

ECO NEWS NOVEMBER

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2019

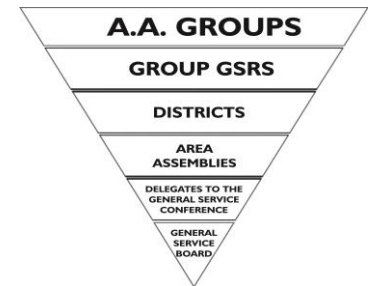
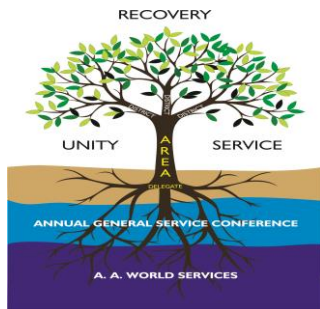
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AUTUMN
is a second spring
when every
LEAF
becomes a
Flower.



DELEGATE'S CORNER



A.A. Service Structure Tree

It's my wish to present Page S16 of the **AA Service Manual** in the form of a tree. For years I've heard the home group members of Alcoholics Anonymous are at the top of our AA service structure – they have the power. I liked that. It kept me coming back to meetings. Then I got elected as delegate of our area. I was confused. How is the delegate *really and truly connected* to the power – the top of the structure – while operating at the bottom?

The picture of a tree helped me get it, as I read through the *Service Manual* and *AA Comes of Age*, it all made sense. So, I offer my tree to perhaps help others see the big picture. Page S16 is divided into thirds, to better explain the tree.

I love our upside-down triangle. It represents not only our 3 legacies of Recovery, Service and Unity, it also shows that the AA service structure is more of a Lowerarchy than a Hierarchy.

The top third contains the leaves; they represent AA members and AA home groups. A home group is important if you want to have a vote and a voice in how things get done. The bright green leaves are the newer groups, the medium green are healthy, well established groups, and the darker leaves are not as strong, and dying out.

All the leaves provide strength and nutrients to the rest of the tree. Through connecting with the Sunlight of the Spirit (photosynthesis) the voice and ideas from home group members are sent down the rest of the tree. This is done by motions, through the district branches. Your home group lives in a district. It's like a neighbourhood. Motions move through the trunk at Assemblies, and if passed by the fellowship, on to the delegate or root ball. The delegate takes those motions to the General Service Conference.

The delegate position was an idea from Bill and Bob back in the late 1940s, when they realized they weren't going to live forever and had to devise a system to keep AA operating without them.

Continued next page

A.A. Service Structure Tree continued

After traveling outside North America, Bill realized how important AA could be for the whole world. That's when he asked the membership in the US and Canada to "elect a delegate" who could attend an Annual General Service Conference. That way, all voices of AA in North America could be heard at one meeting.

So back to Page S16: You'll notice the top two sections of the triangle are represented by the leaves of the tree. The bottom third represents the delegate, the General Service Conference and AA World Services. The middle third (or the trunk) is how they all come together.

About the trunk: One author describes the outside of the trunk as "...resilient, hard, firm and unchanging. The inside of the trunk is quite busy, mostly fluid and always in motion." This well describes any of the positions of the Committee Officers in an Area (there are 93 Areas in North America). Every person holding a position in the trunk is working to serve the leaves and the root ball. They connect these two sections by ensuring communication flows up and down the tree. The trunk makes sure that all parts are connected with all the other parts, so the whole tree will be healthy. In a word: the trunk is Unity.

The bottom of page S16 is presented as two aquifers. The first is the General Service Conference, where all 93 delegates meet to receive information, enthusiasm and nutrients to take back to their Area's service structure/tree.

The Final Conference Report is the fish food of the General Service Conference aquifer. It's offered after every General Service Conference at the September Assembly. The delegate's verbal report conveys some highlights from the Conference Week. It is a huge amount to absorb. That's why the Final Conference Report is so important; it contains more detail of information received by delegates.

The last aquifer represents the AA World Service Board. Their scope is huge. Their main function is to help other countries get AA meetings happening for their still suffering alcoholics. As Tradition 5 tells us, it's all about spreading the word. The tree needs *all of its parts* to function – we need all of you, and for that I am so thankful that **you are all here**.

