

ECO NEWS

\$1.00

March 2020

Edmonton Central Office Society
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DELEGATE'S CORNER THE HOME GROUP

The fear of the unknown. I never understood the need for a home Group. There are plenty of meetings. Why did I have to make such a commitment? I am doing just fine don't you know. A short while later I was on another research project with alcohol and they kept getting darker. Something was amiss and I started going to AA Groups for meetings.

Here are a few of these experiences from Home Groups.

The Home Group is so full of opportunities: opportunities to watch, to learn, to grow and to teach- to lead by example as trusted servants of our message. All these opportunities assist in the beginning of understanding one's responsibility as a member of Alcoholics Anonymous.

While visiting a Group they read the Preamble, which I had heard and read many times, but they read it out of the Grapevine. I learned that evening, our Preamble is the property of The AA Grapevine Inc., hence it is not in the Big Book. Then they read the Steps out of the Big Book in chapter 5. Also, the Traditions out of the Big Book (I never knew the Traditions were in the Big Book). I kept coming to this Group and learned a little more about our Literature at every meeting. You see I wasn't a reader--besides my old meeting didn't use many books.

Because they read out of AA books almost everyone at the table had their Big Books with them – and it wasn't even a big book study. They all followed along during the readings. Wow! I was not accustomed to this, but I have to say I became quite comfortable with carrying and reading my Big Book. How great strides come out of simple "actions".

On another meeting of the week they had a topic meeting and the chairperson picked the topics or readings. They were all out of AA Literature. As Bill Sees It, Comes of Age, Living Sober (which was a great help for this alcoholic early on). They would all share on these topics and if I wanted more info on them, I knew exactly what book to find it in – brilliant!!

We were at a meeting one evening and a long-time member said they never knew much about sponsorship. A member went to the dusty old rack of Literature and picked up a Sponsorship pamphlet and gave it to our friend. They had no idea there was a piece of literature on Sponsorship. There was brief discussion on the pamphlet and our long timer left in delight.

A few of the members recognized a concern. If we can't bring the people to the literature rack – why not bring the rack to the people. So, it began, and through a Group conscience it was decided to pick 12 pamphlets and once a month a group member would share on one piece of literature and have some available to take home. Eventually, it was noticed that more members had something to share and less members were passing on their turn to speak. People were overcoming their fear with knowledge and learning what they belong to. The rack has grown to 2 racks now with plenty of copies on reserve and no dust.

My turn came and they gave me 2 weeks to prepare for the AA Group pamphlet. I read, highlighted and practiced my 3 minutes (5 minutes in alcoholic time). Right away I learned the importance of belonging to a Home Group. It is where we accept, be mentored and act on service responsibilities and try to sustain friendships. It is the strongest bond between the AA member and the Fellowship. The difference between a meeting and a Group. Suggested meeting procedures and the responsibility of self-support. Today, I can share on a Home Group topic with ease when it comes up. Another great learning experience.

One recent meeting I attended moved me. These people talked about a Higher Power, Spirituality and miracles with ease. They spoke with no heavy sighs, no fear and from practice and experience.

23 people in attendance and 21 Big Books on the table of a regular meeting. Of the 11 people to share 6 cried and the others were holding back tears. There were 2 boxes of tissues going in different directions around the room. Members with 2 months to 20+ years were sharing on the miracles of life since coming into AA.

How making amends, sending letters to abandoned children, loved ones lost while we drank and the miracle of these people reaching back now because they see the change, the profound personality change as a result of "living" the program of Alcoholics Anonymous. Many a tear was shared with these speakers by the listeners in the room as well. It was a moving experience like no other, profound, miraculous tears of joy all around. The miracles of putting the principles into "action".

My sponsor reminds me, when posed with a question from a fellow member of AA: "If I reply from a piece of AA Literature, I will get less push back than replying from my opinion (or ego)." Let's all stay on the same page and speak from the same book and maybe the public world does not think us a riddle.

I need worry less of what others are not doing and more of what I am doing – taking the "action".

The very essence of A.A. strength has remained with our home group, which for many has become our extended family. Once isolated by our drinking, we find in the home group a solid, continuing support system, friends and very often, a sponsor.

Become a great member of an active Home Group – The Heartbeat of AA.

Your Trusted Servant, Brad F., Delegate Area 78, Panel 70

THE AA PREAMBLE

The Preamble was introduced in the June 1947 issue of the AA Grapevine magazine. It was written by the then-editor, who borrowed much of the phrasing from the Foreword to the original edition of the book, "Alcoholics Anonymous". In those early years, the Grapevine had just begun to circulate among non-alcoholics, and the Preamble was intended primarily to describe for them what AA is and is not. It is still often used for public information purposes.

