

# ECO NEWS

# \$1.00

## June 2020

Edmonton Central Office Society  
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### DELEGATE'S REPORT

#### THE HURT BECOMES THE HELP

When coming into AA, I did not know what to expect. I was different than you people and I knew it. After quite some time I got a home group but always kept a distance. Just like the defense mechanisms I lived by when drinking (humour, anger, gossip, or deflection) anything to keep you from getting too close to the real me - was still quite active in this alcoholic.

As time passed, I learned to stay around and help tidy up the rooms. The conversations were good, but I still had a great wall. I too, listened, and repeated and I was a master at regurgitating things in my own words, so others were not to recognize it was someone else's message from last week.

I sat in the rooms of Alcoholics Anonymous for 8 years and to quote one member, "Brad was the sickest alcoholic I had ever seen with 8 years in the rooms". Now that was something to be proud of was not it! I looked and sounded great on the outside, but I was dying on the inside.

I went to meetings where you were not asked to share, for example: The Henwood Treatment Center. A group was being of service one evening and had several members come and share. They instilled in me a desire to move beyond fear and to look in the mirror, a hard look and this was when I realized I was truly dying. They invited us up after the meeting to talk. I knew right there and then, "I had been standing knee deep in a river and dying of thirst".

I approached the members and was invited to a fourteen-week, 12 Step Series. They were gracious and took me to other meetings in between the weekly step series... obviously to help me stay sober.

"The feeling that I'm going to be ok washed over me like nothing I have ever felt -- thank God!" I started to get well, and they introduced me to this thing called "Service". I had not even finished the steps and we would all go to detox, hospitals, jails etc. and talk a little about what we were learning about ourselves.

Wow, I finally had something real to say, it was my experience, strength and hope and not a regurgitation of someone else's. My life, my perspective on life and my purpose took on a new meaning. I had a reason to get up, be present and be alive.

The service pieces kept coming. I started to read the pamphlets as was suggested through the gift of sponsorship. As a result, I had more to share. I was becoming an informed Alcoholic and carrying the message as laid out in the literature.

I almost sounded like I knew what I was talking about, an outcome of practicing what I was learning. My sobriety was measured in, being comfortable with me, with you and with a higher power of my understanding. I had grown more in nine months than I did in the first 8 years... there was so much more to sobriety than just Recovery.

I was evolving into the Legacy of Service. My role had a whole new meaning. I was watching people change as a result of the change in me. How is that for "a new pair of glasses."

My service journey took on momentum and when an alcoholic of my type finds something good, I certainly know how to overindulge. It was not so much the positions I was holding in service as it was the kindness, caring and love I had developed for others to get well too.

Covid 19 is a blessing in disguise. Hold on now, I know you are thinking maybe that guy was right, he is the sickest we have seen with 20 years in the rooms, but it is. You see we no longer have geographical boundaries; the Area is a smaller place. As a result, we are experiencing other meetings we may have not attended. We just had an Area

## DELEGATE'S REPORT ~

Committee Meeting in Yellowknife. Some members have never been to Yellowknife physically, but they were there last week in spirit and it was strong. The Area Committee Chairs gave presentations on their respective committees and I said to my wife, "I think I am in the wrong Area Committee meeting – these are not the same people who started as Committee Chairs 4 1/2 months ago." These people are laughing, having fun, quoting literature, digging into archives, reaching out to other service members for support– All in an effort to carry the message to the fellowship with the desire to reach the still suffering alcoholic or those yet to come.

I shed a few tears of joy to see these members grow so much, in such a short period of time. To witness the transformation from one AA Legacy to another is a gift I will always cherish and for that I thank you. Just to be part of the most outstanding Area in all of AA is beyond my wildest dreams. I would not have missed this for the world.

Your Area Committee Chairs want to hear from you. They wish to invite the fellowship to help them in their new roles and their new lives. While their contact information was posted during the ACM, they can also be found at [area78.org](http://area78.org). So, reach out!! They are "your trusted servants" and they understand the role and responsibility bestowed upon them.