In Loving Service, Becky Parker, Panel 68, Area 78 Delegate Alberta, NWT, Western Nunavut

NEWCOMER SUGGESTIONS

(Borrowed from S.E.P.I.A., Philadelphia, PA)

1. Go to meetings.
2. Check out various types of meetings. Always know the time and place of your next meeting and don't drink before the meeting. When starting, many AA's recommend you go to 90 meetings in 90 days.
3. Get phone numbers at the meetings. Call someone before you take the first drink.
4. Listen for similarities. Most of us tend to be critical. Instead, listen for people who have felt like you are feeling. Hear the message in their stories.
5. Buy a Big Book (Alcoholics Anonymous). Our program is in the first 164 pages.
6. Find a Home Group and ask for a service commitment. Any level of service will help you feel a part of the Group.
7. Look for a temporary sponsor. Find an AA member of the same sex who has some sober time, a working knowledge of the 12 Steps and has the sobriety you want.
8. Avoid PEOPLE, PLACES AND THINGS that may lead you to a drink. If you must go, have a plan to leave early or take another member. If tempted, think the drink all the way through. Is one drink really going to be enough? Has it ever?
9. Remember H.A.L.T. Don't get too Hungry, Angry, Lonely or Tired.
10. Stick with the winners ~ the people who are staying sober by doing service and practicing the Program.
11. Experiment with prayer. Ask your Higher Power for help.
12. Jump in. Risk active participation in your own recovery.
13. Easy does it. We are here to help!

ICOAA – INTERGROUP/CENTRAL OFFICE/A.A. WORLD SERVICE/ A.A. GRAPEVINE SEMINAR

I would like to thank the Central Office Board and Edmonton and Area Intergroup for sending me to the ICOAA Seminar in Mesa AZ from September 25-30, 2019.

I arrived in Phoenix on a very warm Wednesday along with Mathew M. from the Calgary Central Office and met another office manager, Orrin from Contra Costa CA., we managed to successfully navigate our way with Uber to our host hotel in Mesa.

Thursday we were to embark on a kayak trip on the Salt River ~ a very placid river which apparently never floods...but it did. Our hosts quickly put together an alternative trip to the Boyce Thompson Arboretum, a desert botanical garden. Our guide was a local physician named Dr. Bobbi and she led us through the desert gardens, astounding us with beauty and her knowledge of the native and transplanted world of cacti. We even saw a tarantula hawk and were enlightened of its' adventures...you will have to come by the office to learn more.

Friday ~ I attended the 8 am Policy Committee meeting of the ICOAA as the delegate for Western Canada and was then off to the first day's workshops 1) Safety in A.A.: Liability & Insurance. We discussed the necessity of using the Yellow card, F-211 and the Service pamphlet SMF-209. We also discussed having Liability insurance for the groups and for the Directors & Officers. The second workshop was Services to the Groups, Are they represented? We heard about the number of Intergroup members who attend the monthly meeting and surprisingly enough we are above average. We discussed the number of people on the Board and it ranged from 8 to 28 members. We also talked about the number of different events hosted by the Central Offices. The third workshop was Financial Audits, Office Audits & Group Inventory. Most of the offices have a "review" rather than an audit primarily for financial reasons. We discussed doing the office inventory and also include what we are doing "right". We also talked about prudent reserves and most offices were aiming for 6-9 months. GSO aims for 6-12 months.

Then we heard the report back from all the workshops that took place on Friday. The final meeting of the day was a presentation by AAWS (A.A. World Service). The General Service Office handles 1,200 items altogether and the Kansas City warehouse handles 80% of US orders. All Canadian orders come from the Montreal warehouse. Central/Intergroup offices order a total of \$7.8 million per year at a cost of \$6.7 million (taking into account the shipping discount for volume purchases). There were lots of questions and answers following the presentation regarding Central Offices getting further discounts on literature. My take on it was to not have expectations.