As time passed, it began appearing in all the Conference-approved publications, and many AA Groups now use it to open meetings. The original version differed in two ways from the familiar form we all know:

- 1) It stated that "the only requirement for membership is an honest desire to stop drinking." And
- 2) It contained only the very brief statement "AA has no dues of fees."

People often ask why the word "honest" was deleted. At the 1958 General Service Conference, a delegate asked about the words "honest desire to stop drinking", suggesting that since "honest" does not appear in the Third Tradition, it might be deleted from the Preamble. In discussion, most Conference members felt that as AA had matured, it had become almost impossible to determine what constitutes an honest desire to stop drinking, and also that some who might be interested in the program could be confused by the phrase. Thus, as part of the evolution of AA, the phrase had been dropped from common usage.

The midsummer 1958 meeting of the General Service Board of Trustees ratified the deletion, and since then the Preamble has read simply "a desire to stop drinking." At the same time, the phrase "AA has no dues or fees" was clarified to read as it presently does: "There are no dues or fees for AA membership; we are self-supporting through our own contributions." The current version of the Preamble appears on page one of every issue of the Grapevine. When reprinted, the Preamble should carry the credit line: "Copyright by the AA Grapevine, Inc."



BILL W'S LETTER TO A MEMBER CONCERNING DEPRESSION

The following excerpts from a letter of Bill W. were quoted in the memoirs of Tom P., an early California AA member. Tom did not use the person addressed ~ perhaps because he was still living.

Tom said:

Here in part is what Bill Wilson wrote in 1958 to a close friend who shared his problem with depression describing how Bill himself used St. Francis's prayer as a steppingstone toward recovery:

Dear ...

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA ... the development of much more real maturity and balance) which is to say, humility) in our relations with ourselves, with our fellows, and with God.

How to translate a right mental conviction into a right emotional result and so into easy, happy and good living ... well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally.

Last autumn, depression, having no real rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief, I've had with depression, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression? By the hour, I stared at the St. Francis prayer ... "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly I realized what the matter was ... My basic flaw had always been dependence, almost absolute dependence on people or circumstances to supply me with prestige, security and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and institutional satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that as long as I was victimized by false dependencies.

For my dependency meant demand ... a demand for the possession and control of the people and the conditions surrounding me.

This seems to be the primary healing circuit, an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea ... only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet in bright sunshine. *****

Tom said "Bill's words of wisdom helped and inspired me and many others. To those who have never been there, it is hard to describe the gratitude that overflows in men and women who are delivered from the black depths of depression into the light. As with delivery from the bondage to alcohol, it is a hosanna of the heart that never ends.

Reprinted from the West Baltimore Group Homepage

ALCOHOLICS ANONYMOUS

April 18, 2020

Edmonton and Area Intergroup Unity Breakfast The Three Legacies

(Fundraiser Breakfast To Support Our Edmonton Central Office)

Doors: **10:00 am**
Deluxe Buffet
Breakfast: **10:30 am**
Speaker Start: **11:30 am**



Speaker: **Billy N. from Atlanta Georgia**
(Past General Service Alcoholic Trustee)

Event to be held at the

Chateau Lacombe Hotel

10111 Bellamy Hill

in the **Ballroom**

(inside main entrance to the left)

Event Cost:
\$50

Parking Cost:
\$4 (for the day)

Parkade Entrance:
On left side of
Hotel's Main Entrance

For **Lill G.**
Tickets: **Ian B.**

780-686-8743
780-288-7111

or our **Central Office**
780-424-5900

SERENITY PRAYER EXPLAINED

GOD

Saying this word, I am admitting the existence of a consciousness or? Of? A Higher Power that is greater than I.

GRANT

Saying this second word, I am admitting that this consciousness or Higher Power is able to bestow and give to me and to others.

ME THE

I am asking something for myself. Holy books say that if I ask sincerely, it shall be given. It is not wrong to ask for improving myself. For with the improvement of my character, both I and people around me will be happier, and my relationships will have a better chance to improve.

SERENITY

I am asking for calmness, composure and inner peace in my life which will enable me to transcend my ego, to think straight and to govern myself properly.

TO ACCEPT

I am resigning myself to conditions as they are right now. I am living in the now the present moment.

