500 attend, 45<sup>th</sup> Anniversary of AA in New Orleans; first true marathon meeting is held here.
- July 4-6** 1975 – 19,800 attend, 40<sup>th</sup> Anniversary of AA in Denver; world’s largest coffee server serves 1/2 million cups a day.
- July 5** 1985 – AA gives Ruth Hock 5,000,000<sup>th</sup> Big Book during 50<sup>th</sup> AA Anniversary in Montreal, Canada.  
1990 – AA gives Nell Wing 10,000,000<sup>th</sup> Big Book during 55<sup>th</sup> AA Anniversary in Seattle, WA
- July 3-6** 1980 – Gay AA’s have own program at 40<sup>th</sup> AA Anniversary in New Orleans.
- July 5-7** 1985 – 45,000 attend, 50<sup>th</sup> Anniversary of AA in Montreal; House of Seagram’s flies their flags at half-mast for 3 days.
- July 7** 1940 – Bill attends first summer session at School of Alcohol Studies at Yale University
- July 5-8** 1990 – 48,000 attend, 55<sup>th</sup> Anniversary of AA in Seattle. 75 countries are represented as the former Soviet Union’s members attend for the first time.
- July 8** 1940 – First AA group formed in Dayton, Ohio.
- July 10** 1941 – Texas newspaper publishes anonymous letter from founding member of Texas AA Group.
- July 12** 1955 - Al S. writes “The Responsibility Pledge” and a crowd of 10,000 AA’s at the Toronto In’tl . Convention take it for the first time
- July 14** 1939 – Blythewood Sanitarium; Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him.  
1979 – Dr. Ernest Kurtz publishes “Not God”, a history of AA.
- July 16** 1965 – Frank Amos , one of the “Rockefeller people” and one of AA ‘s Trustee, dies.
- July 20** 1941 – First AA group forms in Seattle, Washington.
- July 22** 1877 – Willian Duncan Silkworth born in Brooklyn, NY.
- July 22** 1980 – Marty M. early AA woman and founder of National Council on Alcoholism and Drug Dependency (NCADD), dies.
- July 23** 1940 – Philly AA’s send 10% of kitty to Alcoholic Foundation, setting precedent.
- July 23** 1943 – Esther C.’s sobriety date; she died sober Jan 15, 2005.
- July 23** 1943 – New Haven Register CT reports arrival of AA’s to study with E.M.Jellinek.
- July 24** 1943 – L.A. press reports formation of all-Mexican AA Group.
- July 26** 1949 - The comic strip, “**WASH TUBS**” was running the AA Story.
- July 28-30,** 1950 – First AA Convention celebrates 15<sup>th</sup> anniversary of AA in Cleveland.
- July 31** 1972 – Rollie H., former baseball player, dies sober in Washington DC.

Thanks to Billy C. and Nancy O. and others, used by permission.

