

ECO NEWS

DECEMBER

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Merry Christmas

DELEGATE'S CORNER

This is the last article submitted by your Panel 68 Delegate. I have truly enjoyed writing submissions and also reading your monthly ECO Newsletters these last two years. Thank you for this wonderful opportunity.

It's with mixed feelings that I submit this piece – which is the Remote talk I gave at the 69th General Service Conference in May of 2019. This article involved more peoples' input from Area 78 and required more re-writing and editing than any other. Other delegates asked if they could use this talk in their regions, evidence that our challenges are not unique.

In January you'll hear from our Panel 70 Delegate, Brad F. He has a wealth of knowledge already, having served a few months as Interim Chair, and then as Alternate Delegate, before being elected Delegate in September. Again, my deepest gratitude for allowing me to be part of your newsletter.

Cultural Challenges in Reaching Remote Communities

Thank you for inviting me to participate in the dialogue of this huge and important topic. This is a “we” not a “them” issue. Area 78 is home to vast numbers of cultures - First Nations, Indigenous, the deaf community, people from Mennonite and Hutterite colonies, and people migrating to Canada are some; each with their own distinct culture. If our primary purpose is to carry the message, then finding solutions to cultural challenges becomes paramount. Hopefully ideas from these talks will convey respect for all people coming through our doors and will build trust with newcomers so they keep coming back. This talk is on geography, words and religion: three cultural challenges of remote communities.

Area 78 is the largest geographically in North America, covering almost two million square miles. We have large numbers of remote communities north of the 60th parallel, where Alberta, Saskatchewan and Manitoba end to the north - all within Area 78. Many of these communities experience rampant alcoholism, fetal alcohol syndrome and high mortality rates, year after year. A particularly high suicide rate is noted among young people.

It's hard for most of us to imagine living in a remote community so, allow me to paint you a picture. Imagine you were born and raised in a small community of, let's say, 300 people. You've reached a point in your life where you want to stop drinking before you die. So, you leave home to attend rehab. Completing this, you go back home... to your community of 300 people; you are different from who you were when you left. You no longer fit in as before. The community is your family, friends, coworkers, neighbours – all the same people you now don't relate to in the same way.

And, there is no AA. No meetings to choose from; no AA community or fellowship; no sponsors, no AA literature, no one to phone. Everyone knows everyone and you no longer feel like you belong. Where is your support? If you can imagine this, then you have an idea how some of our members feel in their community and you can understand the high rate of relapse.

Some remote communities have internet, some do not. Building a tower for service is ~ \$3,000: that's a huge cost for a poor community. Some areas do have internet but going online for a meeting in a remote area isn't easy. Often internet's only available at a public center, where there's no anonymity, no escape from gossip. Besides access to online meetings,, we also need professionals, treatment centers and correction facilities to become aware of online meetings as well as knowing about AA literature, sponsorship lists and how to support people wanting to get sober and stay sober.

Now a word about ... words. Words are part of language. If we share the same understanding of words, we can learn and communicate. If there is a breakdown somewhere, there is no learning or understanding – this creates a barrier for sobriety.

My friend, David M, lives in Inuvik, Northwest Territories with his wife, Sandra. In 2014, David sent in a recommendation asking the General Service Office to consider publishing a “plain language version” of the Big Book to assist AA members for whom English is their second language, and for those with low literacy skills or mental challenges. Grasping simple concepts can be daunting when it’s presented in a language we don’t understand. As a former speech language pathologist, I worked with people who had brain damage and fetal alcohol syndrome. They need concepts and ideas to be presented in simple language. People who’ve had a stroke struggle to recall words that were once easy for them. Some of these people come to Alcoholics Anonymous not understanding the textbook, concepts and principles because they don’t get the words in our Big Book. David’s idea of a plain language version of the big book is receiving further consideration at the General Service Board. A talk about words is not complete without discussing the “God” word. No other word has triggered so much angst, in so many people as does the word “God” for alcoholics.

Residential schools operated in Canada for over one hundred years. It is a dark history of unspeakable magnitude. The effects of these Church-run facilities were traumatizing. Attending meetings in a church or being told one must believe in God can re-traumatize. Generations of First Nations, Indigenous people were raised in these institutions; their culture, spiritual practices and their language was ripped away from them. There is much more in the word, “God” which people outside this experience could ever understand. Yet we must. Our big book uses many other references to the spiritual solution besides “God”.

At our last (68th) General Service Conference, we voted to adopt “The God Word” pamphlet, published by AA in Great Britain. The pamphlet says: “There is room in AA for people of all shades of belief and non-belief. It is important to remember that AA is not a religious organization; we have a simple idea that there is a power greater than us as individuals.”

People from remote communities were asked if there were any commonly used words, phrases or sayings that made them feel uncomfortable. Many said that hearing the Lord’s Prayer as a newcomer told them that AA was a Christian organization.

And that leads us to ... religion. Years ago, my first sponsor joined in holding hands when the Lord’s Prayer ended our meetings, but she would not say it. Asking her after, she said it was in deference to those newcomers to AA who may be Muslim, Buddhist or atheist. Religion can become a cultural issue. AA is not a religious society, yet this is probably the most misunderstood concept of Alcoholics Anonymous. It’s the first thing many professionals and the public assume about us. It’s a natural assumption given that we talk about a concept of God, many meetings are held in church basements, and yes, many use the Lord’s Prayer to begin or end meetings.

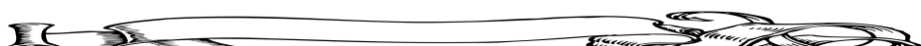
Fortunately, or unfortunately, the Lord’s Prayer is not conference-approved material. I recently read “Should We Say It” from the March, 2019 issue of the Grapevine. The author describes what our fellowship looked like in the 1930s. Our AA program was started by two older, white gentlemen - Bill and Bob - who virtually define WASM – white, Anglo Saxon males. Perhaps those first one hundred members of AA did share similar backgrounds, but that’s just not what AA looks like today. The phrase “we are a people who normally would not mix” continues to reflect our ever-growing, diverse demographic.

Alcoholics Anonymous has over two million members in North America, is offered in over 180 countries. Our big book’s now available in 71 languages. We all come from different backgrounds, and we all belong. Every one of us has our own personal idea of a power greater than ourselves.

If “the only requirement for membership is a desire to stop drinking”, we may ask ourselves: Does using a Christian prayer accurately reflect Tradition 3?; does it inform newcomers of AA’s inclusivity. In *Language of the Heart*, Bill reminds us: “Whatever you do, please don’t let someone else’s religious beliefs prevent you from finding the solution that is available to you through AA.”

I too, stand in unity with my brothers and sisters if the Lord’s Prayer is said to begin or end a meeting, but I will not say it. It conveys an association with religion that is not present in Alcoholics Anonymous. Especially to newcomers. As we continue this dialogue, we become more open to all ways of life, to every person who desires sobriety. We want always to be inclusive, to truly build a fellowship based on respect and trust. So, those are my thoughts. Thanks for listening and thank you all for my sobriety.

