

ECO NEWS

\$1.00

SEPTEMBER 2019

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



INTERGROUP NEEDS YOU! (Still . . .)

ECO NEWSLETTER EDITOR

Not to sound like an endless repeating loop, but Edmonton Central Office needs you! Still! Again! Always! Ok the repetitive nature of the request is blinding, or riveting, if you're trying to stay sober. More on why later, indulge a small, but useful digression.

On that repetition thing . . . in your life, have you ever had the reiteration of something, a word or phrase, for example, so often in your life that it *loses its meaning*? If you are reading this, chances are good you have, 'Sorry . . .' for example. It can be useful to you. Let me explain.

There is a name for the thing, called semantic satiation. And it has been studied. Here is how it works. Find a safe space and repeat a word or phrase over and over and over, for at least 45 seconds, to the extent it becomes NONSENSE – just do it. For example, say, 'fish, fish, fish, fish, fish, fish, fish, fish, fish, fish, fish, fish, etc.' and you will discover that it loses its meaning after about a minute, even if your lips cooperate for that long.

The phenomenon is created by neuron stress by constantly accessing the 'fish' directory in your brain. Eventually, firing the address pathway for 'fish' is useless because it becomes exhausted. You note that the lexical meaning for what you KNOW (or have a memory of) a fish is, is no longer there. It takes a bit of practice, but you can notice the effect.

Here's where it becomes short-term useful. If anyone has ever called you a hurtful name, you may wish to moderate the effects of the word. So, find a safe space where people will not think you are stark-raving mad, and . . . you know the drill. This is also used in meditation (use 'ohm' as a replacement for a word) where the dissociative effect allows you to 'clear-your-brain.' Ok, enough neuropsychology . . . Edmonton Central Office needs YOU!

Jan, our current editor for ECO Newsletter has done a stellar championing the ECO Newsletter. In keeping with the AA's Principle of Rotation (A.A. Service Manual, pg. S24) it is time for someone else to step into the role. If you are reading this, and are willing to learn, it is likely you have the capacity to BE AN EDITOR, or you know someone who can.

Assembling articles, publishing monthly, and keeping this vital means of Central Office communication happening is basically your duty. Training for the position is provided. If you have 'had a spiritual awakening . . .' and wish to 'practice these principles in all your affairs . . .' (Alcoholics Anonymous, pg. 60) please contact me. Or Jan. Or ANYONE in Central Office. We need you.

I promised (myself) I would not, again, prognosticate about how valuable the service that our Central Office provides. Dig up the last month's ECO if you need to. Otherwise, look out for others, practice some indulgent self-care, and connect with another member today, and every day.

Chris B., Policies and Procedures Chair
Intergroup Operating Committee
credentialschair@edmontonaa.org

DELEGATE'S CORNER

FALL

This is my favourite time of year, and my second watershed moment. It's the smell of crisp air, colored leaves and new beginnings. Children are preparing for school.... And AAs are gearing up for another Election Assembly. The excitement and anticipation ahead are particularly strong when one panel ends for a new one to begin.

The day I recognized that I was powerless over alcohol was my first watershed moment. Somehow, I knew that my life was never going to be the same. This sobriety idea was new and terrifying and necessary. Attending three meetings a week was tremendous... the alcohol left my system, as well as the craving for it and THAT was a miracle. But that was just the beginning.

For years my sobriety was a wasteland of going through the motions. I thought "Is this all there is?" There was no feeling of unity or connection in me, even though I knew my home group fairly well...then I made a change. I raised my hand. 'One of the best decisions ever.

After attending Assemblies in Red Deer, as General Service Rep and then as District Committee Member, I took the plunge and became willing to serve as a Committee Chair. They appointed me as Grapevine Chair. It was so much fun! Feeling useful was a bonus.

Being a committee chair gave me many opportunities to just say "hi" to other committee chairs, to get to know them and work together. I got to see how they "lived life on life's terms." It slowly dawned on me that this was a group I wanted to belong to. It was changing me from the inside out.

Two years later, another election approached, and two thoughts took over in my head. One said: "You could do Secretary" while the other said: "Are you kidding? No way, you'll screw it up!" So, I hesitated. When the Chair asked for people to let their name stand for Secretary I waited. And waited. No one raised their hand!! I waited some more; then it struck me: "What if no one raises their hand! I guess I'm better than nothing!"

That led to raising my hand for the next four elections, to where we are today, at the end of another term of service. It has been such a privilege to serve Area 78 as Secretary, Treasurer, Chair, Alternate Delegate, and Delegate. I feel the love, unity and connection to every member of AA. I will always cherish the many friends, great learnings, opportunities for growth and the memories made while traveling down the service structure of Alcoholics Anonymous.

It took me a long time to actually trust that AA was right for me - that God and the fellowship could make me a better person. Getting involved in service has made all the difference.

Thanks for your time and for my sobriety. Becky P, Area 78 Delegate, Panel 68, Alberta, NT, W. Nunavut



TRADITION IX

"AA as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program ~ even if no one makes me do so ~with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA Group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully ~ and profit therapy ~ when the time comes?
8. What has rotation to do with anonymity? With humility?

... Reprinted with permission, AA Grapevine, Traditions Checklist

TOP 10 REASONS FOR A CLEAN & SOBER LIFE.

10. Sleeping much more pleasant with shoes off.
9. Cool medallions given away at meetings.
8. Finding your car made much easier.
7. No more wasting energy keeping track of those "little white lies."
6. Embarrassing stumbling kept to a minimum.
5. Will never again receive phone calls beginning with "I can't believe what you did last night!"
4. Get to create your own Higher Power.
3. Opinions voiced at work Christmas party can now be made about things you actually know about.
2. Free coffee at meetings.

AND THE NUMBER ONE REASON

You're alive and well and loved.

... Anonymous

"Go
appropri
indisp

The
by the fo
Trustees
Anonymo

No
structure
well we
operating
personal
it work.

Good
designed
function
have cre
finished,

"We
with so m

2020 ALCOHOLICS ANONYMOUS INTERNATIONAL CONVENTION

"Love and Tolerance is Our Code"

Detroit, Michigan

In less than one year –

July 2 – 5, 2020 – the International Convention will celebrate AA's 85th Anniversary.

Registration forms are now available, and you register on-line after September 9, 2019

Contact your Central Office for more information.

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

G.S.O.'s Website: www.aa.org



QUOTES FROM "TAKE ME TO YOUR SPONSOR"

..Reprinted with permission from AA Grapevine

- Sponsee: "I think I've been catapulted into the Fourth Dimension."
- Sponsor: "No, You've just had too much coffee."
- Sponsor screaming to Sponsee: "How can you be so stupid? Haven't I taught you everything I know?"
- "My Sponsor told me not to pick up the first think!"