Saturday ~ The workshops for Saturday started with Protecting Anonymity - Mass communications and Social Media. This workshop was probably the best that I have attended, we were reminded - What are we trying to protect? I am hoping to get a copy of the workshop and work with our IT team to put together a workshop in the near future. I then attended - How we do it – Bylaws, Policy & Procedure. A number of the offices were working on new bylaws or amending existing ones. About one or two of the managers had a vote on their board and all had a say in how the office was run. This was followed by the business meeting of the ICOAA. The evening presentation was by the AAGV (Grapevine) and we heard from Albin Z. the A.A. Grapevine Publisher, Ginger R-B. A.A. Grapevine Board Chair, then from Jon, the Senior Editor and Jeff, the Customer Relations Coordinator, who talked about receiving your stories for the Grapevine and if you are writing, please add details i.e.: I got into the red truck with my sponsor.

Sunday ~ I attended the 8:00 am A.A. meeting. This was followed by a meeting where many of the participants expressed their thoughts on the weekend, especially thanking our hosts for all of their hard work.

It was wonderful to share ideas and build friendships with my colleagues in our Central Offices across Canada and the US, and to bring home ideas of how-to best be of service to our fellowship. Always reminding us of our primary purpose: to extend our hand to help the still suffering Alcoholic.

My full report of all the workshops with more details will be available at Central Office, so come on by, have a coffee and visit with us and read the report.

Thank you again for the opportunity to attend this Seminar.

75TH ANNIVERSARY OF ALCOHOLICS ANONYMOUS IN EDMONTON

Event date is June 13, 2020

Theme is: What it used to be like ~ What happened ~ What it is like now.

The committee is working hard to make this day the special event we know you all deserve.

Want to help?

Contact Central Office at 780 424 5900 to find out more.

JOKES

Reprinted with permission from AA Grapevine "Take me to Your Sponsor" cartoon book

- Who's From outer Space?

A Martian landed at an AA Meeting, looked and said. "take me to your leader!" Just then a newcomer turned to him and said, "Hey, you're in the right place, buddy. I said the same thing last week.

- Anybody, Anywhere, at Any time can join Alcoholics Anonymous. But to join AL-Anon, you've got to know someone.
- Oldie but Goodie: "I really want to thank you for sticking with me through all the years of drinking and the first five years of my sobriety," said the AA member to her spouse on her fifth-year anniversary. "But I'm curious. If I started drinking again, would you still love me?"

After pondering the question for about a tenth of a second, her husband said, "Of course I'd still love you. I'd miss you, but I'd still love you!"

- Gate Crashes: One day, a good man died and went to heaven. He was met at the pearly gates by St. Peter, who escorted him around to the various rooms to see which one he would choose for his eternal dwelling. The first one contained robed saints sitting in a circle repeating chants. "Too spooky," said the man.

The next room held saints shouting, "Hallelujah," and rolling around the floor, while a man screamed from a podium. "Too wild," said the man.

The final room contained a group of laughing people in worldly attire, using off-colour language, smoking cigarettes and drinking coffee. "Who are these people?"

"We're not sure," replied St. Peter. "They declare they are not saints, but we let them stay anyway because they've promised they will stay only one day at a time."

- In Order To Apologize: An old-timer was going off in a meeting, explaining how the Steps were numbered because they are meant to be worked in order. He went on to say that you can't skip ahead because it would be a formula for disaster.

A newcomer carrying a pot of coffee was so captivated by the old-timer's narrative that she didn't watch where she was going and tripped. She accidentally spilled some of the hot coffee on the old-timer.

Aghast, she stood there in horror as the old-timer wailed at her, saying, "Aren't you even going to say you're sorry?"

Stunned, the newcomer replied, "I would, but I'm not on Step Ten yet."

QUOTE:

**Between yesterday's mistakes and tomorrow's hope,
there is a fantastic opportunity called today.**

**Live it! Love It!
The day is yours!**

... submitted by Arlene B., St. Albert Group

IN GOD'S CARE – Daily Meditations

Whoever is happy will make others happy too.