Now that geographical thing. All of your Area 78 Committee Officers can 'Zoom' into your Gratitude Night, District and other functions and provide support, info sessions, speaking engagements etc., while maintaining social distancing. Alcoholism does not take a vacation and neither do your trusted servants. They are currently planning service functions and information sessions for all to attend. The enthusiastic response at the ACM was both motivating and enlightening.

Ask yourself (while maybe feeling a little cheated, or "pity potting" about the Covid19 shut in): Am I making any progress in my sobriety?

- What am I doing today for the suffering alcoholic?
- How have I grown in Alcoholics Anonymous today?
- Am I living in the problem or the solution?
- Am I around AA or in AA?
- Do I understand my responsibility as a member of Alcoholics Anonymous?

Am I like the old Brad, standing knee deep in a river of AA knowledge and dying of thirst?

Pick up the tools of the Legacy of Service and relieve that parched feeling.

You only have to look in the forwards of the big book to find the answers. My personal favorite is in the foreword to the 2<sup>nd</sup> edition which states:

"This seemed to prove that 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."

We encourage you to reach out to your Area 78 Committee Chairs. Ask how you can grow by being of service to your fellows and society as a whole? Become a committee representative for your Home Group or District.

Alcoholic Anonymous has given me an amazing life. I am glad I was spared an alcoholic death and given the privilege to share our way of life with others. I hope and pray you too find this treasure. God Bless you as you trudge the road to a happy destiny.

... One of your Trusted Servants, Brad F., Delegate Panel 70

Please join the AA grapevine in its newest initiative, "2020 Carry the Message Project" at [aagrapevine.org/carry-the-message](http://aagrapevine.org/carry-the-message)

### "WHAT IS THE BIRTHDAY CLUB"

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

#### BIRTHDAY CLUB!

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

780-424—5900

Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)

## WHY WE CALL IT "THE BIG BOOK"

A printer in Cornwall, NY, named Edward Blackwell, had been highly recommended to Bill Wilson. Blackwell was the President of Cornwall Press. So, Bill and Hank Parkhurst (author of the personal story "The Unbeliever" in the first edition of the Big Book) went to Cornwall to see Blackwell. There they were told that the book would probably be only about four hundred pages when printed. That seemed a bit skimpy. They wanted to sell the book for \$3.50 per copy. That was a very large sum in those days; probably the equivalent of about \$50 today, and people might not think they were getting their money's worth.

They picked the cheapest, thickest paper the printer had, and requested that each page be printed with unusually large margins surrounding the text. This made for an unusually large book. Thus, the book came to be nicknamed the "Big Book."

A reproduction of the first printing can be purchased today, and it is much taller and thicker than our current Big Book, although it has fewer pages.

Blackwell had an excess of red material for the bindings, so he offered them a special deal. Eager to save costs, Bill and Hank agreed. They also thought, according to some reports, that the color red would make the book more attractive and marketable.

The first printing was the only one on which a red binding was used. All the other printings of the first edition, except for the fourth printing, were in various shades of blue. The fourth printing, due to another overstock of binding material and thus, lower cost, was bound in blue as well as in green.

Despite all their efforts at proofreading, there was a typographical error in the first printing. On page 234, the second and third line from the bottom was printed twice. This was corrected in subsequent editions.

A New York AA member named Ray Campbell, a recognized artist, was asked to design the dust jacket. His story, "An Artist's Concept", appears in the Big Book's first edition. He submitted various designs for consideration including one which was blue and in an Art Deco style. The one which was chosen was red, and yellow, with a little black, and a little white. The words Alcoholics Anonymous were printed across the top in large white script. It became known as the circus jacket because of its loud circus colors. The unused blue jacket is today in the Archives at the Steppingstone Foundation.

... Submitted by Rick K., Breathe Easy Group

### CONCEPT OF GOD

Much to our relief,

we discovered we did not need to  
consider another's conception of God.