A FRAGMENT OF HISTORY ON THE TWELVE STEPS

by Bill W.

AA's are always asking: "Where did the Twelve Steps come from?" In the last analysis, perhaps nobody knows.

Yet some of the events which led to their formulation are as clear to me as though they took place yesterday.

So far as people were concerned, the main channels of inspiration for our Steps were three in number -- the Oxford Groups, Dr. William D. Silkworth of Townes Hospital and the famed psychologist, William James, called by some the father of modern psychology. The story of how these streams of influence were brought together and how they led to the writing of our Twelve Steps is exciting and in spots downright incredible.

First Influence

Many of us will remember the Oxford Groups as a modern evangelical movement which flourished in the 1920's and early 30's, led by a one-time Lutheran minister, Dr. Frank Buchman. The Oxford Groups of that day threw heavy emphasis on personal work, one member with another. AA's Twelfth Step had its origin in that vital practice. The moral backbone of the "O.G." was absolute honesty, absolute purity, absolute unselfishness and absolute love. They also practiced a type of confession, which they called "sharing"; the making of amends for harms done which they called "restitution." They believed deeply in their "quiet time," a meditation practiced by groups and individuals alike, in which the guidance of God was sought for every detail of living, great or small.

These basic ideas were not new; they could have been found elsewhere. But the saving thing for us first alcoholics who contacted the Oxford Groupers was that they laid great stress on these particular principles. And fortunate for us was the fact that the Groups took special pains not to interfere with one's personal religious views. Their society, like ours later on, saw the need to be strictly non-denominational.

In the late summer of 1934, my well-loved alcoholic friend and schoolmate "Ebby" had fallen in with these good folks and had promptly sobered up. Being an alcoholic, and rather on the obstinate side, he hadn't been able to "buy" all the Oxford Group ideas and attitudes. Nevertheless, he was moved by their deep sincerity and felt mighty grateful for the fact that their ministrations had, for the time being, lifted his obsession to drink.

When he arrived in New York in the late fall of 1934, Ebby thought at once of me. On a bleak November day, he rang up. Soon he was looking at me across our kitchen table at 182 Clinton Street, Brooklyn, New York. As I remember that conversation, he constantly used phrases like these: "I found I couldn't run my own life;" "I had to get honest with myself and somebody else;" "I had to make restitution for the damage I had done;" "I had to pray to God for guidance and strength, even though I wasn't sure there was any God;" "And after I'd tried hard to do these things I found that my craving for alcohol left." Then over and over Ebby would say something like this: "Bill, it isn't a bit like being on the water wagon. You don't fight the desire to drink - you get released from it. I never had such a feeling before."

Such was the sum of what Ebby had extracted from his Oxford Group friends and had transmitted to me that day. While these simple ideas were not new, they certainly hit me a like ton of bricks. Today we understand just why that was...one alcoholic was talking to another as no one else can.

Second Influence

Two or three weeks later, December 11th to be exact, I staggered into the Charles B. Townes Hospital, that famous drying-out emporium on Central Park West, New York City. I'd been there before, so I knew and already loved the doctor in charge -- Dr. Silkworth. It was he who was soon to contribute a very great idea without which AA could never have succeeded. For years he had been proclaiming alcoholism an illness, an obsession of the mind coupled with an allergy of the body. By now I knew this meant me. I also understood what a fatal combination these twin ogres could be. Of course, I'd once hoped to be among the small percentage of victims who now and then escape their vengeance. But this outside hope was now gone. I was about to hit bottom. That verdict of science -- the obsession that condemned me to drink and the allergy that condemned me to die -- was about to do the trick. That's where the medical science, personified by this benign little doctor, began to fit it in. Held in the hands of one alcoholic talking to the next, this double-edged truth was a sledgehammer which could shatter the tough alcoholic's ego at depth and lay him wide open to the grace of God.

In my case it was, of course, Dr. Silkworth who swung the sledge while my friend, Ebby, carried to me the spiritual principles and the grace which brought on my sudden spiritual awakening at the hospital three days later. I immediately knew that I was a free man. And with this astonishing experience came a feeling of wonderful certainty that great numbers of alcoholics might one day enjoy the priceless gift which had been bestowed upon me.

Third Influence

At this point a third stream of influence entered my life through the pages of William James' book, "Varieties of Religious Experience." Somebody had brought it to my hospital room. Following my sudden experience, Dr. Silkworth had taken great pains to convince me that I was not hallucinating. But William James did even more. Not only, he said, could spiritual experiences make people saner, they could transform men and women so that they could do, feel and believe what had hitherto been impossible to them. It mattered little whether these awakenings were sudden or gradual, their variety could be almost infinite. But the biggest payoff of that noted book was this: in most of the cases described, those who had been transformed were hopeless people. In some controlling area of their lives they had met absolute defeat. Well, that was me all right. In complete defeat, with no hope or faith whatever, I had made an appeal to a higher Power. I had taken Step One of today's AA program -- "admitted we were powerless over alcohol, that our lives had become unmanageable." I'd also taken Step Three - "made a decision to turn our will and our lives over to God as we understood him." Thus, was I set free. It was just as simple, yet just as mysterious, as that.

These realizations were so exciting that I instantly joined up with the Oxford Groups. But to their consternation I insisted on devoting myself exclusively to drunks. This was disturbing to the O.G.'s on two counts. Firstly, they wanted to help save the whole world. Secondly, their luck with drunks had been poor. Just as I joined, they had been working over a batch of alcoholics who had proved disappointing indeed. One of them, it was rumored, had flippantly cast his shoe through a valuable stained-glass window of an Episcopal church across the alley from O.G. headquarters. Neither did they take kindly to my repeated declaration that it shouldn't take long to sober up all the drunks in the world. They rightly declared that my conceit was still immense.

Something Missing

After some six months of violent exertion with scores of alcoholics which I found at a nearby mission and Townes Hospital, it began to look like the Groupers were right. I hadn't sobered up anybody. In Brooklyn we always had a houseful of drinkers living with us, sometimes as many as five. My valiant wife, Lois, once arrived home from work to find three of them fairly tight. They were whaling each other with two-by-fours. Though events like these slowed me down somewhat, the persistent conviction that a way to sobriety could be found never seemed to leave me. There was, though, one bright spot. My sponsor, Ebby, still clung precariously to his new-found sobriety.