He who has courage and faith will never perish in misery. ... Anne Frank

Acknowledging our gratitude for the blessings in our lives releases the happiness that we sometimes keep hidden within our heart. And happiness can be contagious. We all know people who are always bubbly, who always look on the bright side of events, who genuinely inspire happiness in us when we're around them. We, too, can serve as a catalyst for happiness in the lives of others.

Knowing that we're never left alone to solve any problem or handle any situation relieves us of much of the anxiety that crowds out happiness. Having God as a constant companion and having faith that we are moving toward the best outcome for the present circumstances, makes happiness a far more frequent visitor in our lives. Happiness becomes habitual when we keep our focus on God as our play's director, the source for all our decisions.

* * * * *

I will share happiness and my faith in God with others today.

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



HELP IS NEEDED FOR THE MEETING AT ALBERTA HOSPITAL

Thursdays, at 7:30 PM

The current coordinator is retiring at the end of the year and wants someone to step forward now so she can show them what is necessary to work with the staff and the patients.

Someone who cares about sobriety

Please contact Mary at 780-457-9443



HOW TO GET INVOLVED

A willingness to help another human being suffering from our disease is the most essential requirement. It is also suggested you have a year of continuous sobriety.

After conferring with your sponsor, fill out an information form. These are available at most Home Groups, at your Central Office or online at edmontonaa.org. Be sure to include your name, phone number, email address and what area you reside in. Also indicate when you are available and then do your very best to say yes when you are called.



GRATITUDE MONTH – A “CHANGE FOR CHANGE” CHALLENGE

CHALLENGE

“There is no timeframe on an A.A. member's gratitude, no expiration date, and A.A.s have long been focusing on Thanksgiving week (November in the U.S. and October in Canada) as a tangible time to highlight their gratitude for A.A. and recovery and to turn that gratitude into action.”

Box 459, Vol. 62, No. 3 / Fall 2016

This year to mark Gratitude Month, Edmonton's Tuesday night **Up the Creek Group** planned an entertaining way to collect extra funds to share with Central Office. We named the initiative “Change for Change.”

Members were invited to gather any spare change lying around their homes or vehicles and bring it to the scheduled October 22nd meeting. After our regularly scheduled meeting finished, Up the Creek members pushed tables together, sorted coins by denomination, rolled them, and enjoyed fellowship. It was a great way to express our gratitude and to have fun during the process.

When we tallied our contributions, we had a grand total of **\$574.20** to donate to Central Office.

Members of Up the Creek invite other groups and individuals to turn their gratitude into action. We challenge you to organize your own “Change for Change” event. What better way to say ‘thank you’ than by ensuring the AA message continues to be carried?

... Theresa S., Up The Creek Group

A PROFOUND SENSE OF GRATITUDE

... How Fortunate We Are Today

Alcoholics Anonymous came into existence in 1935 when Bill and Bob started carrying their message to fortunate souls who, up to that point, had little hope of ever overcoming the disease of alcoholism. Prior to that, there were attempts to overcome the disease that came close but failed when they let other issues distract them from their primary purpose. I'm sure they had some, but not all, of the answers, but it did give our co-founders some of the answers as to "what not to do" when they established the Steps and Traditions. The book, Alcoholics Anonymous was published in 1939 after the first 100 alcoholics had maintained their sobriety. I was born in 1941, just two year after the Big Book was published. I was 28 years old when I came to the Program which, at that time, was only in existence for 34 years. They say that Alcohol has been around for about 10 thousand years. How fortunate we are today, to be among the first, to have been chosen at this time to have a solution laid at our feet and for them to have the wisdom to not allow the first 164 pages of the Big Book to be edited or changed. When I talk of the word Gratitude, I ponder the vast amount of time (10 thousand years) that there was no answer to this problem and the hopelessness of those unfortunate souls before 1935. As a child I watched my parents and grandparents, and many of the elders in my life hopelessly suffer through the pains of this disease and they didn't even consider it a disease. On October 15, I will celebrate 50 years of sobriety and no one could be more grateful for all the benefits I have received as the results of clinging to this wonderful Program and all the principles and values that have given me the tools that separated me from the delusional thinking of the past and showed me a path of recovery that has influenced so many people, starting with my immediate family and spiraling outwards to my relatives, my friends and coworkers and all my A.A. associates. If A.A. had come into existence and the Big Book would have been published just 30 years later than it was, I, most likely, would have been included in those unfortunate souls of the past that had no hope. I showed up at the doors of A.A. on October 15, 1969 and as I see it, the Program had evolved just enough to be ready for this Grateful recipient and I will always be amazed by the timing of it all. In the 84 years of its existence, Alcoholics Anonymous has been the answer for millions and considering all the ten thousand years before the existence of A.A; I believe we are very fortunate to be on the cutting edge of one of most important and beneficial developments in the history of mankind and to think that it all started when two common variety drunks got together and triggered the Program of Alcoholics Anonymous. Words cannot express the Gratitude I have for this Program considering all the suffering that went on prior to 1935 when God saw fit to intervene and offer up a choice, and fortunately, Bill and Bob were listening and heard His loving voice. As I read the long form of the Twelve Traditions and all the pains it took when tackling all the points and counter points while formulating our Program, I am amazed that all the pieces fell in place as they are today, and they seem to have gotten it right. I am extremely Grateful for those that came before me and handed me the wonderful life I live today.