Our own conception, however inadequate,  
was sufficient to make the approach and to  
affect a contact with Him.

As soon as we admitted the possible existence of  
a Creative Intelligence,  
a Spirit of the Universe underlying the totality of  
things,

we began to be possessed of a new sense of  
power and direction,  
provided we took other simple steps.

We found that God does not make too hard  
terms with those who seek Him.

To us, the Realm of Spirit is broad, roomy, all  
inclusive.

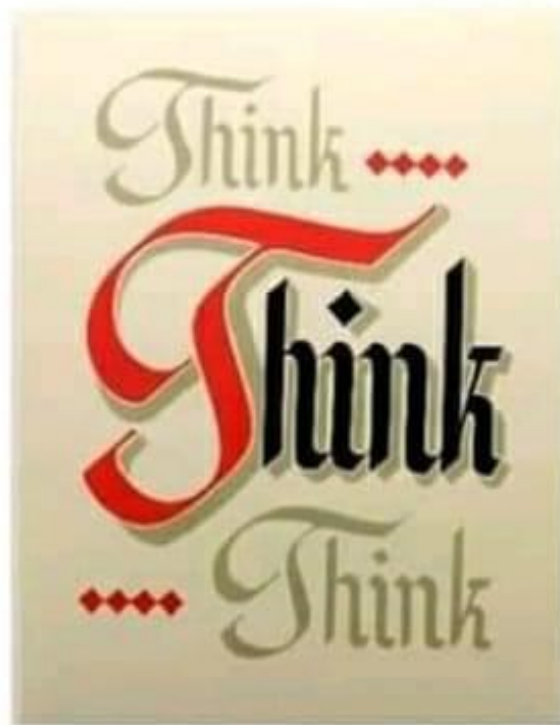
never exclusive or forbidding to those who  
earnestly seek.

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

### A SPONSOR'S GUIDELINES

1. Never be an island of unnecessary conversation.
2. If you talk the talk, be sure you walk the walk.
3. Do the best you can for the newcomer, and do not let them evade what is right for them to do.
4. Two drunks may be like tow peas in a pod, but they do not grow the same way.
5. Do not call a mechanic if you need a painter. ("Shoemaker, stick to thy last.")
6. In the slogan "Live and Let Live" remember the first line is for you.
7. Do not forget where you came from.
8. Have the courage to stand before your neighbour and in humility, describe yourself truthfully. ("That is what I really am.")
9. When you say, "I am an alcoholic," other people stop saying so.
10. Make your priorities -God, AA, they, you.
11. Learn to laugh at yourself.
12. Does AA have leadership? Yes, if they are a sponsor.

... Colin M., BC/Yukon Grassroots



The "Think Think Think" sign in AA meetings origin, on a recording of Clarence Snyder (who got sober in 1938 & started AA group #3 in Cleveland OH), he explained that one of the early mechanical IBM calculators came with a sign for the operator which said:  
Think, Think, Think:  
Think....about what you are about to do.  
Think....of what you are doing.  
Think...of what you have done.  
Clarence explained that some drunk had a bunch of cards made up and sent them out to the groups in early 1944-45.

## AN OBITUARY PRINTED IN THE LONDON TIMES....ABSOLUTELY DEAD BRILLIANT!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain.
- Why the early bird gets the worm.
- Life is not always fair.
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (do not spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you could not defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- by his parents, Truth and Trust,
- by his wife, Discretion,
- by his daughter, Responsibility,
- and by his son, Reason.

He is survived by his 5 stepbrothers.

- I Know My Rights
- I Want It Now
- Someone Else Is to Blame
- I am A Victim
- Pay me for Doing Nothing

Not many attended his funeral because, so few realized he was gone.

If you still remember him, pass this on. If not, join the majority and do nothing.