THE THINGS

I acknowledge my tragedy, death, suffering, illness and pain, as part of my life, neither good nor bad. I accept my humanness and fallibility. I am accepting my lot in life as it is. Until I have the courage to change any part of my life I don't like, I myself accept it without doing so grudgingly.

COURAGE

A quality which enables me to deal with the problems and realities of life without reliance on alcohol or drugs. A determination to stand my ground and "slug it out" with all issues, pleasant or otherwise, that might return me to drinking or suing. Strength of my spirit to face and handle negative. Fearlessness in the practice of faith, humility and honesty.

TO CHANGE

In facing these negatives directly and honestly, I am asking for myself and my life conditions to be different for me. I am taking an active part in this changing.

THE THINGS I CAN

I am asking for help to make the right decisions. Everything is not the way I would like it to be in my life. I must continue to face reality and constantly work toward my continued growth and progress.

AND WISDOM

I am asking for the ability to rise above my ego and form sound judgements about myself and my life. I then use my ability to ask for guidance from myself, others and a Higher Power.

TO KNOW THE DIFFERENCE

I want to be able to understand clearly truths of fact. I want to see things differently in my life so that I will be more aware myself and of others. I need to sense a definite value in loving over being selfish.

... From "Alcoholism & Spirituality" by Charles W.

GRAPEVINE DAILY QUOTES

- The day we begin working the Steps, the bottom becomes the foundation.
- Not drinking is the first requirement for joy; the second requirement is gratitude.
- Trying to understand God's miracles and why He performs them, at least for this alcoholic, is something better left to God. I need only say "Thank You."

Reprinted with permission AA Grapevine

THIRD STEP PRAYER

God, I offer myself to Thee ~ to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always. AMEN

... Reprinted with permission AAWS, Big Book, page 63:2

75th Anniversary of A.A. in Edmonton

“WHAT WE USED TO BE LIKE, WHAT HAPPENED, AND WHAT WE ARE LIKE Now”

WE WANT YOU!



The 75th Anniversary Committee is looking for members and groups to participate in the Skit Happens, AA Talent Show, and AA JeopardAA Game taking place at the event on June 13, 2020.

Get your group members or friends together and sign up today!
Go to <http://bit.ly/recoveryskits> and pick out your own skit to perform!

Study the Big Book to prepare for AA JeopardAA!

Bring your Special Talent to perform!

Email us at 75thAnniversaryEdmonton@gmail.com to register your group and skit or to register for AA talent show and more.



WANT TO HELP IN OTHER WAYS?

We will also need help with:

- Archives, and the Edmonton AA Family Tree we are creating,
- Producing the Edmonton AA History booklet, we are preparing,
- Other things, great and small !!!

If you'd like to get involved, either now or later, PLEASE e-mail us at

75thAnniversaryEdmonton@gmail.com

THANK YOU!!!!

**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 March 19, 2020 at 6:00 PM at Central Office.

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

A TRUST IN THE A. A. PROCESS

A Power Greater than Myself

Why the program of Alcoholics Anonymous works so well, on the disease of alcoholism, is hard to fathom when we first come into AA. Most of us are conflicted when confronted with the idea that our perception of life had been all wrong from the very start. Issues like, Faith, Higher Power, Insanity, Surrender, Denial, Guilt, Shame etc. had to be revisited to see where our past thinking had let us down. We realize that we have painted ourselves into the corner of life, and if we're lucky, we become open to the idea that we may have to seek outside help if we want to have any chance of a normal life.

When we go through this process, in the spirit that it is presented, in The Big Book, and the 12X12, wonderful things happen for us. I find it much easier to look *back* at the way the AA program has worked for me, than it was when I first entered the program and tried to look forward and perceive how it was going to *influence every facet of my life in a wondrous way*. I wish there was a way to package it and give it away but as I look back on my own experience in AA and realize how each of us are conditioned differently, I know that, not all of us can envision what the end result will be, for if they did, *they would cut right to the chase and never look back*. In the beginning we usually spend most of our time coming to terms with the most obvious symptom of alcoholism; *the drinking* and I was no exception.

Unfortunately, many of us never get deeper into the program, where most of the healing takes place. For those of us that do come to realize that happiness and, more importantly, peace of mind, are the things that are lacking in our lives and to acquire them, we must get serious and dig deeper into the process that lead to these qualities. This does not mean that we will not experience joy and peace until we complete the process? Not at all, for every time we uncover another piece of the puzzle that barred us from being at peace with ourselves, it allows us to free up that part of our mind that has been wrestling with that issue and we can finally put it to rest. The day to day improvement in our own self esteem will be reward enough to inspire (inspirit) us to address the next issue that needs our attention, and one by one we resolve these matters as we Trudge the Road of Happy Destiny.

