



DELEGATE'S REPORT ~ THE CHAMELEON EFFECT

As an active alcoholic, my biggest concern was to conceal my copious intake of alcohol at any one sitting or function. I quickly learned not to stand out. So begins the journey of the full-blown alcoholic. My life consisted of living to drink every day and for that day only. These are my early practices of "One day at a time".

When my friends noticed I drank too much, it was time for a change. A change in friends that is. As a result, I learned quickly to fit in with the new crowd. To take on their habits and ways, their lingo and shenanigans – in order to hide my drinking, I became the "master chameleon". I had learned to be "adaptable", which implies a modification according to changing circumstances. I was able to adapt quickly, and I was good at it.

Upon awakening, many an alcoholic realizes they had no identity after all. They were made up of a compilation of others who had wandered into their life for periods of time. There was no real me anymore, staring back from the glass. I came into AA and started to adapt slowly, what I had to hide could no longer be hidden.

The Chameleon was gone. I grew to like the change and the new adaptability was welcomed. Clarity came with an abundance of support and love--a love I was incapable of providing for myself. Change and acceptance were rays of light I could walk with, in the face of fear and insecurity. I learned to take time for myself and to learn a little more about whom I had been travelling with, Me.

I have learned I am responsible for my own sobriety – not others. I cannot live in a world of self-deprecation, for I have a right to be sober today no matter of my past. As a member of AA, I have a responsibility, a responsibility to work with other Alcoholics. As stated in the forward to the second edition of the Big Book of Alcoholics Anonymous, "One alcoholic could affect another as no non-alcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery."

And now today has a whole new perspective, a new "One day at a time", but the role stays the same. What are you doing today in the spirit of service? We talk about problems because we are problem people who have found a way up and out, and who wish to share our knowledge of that way with all who can use it. For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living.

Therefore, "The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word." (Twelve Steps and Twelve Traditions, pg106) By sharing with alcoholics who are still in distress, we begin practicing the 12 Steps in the hopes that they may find emotional sobriety as we have.

Putting this step into action; a 'priceless' experience. I have discovered I am no longer a thief; I am giving without ulterior motives. This growth was a spiritual awakening. Being able to give without taking is a cornerstone upon which a firm foundation of service can be built. For we have ability to instill a desire in people, to want to change from within.

The rewards of working with fellow alcoholics, through applying the 12th Step, create lifelong characteristics which increases the likelihood of permanent sobriety. Bill stated the alcoholic, "finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable." Every alcoholic has something to give.

DELEGATE'S REPORT ~ THE CHAMELEON EFFECT

Continued...

By sharing one's own experience it quantifies strength and hope within. By sharing our common strivings to overcome our defects we experience a "love freely given" that will "surely bring a full return". As Step 12 states, "True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God." (STEP TWELVE page 124-125)

This is the power of the 12th Step and examples we practice in our daily lives. Faith allows me to stop wondering what might happen and guide me on what to do. It's not someone else, it's me and my actions that I need to keep in mind. "We recovered alcoholics are not so much brothers in virtue as we are brothers in our defects, and in our common strivings to overcome them." (As Bill Sees It page 167)

Note: *Then came COVID-19 and I felt alone again. In these changing times please remember to reach out to a fellow alcoholic; someone you have not seen in a while or a newcomer. Have coffee over the telephone. Utilize digital platforms such as Zoom, Google Hangouts, or conducting conference calls. Make someone's day and in turn it will make your day too.*

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

TRADITION FIVE CHECKLIST?

Reprinted from AA Grapevine Traditions Checklist

"Each Group should be autonomous except in matters affecting other groups or AA as a whole."

1. Do I ever cop out by saying, "I'm not a Group, so this or that Tradition doesn't apply to me?"
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if they get mad at me for not giving them a loan?
3. Have I today imposed on any AA member a special favour or consideration simply because I am a fellow alcoholic?
4. Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
5. Do I help my Group in every way to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

MESSAGE FROM PAT L.

I know this.

When this end ~ **AND IT WILL** ~

Every game will be sold out,

Every restaurant will have a two-hours wait,

Every kid will be glad to be in school,

Everyone will love their job.

The Stock Market will skyrocket,

Every other house will get TP'd,

And we'll all embrace and shake hands.