... Submitted By Terry FA, Westminster Group

## QUOTES

- A friend is a feeling of forever in the heart. A friend is the one door that is always open.
- The task ahead of us is never as great as the "POWER" behind us.
- We can cultivate the blessed silence in which divine guidance can come to us.

\* \* \* \* \*

Why did Bill W. willingly give us the use of the Twelve Step Program to others?

Answer: Bill W. said that "everything in the AA program is borrowed from somewhere else, so why not be willing to share it with others."

## A LIFE OF PRINCIPLES AND PURPOSE

### Step 6: Rebuilding Our Morality

The Twelve Steps of the A.A. program is placed in numerical order for a reason. Each step is preparatory to the next step and each step requires a certain amount of attention before we can successfully move on to the next step.

Simply put, Step one is acknowledging that we have a problem. Step two is about accepting outside help. Step three is where we surrender to that outside help. (A power greater than ourselves) Step four is the beginning of the *action* steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step five may be the most difficult step where we must admit to God, to our self and to another human being all those faulty deeds and habits. It was that “other human being” part that I found to be the most difficult thing and it delayed my progress for a short time. We cannot change one moment of the past, but we can change our habits and behavior in the future and that is where Step Six and Seven come in. To simplify my understanding of these two steps it occurred to me that a Defect is different than a Shortcoming. Most of my actions are the result of my thinking. Once I discovered the defect in my thinking it was not too difficult to change my behaviors. On the last page of Step 7 in the 12 Steps and 12 Traditions it says, “The chief activator of our defects has been self-centered fear.” Most of my fears where of the irrational variety as I discovered that they stemmed from experiences in my youth that caused my fears and insecurity and to do things that were morally wrong. Those actions were the Shortcomings that stemmed from my Irrational Fears. Once I recognize the defect(fear), the Shortcomings (Behaviors) were much easier to change. “Selfishness--Self-Centeredness! That we think, is the root of our troubles. Driven by a hundred forms of Fear, Self-Delusion, Self-Seeking, and Self-Pity, we step on the toes of our fellows and they retaliate.” (BB pg.62) If, in fact, Selfishness-Self-Centeredness is the root of our problems it is plain to see that Unselfishness just might be solution to my problems. I could not have understood this line of thinking when I was still using alcohol to mask these problems. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five an admitted my fault to God, to myself, and to another human being. The proper completion of Step Five was the most humbling experience of my life but it opened the door to the rest of the program. Had I not done that I could never have taken my ego out of the game and the rest of the program may have been a shallow facade. The only requirement for A. A. membership is the desire to stop drinking. Those words were put in place by the Co-founders of the program Alcoholics Anonymous and it gives each of its members the opportunity two choose their own degree of thoroughness when it comes to practicing the AA principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress that I have made in the program. I have experiences all the promises and I encourage anyone who is still caught up in the Fear of Step Five to take the leap of faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.

... Ron R., Unconditional AA, Poway CA

## THIS IS HOW WE NAMED THE CAMEL CLUB

“According to Ed, Dr. Bob would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on.

“It’s the same with prayer,’ Dr. Bob said. ‘We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for the day.’”

... Reprint with permission from AAWS, “Dr. Bob and the Good Oldtimers, pg. 229

## GRAPEVINE DAILY QUOTES

- Peace and enlightenment come when you stop evaluating in terms of good or bad and merely accept all of life as it is and try to learn from it. ... March 1989, Best of the Grapevine, Volume 3
- “I think we simply fail to recognize miracles for what they are. Sobriety – one-day-at-a-time – is truly a miracle.” ... February 2004, Beginners Book
- “I’m not so quick to judge others. If I am critical of you, it’s often because I’m trying to ignore that quality in myself.” ... October 1987, Step By Step
- “I feel close to the Great Spirit of my fathers. Words are not necessary. The Great Spirit speaks in all languages.” ... July 1992, Spiritual Awakenings.