Becky P., Panel 68, Area 78 Delegate, AB, NT, W. Nunavut.



A LIFE OF JOY AND HAPPINESS

I Reap More Than My Share

Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore, the joy of good living is the theme of A.A.'s Twelfth Step. (12 X 12 pg. 125) How appropriate it seems that there are twelve months in a year, and we have twelve Steps in the Program. The joy of good living is the theme and it blends right in with Thanksgiving in November, and all the religious holidays in December, and is topped off with the New Year's Eve celebration. This time of year does bring a lot of joy to most of us but it also brings distress to some of the less fortunate ones who haven't yet been blessed with the gift of sobriety and peace of mind, in and outside of A.A.

I used to be very uncomfortable about the holidays as I never knew how to act around normal people. I felt like a charity case and never got into the spirit of reaching out to others. My family always celebrated Christmas, and I always (due to My discomfort) would put a damper on it by complaining about the tacky gifts that people would buy for each other and the mad rush to go shopping and all the commercializing it had become. I explained this to a dear friend once, and he asked, "Does the rest of the family enjoy it?" I said "yes". He then said, "why don't you just take a back seat and watch the joy in their eyes as they experience these things?" I did that exact thing and have been doing it ever since and it has changed my appreciation of this time of year.

This change of attitude has inspired me to apply the unselfish lessons that I've come to understand, and *I spend the holiday season looking for the opportunity to brighten the lives of those less fortunate than myself. I often do these things anonymously and without fanfare.* I also consider how I used to feel when I was the one on the receiving end of a charitable gesture and am very careful to do these things in a way that *preserves their dignity.* I don't have to wait for the holidays to do these things. *Every day is Christmas at my home.* More recently I started to contemplate the difference between Joy and Happiness as I always thought that they were synonymous, and they are in some respects, but they do have some different qualities. I am generally a very happy person as the result of being very diligent when it comes to working the Steps of the program and practicing the principles in all my affairs. I am not without the little inconveniences and irritations that come with my day to day living activities, but they are nowhere near the problems I encountered prior to becoming a member of Alcoholics Anonymous. They do not lower my level of happiness because I simply take them as they come. Over a period, as I mature in this journey, my *mean* level of happiness continues to rise, and I am generally very happy as the result.

When I look at the word Joy, I do not feel that I am in a constant state of Joy but I do have many little things that happen on a day to day basis that rise above my state of happiness and they sometimes bring tears to my eyes. We all can identify with the term "tears of joy." Even unhappy people can have tears of joy occasionally. I was introduced to the principle that "happiness is a byproduct of right living and not an end in itself" I have been living by that principle ever since *and you can believe me when I tell you that I reap more than my share of joy.*

Richard R., Unconditional AA, Poway, CA

JOKES

Charlie went to heaven. He was met at the pearly gates by St. Peter.

St. Peter asked him, "What denomination are you?"

Charlie said, "Well, I don't really know."

St. Peter said, "Well let's go to some of these rooms.

The first room there were sad people on their knees praying.

Charlie asked St. Peter, "Who are they?"

St. Peter said, "They are Protestants."

The second room there were people sitting around using their rosaries.

Charlie asked St. Peter, "Who are they?"

St. Peter said, "They are Catholics."

The third room was smoke-filled and full of people laughing and having a good time.

Charlie asked St. Peter, "Who are they?"

St. Peter said, "We don't know, and they won't tell and say they are only here just for today."

... submitted by Jerry B., South Side Group, before smoking in meetings was banned.,

FELLOWSHIP CORNER

Including, Not Excluding Myself

Since as long as I can remember, I have always thought of myself as a unique individual. Special and different. Can anyone relate?

At the time I believed I was better than the rest of the poor, doomed world I lived in, but in reality, I chose to separate myself from the world because I did not believe I was good enough to be a part of it. When I was drinking myself to a slow death, I always found comfort in the many ways I excluded myself from those who were in a “really bad” state.

I was in what I considered to be the ‘functional’ stages of my addiction: I still had a job, I still paid my bills (some of them at least), no one knew I was drinking more than I should. I still went to the gym and did yoga, my nails were cut, my hair was done, and I even brushed my teeth and washed my clothes! I found great comfort in judging the wino I witnessed having a full-blown conversation with himself walking down the street. I found even more comfort in watching shows like *Intervention* and seeing the many women who sold their bodies to support their addictions, the ones that went to jail, the ones that looked like they could scare a scarecrow away. Because I was totally convinced, I wasn’t like these people, I excluded myself from being like them. This act of exclusion made me feel a lot better about myself and maybe even enabled me to continue for longer than I might have, had I included myself.

The final moment of realization for me when I was sitting in my living room, alone, after having spent maybe 12 hours on the couch watching TV, drinking. I caught myself talking to myself. I even gave a little pause here and there to allow the other person which was not there to respond! That was THE turning point for me; it scared the living daylights out of me. It opened me up to the fact that I was very much the same, if not worse, than all those I had judged over the years. I realized that I desperately needed help. I made the call to a woman whom I had met in AA two years prior and asked her to give me a ride to a rehab. She took me to rehab and kept my two dogs for 30 days; then brought them back to me when I arrived home. She will be in my heart, always.

Over time, I realized that I was no different than those I had judged for so long. I too had had sex with many men, only I did not get paid. I too stole my mother’s life savings and from all my boyfriends. I too stopped caring what I looked like. The picture they took of me upon entering rehab, that they were smart enough to give me upon my discharge, showed me clearly the scarecrow state in which I was in.

If I am to be honest, I will say that “including myself” came as a great relief. Nothing is more exhausting than living such a huge lie, and in such extreme denial. The very minute I embraced that I too, was in a bad state, I was able to begin my journey of getting out of it, and into a much better one.

Today, I know that anytime I am excluding myself from the rest of the planet, it is only due to my fear of living in it. I am thankful for the ability to be objective and to see the beauty in how we are all, not only very much the same, but also very much connected.

... Aminda L., SEPIA Newsletter, Philadelphia, PA



ONCE OVER LIGHTLY

Reprinted with permission from AA Grapevine, August 1967

Here is a story heard at a meeting that is so ridiculous we simply wouldn’t believe it ~ except no one would have the nerve to think up one this far-out.

“It also concerns drunks going to absurd lengths to get a drink, and it is the story of the pair of sots who drank up all their cash one afternoon in the local pub. Broke, and faced with drought, the two of them came up with the plan to end all plans.

Drunk A locked himself in one of the booths in the men’s room, took his outer clothes off and tossed them to his compatriot who hustled them to the local pawnshop. With the loot thus obtained, he purchased as much sneaky pete as he could and hustled back to the booth, where his friend waited shivering. Together they consumed the hootch, got pleasantly bombed and hardly minded when they were hustled to the pokey.