That's gonna be a pretty good day.

HANG IN THERE WORLD.

THOUGHTS ON THE TWELVE STEPS

As a rule, when an individual makes their first approach to AA, their immediate objective is the limited one of finding out the physical answer to their problem of how to stop drinking. Even after months of sobriety, they may sometimes be heard to say that they joined AA to stop drinking and that they are quite satisfied with that achievement alone. But is a state of “not drinking” all we may seek to gain from our membership? Does not the Second Step point to our real quest, restoration to Sanity of Living, and therefore, to Sanity of Thinking.

It has been authoritatively said that one of the essentials for a mature personality of life, and that this philosophy must surely be a spiritual one. How does this connect up with our AA way of life? In the usual AA manner, quite simply. The Twelve Steps contain the essential philosophy to distract the member from their former insanity of thinking and to attract them towards a better and more unselfish conception living. The principles suggested are these: -

1. A serene acceptance of the fact and the consequences of being an alcoholic
2. A continued quest for up-to-date self-knowledge, by means of a moral inventory.
3. Reparations for wrongs committed in the past.
4. Un-self-seeking aid to other alcoholics at all times, under all circumstances.
5. A living real Faith in the capacity and the will of a power Higher than oneself to bring about the restoration to Sanity and Happiness.

Merely ceasing to drink can, at best, be a stopgap alone. Many of us have been able to accomplish that much for periods, long or short, in the past. We seldom derived much happiness or satisfaction from it, nor had we any real conviction that this sobriety would endure. Something was always lacking from it. We believe that “Something” has now been supplied to us in the philosophy of the Twelve Steps, a spiritual program for a disease of the spirit.

Borrowed from “The Road Back Newsletter” Dublin, Ireland – April 1951

SHOEMAKER, STICK TO THY LAST

I Hope I Never Stray

I remember how it was when I was a child in the 1940s when there was only one doctor in the community where I lived. I was one of ten children in my family and we had to deal with all of the different physical ailments that kids went through in those days. We were poor and didn't have the luxury to take our pick of doctors. Today I could liken it to what you see in many of the third world countries. Since then, as medical research has evolved, many of problems of that time have been eliminated and the medical profession is made up of an abundance of specialist that focus on specific fields that they have experience in and as a result become experts in that field. Not being distracted by the need to know the specifics of all of the other specialists, they continue to dig deeper into the field that they are familiar with and new ideas about how to identify and cure those specific ailments.

If a person in AA attends a weekly step study meeting that also studies the 12 traditions they would know; by the stories in the book, the pains and struggles that those first hundred members, that put the twelve step program together, suffered through. The 12 traditions came later when they realized that mixing outside issues with the AA program would probably end in disaster as it happens to the Oxford Group and The Washingtonians. The first printing of the 12X12 was in 1953 and those traditions were pounded out on anvils of steel and they have been the protective coating that has insulated Alcoholics Anonymous from getting affiliated with outside organizations.

Tradition Five “*Each group has but one primary purpose—to carry its message to the alcoholic that still suffers.*” I have known many members of AA who have worked outside of AA itself in rehabilitation centers and such, and there is no conflict of interest as long as that person does not imply that he/she represents Alcoholics Anonymous. Some of those members are pillars of AA at their own group level but maintain a healthy separation when it comes to non-affiliation.

We learn in AA that we have to give it away to keep it. If carrying the message was not the primary purpose of the group how could AA sustain itself as far as new membership was concerned? My experience in the program has been one of appreciation for the wisdom of the founders who understood that carrying the message benefit's both the giver and the receiver. In the words of Shakespeare: The quality of mercy is not strained, it dropped as the gentle rain from heaven upon the place beneath: It is twice blest; it blessed him that gives and him that takes.

I find that the AA program is the most successful approach to the disease of alcoholism. I hope we never stray from this tradition and that spirit of carrying the message to those who still suffer. I owe my life to it.

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

WHO RUNS AA?

Sometimes, newcomers in AA will ask: WHO RUNS AA? We are perfectly safe in answering NO ONE REALLY. AA has no government, as such.

But the nearest thing to a boss in AA is the Group itself. As a Group, we direct our own activities, and because we want to help other Groups and because we need more services than we can furnish ourselves we are part of what is known as GENERAL SERVICES.