Another thing that seems to be a natural result as we navigate this approach is that, with this new awareness, we refrain from making the regretful mistakes of the past that caused our discontent in the first place. Replacing the wrongs with the rights, you might say, doubles the pace of our growth. We only live once and it would be a shame to spend it with that awful mental grinding that goes on between our ears, when the solution is right before our eyes, and if we continue to spend all of our mental energy obsessing on the "not drinking one day at a time" we can do this for years and then, one day, just pick up that drink. A drink has no appeal to alcoholics who are at peace with themselves and with others. Why waste the only life we have, when the answers are laid there at our feet?

Don't get stuck in the rut of complacency. Trust this process and ask yourself if you've been *thorough* with all twelve of the steps and if not, I recommend that you revisit those loose ends and deal with them. Give this a try, and I guarantee that, you won't regret it.

Poway, CA

Rick R., Unconditional AA,

IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

If you keep saying things are going to be bad, you have a good chance of being a prophet. - Isaac B. Singer

We all know men and women who are too often critical and negative. Sometimes we are too often critical and negative. Sometimes we too, are these people. And when we fall into this trap of negativity, our life becomes unnecessarily complicated.

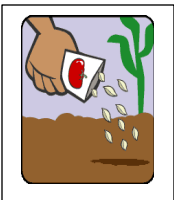
Any behavior we commit, and practice regularly is strengthened, whether it's positive or negative. It benefits us then to practice developing and holding a positive outlook rather than a negative one. Making the decision, each day, to quiet our mind, clearing it of negative expectations, is not a mysterious or difficult undertaking. It is rather an opportunity to influence, in meaningful ways, the many experiences we're destined to have.

We're empowered by claiming responsibility for how we perceive and respond to our opportunities, and thus for who are becoming. _____

I will look at today as a day full of promise with hope and gladness in my heart.

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

QUOTE



We cannot force someone to hear a message they are not ready to receive, but we must never underestimate the power of planting a seed.”



TRUDGER'S PRAYER

God, please put in front of me that which you would have me do.

Give me the clarity of mind and freedom from self to see it.

The willingness and faith to pick it up.

The courage and strength and to carry it my share.

The patience, tolerance and forgiveness for the obstacles that seem to be in my path.

The wisdom to set it down when my turn is through, and the humility to quietly walk on.

... 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**

A.A. HISTORY FOR MARCH

March 1:

1939: Readers Digest failed to write promised article on AA.

1941: Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000.\

March 3:

1947: Nell Wing, Bill's secretary and first archivist of AA, began her career at Alcoholic Foundation Office at 415 Lexington Avenue.

March 4:

1891: Lois Wilson was born.

March 5:

1945: Time Magazine reported Detroit radio broadcasts of AA members.

March 7:

1940: Bill and Lois visited the Philadelphia AA group.

1941: Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.

March 11:

1947: A Priest in St. Paul, Minnesota, founded Calix International. Alcoholics in his parish met after Saturday morning Mass to discuss the readings for the upcoming Sunday and how their faith melded with the Twelve Steps of Alcoholics Anonymous.

March 12:

1940: Ebby Thatcher, Bill Wilson's boyhood friend and sponsor, was reported sober again.

March 14:

1941: South Orange, NJ, AA held an anniversary dinner at the Hotel Suburban with Bill Wilson as the guest speaker.

March 15:

1941: 1st AA group was formed in New Haven, Connecticut.

March 16:

1940: Bill moved the Alcoholic Foundation office to 30 Vesey St., NY. (30 Vesey St., NY, was almost destroyed on September 11, 2001.)

March 21:

1881: Anne Ripley, Dr. Bob's wife, was born.

1966: Ebby Thatcher, Bill Wilson's sponsor, died sober.

March 22:

1951: Dr. William Duncan Silkworth died at Towns Hospital.

1984: Clarence Snyder, founder of Cleveland AA and author of "Home Brewmeister," died at 81, 46 years sober.

March 23:

1941: Sybil C.'s sobriety date. She was the first woman to enter AA west of the Mississippi.

March 25:

1898: Jim B. ("The Vicious Cycle") was born.

1965: Richmond Walker, author of "Twenty-Four Hours a Day" book, died at age 72, almost 23 years sober.

March 29:

1943: The Charleston Mail, WV, reported that Bill Wilson had given a talk at St. John's Parish House.

March 31:

1947: 1st AA group was formed in London, England.