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

IS IT NOW YET?

When I became a member of Alcoholics Anonymous, my sponsor suggested that I try to live within the framework of one day. He said the fear of the future and the remorse of the past might be a burden I could not handle. Or the next two years, I lived one day at a time. What an improvement over the past! I experienced real peace of mind for the first time in my life. But something was wrong. I could not put my finger on it, but something was wrong.

One night we got a carload of AA's together and visited a group on the other side of town. An old-timer at the meeting spoke about, "Living in the Now." On the way home I got to thinking. "That's what's wrong!" I'm not living in the now.

After work I would think, when I get home, I'll be happy being with my family. But when I got home, I didn't give myself time to be happy. I was totally preoccupied with the thoughts of how happy I was going to be when I got to my AA Meeting.

During the AA meeting, I didn't allow myself time to be happy because I was totally preoccupied with the thoughts of how happy I was going to be when we stopped at the donut shop. When we got there, I was preoccupied with thoughts of what I was going to do when I got home, and on and on. I could never quite reach my happy place. I was not living in the now.

Since the night I heard that old-timer speak, I have been doing my best to live in my happy place, the now. I try to live each precious moment as it comes. If you speak, I'll hear you now. If you need a hug, I'll hug you now. If you laugh with you now. If you look into my eyes, you'll see that I'm at home ~ now.

... borrowed from the SCAAN newsletter, South Palm Beach, FL.

11TH STEP PRAYER
ST. FRANCIS OF ASSISI

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong,
I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error,
I may bring truth.
That where there is doubt,
I may bring faith.
That where there is despair,
I may bring hope.
That where there are shadows,
I may bring light.
That where there is sadness,
I may bring joy.
Lord, grant that I may seek rather to comfort,
than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
From the internet & from Twelve Steps & Twelve Traditions

AN ORDINARY DAY

Today is just an ordinary day
If let be that way.
If God, by God, I chose to stay.
Today is just an ordinary day.

Today is just an ordinary day
Although my problems seem here to stay.
As long as I remember to pray.
Today is just an ordinary day

Today is just an ordinary day
If I am honest enough to say
I need God's help in every way
Today is just an ordinary day

Today is just an ordinary day
Knowing God's light will brighten the way.
Knowing His love is here to stay.
I can live life day by day.

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DAY ELEVEN

The difference between self-love and self-conceit is very important. Self-love is a healthy appreciation of God's gift to you. Conceit is comparing yourself to others and finding them lacking.

I do not climb the mountain so that I can look down on others.
... Pocket Sponsor Thumbnail

TO STAY SOBER:

- Don't drink
- Go to Meetings
- Read the Big Book
- Get a Sponsor
- Work the Steps
- Help another alcoholic

DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7th Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning Roundups, Conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA. Publication of any article does not imply endorsement.

We would like to hear from you about your AA related experience, strength and hope, keeping in mind copyright and credit concerns. Any feedback will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, Group, and a phone number where you can be reached (of course we will protect your anonymity).