The General Services Office or G.S.O. is located in New York, but the direction of it starts RIGHT HERE. In the Group. Here we select a G.S.R. ~ a General Service Representative ~ who meets with other G.S.R.'s to set up an Area Committee. The Committee selects a General Services **DELEGATE**.

In April of each year, our Delegate meets with 94 others from the US and Canada ~called the **GENERAL SERVICE CONFERENCE** to help the Trustees map out their programs for carrying the message world-wide.

General Services is 12th Step Work, but on a national and international basis. It helps get Groups started in the US and Canada and all over the world. It helps Groups and Central Offices with their problems of finance, meeting programs, public information and steering committees. It is responsible for publishing and distributing all the books and pamphlets which the Conferences approves. It works in a score of ways to help knock out roadblocks to AA's growth and progress.

General Service is OUR service office for carrying the message to places, and under conditions, that are beyond the limits of any one Group or Central Office, and just as the direction of General Services starts here in this Group, so does its support. Groups support their General Service Office -their GSO- as they do everything in AA -without help from outside the Fellowship.

The do it by sharing GSO costs with twice-a-year contributions – usually figured at the rate of (\$3.65*) \$5.00 - \$10.00 per member per year. Many Groups contribute more – to balance those who can't carry their share because they are just starting -or because they are in prisons or hospitals, or in low economy countries overseas.

So, next time someone asks”

“WHO RUNS AA?”

Tell them: **NO ONE. WE RUN OURSELVES AND SUPPORT OUR OWN SERVICES.**



- This document was found in our files in 1990 and was produced in the 50's or 60's

IN CASE ANYONE WAS CONFUSED...COVID-19...THE RULES:

1. Basically, you can't leave the house for any reason, but if you have to, then you can.
2. Masks are useless, but maybe you have to wear one, it can save you, it is useless, but maybe it is mandatory as well.
3. Stores are closed, except those that are open.
4. You should not go to hospitals unless you have to go there. Same applies to doctors, you should only go there in case of emergency, provided you are not too sick.
5. This virus is deadly but still not too scary, except that sometimes it actually leads to a global disaster.
6. Gloves won't help, but they can still help.
7. Everyone needs to stay HOME, but it's important to GO OUT.
8. There is no shortage of groceries in the supermarket, but there are many things missing when you go there in the evening, but not in the morning. Sometimes.
9. The virus has no effect on children except those it affects.
10. Animals are not affected, but there is still a cat that tested positive in Belgium in February when no one had been tested, plus a few tigers here and there...
11. You will have many symptoms when you are sick, but you can also get sick without symptoms, have symptoms without being sick, or be contagious without having symptoms. Oh, my God.
12. In order not to get sick, you have to eat well and exercise, but eat whatever you have on hand and it's better not to go out, well, but no...
13. It's better to get some fresh air, but you get looked at very wrong when you get some fresh air, and most importantly, you don't go to parks or walk. But don't sit down, except that you can do that now if you are old, but not for too long or if you are pregnant (but not too old).
14. You can't go to retirement homes, but you have to take care of the elderly and bring food and medication.
15. If you are sick, you can't go out, but you can go to the pharmacy.
16. You can get restaurant food delivered to the house, which may have been prepared by people who didn't wear masks or gloves. But you have to have your groceries decontaminated outside for 3 hours. Pizza too?
17. Every disturbing article or disturbing interview starts with " I don't want to trigger panic, but... "
18. You can't see your older mother or grandmother, but you can take a taxi and meet an older taxi driver.
19. You can walk around with a friend but not with your family if they don't live under the same roof.
20. You are safe if you maintain the appropriate social distance, but you can't go out with friends or strangers at the safe social distance.
21. The virus remains active on different surfaces for two hours, no, four, no, six, no, we didn't say hours, maybe days? But it takes a damp environment. Oh no, not necessarily.
22. The virus stays in the air - well no, or yes, maybe, especially in a closed room, in one hour a sick person can infect ten, so if it falls, all our children were already infected at school before it was closed. But remember, if you stay at the recommended social distance, however in certain circumstances you should maintain a greater distance, which, studies show, the virus can travel further, maybe.
23. We count the number of deaths, but we don't know how many people are infected as we have only tested so far those who were "almost dead" to find out if that's what they will die of...
24. We have no treatment, except that there may be one that apparently is not dangerous unless you take too much (which is the case with all medications). Orange man bad.
25. We should stay locked up until the virus disappears, but it will only disappear if we achieve collective immunity, so when it circulates... but we must no longer be locked up for that?