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?

Next meeting is November 21, 6:00 PM at Central Office.

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

WHAT IS THE AA MEANING OF SOBER?

The Man-on-the-Street Speak: May define the word “sober” as: “clear-headed with normal emotions and logical thinking,” e.g.: A jaywalker who jumps in front of traffic would not be considered sober ~ he would not be sober-minded!

AA Speak: If an AA member had not ingested an alcoholic drink in fifteen-years, they would qualify for a fifteen-year token. This would apply to schizophrenics, manic depressives, bi-polar personalities, jaywalkers, and even Lizzie Borden!

Consequently, I have learned to differentiate between whether the person I am listening to is doing “Man-on-the-Street” talk or speaking the language of Alcoholics Anonymous.

For instance, suppose someone, at your next AA meeting, concludes that member X cannot come to logical conclusions, lives in great fear, fury and confusion. Therefore, he or she is not sober.

Question~~ Is this, “Man-on-the-Street” speak? ... or AA-speak? You’re right! This is “Man-on-the-Street-speak!”

It isn’t that one of these statements are right and the other wrong, it’s just to whom you are listening! This also applies to other Big Book words such as “recovered.” This makes for an interesting study as you listen around the AA tables.

WHAT IS THE AA MEANING OF RECOVERED?

The “Man-on-the-Street”-Speak: Often believes the word “recovered” means, as defined from a dictionary, as: “A return to a normal state of health, mind, or strength,” Or “ “To get back on one’s feet.”

Consequently, comes the false notion that if one becomes “recovered” they could once again drink like a normal person. An oft-heard statement: “If I thought I was recovered. I might go back to drinking.” This notion is often followed, from a Non-Big-Book alcoholic, by a lecture on the danger of using that word at AA meetings.

AA Speak: Members who have studied the Big Book understand the implication of the page 85 statement, “The problem has been removed. It does not exist for us” they would understand the physical allergy (Phenomenon of craving after a shot of whisky) will never be removed. If this is true then one may ask, well, if the physical allergy still exists, then what does the Big Book mean by “recovered?” Does it mean anything?

Answer: It means that the once powerful mental obsession to drink has diminished greatly, or perhaps, as one recovered alcoholic expressed:” To drink is no longer in my emotional vocabulary.”

What a wonderful freedom for an alcoholic! Please read how an alcoholic: (Fitz M.) couldn’t drink even if he would (pp. 56-57). Our co-founder, Dr Bob, had thoughts of drinking for over two years, yet never yielded.

One might ask whether his great miracle will happen automatically? Well, recovered is only a conditional state of mind, of which, can rapidly disappear. Page 85 tells us: This is how we react so long as we keep in fit spiritual condition.” I knew here would be a trick to it!

... Bob S., borrowed from The Messenger, Miami-Dade Intergroup

IN GOD'S CARE – DAILY MEDITATIONS

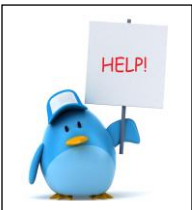
**I am a kind of paranoiac in reverse. I
suspect people of plotting to make me happy.** J. D. Salinger

How many of us, in the depths of our addictions, felt that people were out to get us, that no-one understood us, and that everyone was intent on making us miserable? Most of us, probably! Isn't it amazing how our attitudes have changed? The people in this Program show that they love us, that they expect nothing in return, and that they only want good things for us.

We can say now that people are plotting to make us happy. God puts people into our lives for a reason. If we pay attention, we can learn something from each of them. We learn about love, and about how our Higher Power communicates with us. And we realize the value of having a receptive, optimistic attitude.

As my attitude changes, I become even more able to
give and receive love!

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

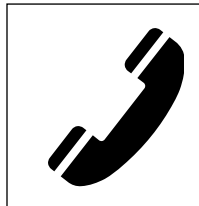


HELP IS NEEDED FOR THE MEETING AT ALBERTA HOSPITAL

Thursdays, at 7:30 PM

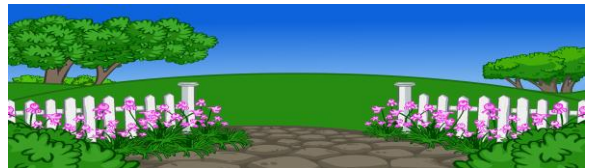
The current coordinator is retiring at the end of the year and wants someone to step forward now so she can show them what is necessary to work with the staff and the patients.

Someone who cares about sobriety
Please contact Mary at 780-457-9443



**A FRIEND
IS ONE WHO
OVERLOOKS YOUR BROKEN FENCE
AND ADMIRES THE
FLOWERS IN YOUR
GARDEN**

... Submitted by Jamie G.



THE PROMISES

Reprinted with permission from AAWS, Page 83-84, Alcoholics Anonymous

1. If we are painstaking about this phase of our development, we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us sometimes quickly, sometimes slowly. They will always materialize if we work for them.



SANTA CLAUS IS A SOBER ALCOHOLIC

T'was the night before Christmas, 1939 and Santa was drinking some sweet crimson wine, Mrs. Santa was wringing her apron in fright as it looked like her husband would not work that night. For centuries each house left Santa a nip to help him survive on his long wintry trip, The finest of wine from the vineyards of France to Kentucky moonshine that made Santa dance. Some ole English ale, then some fine Scotch whiskey made Santa laugh loudly, and made Prancer frisky, "his nose like a cherry" became a trademark, was it red from the wind? or old Cutty Sark? His belly like jelly was from too much beer which Santa kept drinking throughout each New Year, The elves and gnomes helped him into his sleigh and the slightly drunk reindeer pulled him away. When he reached Edmonton, he shuddered with dread for half of the toys were not packed on the sled, He remembered that Sandy wanted a doll but couldn't find one, so he left her a ball. Sandy awoke and started to weep, she needed the doll, or she couldn't sleep. My Daddy's in Europe fighting a war and Mommy's in heaven forevermore. That's why I wanted a dolly, you see because I have no one who cares about me, With tears in his eyes, Santa turned to his sled "Off to New York" to his reindeers, he said.

A wise brave doctor has started a group for the illness I have, no it isn't the croup! "I need help" Santa cried "I let down the kids" and they came from their homes in the mansions and skids. They gathered some gifts and loaded the sled as poor Santa collapsed on the good doctor's bed, The 8 tiny reindeer steered the right way and Santa's work that night was done by A.A. When all of the gifts were delivered that night, the members returned to a terrible sight, Old Santa was shivering, not from the cold and not just because he was 8 centuries old! "Now Santa we helped you out of a jam" not for your sake, but the kids, you Old Ham", Santa returned to the north pole that day and never again took a drink on his way. One night in August, 8 reindeer we saw Christmas in summer, we whispered in awe, It surely was Santa, but not to load socks he was doing a 12 step down by the docks! So, if you leave Santa a nightcap on Yule remember that this old boy is not a fool. He knows where he's at, 8 centuries, 39 and he won't touch your whisky, and he won't drink your wine. leave ginger ale or hot steaming coffee or cocoa or milk or sticky soft taffy, and as the old sleigh pulls out of sight Santa C., A.A. says "to all a goodnight".
... Anonymous

SAYINGS

- Chances are, we are not going to change the world. But we can change our little corner of it!
- Doesn't expecting the unexpected mean that the unexpected is actually expected?