Material must be submitted no later than the 20th of the preceding month for it to print in the next month's issue.

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7

Fax: (587) 523-4334

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

This is a nicely written piece and so true. Take a couple of minutes to read it slowly and ponder ... it makes you stop and think 😊 😊

AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show, and we are now those older folks that we used to see and never thought we'd be. Each day now, I find that just getting a shower is a real target for the day. And taking a nap is not a treat anymore ... it's mandatory.

Cause if I don't on my own free will... I just fall asleep where I sit.

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should had done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet ... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life ... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember ... and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good ... coming home is even better!

~You forget names ... but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything ... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ... "what?"..."when?"...???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet ... 2 of which you will never wear. ~ But "Old" is good in some things: Old Songs, Old movies ... and best of all, our dear ...OLD FRIENDS!!

Stay well, "OLD FRIEND!"

... submitted by Len B., Stony Plain Group

Heard at a Meeting:

- "I'm a rebel without a cause," I told my sponsor. "No" e replied, "You're a rebel without a clue.
- "I was on a pink cloud when I first got here. The I met my sponsor.
- "My sponsor gave me a reality check ~~but it bounced.

... Reprinted with permission, AA Grapevine "TAKE ME TO YOUR SPONSOR"

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	September	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 6,238.30	\$ 58,151.24	\$ 67,000.00	\$ 8,848.76
Individual/Bequeath	\$ 600.00	\$ 3,227.49	\$ 2,950.00	-\$ 277.49
Birthday Club/Faithful Fivers	\$ 225.00	\$ 2,006.00	\$ 1,880.00	-\$ 126.00
Office Supplies / Postage	\$ 184.50	\$ 1,525.46	\$ 775.00	-\$ 750.46
Newsletter	\$ 19.00	\$ 205.00	\$ 150.00	-\$ 55.00
Rental Income-EGSC, etc	\$ 168.15	\$ 1,130.00	\$ 900.00	-\$ 230.00
Tradition Seven-meetings	\$ 258.15	\$ 2,550.80	\$ 3,375.00	\$ 824.20
Fundraising		\$ 5,500.00	\$ 5,000.00	-\$ 500.00
Other Inc (Interest, etc)	\$ 4.12	\$ 49.11	\$ 36.00	-\$ 13.11
Total General Receipts	\$ 7,697.22	\$ 74,345.10	\$ 82,066.00	\$ 7,720.90
Literature & Medallion				
Literature	\$ 7,012.80	\$ 77,271.75	\$ 69,270.00	-\$ 8,001.75
Medallion	\$ 1,668.00	\$ 17,911.00	\$ 13,070.00	-\$ 4,841.00
Total Literature and Med.	\$ 8,680.80	\$ 95,182.75	\$ 82,340.00	-\$ 12,842.75
		\$ -		
Total Revenue	\$ 16,378.02	\$ 169,527.85	\$ 164,406.00	-\$ 5,121.85
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,329.54	\$ 46,857.20	\$ 41,500.00	-\$ 5,357.20
Meeting list & Greeting Cards	\$ 334.99	\$ 3,867.58	\$ 3,725.00	-\$ 142.58
Medallion Purch /engraving	\$ 875.62	\$ 9,456.79	\$ 8,455.00	-\$ 1,001.79
Freight / Brokerage		\$ 46.20	\$ 70.00	\$ 23.80
	\$ 5,540.15	\$ 60,227.77	\$ 53,750.00	-\$ 6,477.77
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 3,643.86	\$ 3,600.00	-\$ 43.86
Literature expense	\$ 22.98	\$ 61.29	\$ 70.00	\$ 8.71
Communications & Tech		\$ -	\$ 900.00	\$ 900.00
Other (Archive, 12 Step,Cred,Grp Serv)		\$ 285.24	\$ 700.00	\$ 414.76
	\$ 427.85	\$ 3,990.39	\$ 5,270.00	\$ 1,279.61
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 1,564.75	\$ 2,645.00	\$ 1,080.25
Bank Chgs & Cr Card chgs	\$ 97.49	\$ 1,237.15	\$ 1,100.00	-\$ 137.15
Computer & IT Maintenance	\$ -	\$ 783.26	\$ 4,500.00	\$ 3,716.74
Equipment Lease	\$ 359.77	\$ 3,237.93	\$ 3,580.00	\$ 342.07
Fundraising expense	\$ -	\$ 4,260.79	\$ 5,000.00	\$ 739.21
Insurance	\$ 300.00	\$ 2,700.00	\$ 2,600.00	-\$ 100.00
Newsletter Expenses	\$ 11.82	\$ 29.85	\$ 35.00	\$ 5.15
Office Supplies	\$ 224.51	\$ 519.97	\$ 2,362.50	\$ 1,842.53
Postage	\$ 128.84	\$ 1,411.98	\$ 900.00	-\$ 511.98
Rent	\$ 3,647.56	\$ 31,536.55	\$ 30,010.00	-\$ 1,526.55
Repairs & Maintenance		\$ -	\$ 1,550.00	\$ 1,550.00
Salaries, Source, WCB	\$ 5,136.10	\$ 43,448.92	\$ 43,530.00	\$ 81.08
Staff Training / Seminar	-\$ 107.86	\$ 506.93	\$ 1,000.00	\$ 493.07
Telephone / Internet	\$ 190.41	\$ 1,771.91	\$ 1,700.00	-\$ 71.91
	\$ 10,176.03	\$ 93,009.99	\$ 100,512.50	\$ 7,502.51
		\$ -		
Total Expenses	\$ 16,144.03	\$ 157,228.15	\$ 159,532.50	\$ 2,304.35
		\$ -		
Income / (Loss)	\$ 233.99	\$ 12,299.70	\$ 4,873.50	-\$ 7,426.20