... Submitted by Trish O-B., Shifters Group



Understanding Anonymity

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

ANONYMITY
PURPOSE
GROWTH
PERSONAL
INTERNET
PUBLIC
FILM
PRESS

BREAK
GIFT
STIGMA
MEDIA
FACEBOOK
PRINCIPLES
SOCIAL
POST

TEXT
BLOG
DIGITAL
AGE
PHOTOS
RESPECT
FIRST
DISCLOSE

LISTEN

WHEN I ask you to *listen* to me and you start giving advice; you have not done what I asked.

WHEN I ask you to *listen* to me and you begin to tell me why I shouldn't feel this way; you are trampling on my feelings.

WHEN I ask you to *listen* to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

LISTEN!! All I asked was that you *listen* ~ not to talk or do just hear me.

ADVICE is cheap; fifty cents will get both Dear Abby and Bill Graham in the same newspaper.

AND I can do for myself; I'm not helpless ~ maybe discouraged and faltering, but not helpless.

WHEN you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

BUT when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

AND when that's done, the answers are obvious, and I don't need advice.

IRRATIONAL FEELINGS make sense when we understand what's behind them.

PERHAPS that is why **prayer works**, sometimes (for some people) because **God is mute, and he doesn't give advice or try to fix things**. **"HE"** just *listens* and lets you work it out for yourself.

SO, please **LISTEN** and just **HEAR** me. And, if you want to talk, wait a minute for your turn, and then I'll **LISTEN** to you!

Reprinted from May 2008 Twelve Step Times.

THE STAGE OF FEAR AND INSECURITY

Shakespeare said the world's a *stage*, and we each *play* our *part*.

My *stage* was in a bar room and that's where I got my start.

It was the place where I felt safe to dream of things to be.

"I think I'll be an astronaut," it all made sense to me.

Where *fear* and *insecurity* were words you'd never hear.

For they were safely locked away, behind a keg of beer.

But this can only last so long and the Piper we must pay.

The fallacy was ripped away, and I had to face the day.

I had to find a different *stage* and play a different *role*,

To face my insecurities and fears would be my goal.

Instinctive fear is not a fault that I need to replace,

for it saves me from recklessness and falling on my face.

Irrational fear is where I falter whenever I'm in doubt,
while doing shameful things that I don't like to talk about.

In later years I changed my *role* to *acting* like a *clown*.

My drinking used to mask these things, that weighed my conscience down.

Desperation was the final *roll* that brought me to my knees.

My conscience told me "Call AA and deal with your disease".

It's in the program that I learn the habits of right living.

Abandoning all the *taking* and replacing it with *giving*.

AA has been the answer and I go there every day,

now *acting* like I'm a grown-up, knowing God *directs* the *play*.

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



NEW GOD-CONSCIOUSNESS WITHIN

I was to test my thinking by the new God-consciousness within.

Common sense would thus become uncommon sense.

I was to sit quietly when in doubt,
asking only for direction and strength
to meet my problems as He would have me.

Never was I to pray for myself,
except as my requests bore on my usefulness to
others.

Then only might I expect to receive.

But that would be in great measure.

have a great day,
Submitted by Rick K., Breathe Easy Group

GRATITUDE

“An honest regret for harms done,
a genuine gratitude for blessings received,
and a willingness to try for better things tomorrow
will be the permanent assets we shall seek.

Having so considered our day,
not omitting to take due note of things well done,
and having searched our hearts with neither fear
nor favor,
we can truly thank God for the blessings we have
received
and sleep in good conscience.”

have a great day

Submitted by Rick K., Breathe Easy Group

GRAPEVINE DAILY QUOTES

- “I feel close to the Great Spirit of my fathers. Words are not necessary. The Great Spirit speaks in all languages.”
“The Circle of Peace” Spiritual Awakenings
07/1992
- “I’m not so quick to judge others. If I’m critical of you, it’s often because I’m trying to ignore that quality in myself.”