REMOVE FEAR PRAYER p.68.3

God, demonstrate through me what you can do. Please remove my fear and direct my attention to who you would have me be.
... from AA Meeting In A Pocket

HEARD AT A MEETING:

- Bartender: What do you think of the moon shot?
Bar Fly: Sounds good! I'll try one.
- The sign in the bar which read, "If you were wounded in the war on poverty, you'll get sympathy here."
- What's the difference between a man and a machine? Obviously, the machine is quiet when oiled.
- There was a speaker with a scar, and he claimed that his came from drinking white lightning from mason jars while driving over bumpy roads in the Tennessee Hills.
- Procrastination is my sin; it brings me endless sorrow. I really must stop doing it. In fact, I'll start tomorrow.
... Reprinted with permission, AA Grapevine "Once Over Lightly"8/1967

AA IS A SPIRIT

- It cannot be touched nor can it be completely understood.
- It's as wide as the world yet small enough to fit snugly into the heart of man.
- It has brought light where only darkness dwelt.
- It has given hope to the hopeless and help to those who yearned in despair.
- It has nourished forgiveness in those who knew no pity.
- It has given strength to the weak and humility to the strong.
- It has spurred to higher goals those who strove for nothing.
- It has taught patience to the hurried and action to the lazy.
- To youth it has given Vision.
- To the aged – Promise.
- To the lonely – Companion.
- To the restless – Rest.
- To the sick it has been a Doctor.
- To the dying it has revived the desire to live.
- It has no judgement against the unteachable nor has it praise for those who learn.
- To the outcast it has been a family.
- To the ignorant – Wisdom.
- To the wise – Tolerance.
- It has given to all people that which is most precious.
- It has given love for **Truth**, with enough left over to share with each other.

... Anonymous

DAY TWELVE

What do you ask your High Power for? "A boxer was in his corner on his knees praying, and someone asked a minister, "Will that help him?" This minister replied, "Not if he can't box."

... Fr. Joe M. (P 105, Alkiespeak)

God speaks with me, or for me.

... Pocket Sponsor Thumbnail

SPONSORSHIP CHECKLIST

1. Am I sincerely interested in the suffering alcoholic?
2. Am I a good listener?
3. Do I look for opportunities to sincerely compliment others?
4. Is my speech free of sarcasm or prejudice?
5. Do I seek the opinions of others?
6. Do I enjoy giving credit to others?
7. Am I earnestly enthusiastic in my speech?
8. Am I a trustworthy confidant?
9. Do I interrupt others when they are talking?
10. Do I tend to argue?
11. Do I give unsolicited advice?
12. Do I criticize others openly?
13. Do I attempt to look "good" by making others look "bad"?
14. Do I have to force myself to appear positive?
15. Do I tend to exaggerate?
16. Does my voice sound threatening?
17. Do I attempt to impress others by using large and unusual words?
18. Do I use the pronoun "I" too much?
19. Do I tend to brag about my achievements?
20. Do I enjoy proving others wrong?

... Anonymous



DISCLAIMER:

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

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

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

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

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

Fax: (587) 523-4334

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

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	October	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 7,498.26	\$ 65,649.50	\$ 74,000.00	\$ 8,350.50
Individual/Bequeath	\$ 200.00	\$ 3,427.49	\$ 3,300.00	-\$ 127.49
Birthday Club/Faithful Fivers	\$ 300.00	\$ 2,306.00	\$ 2,090.00	-\$ 216.00
Office Supplies / Postage	\$ 167.00	\$ 1,692.46	\$ 862.50	-\$ 829.96
Newsletter	\$ 12.00	\$ 217.00	\$ 165.00	-\$ 52.00
Rental Income-EGSC, etc	\$ 133.80	\$ 1,263.80	\$ 1,000.00	-\$ 263.80
Tradition Seven-meetings	\$ 249.50	\$ 2,800.30	\$ 3,750.00	\$ 949.70
Fundraising	\$ -	\$ 5,500.00	\$ 5,000.00	-\$ 500.00
Other Inc (Interest, etc)	\$ 4.25	\$ 53.36	\$ 40.00	-\$ 13.36
Total General Receipts	\$ 8,564.81	\$ 82,909.91	\$ 90,207.50	\$ 7,297.59
Literature & Medallion				
Literature	\$ 7,027.50	\$ 84,299.25	\$ 77,345.00	-\$ 6,954.25
Medallion	\$ 2,209.00	\$ 20,120.00	\$ 14,880.00	-\$ 5,240.00
Total Literature and Med.	\$ 9,236.50	\$ 104,419.25	\$ 92,225.00	-\$ 12,194.25
		\$ -		
Total Revenue	\$ 17,801.31	\$ 187,329.16	\$ 182,432.50	-\$ 4,896.66
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,140.37	\$ 50,997.57	\$ 46,000.00	-\$ 4,997.57
Meeting list & Greeting Cards	\$ 442.93	\$ 4,310.51	\$ 4,150.00	-\$ 160.51
Medallion Purch /engraving	\$ 1,153.46	\$ 10,610.25	\$ 9,645.00	-\$ 965.25
Freight / Brokerage		\$ 46.20	\$ 80.00	\$ 33.80
	\$ 5,736.76	\$ 65,964.53	\$ 59,875.00	-\$ 6,089.53
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 4,048.73	\$ 4,050.00	\$ 1.27
Literature expense	\$ 22.12	\$ 83.41	\$ 80.00	-\$ 3.41
Communications & Tech	\$ -	\$ -	\$ 1,000.00	\$ 1,000.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ 12.00	\$ 297.24	\$ 800.00	\$ 502.76
	\$ 438.99	\$ 4,429.38	\$ 5,930.00	\$ 1,500.62
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 1,752.14	\$ 2,930.00	\$ 1,177.86
Bank Chgs & Cr Card chgs	\$ 100.32	\$ 1,337.47	\$ 1,230.00	-\$ 107.47
Computer & IT Maintenance	\$ -	\$ 783.26	\$ 5,000.00	\$ 4,216.74
Equipment Lease	\$ 359.77	\$ 3,597.70	\$ 3,970.00	\$ 372.30
Fundraising expense	\$ -	\$ 4,260.79	\$ 5,000.00	\$ 739.21
Insurance	\$ 300.00	\$ 3,000.00	\$ 2,900.00	-\$ 100.00
Newsletter Expenses	-\$ 12.00	\$ 17.85	\$ 40.00	\$ 22.15
Office Supplies	\$ 53.05	\$ 573.02	\$ 2,625.00	\$ 2,051.98
Postage	\$ 107.95	\$ 1,519.93	\$ 1,000.00	-\$ 519.93
Rent	\$ 3,647.56	\$ 35,184.11	\$ 33,340.00	-\$ 1,844.11
Repairs & Maintenance	\$ -	\$ -	\$ 1,700.00	\$ 1,700.00
Salaries, Source, WCB	\$ 5,157.30	\$ 48,606.22	\$ 49,580.00	\$ 973.78
Staff Training / Seminar	\$ 1,412.05	\$ 1,918.98	\$ 3,600.00	\$ 1,681.02
Telephone / Internet	\$ 190.41	\$ 1,962.32	\$ 1,900.00	-\$ 62.32
	\$ 11,503.80	\$ 104,513.79	\$ 114,815.00	\$ 10,301.21
		\$ -		
Total Expenses	\$ 17,679.55	\$ 174,907.70	\$ 180,620.00	\$ 5,712.30
		\$ -		
Income / (Loss)	\$ 121.76	\$ 12,421.46	\$ 1,812.50	-\$ 10,608.96