What was the reason for all these fiascos? If Ebby and I could achieve sobriety, why couldn't all the rest find it too? Some of those we'd worked on certainly wanted to get well. We speculated day and night why nothing much had happened to them. Maybe they couldn't stand the spiritual pace of the Oxford Group's four absolutes of honesty, purity, unselfishness, and love. In fact, some of the alcoholics declared that this was the trouble. The aggressive pressure upon them to get good overnight would make them fly high as geese for a few weeks and then flop dismally. They complained, too, about another form of coercion - something the Oxford Groupers called "guidance for others." A "team" composed of non-alcoholic Groupers would sit down with an alcoholic and after a "quiet time" would come up with precise instructions as to how the alcoholic should run his own life. As grateful as we were to our O.G. friends, this was sometimes tough to take. It obviously had something to do with the wholesale skidding that went on.

But this wasn't the entire reason for failure. After months I saw the trouble was mainly in me. I had become very aggressive, very cocksure. I talked a lot about my sudden spiritual experience, as though it was something very special. I had been playing the double role of teacher and preacher. In my exhortations I'd forgotten all about the medical side of our malady, and that need for deflation at depth so emphasized by William James had been neglected. We weren't using that medical sledgehammer that Dr. Silkworth had so providentially given us.

Finally, one day, Dr. Silkworth took me back down to my right size. Said he, "Bill, why don't you quit talking so much about that bright light experience of yours, it sounds too crazy. Though I'm convinced that nothing, but better morals will make alcoholics really well, I do think you have got the cart before the horse. The point is that alcoholics won't buy all this moral exhortation until they convince themselves that they must. If I were you, I'd go after them on the medical basis first. While it has never done any good for me to tell them how fatal their malady is, it might be a very different story if you, a formerly hopeless alcoholic, gave them the bad news. Regardless of this identification you naturally have with alcoholics you might be able to penetrate where I can't. Give them the medical business first and give it to them hard. This might soften them up so they will accept the principles that will really get them well."

Then Came Akron

Shortly after this history-making conversation, I found myself in Akron, Ohio, on a business venture which promptly collapsed. Alone in the town, I was scared to death of getting drunk. I was no longer a teacher or a preacher; I was an alcoholic who knew that he needed another alcoholic as much as that one could possibly need me. Driven by that urge, I was soon face to face with Dr. Bob. It was at once evident that Dr. Bob knew more of the spiritual things than I did. He also had been in touch with the Oxford Groupers at Akron. But somehow, he simply couldn't get sober. Following Dr. Silkworth's advice, I used the medical sledgehammer. I told him what alcoholism was and just how fatal it could be. Apparently, this did something to Dr. Bob. On June 10, 1935, he sobered up, never to drink again. When, in 1939, Dr. Bob's story first appeared in the book, *Alcoholics Anonymous*, he put one paragraph of it in italics. Speaking of me, he said: "Of far more importance was the fact that he was the first living human with whom I had ever talked, who knew what he was talking about in regard to alcoholism from actual experience."

The Missing Link

Dr. Silkworth had indeed supplied us the missing link without which the chain of principles now forged into our Twelve Steps could never have been complete. Then and there, the spark that was to become *Alcoholics Anonymous* had been struck.

During the next three years after Dr. Bob's recovery our growing groups at Akron, New York and Cleveland evolved the so-called word-of-mouth program of our pioneering time. As we commenced to form a society separate from the Oxford Group, we began to state our principles something like this:

1. We admitted that we were powerless over alcohol
2. We got honest with ourselves
3. We got honest with another person, in confidence
4. We made amends for harms done others
5. We worked with other alcoholics without demand for prestige or money
6. We prayed to God to help us to do these things as best we could

Though these principles were advocated according to the whim or liking of each of us, and though in Akron and Cleveland they still stuck by the O.G. absolutes of honesty, purity, unselfishness and love, this was the gist of our message to incoming alcoholics up to 1939, when our present Twelve Steps were put to paper.

I well remember the evening on which the Twelve Steps was written. I was lying in bed quite dejected and suffering from one of my imaginary ulcer attacks. Four chapters of the book, *Alcoholics Anonymous*, had been roughed out and read in meetings at Akron and New York. We quickly found that everybody wanted to be an author. The hassles as to what should go into our new book were terrific. For example, some wanted a purely psychological book which would draw in alcoholics without scaring them. We could tell them about the "God business" afterwards. A few led by our wonderful southern friend, Fitz M., wanted a fairly religious book infused with some of the dogma we had picked up from the churches and missions which had tried to help us. The louder the arguments, the more I felt in the middle. It appeared that I wasn't going to be the author at all. I was only going to be an umpire who would decide the contents of the book. This didn't mean, though, that there wasn't terrific enthusiasm for the undertaking. Every one of us was wildly excited at the possibility of getting our message before all those countless alcoholics who still didn't know.

Having arrived at Chapter Five, it seemed high time to state what our Program really was. I remember running over in my mind the word-of-mouth phrases then in current use. Jotting these down, they added up to the six named above. Then came the idea that our Program ought to be more accurately and clearly stated. Distant readers would have to have a precise set of principles. Knowing the alcoholic's ability to rationalize, something airtight would have to be written. We couldn't let the reader wiggle out anywhere. Besides, a more complete statement would help in the chapters to come where we would need to show exactly how the recovery program ought to be worked.

12 Steps in 30 Minutes

At length I began to write on a cheap yellow tablet. I split the word-of-mouth program up into smaller pieces, meanwhile enlarging its scope considerably. Uninspired as I felt, I was surprised that in a short time, perhaps half an hour, I had set down certain principles which, on being counted, turned out to be twelve in number. And for some

unaccountable reason, I had moved the idea of God into the Second Step, right up front. Besides, I had named God very liberally throughout the other Steps. In one of the Steps I had even suggested that the newcomer get down on his knees.

When this document was shown to our New York meeting the protests were many and loud. Our agnostic friends didn't go at all for the idea of kneeling. Others said we were talking altogether too much about God. And anyhow, why should there be twelve steps when we had done fine on six? Let's keep it simple, they said.

This sort of heated discussion went on for days and nights. But out of it all there came a ten-strike for Alcoholics Anonymous. Our agnostic contingent, spearheaded by Hank P. and Jim B., finally convinced us that we must make it easier for people like themselves by using such terms as "a Higher Power" or "God as we understand Him!" Those expressions, as we so well know today, have proved lifesavers for many an alcoholic. They have enabled thousands of us to make a beginning where none could have been made had we left the steps just as I originally wrote them. Happily, for us there were no other changes in the original draft and the number of Steps stood at twelve. Little did we then guess that our Twelve Steps would soon be widely approved by clergymen of all denominations and even by our latter-day friends, the psychiatrists.

This little fragment of history ought to convince the most skeptical that nobody invented Alcoholics Anonymous. It just grew...by the grace of God.