Reprinted with permission AA Grapevine

FIFTH STEP PRAYER

Higher Power, my inventory has shown who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I will do it.

(Atlanta, Georgia – World AA Conference – July 2015)

- Conceit is a very strange disease ~ it makes everyone else sick.
- It is better to understand a little than to misunderstand a lot.
- In nature there are neither rewards nor punishments ~ there are consequences.
- People who gossip end up in their own mouth traps.

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 MAY

May 1

- 1939 - Lois and Bill W. left their home at 182 Clinton St., Brooklyn.
- 1940 - Rollie H., Cleveland Indians, anonymity break occurred.
- 1941 - First Wisconsin AA meeting was held in hotel in Milwaukee.

May 2

- 1941 - Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
- 1943 - *New Orleans Times* reported founding of the first Louisiana AA group with a dozen members.

May 3

- 1941 - First AA group formed in New Orleans, Louisiana.
- 1941 - *Democrat Chronicle* in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.

May 4

- 1940 - *Sunday Star* reported founding of first AA group in Washington, DC.

May 6

- 1939 - Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.

May 7

- 1956 - The first English AA Convention was held in Cheltenham, England.

May 8

- 1943 - Akron AA Group celebrates 8th anniversary with 500 present and sober.
- 1971 - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

May 10

- 1939 - Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
- 1946 - Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years continuous sobriety.)

May 11

- 1935 - Bill W. called Walter Tunks from the Mayflower Hotel, and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.
- 1939 - First meeting of the Cleveland Group.

May 12

- 1935 - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 15

- 1961 - Bill W.'s mother, Dr. Emily Strobell, died.

May 16

- 1941 - Ruth Hock learned that the man credited with coming up with the name "Alcoholics Anonymous" has a "wet" brain.

May 17

- 1942 - *Dayton Journal Herald* published pictures of AA members wearing masks to protect their anonymity.

May 18

- 1939 - The first group to call itself A. A. is meets in Cleveland, OH.
- 1950 - Dr. Bob told Bill W. "I reckon we ought to be buried like other folks." He wanted no memorial.

May 19

- 2000 - Dr. Paul O. died at the age of 83. He was author of "Acceptance Was the Answer" in the 4th edition of the Big Book. This story was titled "Doctor, Alcoholic, Addict" in the 3rd edition.

May 29

- 1980 - "Dr. Bob and the Good Oldtimers" was published.

May 31

- 1938 - Bill W. and other A.A.s began writing the Big Book.

A.A. HISTORY FOR MAY

Other significant events in May for which we do not have a specific date:

- 1938 - Bill W. and other AA's began writing the Big Book.
- 1942 - Richmond W., author of "Twenty-Four Hours a Day," had his last drink.
- 1946 - Long form of 12 Traditions was published in AA Grapevine for the first time.
- 1946 - The A.A. Grapevine announced, "A.A. has 6,000 members in 180 groups."
- 1948 - The A.A. Grapevine reported \$2.00 was sent to the General Service headquarters of A.A. in New York, asking for "a bottle of Alcoholics Anonymous".
- 1950 - Nell Wing became Bill W.'s secretary.
- 1951 - Al-Anon was founded by Lois W. and Anne B.
- 1962 - The A. A. Grapevine published the first "Victor E." cartoon.

CONTRIBUTIONS TO EDMONTON CENTRAL OFFICE

In keeping with the AA Seventh Tradition of self-support, Edmonton Central Office can accept contributions only from AA members and AA Groups.

Contributions can be made to Edmonton Central Office by any of the following methods (AA members or groups only please):

- E-transfer to centraloffice@edmontonaa.org you will need to provide the answer to the security question via a separate email to this address.
- Visa or MasterCard either over the phone (780-424-5900) or in person (by appointment)
- Cheque made payable to "Edmonton Central Office" and brought to the office (by appointment) or mailed to the office at:
 - Edmonton Central Office
 - Suite 205
 - 10544 114 St NW
 - Edmonton, AB T5H 3J7
- Cash brought to the office (by appointment).
- Arranging on-going monthly contributions by calling or emailing Central Office

The Edmonton Central Office Society is a registered charity. A tax receipt will be issued early in 2021 to individuals whose contribution is greater than \$20.00. For a receipt to be issued, the full name and address of the individual is needed. The receipt will indicate a contribution to the Edmonton Central Office Society.