2019 Birthdays

in ~ November

60 Minutes to Sobriety

Last Sunday
Nov. 24 Adam B. 6 yrs.

Breathe Easy

First Friday
Dec. 7 Jordy S. 5 yrs.
Nada Z. 4 yrs.
Diane S. 15 yrs.
Tracy M-T. 20 yrs.
Alex W. 7 yrs.

Clareview Big Book

Last Wednesday
Nov. 27 Keith G. 2 yrs.

Crestwood Welcome

Last Monday
Nov. 25 Gary L. 3 yrs.

Ellerslie Group

Last Thursday
Nov. 28 Mike T. 5 yrs.

Fulton Place

Last Friday
Nov. 29 Cathy K. 23 yrs.

Jasper Place

Last Tuesday
Nov. 26 Shane S. 6 yrs.

Lion's Den

Last Monday
Nov. 25 Anna E. 3 yrs.
Charles P. 3 yrs.
Jason C. 5 yrs.
Neil F. 3 yrs.
Shawn J. 9 yrs.
Ty K. 3 yrs.

Lighthouse

Last Friday
Nov. 29 Greg K. 10 yrs.
Charlotte B. 10 yrs.
Nicky. 3 yrs.

Mustard Seed

Last Sunday
Nov. 24 Steve W. 41 yrs.

Oilmen's Group

First Monday
Dec. 2 Faye E. 19 yrs.
Dale B. 33 yrs.
Dec. 1 Joe T. 60 yrs.

Providence

Last Wednesday
Nov. 27 Anna L. 3 yrs.
Warren G. 13 yrs.
John. 4 yrs.

South Side

Third Friday
Nov. 15 Vee D. 2 yrs.
Betty S. 31 yrs.

Suit Up & Show Up

Last Saturday
Nov 30 Rob S. 4 yrs.

The Why Group

Last Saturday
Nov. 30 Ernie G. 11 yrs.
Gayle L. 30 yrs.
Carmen K. 3 yrs.
Lisa B. 3 yrs.
Debbie H. 14 yrs.
Alan A. 4 yrs.
Mary G. 13 yrs.
Sam K. 4 yrs.

Thus, We Grow

Last Tuesday
Nov. 26 Trevor B. 5 yrs.

West End Men's

First Wednesday
Dec. 4 Adam B. 6 yrs.
Clinton F. 2 yrs.
John B. 35 yrs.
Jon D. 3 yrs.
Kelly K. 2 yrs.
Perry B. 9 yrs.