<b>Edmonton Central Office Society</b>				
<b>INCOME STATEMENT 2019</b>				
	<b>May</b>	<b>YTD</b>	<b>YTD BUDGET</b>	<b>variance</b>
<b>General Receipts:</b>				
Group donations	\$ 9,532.91	\$ 30,857.40	\$ 38,500.00	\$ 7,642.60
Individual/Bequeath	\$ 893.49	\$ 1,393.49	\$ 1,650.00	\$ 256.51
Birthday Club/Faithful Fivers	\$ 181.00	\$ 953.00	\$ 1,040.00	\$ 87.00
Office Supplies / Postage	\$ 218.00	\$ 994.36	\$ 425.00	-\$ 569.36
Newsletter	\$ 41.00	\$ 91.00	\$ 90.00	-\$ 1.00
Rental Income-EGSC, etc	\$ 194.45	\$ 818.60	\$ 500.00	-\$ 318.60
Tradition Seven-meetings	\$ 248.30	\$ 1,424.40	\$ 1,875.00	\$ 450.60
Fundraising	\$ 4,700.00	\$ 5,400.00	\$ 5,000.00	-\$ 400.00
Other Inc (Interest, etc)	\$ 5.64	\$ 27.53	\$ 20.00	-\$ 7.53
<b>Total General Receipts</b>	<b>\$ 16,014.79</b>	<b>\$ 41,959.78</b>	<b>\$ 49,100.00</b>	<b>\$ 7,140.22</b>
<b>Literature &amp; Medallion</b>				
Literature	\$ 12,310.50	\$ 50,666.20	\$ 44,950.00	-\$ 5,716.20
Medallion	\$ 2,546.00	\$ 11,009.00	\$ 8,135.00	-\$ 2,874.00
<b>Total Literature and Med.</b>	<b>\$ 14,856.50</b>	<b>\$ 61,675.20</b>	<b>\$ 53,085.00</b>	<b>-\$ 8,590.20</b>
		\$ -		
<b>Total Revenue</b>	<b>\$ 30,871.29</b>	<b>\$ 103,634.98</b>	<b>\$ 102,185.00</b>	<b>-\$ 1,449.98</b>
<b>Expenses: (COS)</b>				
AAWS & Grapevine Literature	\$ 7,627.74	\$ 30,809.93	\$ 24,500.00	-\$ 6,309.93
Meeting list & Greeting Cards	\$ 447.06	\$ 2,341.05	\$ 2,125.00	-\$ 216.05
Medallion Purch /engraving	\$ 1,339.64	\$ 5,788.94	\$ 4,795.00	-\$ 993.94
Freight / Brokerage	\$ 46.20	\$ 46.20	\$ 45.00	-\$ 1.20
	\$ 9,460.64	\$ 38,986.12	\$ 31,465.00	-\$ 7,521.12
<b>Intergroup Expenses</b>				
12 Step Answering	\$ 404.87	\$ 2,024.38	\$ 2,000.00	-\$ 24.38
Literature expense	\$ 8.88	\$ 24.48	\$ 50.00	\$ 25.52
Communications & Tech		\$ -	\$ 500.00	\$ 500.00
Other (Archive, 12 Step,Cred,Grp Serv)		\$ 285.24	\$ 500.00	\$ 214.76
	\$ 413.75	\$ 2,334.10	\$ 3,050.00	\$ 715.90
<b>Administrative Expenses</b>				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 815.19	\$ 1,525.00	\$ 709.81
Bank Chgs & Cr Card chgs	\$ 194.69	\$ 782.21	\$ 640.00	-\$ 142.21
Computer & IT Maintenance	\$ 58.03	\$ 191.27	\$ 2,500.00	\$ 2,308.73
Equipment Lease	\$ 359.77	\$ 1,798.85	\$ 2,020.00	\$ 221.15
Fundraising expense	\$ 2,531.92	\$ 5,156.29	\$ 5,000.00	-\$ 156.29
Insurance	\$ 300.00	\$ 1,500.00	\$ 1,500.00	\$ -
Newsletter Expenses	\$ 3.37	\$ 7.71	\$ 25.00	\$ 17.29
Office Supplies	\$ 6.37	\$ 221.07	\$ 1,312.50	\$ 1,091.43
Postage	\$ 130.52	\$ 957.45	\$ 500.00	-\$ 457.45
Rent	\$ 3,463.06	\$ 17,315.31	\$ 16,650.00	-\$ 665.31
Repairs & Maintenance		\$ -	\$ 750.00	\$ 750.00
Salaries, Source, WCB	\$ 4,640.28	\$ 23,201.40	\$ 24,000.00	\$ 798.60
Staff Training / Seminar	\$ 107.86	\$ 107.86	\$ -	-\$ 107.86
Telephone / Internet	\$ 190.41	\$ 1,010.14	\$ 1,000.00	-\$ 10.14
	\$ 12,173.67	\$ 53,064.75	\$ 57,422.50	\$ 4,357.75
		\$ -		
<b>Total Expenses</b>	<b>\$ 22,048.06</b>	<b>\$ 94,384.97</b>	<b>\$ 91,937.50</b>	<b>-\$ 2,447.47</b>
		\$ -		
<b>Income / (Loss)</b>	<b>\$ 8,823.23</b>	<b>\$ 9,250.01</b>	<b>\$ 10,247.50</b>	<b>\$ 997.49</b>



# 2019 Birthdays

in - JULY

## Breathe Easy

First Friday  
 Aug. 2 Elise S. 2 yrs.  
 Pat F. 23 yrs.

## Capilano Step

First Thursday  
 Aug. 1 Ina Mc. 42 yrs.

## Crestwood Welcome

Last Monday  
 Jul. 29 Fred P. 18 yrs.  
 Tom S. 16 yrs.  
 Curtis. 6 yrs.  
 Georgina F 3 yrs.

## Ellerslie Group

Last Thursday  
 Jul. 25 Chris N, 6 yrs.

## Fulton Place

Last Friday  
 Jul. 26 Dwayne R. 4 yrs.  
 Wayne J. 22 yrs.

## Lion's Den

Last Monday  
 Jul. 29 Brad Mc. 9 yrs.  
 Kelly Mc. 13 yrs.  
 Linda L. 9 yrs.  
 Mark S. 4 yrs.  
 Sebastian S. 3 yrs.

## Lighthouse

Jul. 26 Tarah F. 13 yrs.  
 Donna M. 39 yrs.  
 Ariel M. 4 yrs.

## North Edmonton

Last Thursday  
 Jul. 25 Bernie T. 17 yrs.  
 Joe D. 44 yrs.  
 Dianne C. 13 yrs.

## Norwood

July 17 Douglas B. 7 yrs.

## Oilmen's

First Monday  
 Aug. 5 Jan D. 56 yrs.

## Providence

Last Wednesday  
 Jul. 31 Jared. 4 yrs.

## Rite Trac

Jul. 30 Rose P. 10 yrs.

## South Side

Third Friday  
 Jul. 19 AG. 9 yrs.  
 Mike A. 26 yrs.

## The Why

Last Saturday  
 Jul. 27 Corne M. 4 yrs.  
 Margrett. 10 yrs.  
 Steve C. 14 yrs.