Note: You can phone Central Office weekdays from 11:00 AM to 2:00 PM. If you need to visit Central Office, please arrange an appointment by phone or email.



Edmonton Central Office Society				
INCOME STATEMENT 2020				
	March	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 4,971.81	\$ 17,028.87	\$22,710.00	\$ 5,681.13
Individual/Bequeath	\$ 100.00	\$ 300.00	\$950.00	\$ 650.00
Birthday Club/Faithful Fivers	\$ 136.00	\$ 204.00	\$620.00	\$ 416.00
Office Supplies / Postage	\$ 33.00	\$ 365.45	\$250.00	-\$ 115.45
Newsletter		\$ 4.00	\$55.00	\$ 51.00
Rental Income-EGSC, etc	\$ 146.00	\$ 670.00	\$600.00	-\$ 70.00
Tradition Seven-meetings	\$ 202.65	\$ 700.15	\$1,620.00	\$ 919.85
Fundraising		\$ -	\$0.00	\$ -
Other Inc (Interest, etc)	\$ 2.94	\$ 12.00	\$15.00	\$ 3.00
Total General Receipts	\$ 5,592.40	\$ 19,284.47	\$ 26,820.00	\$ 7,535.53
Literature & Medallion				
Literature	\$ 3,462.30	\$ 18,672.25	\$30,440.00	\$ 11,767.75
Medallion	\$ 969.00	\$ 6,085.00	\$5,515.00	-\$ 570.00
Total Literature and Med.	\$ 4,431.30	\$ 24,757.25	\$ 35,955.00	\$ 11,197.75
		\$ -		
Total Revenue	\$ 10,023.70	\$ 44,041.72	\$ 62,775.00	\$ 18,733.28
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 1,945.85	\$ 11,374.31	\$17,700.00	\$ 6,325.69
Meeting list & Greeting Cards	\$ 196.96	\$ 879.05	\$1,620.00	\$ 740.95
Medallion Purch /engraving	\$ 511.52	\$ 3,281.83	\$3,315.00	\$ 33.17
Freight / Brokerage		\$ -	\$21.50	\$ 21.50
	\$ 2,654.33	\$ 15,535.19	\$ 22,656.50	\$ 7,121.31
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 1,214.62	\$1,200.00	-\$ 14.62
Literature expense	\$ 7.83	\$ 39.84	\$30.00	-\$ 9.84
Communications & Tech		\$ -	\$300.00	\$ 300.00
Other (Archive, 12 Step,Cred,Grp Serv)		\$ -	\$300.00	\$ 300.00
	\$ 412.70	\$ 1,254.46	\$ 1,830.00	\$ 575.54
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 562.17	\$955.00	\$ 392.83
Bank Chgs & Cr Card chgs	\$ 102.92	\$ 421.12	\$415.00	-\$ 6.12
Computer & IT Maintenance	\$ -	\$ -	\$1,500.00	\$ 1,500.00
Equipment Lease	\$ 359.77	\$ 1,079.31	\$1,170.00	\$ 90.69
Fundraising expense	\$ -	\$ -	\$ 2,000.00	\$ 2,000.00
Insurance	\$ 300.00	\$ 900.00	\$900.00	\$ -
Newsletter Expenses	\$ -	\$ -	\$15.00	\$ 15.00
Office Supplies	\$ 332.46	\$ 692.27	\$250.00	-\$ 442.27
Postage	\$ 208.92	\$ 479.17	\$475.00	-\$ 4.17
Rent	\$ 3,647.56	\$ 10,942.69	\$12,000.00	\$ 1,057.31
Repairs & Maintenance	\$ -	\$ -	\$450.00	\$ 450.00
Salaries, Source, WCB	\$ 4,948.42	\$ 14,912.89	\$14,600.00	-\$ 312.89
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 133.09	\$ 490.92	\$600.00	\$ 109.08
	\$ 10,220.53	\$ 30,480.54	\$ 35,330.00	\$ 4,849.46
		\$ -		
Total Expenses	\$ 13,287.56	\$ 47,270.19	\$ 59,816.50	\$ 12,546.31
		\$ -		
Income / (Loss)	-\$ 3,263.86	-\$ 3,228.47	\$ 2,958.50	\$ 6,186.97

2020 Birthdays for May

60 Minutes to Sobriety

Last Sunday

May 31 Adam Y. 11 yrs.
Gary B. 26 yrs.
James W. 12 yrs.
Sarah C. 3 yrs.