A.A. HISTORY FOR MARCH

Other events in **March**, for which I have no exact date:

- 1936:** AA had 10 members staying sober. At end of 1936 A.A. had 15 members.
- 1938:** Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.
- 1941:** Second printing of Big Book.
- 1941:** 1st Prison AA Group formed at San Quentin.
- 1945:** March of Time film was produced and supervised by E.M. Jellinek and produced by NY AA office
- 1946:** The Jefferson Barracks AA Group in Missouri was formed. It is thought to be the first ever in a military installation.
- 1949:** Dr. Bob considers idea of AA conference premature.
- 1951:** American Weekly publishes memorial article for Dr. Bob.

'I AM NOT GOD'

When I entered AA and took my first moral inventory, I found to my dismay I had been trying to run my life, not only through an alcoholic haze, but with a God complex as well. Because I worked harder than anyone else, sacrificed more, and handed nobnailed boots to anyone who wanted to walk on me, I though I should be called Alcoholic, the Meek.

Not so, pointed out my wise counselor. For all my unrealistic expectations of my own endurance, my God-like vision always narrowed down to the tunnel vision of the bottle. My self-pity turned into resentments heaped on the heads of those people I had worked so hard for.

Sober the AA way, day by day, after eighteen months, I have made an amazing discovery; I do not have to run the universe. I am not GOD. I do not have to carry the world on my shoulders, nor do I have to spin the wheels in my own small world. This is not my job. When I find myself spinning my wheels, I may be stuck in someone else's mudhole. When I bang my head against a door looking for answers, I may be asking the wrong questions.

If I'm living the AA way, there will be a sound solution to any problem. In the meantime, ~ "Easy Does It."

... Reprinted with permission, AA Grapevine, V.E. Tall Timers, Md.

A HELPFUL SUGGESTION ~ ONE DAY AT A TIME

Sobriety can become a habit. Start your morning by asking God (God as you understand Hm) to give you a lift for the day; ask for help in your problems, and guidance in Sobriety. At night before going to slip, thank your Higher Power for the hep given you for that day and pray that you may be sober another 24 hours. You'll notice that the folks who are most active have the easiest time keeping sober. Acquire the habit of being faithful to friendships and responsibilities and remember the greatest pleasure in life is to do a good turn in secret and have it discovered by accident.

... Borrowed from Tri-County Central Office News, Tampa, FA



CO-ORDINATOR FOR MEETINGS AT HENWOOD TREATMENT CENTRE

AA Groups are needed to sign up for weekly meetings at the
Henwood Treatment Centre

18750 - 18 Street

8:00 PM

Please contact ~ James at 587-784-2253

THE TREE OF UNSELFISHNESS

Selfishness, Self-centeredness, the root of all our flaws.
When first I heard those simple words, it really gave me
pause.

Could this be the answer to, the troubles of my past?
Removing all the guilt and shame, my conscience had
amassed.

Unselfishness was not a word; my EGO could embrace.
For it was much more satisfied, when I lived in disgrace.
When in the clutch of my disease, I really had no choice.
But in the comfort of A.A, I heard God's loving voice.

He had me check my motives for, my habits and my
deeds.

And redirect my thoughts to meeting, other people's
needs.

As I adopted this approach, not looking for approval.
Joy filled that dark and guilty space, left after their
removal.

Unselfish motives are the seeds. that spawn this loving
tree.

The fruit of which brings happiness, to both them and
me.

These things could not have happened, when my EGO
had control.

It was my choice to summon up, my Conscience for
that role.

Unselfishness has been the answer, to a life of grief.

The more I put it into play, the more I get relief.

It's my Conscience now that monitors, my motives at
their roots.

The result has been a healthy tree, and I enjoy the
fruits.

By Rick R., Unconditional AA, Poway, CA

IF GOD SHOULD GO ON STRIKE!

How good it is that GOD above has
never gone on strike, because He wasn't treated
fair in things He didn't like.

If only once He'd given up and said,
THAT'S IT I'M THROUGH! I've had enough of
those on earth, so this is what I'll do.

I'll give my orders to the sun – cut off
the heat supply! And to the moon – give no
more light and run the ocean's dry.

Then, just to make things really tough
and put the pressure on, turn off the vital
oxygen, till every breath is gone!

You know He would be justified if fairness was
the game, for no one has been more abused or
met with more disdain. And yet He carried on,
supplying you & me with all the favours of His
grace and everything for free.

Members say they want a better deal,
and so on strike they go, but what a deal we've
given GOD, to whom all things we owe.