... Reprinted with permission, AA Grapevine, Inc., July 1953



**THIS IS A CHARACTERIZATION OF THE FIRST MEETING
IN EDMONTON, AB.
HELD ON
JUNE 18, 1945, AT THE HOTEL MACDONALD, SUITE 326**

... Drawing by Gordie L. from the St. Albert Breakfast Group, done on June 1995

A.A. HISTORY FOR THE MONTH OF SEPTEMBER

September History Calendar -Nancy O., Virginia, Goggle

- Sept 01 1939** 1st AA group founded in Chicago
- Sept 05 1907** - Nancy Flynn, author of "Independent Blond" born
- Sept 11 2001** - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack
2001 - Father Mychal J., September 15, 1979 Died sober in the World Trade Center attack
- Sept 12 1942** - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob
- Sept 13 1937** - Florence R, 1st female in AA in NY
1941 - WHJP in Jacksonville, FL airs Spotlight on AA
- Sept 17 1954** Bill D, AA #3 dies.
- Sept 18 1947** - Dallas Central Office opens its doors
- Sept 19 1965** The Saturday Evening Post publishes article "Alcoholics Can Be Cured - Despite AA"
1975 - Jack Alexander, author of Saturday Evening Post article, dies
- Sept 21 1938** - Bill W & Hank P form Works Publishing Co
- Sept 24 1940** - Bill 12 steps Bobbie V who replaced Ruth Hock as his secretary in NY
- Sept 30 1939** - Morris Markey runs story on AA, Alcoholics and God in Liberty Magazine
1975 - Bill W a biography by Robert T is published
2003 - Searcy W. died today, sober 20,962 days in a row

Other significant events in September for which we have no specific date:

- 1930:** Bill wrote 4th (last) promise in family Bible to quit drinking.
- 1939:** Group started by Earl T in Chicago.
- 1940:** AA group started in Toledo by Duke P & others.
- 1940:** Journal of Nervous and Mental Diseases gives Big Book unfavorable review.
- 1946:** Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
- 1946:** 1st A.A. group in Mexico.
- 1948:** Bob writes article for Grapevine on AA "Fundamentals - In Retrospect".
- 1948:** 1st issue of Grapevine published in "pocketbook" size
- 1946 -** 1st AA group in Mexico City is formed



“What is the Birthday Club”

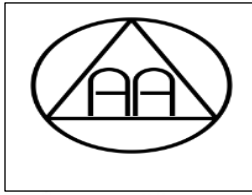
- A show of gratitude by AA members, who contribute \$1.00 or more for each year of continuous sobriety.
- These funds are used to **HELP SUPPORT** Central Office staff and volunteers, to carry the Twelfth Step message during the office hours.
- You will receive a personal Birthday Card on your sobriety date.
- Tax receipts are available.
- Please contact Central Office, if you want to join our:

BIRTHDAY CLUB!

#205, 10544 – 114 St., Edmonton, AB T5H 3J7

780-424—5900

Email: centraloffice@edmontonaa.org



Living Sober

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

ACTIVE
AVOIDING
BLESSING
CELEBRATORY
DISEASE
DRINKING
EATING
EXCUSES
GRATEFUL
HABITS

HUMOR
INCURABLE
LIVING
MEETINGS
MISERY
PAMPHLETS
PANIC
PERCEPTIONS
POSTPONE
PROGRESSIVE

READING
REMEMBER
ROUTINES
SEEKING
SOBER
SPONSOR
STEERING
SWEET
TELEPHONE
TEXTBOOK

A LETTER FROM BILL W. ABOUT THE USE OF THE LORD'S PRAYER AT AA MEETINGS

April 14, 1959

Dear Russ:

Am right sorry for my delay in answering. Lois and I were a long time out of the country, and this was followed by an attack of the marathon type of flu that has been around here in New York. We are okay now, however, but I did want to explain my delay.

Now about the business of adding the Lord's Prayer to each AA meeting.

This practice probably came from the Oxford Groups who were influential in the early days of AA. You have probably noted in AA Comes of Age what the connection of these people in AA really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore, it quite easily got shifted into a general custom among us.

Of course, there will always be those who seem to be offended by the introduction of any prayer whatever into an ordinary AA gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless, the Prayer is of such widespread use and recognition that the arguments of its Christian origin seems to be a little farfetched. It is also true that most AA's believe in God, and that communication and strength is obtainable through His grace. Since this is the general consensus it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to be extent of completely hiding our light under a bushel.

However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it. This is doubtless a salutary exercise in tolerance at their stage of progress.

So that's the sum of the Lord's Prayer business as I recall it. Your letter made me wonder in just what connection you raise the question.

Meanwhile, please know just how much Lois and I treasure the friendship of you both. May Providence let our paths presently cross one of these days.

Devotedly yours, Bill W.

LET'S KEEP IT QUIET!

I have noticed many Groups in our area are beginning to make an announcement to "keep the noise at a minimum during the meeting," or "please respect the speaker," etc. Lately, there is something going on at meetings that bothers me. In many of them, it doesn't seem like a lot pf people listen or care to listen.

I was always taught that you do not speak while someone else is speaking ~ if you do, you go outside of the meeting. And a lot of people seem to get right up and help themselves to coffee while someone is sharing.

An old-timer once told me the story of a man who, for his first year of sobriety, attended meetings regularly and often would get up and get coffee while someone else was speaking. He often tried to carry on conversations in the back of the room, etc. He constantly rebuffed attempts by other members to correct this by saying, "The Traditions say I can do anything I want to do."

Then, of course, one day it was his day to share on his one-year anniversary. He was beginning to tell his story when the entire group got up to get coffee and talk.

As told to me, the man never had a problem listening again. We try to focus on unconditional love in AA. It seems that the least I can do is listen. Isn't that the biggest sign of unconditional Love? Whether or not you agree with me or like my opinion, you listen to me. Meetings are a special place where the message of AA is carried and where a Higher Power speaks through other people and the Group conscience.

Let's not lose track of what we are and forget to listen. I am not at a sober cocktail party, merely to socialize and drink coffee, maybe eat a donut and, oh yeah, share. I need to remember what my sponsor tells me: **I have two ears and one mouth because I should listen twice as much as I should talk.**

... Permission to reprint AA Grapevine, October 1991 Issue

THANK GOD, THE NIGHTMARE IS OVER

My Life Has Meaning at Last

It was 9 AM and I was just waking up with a terrible hangover and, for some reason, my brain was telling me that I was going to die prematurely if I didn't do something about my drinking, BUT WHAT was I supposed to do, that was the question. I was leading a *meaningless life/existence* and the only thing that meant anything to me was the ability to promote enough money to support my drinking habit.