Breathe Easy

First Friday

June 1 Shannon F. 9 yrs.
Margaret N. 10 yrs.

Clareview Big Book

Last Wednesday

May 27 Gary C. 50 yrs.

Crestwood Welcome

Last Monday

May 25 Al W. 48 yrs.
Mike P. 26 yrs.
Ron S. 8 yrs.

Ellerslie

Last Thursday

May 28 Leo B. 8 yrs.

Gratitude

Last Monday

May 25 Faye T. 8 yrs.
Cassandra N. 14 yrs.
Gurpreet K. 2 yrs.

Jasper Place

Last Tuesday

May 26 Dick T. 48 yrs.

Lion's Den

Last Monday

May 25 Clint B. 4 yrs.

Oilmen's

First Monday

May 11 John C. 9 yrs.
22 Jim G. 1 yr.

Providence

Last Wednesday

May 27 Jordan. 3 yrs.
Charlene J. 8 yrs.

Serenity

First Friday

June 5 Dwight M. 3 yrs.

South Side

Third Friday

May 15 Roland M. 6 yrs.

Step Sisters

Last Wednesday

May 27 Joy L. 6 yrs.

Suit Up & Show Up

Last Saturday

May 30 Werner B. 24 yrs.

Thus, We Grow

Last Tuesday

May 26 Henry S. 11 yrs.

Westgrove

Last Sunday

May 31 Bob J. 38 yrs.

Westminster

Last Saturday

May 30 Leroy L. 45 yrs.
Sonny C. 33 yrs.
Lynn H. 22 yrs.
GabrielleK. 21 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday

May 29 Jeff R. 4 yrs.

Twelve Steps to Serenity

Last Monday

May 25 Joanne O. 28 yrs.
Dwight W. 30 yrs.
Cindy B. 4 yrs.
Josh E. 3 yrs.

*ST. ALBERT

St. Albert Breakfast

Last Sunday

May 31 Lindsay C. 1 yr.
Les C. 1 yr.

St. Albert Brotherhood

Last Wednesday

May 27 Steve H. 6 yrs.
Doug O. 6 yrs.

Millet, AB

Wednesday

May 20 HUGH D. ** 50 yrs.

THE MAN IN THE GLASS

When you get what you want in your
struggle for self
and the world makes you king for a day.
Just go to the mirror and look at yourself
and see what that man has to say.
For it isn't your father or mother or wife
who judgment upon you must pass.
The fellow whose verdict counts the most
in your life
is the one staring back from the glass.
Some people may think you a straight-
shooting chum
and call you a wonderful guy.
But the guy in the glass says you're only a
bum
if you can't look him straight in the eye.
He's the fellow to please never mind all
the rest
for he's with you clear up to the end.
And you've passed your most dangerous
difficult test
if the man in the glass is your friend.
You may fool the whole world down the
pathway
of life and get pats on the back as you
pass.
But your final reward will be heartaches
and
tears if you've cheated the man in the
glass.

Anonymous



Calendar of Events

2020 ROUNDUPS & FUNCTIONS

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**
 On-line check Area78 for more details.

Edmonton, AB

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

Edmonton, AB

June 13 **75th Anniversary of AA in Edmonton**
 \$40.00
 9AM- 9 PM ***POSTPONED TO THE FALL***
 7524 – 139 Avenue
 Northgate Lions' 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

ARTICLE WRITING

We are looking for Articles for future editions of the ECO News from our members of AA.

Please share your experience, strength and hope on how the “pandemic” effected your sobriety. Did you feel connected with zoom meetings? Did you do Step work online with a sponsee? Did you meet any newcomers? What did you discover about AA during this time?

Please email article to:
centraloffice@edmontonaa.org

Thank You!



BIRTHDAY CLUB

Remi P. (Peace River AA Group)
Pat F. (Campus Group)
Chuck C. (Jellinek Sunrise Light Luncheon)
David B. (Sherwood Park Group)

FAITHFUL FIVERS

Judy M. (Patience, Love & Tolerance)
David B. (Sherwood Park Group)