## Pass It On



BIG  
BOOK  
BROKEN  
BROKER  
CAREER  
CARRY  
FELLOWSHIP  
FORMULA  
GEOGRAPHIC  
GRIFFITH

HELL  
HOSPITALIZED  
LOIS  
MEETING  
MESSAGE  
MILITARY  
MOTORCYCLE  
PERSONALITY  
REACHED  
REBUILD

SILKWORTH  
SOBRIETY  
SPIRITUAL  
STEPPING  
STONES  
STORY  
STREET  
SUICIDAL  
VERMONT  
WORLD

## RATIONALIZATION

The more that I make progress in the program of AA.  
The more I learn about myself in meetings day to day.  
The Big Book and the 12 and 12 showed me away too  
grow.

Into the man I Wish to Be, but progress has been slow.  
The Fears and Insecurities are more difficult to hide.  
For I had to protect my turf, so I sometimes alibied.  
Rationalizing: Making statements not backed up by  
facts.

Became deceptive Shields for me and I used them to  
the Max.

Embellishment is not the way to garner Peace of Mind.  
There is got to be a better way to free me from this  
bind.

Then one day it came to me while pondering this plight.  
My EGO was the culprit and I would have to set it right.  
My conscience offered up a plan if only I believe,  
True honesty is: "Devoid of all Motives to Deceive".  
Rationalizing seems to be the language of my ego.  
There is no need to protect my turf since my  
Conscience guides the show.

The last time that I Rationalized, I cannot remember  
when.

The language of my EGO's but a whisper now and then.  
As I trudge along this road it is very plain to see.  
It will not be long fore I become That Man I Wished to  
be.

... Ron R., Unconditional AA, Poway. CA

## SPIRITUALITY

Spirituality is an awakening—  
or is it all the loose ends woven together into a  
mellow fabric?

It is understanding—  
or is it all the knowledge one need ever know?

It is freedom—  
if you consider fear slavery.

It is confidence—  
or is it the belief that a higher power will see  
you through any storm or gale?

It is adhering to the dictates of your  
conscience—

or is it a deep, genuine, living concern for the  
people and the planet?

It is peace of mind in the face of adversity.  
It is a keen and sharpened desire for survival.  
have a great day.

... Submitted by Rick K., Breathe Easy Group

## FOR SALE

**One slightly used AA Program modified to suit original owner's requirements. Includes complete set of 12 Steps, rewritten and made easier. Also, one Higher Power, never used. Complete with instruction book on how to tolerate AA members while drinking. How to Twelve Step people in a pub, plus 9465 well-trying excuses.**

**Owner changing to original model. Apply Happyville Hospital.**

... Found in Intergroup Express, May/June 2008



75<sup>TH</sup> ANNIVERSARY OF  
AA IN EDMONTON, AB

JUNE 18<sup>TH</sup>, 1945

## 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 7<sup>th</sup> 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 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**



## A.A. HISTORICAL EVENTS IN JUNE

- June 1,** 1949 – Anne S., Dr. Bob’s wife, died.
- June 4,** 2002- Caroline K., author of “Drinking: A Love Story” died sober of lung cancer.
- June 5,** 1940 – Ebby T. took a job at the NY World’s Fair.
- June 6,** 1940 – The first AA Group in Richmond, VA, was formed.  
1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill’s wife, in New York.
- June 7,** 1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.  
1941 – The first AA Group in St. Paul, Minnesota, was formed.
- June 8,** 1941 – Three AA’s started a group in Kalamazoo, Michigan.
- June 10,** 1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA.
- June 11,** 1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.  
1969 – Dr. Bob’s granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.  
1971 – Ernie G. died.
- June 13,** 1945 – Morgan R. gave a radio appearance for AA with large audience. He was kept under surveillance to make sure he did not drink.
- June 15,** 1940 – First AA Group in Baltimore, MD, was formed.
- June 16,** 1938 – Jim B., “The Vicious Cycle” in Big Book, had his last drink.
- June 17,** 1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
- June 18,** 1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
- June 19,** 1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.
- June 21,** 1944 – The first Issue of the AA Grapevine was published.
- June 24,** 1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”
- June 25,** 1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”
- June 26,** 1935 – Bill D. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.
- June 28,** 1935 – Dr. Bob and Bill W. visited Bill Dotson at Akron’s City Hospital.
- June 30,** 1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.  
2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

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

- 1948 – A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.
- 1981 – AA in Switzerland held its 25th Anniversary Convention with Lois W. and Nell Wing in attendance.