I was running out of options, and of friends that wanted to help me. I was desperately rummaging around my apartment to find something to drink, and for the first time, that I could remember, I couldn't find a drop of alcohol in the place. An hour later I was sitting in the grass on the front lawn of a small yellow house where they held A.A. meetings. Three sober members of A.A. greeted me with compassion and understanding and two minutes later, I laid back in the grass, covered my eyes with my forearm, and said to myself, "*Thank God, the nightmare is over;*" and it was.

That was on October 15, 1969 and I haven't had, nor wanted, a drink since that very moment. What happened to me that day? I have been an avid member of the Program from that day until now, I have always strived to understand what took place at that exact moment, and as best I can describe it, I had *a profound change of perception*. Some will call it a spiritual awakening but that's where, I believe, we have our most difficult challenge when we try to clarify the word spiritual.

I find two definitions that show the different ways we are conditioned to understand spirituality. 1.) *Of, or relating to, or affecting the human spirit or soul as opposed to material or physical things.* And 2,) *of, or relating to religion or religious belief.* Neither definition refers to anything of a material nature.

I've resided in my current community for the last 40 years and I attend 8 or 9 meetings weekly and have seen the comings and goings of thousands of A.A. members, and I seem to recognize a difference in the sharing of two groups of people. One will share about material problems or their drinking escapades, and the other will share about things of the inner self, the immaterial or the unseen things such as *guilt, fear, shame, pride, trust, and conscience*. We all have these things, to one degree or another and the sooner we recognize the value of being *right in spirit*, the more we distance ourselves from the useless, meaningless thinking of the past. My heart goes out to those who haven't experienced that spiritual awakening and if they haven't, they may not even know that they haven't.

I wish there was a simple way to induce a spiritual awakening in someone but, without the desperation, I may never have experienced it myself. I believe that the futile effort to find alcohol in my apartment that morning, and being unsuccessful, was my bottom and immediately searching out A.A. was like a slingshot for me and I was launched into the Program, desperately searching for answers. Until my *desperation outweighed my denial*, my alcoholic thinking had been the only thing I could rely on, for my decision-making.

Now all my decisions are based on spiritual (unselfish) principles and most of those material problems are but distant memories. It didn't happen overnight, but it did happen. We all come to A.A. with material problems and we must give them due diligence until those issues are resolved. We learn from our past mistakes and find better ways of doing things. If we dedicate ourselves to *understanding the spirit of the things we learn in the program, and not settle for the letter of the law*, so to speak, we can outdistance the failed ideas of yesterday. We will find peace; happiness and *life will have meaning at last*. *A profound change of perception (spiritual awakening)* will make it so.

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

Heard at a MEETING, reprinted with permission, AA Grapevine, Best Jokes

- "I'm a rebel without a cause" I told my sponsor.
"No," he replied, "You're a rebel without a CLUE."

"ADEQUATE HOSPITALIZATION:

One Great Need

"With each passing year we increasingly realize the immense importance of adequately presenting the Program to every new prospect who is in the least inclined to listen. Many of us feel this to be our greatest obligation to him and our failure to do so our greatest dereliction. The Difference between a good approach and a bad one can mean life or death to those who seek our help."

... AA Co-Founder, Bill W., May 1947, Reprinted with permission the AA Grapevine, Language of the Heart

IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

When we take special care of our relationships, giving love openly and freely to a spouse or parent; when we offer sincere attention to others, whether friends or strangers; when we regard the needs of loved ones as equal to our own, we will discover a measure of inner joy that far exceeds what we had hoped for.

In spite of the promise of joy that comes from our acts of kindness, the temptations to be self-centered, to hurt others, to fight to get our way, still rear their seductive heads. But the gratification that results from winning a struggle with another person is short-term and isn't worth the residue of shame it leaves.

Our Twelve Step Program has given us a plan of action that frees us from shame. We are no longer ignorant of the blessings that will surely come when we carry this message of freedom to others.

I will choose to work for the good of each person on my path today.

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

He who wishes to secure the good of others has already secured his own. Confucius+

ABSOLUTE TRUTH.

I have personally experienced this. It can be from any destructive habit, addiction, relationship, or simply a tragedy in life. And it doesn't happen so we should become bitter, it happens so we can be set free from self-destructive beliefs about ourselves, God, and the world around us, and the defeating and self-sabotaging habits we entertain that brought us to the point of destruction.

Once you hit rock bottom, the only place to go is up! Once you know nothing except utter darkness, you seek the light and work your new way of living with the courage to never go back.

Submitted by Heather H., Westminster Group

DAY NINE

Whatever bugs you now; imagine what could make it worse. What can make it worse than that? Again.

Imagine it, feel it. If you can make it worse, then you can make it better.

You are not helpless before your feelings.

I am stronger at what I'm doing, than my feelings are at what they're doing.

... Pocket Sponsor Thumbnail booklet

9TH STEP PRAYER

God, with regard to this amend, please remove my fear and give me strength, courage and direction to do the right thing, no matter what the personal consequences may be.

... Amen

... From AA Meeting in a Pocket

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 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 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