Edmonton Central Office - 2019 Group Contributions

<u>GROUP</u>	<u>District</u>	<u>Oct</u>	<u>YTD</u>	<u>GROUP</u>	<u>District</u>	<u>Oct</u>	<u>YTD</u>	<u>GROUP</u>	<u>District</u>	<u>Oct</u>	<u>YTD</u>
60 MINUTES TO SOBRIETY	53		\$300.00	HOPE THROUGH FRIENDSHIP GROUP	40		\$0.00	SHER. PARK SISTERS IN SOBRIETY	61		\$0.00
10 AFTER 10 GROUP	46		\$0.00	HOW IT WORKS GROUP	55		\$1,270.00	SHER. PARK TUESDAY NIGHT AT 7	61		\$728.48
84TH STREET	46		\$750.00	IDEAL BOOK STUDIES	63		\$900.00	SHER. PARK THERE'S MORE TO THE STORY	61		\$500.00
AB GROUP	57		\$562.77	INTO ACTION GROUP	40		\$0.00	SHIFTERS GROUP	57		\$500.00
ALANO WOMENS DISCUSSION	46		\$0.00	JASPER PLACE GROUP	40	\$79.86	\$351.36	SIMPLY SOBER AA GROUP	40		\$487.50
AB BEACH - SONS OF THE BEACH	10		\$50.00	JELLNICK JUMPSTART	46	\$63.65	\$113.65	SILVER LAKE AA GROUP	7		\$200.00
ALTERED ATTITUDES GROUP	46		\$0.00	LAC LA BICHE TRI SOBRIETY	8		\$0.00	SOBER COUNTRY - EDSON	5		\$0.00
AMAZING GRACE	46		\$522.83	LAMONT - BEAVERHILL GROUP	20		\$0.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$0.00
AS IT IS GROUP	55		\$212.50	LANCASTER PARK TRI-SERVICE GRP	64		\$119.75	SOBER SOULS OF EDMONTON	46		\$930.00
ATHABASCA AA GROUP	8		\$0.00	LAST CALL GROUP	40		\$400.00	SOUTH SIDE GROUP	57	\$50.00	\$50.00
BACK TO BASICS	64		\$320.90	LEDUC HOW IT WORKS	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEAUMARIS LAKE GROUP	53		\$1,800.00	LEDUC SATURDAY	12		\$0.00	SPRUCE GROVE AFTER 1 GROUP	10		\$100.00
BEAUMONT HOW IT WORKS GR	60		\$200.00	LEDUC SUNDAY BEGINNERS	12	\$200.00	\$400.00	SPRUCE GROVE - SPEAK EASY	10	\$203.40	\$203.40
BEAUMONT GROUP	60		\$1,000.00	LIGHTHOUSE GROUP	53		\$190.05	SPRUCE GROVE FIRST DOOR ON THE LEFT	10		\$0.00
BEAVERLODGE AA	4		\$0.00	LIONS DEN GROUP	57		\$2,100.00	STEP SISTERS	40		\$450.00
BEVERLY GROUP	53		\$0.00	LOVE AT WORK	60		\$100.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	55		\$301.25
BONNIE DOON GROU	55		\$150.00	MANDATE:SOBER GROUP	40	\$50.00	\$500.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
BONNYVILLE SAT NIGHT GRP	3		\$100.00	MILLET: STAIRWAY TO FREEDOM GRP	12		\$0.00	STONY PLAIN - FIRST DOOR ON THE LEFT	10		\$250.00
BREATHE EASY GROUP	40		\$800.00	MILLWOODS GROUP	60		\$0.00	STONY PLAIN - NEW WOMEN'S GROUP	10		\$0.00
CAMEL DISCUSSION CLUB	40		\$2,000.00	MILLWOODS SPRING STEP STUDY	60		\$0.00	STONY PLAIN - SUNDAY 7:30	10		\$0.00
CAMPUS GROUP	57		\$521.46	MONDAY AT 7:30 GROUP	46		\$0.00	STONY PLAIN - WEDNESDAY NITE UPSTART	10		\$0.00
CAMPUS GROUP - BLUE JEAN R/	57		\$0.00	MORINVILLE THURSDAY	9		\$50.00	ST. ANDREW'S MEETING STEP STUDY			\$0.00
CAMROSE CITY GROUP	12	\$50.00	\$50.00	MUSTARD SEED GROUP	46		\$450.00	ST. PAUL - FELLOWSHIP GROUP	3		\$320.00
CAPILANO STEP GROUP	55		\$1,000.00	NEW HOPE GROUP	62		\$0.00	ST. PAUL - YOU GO GAL MEETING	3		\$150.00
CLAREVIEW BIG BOOK GROUP	53		\$135.00	NITON AA GROUP	6		\$0.00	STRENGTH AND HOPE GROUP	46		\$0.00
CORNERSTONE GROUP	46	\$620.00	\$620.00	NO NAME HOME GROUP	63		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	46	\$100.00	\$190.00
CRESTWOOD WELCOME	40		\$500.00	NO SAINTS MEETING	46		\$550.00	SUNDAY MORNING OPEN GROUP (SMOG)	57		\$800.00
DAILY REFLECTIONS GROUP	55		\$0.00	NORTH EDMONTON GROUP	53		\$300.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00
DAYSLAND	12	\$75.00	\$195.00	NORWOOD GROUP	46		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$156.95	\$1,125.00
DEVON MONDAY NIGHT GROUP	12		\$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		\$450.00
DISTRICT 10 UNITY ROUND UP	10		\$630.00	ONOWAY GROUP	57		\$0.00	THE WHY GROUP	46	\$500.00	\$1,800.00
DISTRICT 10	10		\$500.00	OPEN DOOR GROUP	55		\$575.00	THORSBY GROUP	12		\$0.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OUR HOUSE	40		\$150.00	THUS WE GROW	57		\$675.00
DISTRICT 53	53		\$0.00	OUR PLACE GROUP	46		\$0.00	TO SHOW OTHERS	57		\$500.00
DISTRICT 57 COMMITTEE	57		\$0.00	PEACE RIVER AA GROUP	2		\$0.00	TOWER GROUP	46		\$0.00
DISTRICT 64	64		\$0.00	PONOKA THURSDAY NIGHT	12		\$0.00	TURNING POINT GROUP	46		\$0.00
DOLPHIN GROUP	40	\$147.25	\$1,592.90	POUNDMAKER'S TREATMENT CTR	64		\$1,150.21	UNDER NEW MANAGEMENT	57		\$740.00
DRAYTON VALLEY AA.A. GROUP	6	\$1,000.00	\$1,000.00	PROVIDENCE GROUP	57		\$500.00	UNITY STEP GROUP	55		\$521.85
EARLY BIRDS BREAKFAST GROUP	53		\$1,500.00	RAINBOWS TO RECOVERY	57		\$0.00	U OF AA GROUP	57		\$0.00
EASTWOOD GROUP	53		\$50.00	RAY OF HOPE GROUP	46		\$450.00	UP THE CREEK	55	\$500.00	\$1,000.00
ELLERSLIE ROAD GROUP	60		\$622.00	RED ROAD TO RECOVERY	46		\$0.00	UP THE CREEK ANNIVERSARY DINNER	55		\$437.00
EVANSBURG GROUP	6		\$400.00	RIO TERRACE GROUP	40		\$200.00	UP THE CREEK GRATITUDE MONTH	55	\$574.20	\$574.20
FAITH WORKS STEP GROUP	53		\$200.00	RITE TRAC GROUP	53		\$0.00	VALLEYVIEW A.A. GROUP	7		\$50.00
FELLOWSHIP BREAKFAST GRP	57		\$200.00	SAFE HARBOUR	46		\$94.00	VIOLET GROVE LAST CHANCE	6		\$0.00
FIRST DAY GROUP	46		\$0.00	S.A. BREAKFAST GROUP	64		\$1,000.00	VIKING WEDNESDAY NIGHT GROUP	20		\$100.00
FRIENDS OF BILL GOLF TOURN	60		\$426.00	S.A. BROTHERHOOD GROUP	64		\$0.00	WABAMUN WEDNESDAY NIGHT	10		\$0.00
FT MCMURRAY BACK TO BASICS	21	\$500.00	\$500.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	64		\$500.00	WABASCA GROUP	7		\$20.00
FT. MCMURRAY NOONERS	21		\$350.00	S.A. MILLENNIUM GROUP	64		\$0.00	WEST END GROUP	40	\$150.00	\$150.00
FT. SASK BIG BOOK TOOLBOX-TA	61		\$60.00	S.A. ON THE HILL GROUPS	64		\$1,997.60	WE AGNOSTICS	46		\$0.00
FT. SASK TOWN GROUP	61	\$880.00	\$880.00	S.A. SOBER SISTERS GROUP	64		\$50.00	WEST END GROUP	46		\$0.00
FULTON PLACE GROUP	55		\$1,265.00	S.A. STEP X STEP SATURDAY NIGHT GRP	64		\$500.00	WESTEND 12 STEP GROUP	40	\$250.00	\$250.00
GRANDIN MEETING	57		\$150.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WEST END MEN'S GROUP	40		\$1,635.34
GRATITUDE GROUP	53		\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$1,100.00	WESTGROVE GROUP	40		\$0.00
GRIMSHAW SATURDAY NIGHT G	2		\$0.00	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$0.00
H5	57		\$40.00	S.A. WOMEN'S STEP STUDY	64		\$180.00	WESTLOCK SUNDAY BACK TO BASICS	9	\$75.00	\$75.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	SANDY BEACH GROUP	9		\$0.00	WESTLOCK WEDNESDAY	9		\$400.00
HELPING HANDS	60	\$300.00	\$1,162.50	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WESTLOCK WINNERS CIRCLE	9		\$140.00
HIGH PRAIRIE GROUP	7		\$0.00	SERENITY GROUP	46		\$0.00	WESTMINSTER GROUP	46	\$250.00	\$1,200.00
HOME GROUP #1	63		\$227.95	SERENITY POOL SUNDAY MEETING	60	\$350.00	\$950.00	WESTMOUNT GROUP	40		\$0.00
HOME GROUP #11	63		\$200.00	SHER. PARK HAPPY HOUR GROUP	61		\$600.00	WETASKIWIN SUNDAY MORNING	12		\$0.00
HOME GROUP #13	63		\$1,257.00	SHER. PARK GROUP	61		\$1,250.00	WHITECOURT AA GROUP	6		\$0.00
HOME GROUP #18	63		\$0.00	SHER. PARK MILLSHAVEN	61		\$200.00	YOUNG & OLD GROUP	53		\$0.00
HOME GROUP #25	63		\$178.00	SHER. PARK 12 STEPS TO SERENITY	61	\$200.00	\$2,240.00	YOUR CHOICE GROUP	53	\$172.95	\$397.05
Total		\$3,572.25		Total		\$863.65				\$2,982.50	\$18,401.07
			\$25,231.81				\$22,016.62	Grand Total			\$65,649.50