Thanks to Billy C. and Nancy O. for this list, used by permission. From Google

## SIXTH STEP PRAYERS

- “God, Thank You for removing my fear and for showing me the truth about myself. Father, I need your help to become willing to let go of the things in me which continue to block me off from You. Please grant me your grace Lord and make me willing to have these objectionable characteristics, defects and shortcomings removed.” (76:1)
- Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual & mental health. (76:1)

... A Friend of Bill W., off of the Internet



## 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](mailto: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.



## HISTORICAL DATA:

### The Birth of A.A. and Its Growth in the U.S./Canada

AA had its beginnings in 1935 at Akron, Ohio, as the outcome of a meeting between Bill W., a New York stockbroker, and Dr. Bob S., an Akron surgeon. Both had been hopeless alcoholics. Prior to that time, Bill and Dr. Bob had each been in contact with the Oxford Group, a mostly non-alcoholic fellowship that emphasized universal spiritual values in daily living. In that period, the Oxford Groups in America were headed by the noted Episcopal clergyman, Dr. Samuel Shoemaker. Under this spiritual influence, and with the help of an old-time friend, Ebby T., Bill had gotten sober and had then maintained his recovery by working with other alcoholics, though none of these had actually recovered. Meanwhile, Dr. Bob's Oxford Group membership at Akron had not helped him enough to achieve sobriety. When Dr. Bob and Bill finally met, the effect on the doctor was immediate. This time, he found himself face to face with a fellow sufferer who had made good. Bill emphasized that alcoholism was a malady of mind, emotions and body. This all-important fact he had learned from Dr. William D. Silkworth of Towns Hospital in New York, where Bill had often been a patient. Though a physician, Dr. Bob had not known alcoholism to be a disease. Responding to Bill's convincing ideas, he soon got sober, never to drink again. The founding spark of AA had been struck.

Both men immediately set to work with alcoholics at Akron's City Hospital, where one patient quickly achieved complete sobriety. Though the name Alcoholics Anonymous had not yet been coined, these three men actually made up the nucleus of the first A.A. group. In the fall of 1935, a second group of alcoholics slowly took shape in New York. A third appeared at Cleveland in 1939. It had taken over four years to produce 100 sober alcoholics in the three founding groups.

Early in 1939, the Fellowship published its basic textbook, *Alcoholics Anonymous*. The text, written by Bill, explained A.A.'s philosophy and methods, the core of which was the now well-known Twelve Steps of recovery.

The book was also reinforced by case histories of some thirty recovered members. From this point, AA's development was rapid.

Also, in 1939, the *Cleveland Plain Dealer* carried a series of articles about AA, supported by warm editorials. The Cleveland group of only twenty members was deluged by countless pleas for help. Alcoholics sober only a few weeks were set to work on brand-new cases. This was a new departure, and the results were fantastic. A few months later, Cleveland's membership had expanded to 500. For the first time, it was shown that sobriety could be mass-produced. Meanwhile, in New York, Dr. Bob and Bill had in 1938 organized an over-all trusteeship for the budding Fellowship. Friends of John D. Rockefeller Jr. became board members alongside a contingent of AAs. This board was named The Alcoholic Foundation. However, all efforts to raise large amounts of money failed, because Mr. Rockefeller had wisely concluded that great sums might spoil the infant society. Nevertheless, the foundation managed to open a tiny office in New York to handle inquiries and to distribute the AA book — an enterprise which, by the way, had been mostly financed by the AAs themselves.