We don't care whom we hurt to gain the
things we like **BUT WHAT A MESS WE'D ALL BE
IN. IF GOD WOULD GO ON STRIKE!**

... Anonymous



STEP THREE

"Made a decision to run our will and our lives over to the care of God as we understood Him."

Step Three is like opening of a locked door. How shall we let God into our lives? Willingness is the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to over to a Higher Power. Misuse of willpower. Sustained and personal exertion necessary to conform to God's will.

TRADITION THREE

"The only requirement for AA membership is a desire to stop drinking."

Early intolerance based on fear. To take away any alcoholic's chance at AA was sometimes to pronounce his death sentence. Membership regulations abandoned. Two examples of experience. Any alcoholic is a member of AA when he says so.

PROMISE THREE

We will not regret the past nor wish to shut the door on it.

... Reprinted with permission AAWS, "Twelve Steps and Twelve Traditions and the Big Book."



Twelve Steps And Twelve Traditions

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

ADMITTED
ATTRACTION
AUTHORITY
AWAKENING
BELIEVE
COMMITTEES
DECISION
DESIRE
ENDORSE
FEARLESS

FOUNDATION
FULLY
KNOWLEDGE
OPINION
POSSIBLE
POWERLESS
PRINCIPLES
PROMPTLY
PURPOSE
READY

SERVICE
SHORTCOMINGS
SOCIETY
STEPS
TRADITIONS
TWELVE
UNITY
WELFARE
WHOLE
WILLING

Edmonton Central Office Society
INCOME STATEMENT 2019

	Current Month			
-	January	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 5,008.25	\$ 5,008.25	\$ 8,000.00	\$ 2,991.75
Individual/Bequeath	\$ 100.00	\$ 100.00	\$ 350.00	\$ 250.00
Birthday Club/Faithful Fivers	\$ 344.00	\$ 344.00	\$ 200.00	-\$ 144.00
Office Supplies / Postage	\$ 168.08	\$ 168.08	\$ 75.00	-\$ 93.08
Newsletter	\$ 8.00	\$ 8.00	\$ 15.00	\$ 7.00
Rental Income-EGSC, etc	\$ 145.70	\$ 145.70	\$ 100.00	-\$ 45.70
Tradition Seven-meetings	\$ 259.90	\$ 259.90	\$ 375.00	\$ 115.10
Fundraising	\$ -	\$ -	\$ -	\$ -
Other Inc (Interest, etc)	\$ 5.69	\$ 5.69	\$ 4.00	-\$ 1.69
Total General Receipts	\$ 6,039.62	\$ 6,039.62	\$ 9,119.00	\$ 3,079.38
Literature & Medallion				
Literature	\$ 10,644.20	\$ 10,644.20	\$ 8,475.00	-\$ 2,169.20
Medallion	\$ 2,717.00	\$ 2,717.00	\$ 1,715.00	-\$ 1,002.00
Total Literature and Med.	\$ 13,361.20	\$ 13,361.20	\$ 10,190.00	-\$ 3,171.20
		\$ -		
Total Revenue	\$ 19,400.82	\$ 19,400.82	\$ 19,309.00	-\$ 91.82
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 6,317.78	\$ 6,317.78	\$ 5,500.00	-\$ 817.78
Meeting list & Greeting Cards	\$ 620.81	\$ 620.81	\$ 425.00	-\$ 195.81
Medallion Purch /engraving	\$ 1,590.28	\$ 1,590.28	\$ 1,050.00	-\$ 540.28
Freight / Brokerage	\$ -	\$ -	\$ 10.00	\$ 10.00
	\$ 8,528.87	\$ 8,528.87	\$ 6,985.00	-\$ 1,543.87
Intergroup Expenses				
12 Step Answering	\$ 404.88	\$ 404.88	\$ 400.00	-\$ 4.88
Literature expense	\$ 1.68	\$ 1.68	\$ 10.00	\$ 8.32
Communications & Tech	\$ -	\$ -	\$ 100.00	\$ 100.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ 237.24	\$ 237.24	\$ 100.00	-\$ 137.24
	\$ 643.80	\$ 643.80	\$ 610.00	-\$ 33.80
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 156.95	\$ 156.95	\$ 385.00	\$ 228.05
Bank Chgs & Cr Card chgs	\$ 169.14	\$ 169.14	\$ 110.00	-\$ 59.14
Computer & IT Maintenance	\$ 133.24	\$ 133.24	\$ 500.00	\$ 366.76
Equipment Lease	\$ 359.77	\$ 359.77	\$ 390.00	\$ 30.23
Fundraising expense	\$ -	\$ -	\$ -	\$ -
Insurance	\$ 300.00	\$ 300.00	\$ 300.00	\$ -
Newsletter Expenses	\$ 0.72	\$ 0.72	\$ 5.00	\$ 4.28
Office Supplies	-\$ 238.50	-\$ 238.50	\$ 262.50	\$ 501.00
Postage	\$ 386.30	\$ 386.30	\$ 100.00	-\$ 286.30
Rent	\$ 2,981.52	\$ 2,981.52	\$ 3,330.00	\$ 348.48
Repairs & Maintenance	\$ -	\$ -	\$ 150.00	\$ 150.00
Salaries, Source, WCB	\$ 4,566.78	\$ 4,566.78	\$ 4,700.00	\$ 133.22
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 190.41	\$ 190.41	\$ 200.00	\$ 9.59
	\$ 9,006.33	\$ 9,006.33	\$ 10,432.50	\$ 1,426.17
		\$ -		
Total Expenses	\$ 18,179.00	\$ 18,179.00	\$ 18,027.50	-\$ 151.50
		\$ -		
Income / (Loss)	\$ 1,221.82	\$ 1,221.82	\$ 1,281.50	\$ 59.68