2019 Birthdays

in ~ December

60 Minutes to Sobriety

Last Sunday

Dec. 29 Melissa A. 7 yrs.
Stan C. 15 yrs.
Jeff C. 3yrs,
Joyce F. 22 yrs.

Breathe Easy

First Friday

Jan. 3 Pat L. 39 yrs.
Doug S. 24 yrs.
Jac M. 19 yrs.
Kirk S. 22 yrs.
Cliff P. 53 yrs.

Clareview Big Book

Last Wednesday

Dec. 25 Chris B. 14 yrs.
Drew W. 5 yrs.

Crestwood Welcome

Last Monday

Dec. 30 Don P. 55 yrs.

Ellerslie Group

Last Thursday

Dec. 26 Bruce M. 5 yrs.
Lee P. 8 yrs.

Fulton Place

Last Friday

Dec. 27 Dave R. 7 yrs.

Jasper Place

Last Tuesday

Dec. 31 Ron R. 28 yrs.

Last Call

Last Wednesday

Dec. 25 Bryan S. 1 yr.
Mark C. 1 yr.

Lion's Den

Last Monday

Dec. 30 Krista C. 5 yrs.
Mike K. 27 yrs.
Nathan I. 4 yrs.
Teresa K. 9 yrs.

Lighthouse

Last Friday

Dec. 27 Guy W. 14 yrs.
Kevin N. 10 yrs.
Lynn J. 3 yrs.

Mustard Seed

Last Sunday

Dec. 29 Ron J. 10 yrs.