Westgrove

Last Sunday
Nov. 24 Rick B. 36 yrs.
Carol. 46 yrs.

Westminster

Last Saturday
Nov. 30 Lil C. 29 yrs.
Patrick M. 21 yrs.
Marilyn W. 35 yrs.
Tom R. 36 yrs.
Jack H. 48 yrs.

SHERWOOD PARK

Friday Night Happy Hour

Last Friday
Nov. 29 Chet B. 37 yrs.

Twelve Steps to Serenity

Last Monday
Nov. 25 John W. 34 yrs.
Brent J. 17 yrs.
Dan M. 3 yrs.
Ron S. 9 yrs.
Jamie M. 1 yr.
Ed W. 27 yrs.
Marcel W. 1 yr.
Ken G. 6 yrs.

ST. ALBERT

St. Albert Breakfast

Last Sunday
Nov. 24 Dennis B. 6 yrs.
Mickey L. 31 yrs.
Sandra R. 11 yrs.
Alisha C. 3 yrs.
Trevor W. 3 yrs.
Debbie H. 14 yrs.
Roger P. 1 yr.

St. Albert Sunday Step Study

Last Sunday
Nov. 24 Richard S. 11 yrs.


Congratulations

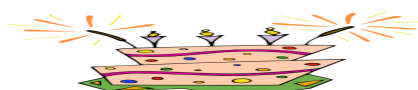


BIRTHDAY CLUB

Pat F. Campus Grp
Ron J. Mustard Seed Grp

FAITHFUL FIVERS

Ron J.
Randy Y.



Calendar of Events

2019 ROUNDUPS & FUNCTIONS

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

Edmonton, AB

Nov 5 **District 57 – Into The Light** Trad. 7
 7:00 pm 11210 – 59 Ave.
 Lendrum Mennonite Church
 Hosted by Thus We Grow Group
 Guest speaker: Past Delegate Larry M.

Winnipeg, MN

Nov.22 – 24 **75th Anniversary Dinner & Dance** \$50.00
 681 Pembina Highway
 Winnipeg Group Clubroom
 Sat. Banquet at The Copa Banquet
 Hall in the Kildonan Motor Hotel
 Contact: 204-963-0409
 Winnipeggroup75th@gmail.com

Las Vegas, NV

Dec. 12-15 **Stateline Retreat 2019** \$100.
 The Original Woodstock of AA
 Tuscany Hotel & Casino

Edmonton, AB

Dec. 31 **New Year's Eve, New York style** \$?
 Contact: ?

Edmonton, AB

June 13, 2020 **75th Anniversary of A.A. in Edmonton**
 Northgate Lions Recreation Centre
 7524 139 Avenue
 If you want to volunteer email
 75thAnniversaryEdmonton@gmail.com



GROUPS IN NEED OF SUPPORT

First Day Group

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

Oilmen's Group

Mon. 8:00 PM 8318 – 104 Street
 Southside Chapter Hse. N dr.

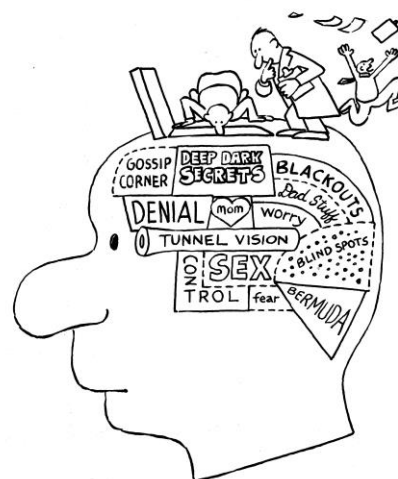
BEYOND AGNOSTICISM

“Many people soberly assure me that man has no better place in the universe than that of another competing organism, fighting its way through life only to perish in the end. Hearing this, I feel that I still prefer to cling to the so-called illusion of religion, which in my own experience has meaningfully told something very different.”

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WHAT'S UP



Isn't our brain a marvelous thing?
 The before and after are a wonder!
 This is what it used to be like, hopefully!