2020 Birthdays for March

60 Minutes to Sobriety

Last Sunday
 Mar. 29 Jim M. 10 yrs.
 Kim M. 16 yrs.

Breathe Easy

First Friday
 Apr. 3 Hank M. 9 yrs.
 Linda S. 3 yrs.

Clareview Big Book

Last Wednesday
 Mar. 25 Chelsea F. 4 yrs.

Crestwood Welcome

Last Monday
 Mar. 30 Jack D. 40 yrs.
 Jane B. 39 yrs.

Ellerslie

Last Thursday
 Mar. 26 Dean M. 19 yrs.

Fulton Place

Last Friday
 Mar. 27 Ray L. 38 yrs.
 Richard W. 22 yrs.
 Brian L. 33 yrs.
 Dave C. 9 yrs.
 Jordan D. 3 yrs.

Jasper Place

Last Tuesday
 Mar. 31 Rebekah S. 7 yrs.

Last Call

Last Wednesday
 Mar. 25 Bryan H. 8 yrs.
 Glenn L. 2 yrs.
 Marty S. 3 yrs.
 Thomas. 2 yrs.

Lion's Den

Last Monday
 Mar. 30 Bob D. 36 yrs.
 Garnet S. 19 yrs.
 Jim G. 10 yrs.

Lighthouse

Last Friday
 Mar. 27 Leanne H. 3 yrs.
 Jane. 3 yrs.

Oilmen's

First Monday
 Apr. 6 Ron G. 41 yrs.
 Kenny E. 15 yrs.

Providence

Last Wednesday
 Mar. 25 Mary Jo W. 33 yrs.
 Mykola S. 3 yrs.

Rite Trac

Last Tuesday
 Orest S. 3 yrs.

South Side

Third Friday
 Mar. 20 Andy R. 15 yrs.
 Dan S. 3 yrs.

Step Sisters

Last Wednesday
 Mar. 25 Cathy C. 10 yrs.
 Cheryl T. 4 yrs.

The Why Group

Last Saturday
 Mar. 28 Jane Z. 32 yrs.
 Lori R. 33 yrs.
 Ron R. 4 yrs.
 Daren B. 25 yrs.
 David K. 4 yrs.

Thus, We Grow

Last Tuesday
 Mar. 31 Ron S. 7 yrs.
 Maybeth D. 11 yrs.
 Cathy S. 18 yrs.

West End Men's

First Wednesday
 Apr. 1 Brett M. 13 yrs.
 Ross M. 1 yr.
 Logan M. 2 yrs.
 Ken C. 9 yrs.

Westgrove

Last Sunday
 Mar. 29 Shelby B. 5 yrs.

Westminster

Last Saturday
 Mar. 28 Roger B. 44 yrs.
 Mike L. 3 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday
 Mar. 28 Milt C. 40 yrs.

Twelve Steps to Serenity

Last Monday
 Mar. 30 Michele T. 6 yrs.
 Stacey. 1 yr.
 Rochelle R. 3 yrs.
 Chris N. 2 yrs.
 Stephan. 2 yrs.



*ST. ALBERT

St. Albert Breakfast

Last Sunday
 Mar. 29 Dianne N. 25 yrs.
 Andreas A. 5 yrs.
 Simone H. 8 yrs.
 Brian M. 35 yrs.
 Lauralee. 1 yr.