North Edmonton

Last Thursday

Dec. 25 Myrna N. 42 yrs.
Max L. 37 yrs.

Oilmen's Group

First Sunday -Touch mark

Dec. 1 Joe T. 60 yrs.
Faye E. 19 yrs.

First Monday

Dec. 2. Dale B. 33 yrs.
Faye E. 19 yrs.

Providence

Last Wednesday

Dec. 25 Peter M. 3 yrs.
Amanda M. 12 yrs./.

South Side

Third Friday

Dec. 21 Brian M. 16 yrs.
David G. 2 yrs.
Bob A. 50 yrs.

Step Sisters

Last Wednesday

Dec. 25 Barb H. 2 yrs.

The Why Group

Last Saturday

Dec. 28 Eugene. 4 yrs.
Julie L. 9 yrs.
Fay L. 25 yrs.
Kevin P. 7 yrs.
Michele C. 7 yrs.

Thus, We Grow

Last Tuesday

Dec. 31 Candice B. 32 yrs.
Lola M. 3 yrs.

West End Men's

First Wednesday

Jan. 1 Andre M. 1 yr.
Jared P. 1 yr.
Wayne P. 39 yrs.
Scott W. 10 yrs.

Westgrove

Last Sunday

Dec. 29 Jim M. 32 yrs.
Jewel Mc. 33 yrs.
Alexis G. 7 yrs.

Westminster

Last Saturday

Dec. 28 Kathy B. 43 yrs.
Ron R. 36 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday

Dec. 27 Dianne H. 24 yrs.

*ST. ALBERT

St. Albert Breakfast

Last Sunday

Dec. 29 Jorden T. 6 yrs.
Sheri-Lee L. 10 yrs.
Neil T. 16 yrs.
Bob L. 30 yrs.
Carol M. 6 yrs.
Adam L. 1 yr.
Barb H. 2 yrs.
Mike B. 1 yr.

St. Albert Brotherhood

Last Wednesday

Dec. 25 David L. 36 yrs.
Kern L. 44 yrs.
Carol M. 6 yrs.

St. Albert Sunday Step Study

Last Sunday

Dec. 29 Adam J. 2 yrs.,
Andre M. 1 yr.

DAILY QUOTE

"The simplicity of this program never changes – what works is constant: trust in God, clean House, and work with others." 1997 "Take My Advice – I'm not using it."

... Used with permission from
AA Grapevine.

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
House, N dr.

NEW GROUP

BRING YOUR OWN BELIEFS (BYOB)

Monday, Wednesday & Friday

7: to 8: AM 10728 – 124 Street
Alano Club



Calendar of Events

2019 ROUNDUPS & FUNCTIONS

Edmonton, AB

Dec. 12 Open House at AA Central Office

11 am-7 pm 10544 – 114 St. Room #205
Snacks, coffee, tea as well as
An AA meeting at NOON
Everyone is Welcome

ANNUAL GENERAL MEETING

Dec. 12 7:PM 10544 – 114 St., Rom 205

Las Vegas, NV

Dec. 12-15 Stateline Retreat 2019 \$100.

The Original Woodstock of AA
Tuscany Hotel & Casino

Edmonton, AB

Dec. 24 38th Annual Christmas Brkft. \$25.00

7:30 am Altered Attitudes Group
Chateau Louis Conf. Centre
Contact: 780-906-1750, 780-907-8890
Or Central Office 780-424-5900

Edmonton, AB

Dec 24 Campus Grp Xmas Eve Brkfst. \$30.00

8am Call-up 9624 – 76 Avenue 4-12 yrs. \$15.00
Blue Chair Café
7am Coffee 730 am Bakst

St. Albert, AB

Dec. 24 Annual Xmas Eve Bunch \$25.00

8:30 am 156 St. Albert trail
to-11 am Doors 8:00 Breakfast 9:00 Meeting !0:00
Contact: 780-619-8600 or 587-709-0103

ALKATHONS:

Edmonton, AB

Dec. 24- 6:PM Camel Meetings 8240- 175 St.

25 8:AM Camel Meetings 8240-175 St.

Dec. 31 6:PM Camel Meetings 8240-175 St.

Wetaskiwin, AB

Dec. 24 Masonic Hall 4706 – 46 Ave. 8PM-11PM

25 Alano Club 4903 – 52 St. 1PM - 5PM

25 NOON BOON Noon – 5PMEdmonotn

Edmonton, AB

Dec. 31-Jan 1 Your Choice Group

8PM-3:30AM 6712 – Delwood Rd.
Vantage Point Church

Dec. 31 New Year's Eve, New York style \$30.00

14910 – 72 St. –Kilkenny Comm. Hall

Doors 5:00 Catered Dinner at 6:00

Speaker 7:30 Dance to follow

Contact: 780-200-2726 or Central Office

Dec. 31 New Year's Denim to Diamonds\$25.00

7708 – 85 St. King Edward Park

Contact: 780-903-4012, 780-604-0472

Dec. 31 84th Street Group New Year's \$20.00

6 PM – 1: AM 9210 – 118 Ave. –Alberta Avenue Hall

Contact: 780-607-1062, 780-566-4231

2020 ROUNDUPS & FUNCTIONS

St. Albert, AB

Jan. 17-18 Area 78 Committee Meeting

20 Green Grove Dr.

St. Albert United Church

Accom.: Best Western 460 St. Albert Tr.

Edmonton, AB

Jan.31- Feb.1 "How To" Beat the Midwinter \$50.00

Blues R/U – 8535 – 182 St.

Aldergrove Comm. Hall

Contact: 780-761-2637, 780-424-5900

Viking, AB

Feb. 29` District 20 Sponsorship W/S 7th Trad

Viking Legion Hall

Doors Open 12:30 W/S 1: - 5: PM

Potluck 5:30 – 7: PM

Edmonton, AB

Mar. 27-28 43 Annual District 64 R/U \$35.00

14025 – 167 Avenue

North Pointe Comm. Church

Contact: 780-239-7317, 604-0472, 458-5069

Early bird price by Dec. 31 \$30.00

Edmonton, AB

June 13 75th Anniversary of Edmonon \$ >

9AM- 9 PM 7524 – 139 Avenue

NorthatLion Recreation Centre

The committee requires needs help

Contac: 75tAnnversary Edmonton@gmail.com

Or Email or contat Edmonton Central

office at 780-424-5900

Detroit, MI

July 2-5 85th Anniversary International

World Conference

PLEASE REGISTER BY YEARS END

REGISTRATION FEE GOES UP AFTER



Our Great Responsibility

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

ALCOHOLIC
 APPEAL
 COMMON
 CONCEPTS
 CONFERENCE
 CONSCIENCE
 DELEGATE
 DESTINY
 FOUNDATION
 FUTURE

GENERAL
 GRATITUDE
 GREAT
 GROUP
 LEGACY
 OXFORD
 PETITION
 PRINCIPLES
 RESPONSIBILITY
 SERVANT

SERVICE
 SOBRIETY
 SOCIETY
 TALKS
 TRADITIONS
 TRUSTED
 TRUSTEE
 TWELVE
 UNITY
 WELFARE

*** SPECIAL NOTICE ***

EDMONTON CENTRAL OFFICE SOCIETY *** NOTICE TO ALL INTERGROUP MEMBERS

Dec. 12 **Annual General Meeting at 7:00 PM**
#205, 10544 – 114 St. NW Edmonton, AB
PLEASE PLAN TO ATTEND, even if you don't have an Intergroup Rep.