Phone : 780-424-5900 Fax: (587) 523-4334

Email: centraloffice@edmontonaa.org **Subject Line: Attention ECO News**

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	July	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 7,816.75	\$ 46,959.19	\$ 53,000.00	\$ 6,040.81
Individual/Bequeath	\$ 600.00	\$ 2,443.49	\$ 2,250.00	-\$ 193.49
Birthday Club/Faithful Fivers	\$ 591.00	\$ 1,716.00	\$ 1,460.00	-\$ 256.00
Office Supplies / Postage	\$ 140.25	\$ 1,252.11	\$ 600.00	-\$ 652.11
Newsletter	\$ 35.00	\$ 178.00	\$ 120.00	-\$ 58.00
Rental Income-EGSC, etc	\$ -	\$ 961.85	\$ 700.00	-\$ 261.85
Tradition Seven-meetings	\$ 212.00	\$ 1,945.70	\$ 2,625.00	\$ 679.30
Fundraising	\$ -	\$ 5,500.00	\$ 5,000.00	-\$ 500.00
Other Inc (Interest, etc)	\$ 6.40	\$ 40.74	\$ 28.00	-\$ 12.74
Total General Receipts	\$ 9,401.40	\$ 60,997.08	\$ 65,783.00	\$ 4,785.92
Literature & Medallion				
Literature	\$ 6,512.25	\$ 63,466.45	\$ 55,960.00	-\$ 7,506.45
Medallion	\$ 1,868.00	\$ 14,560.00	\$ 10,615.00	-\$ 3,945.00
Total Literature and Med.	\$ 8,380.25	\$ 78,026.45	\$ 66,575.00	-\$ 11,451.45
		\$ -		
Total Revenue	\$ 17,781.65	\$ 139,023.53	\$ 132,358.00	-\$ 6,665.53
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 3,634.61	\$ 38,540.05	\$ 32,500.00	-\$ 6,040.05
Meeting list & Greeting Cards	\$ 569.46	\$ 3,176.24	\$ 2,925.00	-\$ 251.24
Medallion Purch /engraving	\$ 1,017.42	\$ 7,713.00	\$ 6,240.00	-\$ 1,473.00
Freight / Brokerage	\$ -	\$ 46.20	\$ 55.00	\$ 8.80
	\$ 5,221.49	\$ 49,475.49	\$ 41,720.00	-\$ 7,755.49
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 2,834.12	\$ 2,800.00	-\$ 34.12
Literature expense	\$ 1.38	\$ 28.68	\$ 60.00	\$ 31.32
Communications & Tech	\$ -	\$ -	\$ 700.00	\$ 700.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ 285.24	\$ 600.00	\$ 314.76
	\$ 406.25	\$ 3,148.04	\$ 4,160.00	\$ 1,011.96
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 1,189.97	\$ 2,095.00	\$ 905.03
Bank Chgs & Cr Card chgs	\$ 123.36	\$ 1,024.80	\$ 850.00	-\$ 174.80
Computer & IT Maintenance	\$ -	\$ 191.27	\$ 3,500.00	\$ 3,308.73
Equipment Lease	\$ 359.77	\$ 2,518.39	\$ 2,800.00	\$ 281.61
Fundraising expense	\$ -	\$ 4,260.79	\$ 5,000.00	\$ 739.21
Insurance	\$ 300.00	\$ 2,100.00	\$ 2,000.00	-\$ 100.00
Newsletter Expenses	\$ 2.83	\$ 14.74	\$ 30.00	\$ 15.26
Office Supplies	-\$ 172.21	\$ 331.66	\$ 1,837.50	\$ 1,505.84
Postage	\$ 109.69	\$ 1,143.99	\$ 700.00	-\$ 443.99
Rent	\$ 3,463.06	\$ 24,241.43	\$ 23,350.00	-\$ 891.43
Repairs & Maintenance	\$ -	\$ -	\$ 1,250.00	\$ 1,250.00
Salaries, Source, WCB	\$ 5,230.04	\$ 33,146.72	\$ 33,800.00	\$ 653.28
Staff Training / Seminar	\$ -	\$ 614.79	\$ 1,000.00	\$ 385.21
Telephone / Internet	\$ 190.41	\$ 1,391.09	\$ 1,400.00	\$ 8.91
	\$ 9,794.34	\$ 72,169.64	\$ 79,612.50	\$ 7,442.86
		\$ -		
Total Expenses	\$ 15,422.08	\$ 124,793.17	\$ 125,492.50	\$ 699.33
		\$ -		
Income / (Loss)	\$ 2,359.57	\$ 14,230.36	\$ 6,865.50	-\$ 7,364.86