St. Albert Brotherhood

Last Wednesday
 Mar. 25 Ben C. 6 yrs.
 Bill S. 42 yrs.

St. Albert Sunday Step Study

Last Sunday
 Mar. 25 Scott C. 34 yrs.
 Eddy. 3 yrs.

Millet, AB

Wednesday
 May 20 HUGH D. ** 50 yrs.

BIRTHDAY CLUB

No members this month

FAITHFUL FIVERS

Rose P.



GROUPS IN NEED OF SUPPORT

First Day Group (Last)
 Mon. 8:00 PM 10528 – 98 St.
 Marion Centre

Oilmen's Group (O)
 Mon. 8:00 PM 8318 – 104 Street
 S.S. Chapter Hse, N dr.

60 Minutes to Sobriety (Last)
 Sun. 8:00 PM 13708 – 74 St.
 McClure Unit. Church
 Elevator

St. Albert Brotherhood (Last)
 Wed. 8:00 PM 15 Corriveau Ave.
 Red Willow Church

Calendar of Events

2020 ROUNDUPS & FUNCTIONS

Leduc, AB

Mar. 7th District 12 Breakfast Workshop 7th Trad.
Carrying the Message; PI & CPC
4606 – 48 Street
Peace Lutheran Church
Contact: 780-221-2890
email: lgodin2400@yahoo.ca

Red Deer, AB

Mar. 20-22 Area 78 Assembly
Cambridge R.D. Hotel
3310 – 50 Avenue

Edmonton, AB

Mar. 27-28 43rd Annual District 64 R/U \$35.00
14025 – 167 Avenue
North Pointe Comm. Church
Contact: 780-239-7317, 604-0472, 458-5069

Bonnyville, AB

Apr. 17-19 District 3 Annual AA Roundup \$20.00
4813 – 47 Ave. Youth (7-16) \$10. Kids free
Bonnyville Seniors Centre
Contact :780-826-0060, 812-5722, 201-3474

Edmonton, AB

April 18 Edm. & Area Intergroup \$50.00
10 AM **Unity Breakfast Fundraiser**
10111 Bellamy Hill, Chateau Lacombe
Parking is \$4.00 for the day
Contact: 780-686-8743, 780-288-7111

Edmonton, AB

April 19 25th Anniv. 60 Minutes to Sobriety 7th Trad.
6:00 PM come and enjoy snacks and refreshments
13708 – 74 St. McClure United Church

Ardrossan, AB

Apr. 24-25 District 61, 12th Annual R/u \$50.00
80 – 1 Avenue
Ardrossan Community Hall
Speakers only \$30.00

Fort St. John . BC

May 1-3 50th Anniversary Roundup ?
9896 Cherry Ave. West
Taylor Community Hall
Contact: 250-793-2297 / 04-999-9401
fsjroundup@gmail.com

Millet, AB

May 20 The Stairway to Freedom 7th Trad
7:PM Social, please bring a snack to share
8:PM Speaker meeting to celebrate
Hugh D., 50th AA Birthday

Yellowknife, NWT

May 22-23 Area 78 Committee Meeting
Place to be announced later

Calgary AB

May 29-31 Western Canada Regional Forum
1000 Glenmore Ct. SE
Glenmore Inn
Contact: 403-275-8611

Edmonton, AB

June 10 West End Men's Annual \$30.00
5:00 PM **Beef Dinner**
16415 – 83 Avenue
Elmwood Community Hall
Contact: 780-446-8641

Edmonton, AB

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5:00 PM **Beef Dinner**
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Elmwood Community Hall
Contact: 780-446-8641

Edmonton, AB

June 13 75th Anniver.of Edmonon \$40.00
9AM- 9 PM 7524 – 139 Avenue
NorthateLion Recreation Centre
The committee requires needs help
Contact: 75thAnnversaryEdmonton@gmail.com
Or Email or contact Edmonton Central
office at 780-424-5900

Cardiff, AB

June 26-28 Annual AA Roundup \$35.00
21 Discovery Way Sat. Nite \$25.
10 min. Morinville Youth (13-18) \$25.
Contact : 780-266-0871, 660-6895
915-8433, 995-0871, 715-6970
515-2672, 515-1329 & 587-986-2588

Detroit, MI

July 2-5 85th Anniversary International
World Conference
PLEASE REGISTER BY YEARS END
REGISTRATION FEE GOES UP AFTER
APRIL 15, 2020