## Thus We Grow

Last Tuesday  
 Jul. 30 Charlene H. 5 yrs.

## West End Men's

First Wednesday  
 Aug. 7 Dick S. 29 yrs.  
 Gordon R. 16 yrs.

## Westminster

Last Saturday  
 Jul. 27 Butch V. 19 yrs.  
 Dick S. 29 yrs.  
 Dave O. 28 yrs.

## SHERWOOD PARK

## Happy Hour

Last Friday  
 Jul. 26 Peter C. 27 yrs.

## Twelve Steps to Serenity

Last Monday  
 Jul. 29 Tim F. 3 yrs.

## BIRTHDAY CLUB

For May /June  
 Cathy S. (Thus, We Grow)



## FAITHFUL FIVERS

Harold B. (Helping Hands)  
 Clarence Y. (Your Choice Grp)

## 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



## NEW GROUPS

**Southside Agnostics** O  
 Wed. 8:15pm 8318-104 St., N dr.  
 Basement  
 Strathcona Baptist Church  
**Recovery 101** C  
 Sun. 7:00pm 15108-76 Ave.  
 Rio Terrace Church

# CALENDAR OF EVENTS

## 2019 ROUNDUPS & FUNCTIONS

### Jarvie, AB

**July 12-14** 34<sup>th</sup> Annual AA R/U Hog Roast \$35.00  
Jarvie Community Centre  
Fri. 4 PM Registration/Campfire  
Contact: weezie2137@gmail.com

### Stettler, AB

**July 12-14** Annual Stettler Roundup \$20.00  
5106 46 Avenue  
Nevis Community Hall

### Edmonton, AB

**July 13, 2019** Suite Up & Show Up Group  
7 PM-10 PM 1<sup>st</sup> Annual Campfire Meeting  
Emily Murphy Park site #3  
Contact: [redwolf71471@hotmail.com](mailto:redwolf71471@hotmail.com)

### Edson, AB

**July 21-23** 59<sup>th</sup> Edson & Area Campout R/U \$35.00  
15229 TWP Rd 534 Yellowhead  
Pinedale Hall

### Consort, AB

**July 26-28** 31 Annual Consort Campout R/U \$20.00  
Gooseberry Lake Prov. Park  
8 mi. N of Consort on HWT 31  
And 1 mile East  
Contact: 403-575-5623

### Delisle Pike Lake, SK

**Aug. 9** 39<sup>th</sup> Annual Campout R/U Trad. 7  
Pike Lake Ukrainian Park  
20 km SW of Saskatoon, W.  
on 22 St., Take Hwy. #7

### Wainwright, AB

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

### Edmonton, AB

**Aug. 13** W.E. 12 Step 11<sup>th</sup> Annual Bar B Q Trad 7  
6:30-9:30PM 18345 – 62B Ave.,  
Our Saviour Lutheran Church  
Feel free to bring a dish, treat, dessert

### Legal, AB

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

### Edmonton, AB

**Aug. 18<sup>th</sup>** District 53 presents: 3<sup>rd</sup> Annual \$35.00  
10:30 AM- 2:30 PM Unity Barbecue Kids over 5 \$5.  
10955 + 50 St. Gold Bar Park  
Contacts: 780-909-3797

## 2019 ROUNDUPS & FUNCTIONS

### Innisfail, AB

**Aug. 23-25** 5<sup>th</sup> Annual Innisfail R/U \$25.00  
Antler Hill Community Hall  
East on RR274 / HWY 791  
Contact: 403-350-6467 / 392-3538

### Trochu, AB

**August 31** Trochu 5<sup>th</sup> Annual Unity Day \$15.00  
And Barbecue Lions Campgrounds  
Left of train tracks on North Road  
Contact: 403-877-1350 or 403-714-4624

### Greig Lake, AB

**Aug 31-Sep 2** 40<sup>th</sup> AA Campout R/U Trad, 7  
“A Healing Tranquility Takes Place  
Camp Reservation need to be made  
Thru Saskatchewan Parks

### Grande Prairie, AB

**Sept. 13-15** Annual Grande Prairie R/U \$50.00  
Sexsmith Civic Centre  
9917-99 Ave., Sexsmith

### Red Deer, AB

**Sept. 13-15** Area 78 Election Assembly  
3310 – 50 Avenue  
Red Deer Sheraton Hotel

### Red Deer, AB

**Sept. 20-22** Area 78 District Meeting  
Cambridge Red Deer Hotel  
Contact:

### Drumheller, BS

**Oct 5** District 14 Road of Happy Destiny \$10.00  
Church of Nazarene

### Spruce Grove, AB

**Oct. 25-27** 36<sup>th</sup> Annual District 10 R/U \$35.00  
400 Diamond Ave.  
Elks Hall  
Contact: 780-818-5070

### Red Deer, AB

**Nov. 2,** 2019 Area 78 Archives Workshop \$20.00  
9pm -4pm 12 Stanton Street  
Sunnybrook Church