Edmonton Central Office - 2019 Group Contributions											
GROUP	District	Jul	YTD	GROUP	District	Jul	YTD	GROUP	District	Jul	YTD
60 MINUTES TO SOBRIETY	53		\$300.00	HOW IT WORKS GROUP	55		\$620.00	SHER. PARK 12 STEPS TO SERENITY	61	\$280.00	\$1,440.00
10 AFTER 10 GROUP	46		\$0.00	IDEAL BOOK STUDIES	63		\$500.00	SHER. PARK SISTERS IN SOBRIETY	61		\$0.00
84TH STREET	46		\$750.00	INTO ACTION GROUP	40		\$0.00	SHER. PARK TUESDAY NIGHT AT 7	61		\$728.48
AB GROUP	57		\$562.77	JASPER PLACE GROUP	40	\$65.52	\$271.50	SHER. PARK THERE'S MORE TO THE STORY	61		\$0.00
ALANO WOMENS DISCUSSION	46		\$0.00	JELLNICK JUMPSTART	46		\$50.00	SHIFTERS GROUP	57		\$500.00
AB BEACH - SONS OF THE BEACH	10		\$50.00	LAC LA BICHE TRI SOBRIETY	8		\$0.00	SIMPLY SOBER AA GROUP	40	\$100.00	\$337.50
ALTERED ATTITUDES GROUP	46		\$0.00	LAMONT - BEAVERHILL GROUP	20		\$0.00	SLAVE LAKE AA GROUP	7		\$200.00
AMAZING GRACE	46	\$257.13	\$257.13	LANCASTER PARK TRI-SERVICE GRP	64		\$0.00	SOBER COUNTRY - EDSON	5		\$0.00
AS IT IS GROUP	55		\$212.50	LAST CALL GROUP	40		\$400.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$0.00
ATHABASCA AA GROUP	8		\$0.00	LEDUC HOW IT WORKS	12		\$0.00	SOBER SOULS OF EDMONTON	46	\$430.00	\$930.00
BACK TO BASICS	64		\$320.90	LEDUC SATURDAY	12		\$0.00	SOUTH SIDE GROUP	57		\$0.00
BEAUMARIS LAKE GROUP	53		\$1,800.00	LEDUC SUNDAY BEGINNERS	12	\$200.00	\$200.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEAUMONT HOW IT WORKS GRP	60		\$200.00	LIGHTHOUSE GROUP	53	\$55.00	\$141.05	SPRUCE GROVE AFTER 1 GROUP	10		\$100.00
BEAUMONT GROUP	60		\$1,000.00	LIONS DEN GROUP	57	\$750.00	\$2,100.00	STEP SISTERS	40		\$300.00
BEAVER LODGE AA	4		\$0.00	LOVE AT WORK	60		\$100.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	55		\$301.25
BEVERLY GROUP	53		\$0.00	MANDATE:SOBER GROUP	40	\$50.00	\$350.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
BONNIE DOON GROU	55		\$150.00	MILLET: STAIRWAY TO FREEDOM GRP	12		\$0.00	STONY PLAIN - FIRST DOOR ON THE LEFT	10		\$0.00
BONNYVILLE SATURDAY NIGHT GRP			\$100.00	MILLWOODS GROUP	60		\$0.00	STONY PLAIN - NEW WOMEN'S GROUP	10		\$0.00
BREATHE EASY GROUP	40		\$800.00	MILLWOODS SPRING STEP STUDY	60		\$0.00	STONY PLAIN - SUNDAY 7:30	10		\$0.00
CAMEL DISCUSSION CLUB	40		\$1,000.00	MONDAY AT 7:30 GROUP	46		\$0.00	STONY PLAIN - WEDNESDAY NITE UPSTART	10		\$0.00
CAMPUS GROUP	57		\$521.46	MORINVILLE THURSDAY	9		\$50.00	ST. ANDREW'S MEETING STEP STUDY			\$0.00
CAMPUS GROUP - BLUE JEAN R/	57		\$0.00	MUSTARD SEED GROUP	46		\$250.00	ST. PAUL - FELLOWSHIP GROUP	3		\$120.00
CAPILANO STEP GROUP	55	\$600.00	\$1,000.00	NEW HOPE GROUP	62		\$0.00	ST. PAUL - YOU GO GAL MEETING	3		\$0.00
CLAREVIEW BIG BOOK GROUP	53		\$0.00	NITON AA GROUP			\$0.00	STRENGTH AND HOPE GROUP	46		\$0.00
CORNERSTONE GROUP	46		\$0.00	NO NAME HOME GROUP	63		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	46	\$90.00	\$90.00
CRESTWOOD WELCOME	40		\$500.00	NO SAINTS MEETING	46		\$550.00	SUNDAY MORNING OPEN GROUP (SMOG)	57	\$250.00	\$750.00
DAILY REFLECTIONS GROUP	55		\$0.00	NORTH EDMONTON GROUP	53		\$150.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00
DAYS LAND	12		\$120.00	NORWOOD GROUP	46		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$96.00	\$538.55
DEVON MONDAY NIGHT GROUP	12	\$50.00	\$50.00	OFF THE WALL & LIVING SOBER MTG	55		\$300.00	TA WOW GROUP	46		\$0.00
DISTRICT 7 SLAVE LAKE R/U	7		\$0.00	OILMENS GROUP	57		\$35.00	TERRA NOVA GROUP	46		\$300.00
DISTRICT 10 UNITY ROUND UP	10		\$630.00	ONOWAY GROUP	57		\$0.00	THE WHY GROUP	46		\$1,300.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OPEN DOOR GROUP	55	\$200.00	\$400.00	THORSBY GROUP	12		\$0.00
DISTRICT 53	53		\$0.00	OUR HOUSE	40	\$50.00	\$150.00	THUS WE GROW	57	\$225.00	\$450.00
DISTRICT 57 COMMITTEE	57		\$0.00	OUR PLACE GROUP	46		\$0.00	TO SHOW OTHERS	57		\$500.00
DISTRICT 64	64		\$0.00	PEACE RIVER AA GROUP	2		\$0.00	TOWER GROUP	46		\$0.00
DOLPHIN GROUP	40	\$294.50	\$1,155.90	PONOKA THURSDAY NIGHT	12		\$0.00	TURNING POINT GROUP	46		\$0.00
DOWNTOWN DRAYTON VALLEY	6		\$0.00	POUNDMAKER'S TREATMENT CTR	64		\$1,150.21	UNDER NEW MANAGEMENT	57		\$540.00
EARLY BIRDS BREAKFAST GROUP	53	\$500.00	\$1,500.00	PROVIDENCE GROUP	57		\$500.00	UNITY STEP GROUP	55	\$177.00	\$402.00
EASTWOOD GROUP	53	\$25.00	\$25.00	RAINBOWS TO RECOVERY	57		\$0.00	U OF AA GROUP	57		\$0.00
ELLERSLIE ROAD GROUP	60		\$307.00	RAY OF HOPE GROUP	46	\$150.00	\$450.00	UP THE CREEK	55		\$500.00
EVANSBURG GROUP	6	\$400.00	\$400.00	RED ROAD TO RECOVERY	46		\$0.00	UP THE CREEK ANNIVERSARY DINNER	55		\$437.00
FAITH WORKS STEP GROUP	53		\$200.00	RIO TERRACE GROUP	40		\$200.00	VIOLET GROVE LAST CHANCE	6		\$0.00
FELLOWSHIP BREAKFAST GRP	57		\$100.00	RITE TRAC GROUP	53		\$0.00	VIKING WEDNESDAY NIGHT GROUP	20		\$100.00
FIRST DAY GROUP	46		\$0.00	SAFE HARBOUR	46	\$94.00	\$94.00	WABAMUN WEDNESDAY NIGHT	10		\$0.00
FRIENDS OF BILL GOLF TOURN	60		\$0.00	S.A. BREAKFAST GROUP	64		\$1,000.00	WEST END GROUP	40		\$0.00
FT. MCMURRAY BACK TO BASICS	21		\$0.00	S.A. BROTHERHOOD GROUP	64		\$0.00	WE AGNOSTICS	46		\$0.00
FT. MCMURRAY NOONERS	21	\$350.00	\$350.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	64		\$0.00	WEST END GROUP	46		\$0.00
FT. SASK BIG BOOK TOOLBOX-TA	62	\$30.00	\$60.00	S.A. MILLENNIUM GROUP	64		\$0.00	WESTEND 12 STEP GROUP	40		\$0.00
FULTON PLACE GROUP	55		\$1,265.00	S.A. ON THE HILL GROUPS	64	\$1,997.60	\$1,997.60	WEST END MEN'S GROUP	40		\$1,635.34
GRANDIN MEETING	57		\$100.00	S.A. SOBER SISTERS GROUP	64	\$50.00	\$50.00	WESTGROVE GROUP	40		\$0.00
GRATITUDE GROUP	53		\$0.00	S.A. STEP X STEP SATURDAY NIGHT GRP	64		\$500.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$0.00
GRIMSHAW SATURDAY NIGHT G	2		\$0.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WESTLOCK FRIDAY GROUP	9		\$0.00
H5	57		\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$500.00	WESTLOCK WEDNESDAY	9		\$400.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK WINNERS CIRCLE	9		\$140.00
HELPING HANDS	60		\$500.00	S.A. WOMEN'S STEP STUDY	64		\$180.00	WESTMINSTER GROUP	46		\$350.00
HIGH PRAIRIE GROUP			\$0.00	SANDY BEACH GROUP	9		\$0.00	WESTMOUNT GROUP	40		\$0.00
HOME GROUP #1	63		\$227.95	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WETASKIWIN SUNDAY MORNING	12		\$0.00
HOME GROUP #11	63		\$200.00	SERENITY GROUP	46		\$0.00	WHITECOURT AA GROUP	6		\$0.00
HOME GROUP #13	63		\$562.00	SERENITY POOL SUNDAY MEETING	60		\$600.00	YOUNG & OLD GROUP	53		\$0.00
HOME GROUP #18	63		\$0.00	SHER. PARK HAPPY HOUR GROUP	61		\$600.00	YOUR CHOICE GROUP	53		\$224.10
HOME GROUP #25	63		\$178.00	SHER. PARK GROUP	61		\$1,250.00				
HOPE THROUGH FRIENDSHIP GR	40		\$0.00	SHER. PARK MILLSHAVEN	61		\$0.00				
Total		\$2,506.63		Total		\$3,596.60				\$1,648.00	\$13,614.22
		YTD Total	\$17,455.61				\$15,889.36	Grand Total			\$46,959.19

2019 Birthdays

in - SEPTEMBER

60 Minutes to Sobriety

Last Sunday
Sep. 29 Ryan M. 2 yrs.