“RECIPE FOR A HAPPY YEAR”

TAKE TWELVE FINE, FULL GROWN MONTHS. Select only those which are thoroughly free from all old memories of bitterness, rancor, hate and jealousy. Clean them completely free from every clinging spite. Pick off all specks of pettiness and littleness. In short see that each of these months is freed from all the past so that they are as fresh and clean as when they first came from the great storehouse of time.

NEXT, cut these months into thirty or thirty-one equal parts. They will keep for only one year, so do not attempt to make up the whole batch at one time. Far too many people spoil the entire lot in the way. Rather, prepare but one day at a time.

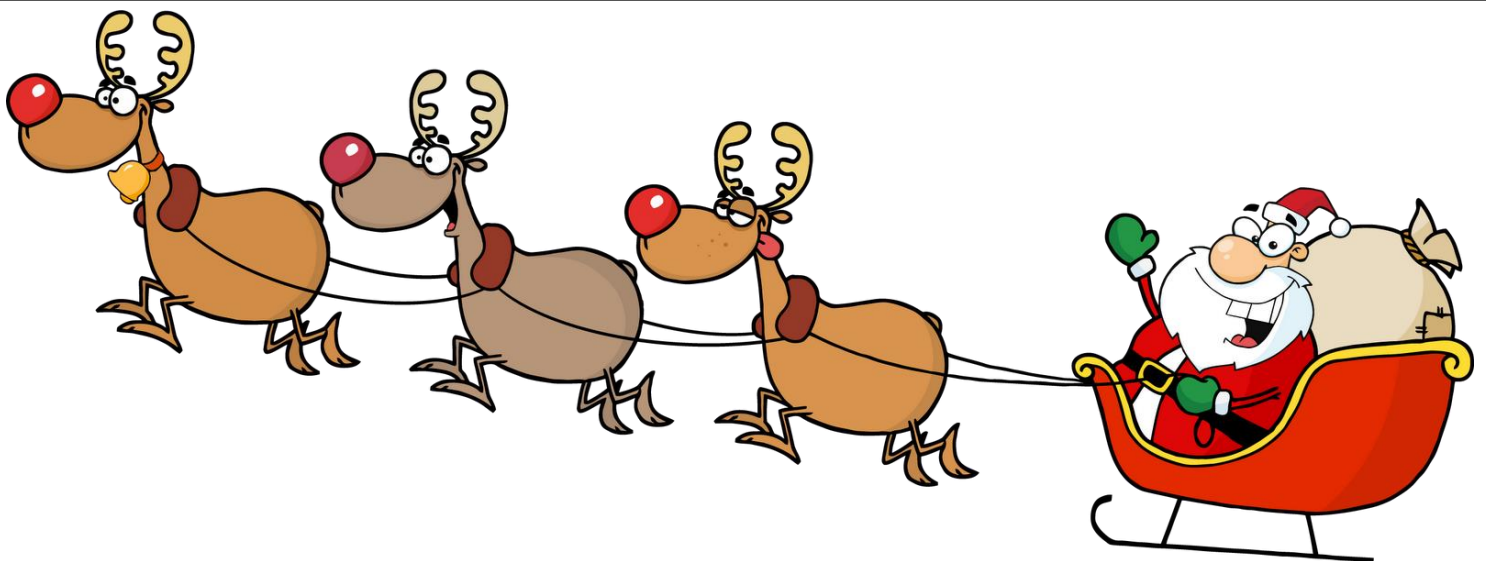
INTO EACH DAY put *Twelve* parts of faith, *Eleven* of patience, *Ten* of courage, *Nine* of work (some people omit this ingredient and so spoil the flavour of the rest), *Eight* of Hope, *Seven* of fidelity, *Six* of liberality, *Five* of kindness, *Four* of rest (leaving this out is like leaving the oil out of the salad – don't do it), *Three* of prayer, *Two* of meditation and *One* part only of well-selected resolution. For spice and sweetening, according to our scruples, add about a teaspoonful of good spirits, and a dash of fun, a pinch of folly, a sprinkling of play and a heaping cup of good humour.

POUR LOVE, ad libitum, into the whole and mix with vim and vigor. Cook thoroughly in a fervent heart. Garnish with a few smiles and a sprig of joy. Then be sure to serve with quietness, unselfishness and cheerfulness – and a HAPPY YEAR is a certainty.

REMEMBER – with a smile and a prayer – twelve new and wonderfully glorious months have been issued in your name to do with as you wish. Father Time has signed your note, so that you have been issued a “credit card” for the entire year!

IF YOU MAKE A MISTAKE, be sure you don't make the same one over again. Laugh at difficulties, and they will soon vanish. Attempt heavier responsibilities, and you will find them growing lighter. Face a bad situation and it will clear up. Tell the truth and find an easier way out. Do an honest-to-goodness day's work every day and reap the rewards. Believe people are honest, and you find them living up to your expectations. Trust in God each day and He will surprise you with His goodness.

... Author Unknown





Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



10 Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



4 Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8 Worship in your own way.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

HAPPY ★ NEW ★ YEAR


I wish everyone a wonderful Holiday and the best in 2020. Bryan S.

Happy Holidays from the Staff & Volunteers at Edmonton Central Office

All the best during the Holidays
Dana H.

For 2020:
May everyone enjoy
a year of "Happiness"
Joy and Freedom

ALL THE BEST
Lynne
Dana H.

Blessings, Peace, and
Joy for the Holiday
Season  Heather
Peace & Contentment all the best of the
season! Rita H.




Peace & Contentment
through the
Holidays
Very FA
Dana H.
AA keeps me going
strong
Best wishes
Lynne

I hope everyone has
a beautiful Holidays
that are full of Love
and peace. Kristina
Peace and serenity to all
Miss D.

Wishing all
freedom
and the holiday
season and new year
Hada

may good
fortune and
peace and
wellness
be all of
2020 for
you all!

Hope all gets
warm in the
New year.
Randy,
Peace in the
New year
Jan B.

ALL THE BEST
HONK
 +  = 

So grateful for the
past year volunteering
@ Central Office!
Merry Christmas
Christine Barbey

Thank you
for the
opportunity
Barbey

Merry Christmas!
Mike L.

Happy Holidays to Everyone!
Dana H.