Breathe Easy

Oct. 4 Kathleen O. 5 yrs.
Annette F. 11 yrs.
Don M. 38 yrs.

Capilano Step

First Thursday
Oct. 7 Guy B. 45 yrs.
Elmer S. 2 yrs.

Clareview Big Book

Last Wednesday
Sep. 25 Amanda P. 11 yrs.
Cihan U. 1 yr.

Crestwood Welcome

Sep. 30 Bob E. 37 yrs.
Karen S. 4 yrs.

Fulton Place

Last Friday
Sep. 27 Al C. 22 yrs.
Braden G. 3 yrs.

Jasper Place

Sep. 24 Michael A. 27 yrs.

Lion's Den

Last Monday
Sep. 30 Bob T. 21 yrs.
Carmen L. 6 yrs.
Jody L. 3 yrs.
Megan J. 4 yrs.

Lighthouse

Sep. 27 Mike R. 18 yrs.
Mark E. 17 yrs.
Steven B. 4 yrs.

Mustard Seed

Last Sunday
Sep. 29 Viola B. 28 yrs.
Jolene. 8 yrs.
Elaine C. 1 yr.

Oilmen's

Monday
Sep. 30 Randy D. 15 yrs.

Providence

Last Wednesday
Sep. 25 Jessica B. 4 yrs.

Serenity

Oct. 4 Ray E. 5 yrs.,

Southside

Third Friday
Sep. 20 Donna Y. 12 yrs.
Kalum A. 1 yr.
George B. 47 yrs.
Todd S. 1 yr.

The Why

Last Saturday
Sep. 28 Jay B. 18 yrs.
Mitch H. 3 yrs.
Mary C. 5 yrs.
Richard M. 7 yrs.

West End Men's

First Wednesday
Oct. 2 Drew F. 18 yrs.
Stuart A. 2 yrs.

Westminster

Last Saturday
Sep. 28 Harry E. 35 yrs.

SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
Sep. 30 Greg D. 6 yrs.
Wally C. 12 yrs.
Steve H. 2 yrs.
Elizabeth P. 13 yrs.
Mike W. 1 yr.

ST. ALBERT

St. Albert Breakfast

Last Sunday
Sep. 29 Robert D. 2 yrs.
Mike M. 23 yrs.
Kevin S. 5 yrs.
Lyle Z. 4 yrs.
Kevin B. 3 yrs.
Roger B. 6 yrs.
Cordell B. 3 yrs.

St. Albert Sunday Night

Last Sunday
Sep. 29 Derek B. 6 yrs.
David L. 12 yrs.
Mike M. 1 yr.
Stan T. 32 yrs.
Don T. 16 yrs.



FAITHFUL FIVERS

Clarence Y.

GROUPS IN NEED OF SUPPORT

First Day Group

Mon. 8:00pm 10528-98 St.
Marion Centre

Oilmen's Group

Mon. 8:00pm 8318 - 104 St.
Southside Chapter Hse.

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

BIRTHDAY CLUB

For the month of August

Breathe Easy Group

PLEASE NOTE:

ECO News has deleted group
birthdays for groups who have not
sent in their changes.

CALENDAR OF EVENTS

2019 ROUNDUPS & FUNCTIONS

Slave Lake, AB

Aug. 31-Sep. 2 46th Annual Slave Lake R/U \$40.00
Widewater Community Complex
Kids under 12 Free
Contact: 780-318-4240 / 780-849-1896

Greig Lake, AB

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

Sherwood Park, AB

Sept. 9 14 Week Step Series
7:00 PM 1380 Sherwood Drive
Church of the Nazarene
Contact: 780-913-0034 or 930-2302

Edmonton, AB

Sept. 10 14 Week Big Book Study- Jasper Place
6:30 PM* 8420 145 St. BRING YOUR BIG BOOK
St. Timothy's Church, Front dr., bsmt.

Grande Prairie, AB

Sept. 13-15 Annual Grande Prairie R/U \$50.00
Sexsmith Civic Centre
9917-99 Ave., Sexsmith
Contact: 780-831-9566/518-9035/296-5452

Millet, AB

Sept. 14 AA & Friends Golf Tournament
2:30 PM Pipestone Links
Prizes and catered dinner
Contact: 587-986-8417 or 780-405-8575

Spruce Grove, AB

Sept. 15 District 10 Gratitude Day BBQ Trad 7
11-3:00 PM Jubilee Park
Under the covered BBQ area is where we
will set up(a yellow and blue balloon will
mark our spot.
District 10 will provide hamburgers, hot
dogs and drinks (pop, water & coffee)
Bring a salad or dessert, Bring a chair.

Red Deer, AB

Sept. 20-22 Area 78 Election Assembly ***
*** 3310 – 50 Avenue
*** Cambridge Hotel & Conference ***

Philadelphia, PA

Sept. 22 SEPIA 12 Step Committees
Noon – 3 PM SEPIA Office, 444 North 3RD St.
Speakers, Food, Fun & Fellowship

2019 ROUNDUPS & FUNCTIONS

Edmonton, AB

Sept. 27-29 Annual Blue Jean R/U \$40.00
6115 Fulton Place Rd. After Sept. 15 \$45.00
Fulton Place Community League

Edmonton, AB

Sept. 28 Public Information Workshop
10.00 AM & Co-op with the Profess., Community
10728 – 124 St. (Alano Club)
Contact: egsc.picpcchair@edmontonaa.org
Learn about speaking to Non-AA groups
Contact: cordellbanks@me.com

St. Albert, AB

Oct. 5 District 64 Life Beyond the Group
Interactive Sharing Session Trad 7
1 – 4 PM 12 Gate Avenue
Christian Reform Church
Bring finger food Potluck to share

Drumheller, AB

Oct 5 District 15 Road of Happy Destiny \$25.00
627 – 6th St. E.
Church of Nazarene
Contact: area78dist15@gmail.com

Spruce Grove, AB

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

Edmonton, AB

Nov. 1 84th Street Halloween Bash \$10.00
9210 – 118 Ave.
Alberta Avenue Hall
Contact: 780-807-10625 / 566-4231

Red Deer, AB

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

Las Vegas, NV

Dec. 12-15 Stateline Retreat 2019 \$100.
The Original Woodstock of AA
Tuscany Hotel & Casino
255 E Flamingo Rd. (877) 887-2261