The book and the new office were quickly put to use. An article about AA was carried by *Liberty* magazine in the fall of 1939, resulting in some 800 urgent calls for help. In 1940, Mr. Rockefeller gave a dinner for many of his prominent New York friends to publicize A.A. This brought yet another flood of pleas. Each inquiry received a personal letter and a small pamphlet. Attention was also drawn to the book *Alcoholics Anonymous*, which soon moved into brisk circulation. Aided by mail from New York, and by AA travelers from already-established centers, many new groups came alive. At the year's end, the membership stood at 2,000.

Then, in March 1941, the *Saturday Evening Post* featured an excellent article about AA, and the response was enormous. By the close of that year, the membership had jumped to 6,000, and the number of groups multiplied in proportion. Spreading across the U.S. and Canada, the Fellowship mushroomed.

By 1950, 100,000 recovered alcoholics could be found worldwide. Spectacular though this was, the period 1940-1950 was nonetheless one of great uncertainty. The crucial question was whether all those mercurial alcoholics could live and work together in groups. Could they hold together and function effectively? This was the unsolved problem. Corresponding with thousands of groups about their problems became a chief occupation of the New York headquarters.

By 1946, however, it had already become possible to draw sound conclusions about the kinds of attitude, practice and function that would best suit A.A.'s purpose. Those principles, which had emerged from strenuous group experience, were codified by Bill in what are today the Twelve Traditions of Alcoholics Anonymous. By 1950, the earlier chaos had largely disappeared. A successful formula for A.A. unity and functioning had been achieved and put into practice. (See page 9)

## The Birth of A.A. and Its Growth in the U.S./Canada ... continued

During this hectic ten-year period, Dr. Bob devoted himself to the question of hospital care for alcoholics, and to their indoctrination with A.A. principles. Large numbers of alcoholics flocked to Akron to receive hospital care at St. Thomas, a Catholic hospital. Dr. Bob became a member of its staff. Subsequently, he and the remarkable Sister M. Ignatia, also of the staff, cared for and brought AA to some 5,000 sufferers. After Dr. Bob's death in 1950, Sister Ignatia continued to work at Cleveland's Charity Hospital, where she was assisted by the local groups and where 10,000 more sufferers first found A.A. This set a fine example of hospitalization wherein A.A. could cooperate with both medicine and religion.

In this same year of 1950, AA held its first International Convention at Cleveland. There, Dr. Bob made his last appearance and keyed his final talk to the need of keeping AA simple. Together with all present, he saw the Twelve Traditions of Alcoholics Anonymous enthusiastically adopted for the permanent use of the AA Fellowship throughout the world. (He died on November 16, 1950.)

The following year witnessed still another significant event. The New York office had greatly expanded its activities, and these now consisted of public relations, advice to new groups, services to hospitals, prisons, Loners, and Internationalists, and cooperation with other agencies in the alcoholism field. The headquarters was also publishing "standard" AA books and pamphlets, and it supervised their translation into other tongues. Our international magazine, the A.A. Grapevine, had achieved a large circulation. These and many other activities had become indispensable for AA as a whole.

Nevertheless, these vital services were still in the hands of an isolated board of trustees, whose only link to the Fellowship had been Bill and Dr. Bob. As the co-founders had foreseen years earlier, it became absolutely necessary to link AA's world trusteeship (now the General Service Board of Alcoholics Anonymous) with the Fellowship that it served. Delegates from all states and provinces of the U.S. and Canada were forthwith called in. Thus composed, this body for world service first met in 1951. Despite earlier misgivings, the gathering was a great success. For the first time, the remote trusteeship became directly accountable to AA as a whole. The AA General Service Conference had been created, and AA's over-all functioning was thereby assured for the future.

A second International Convention was held in St. Louis in 1955 to celebrate the Fellowship's 20th anniversary. The General Service Conference had by then completely proved its worth. Here, on behalf of AA's old-timers, Bill turned the future care and custody of AA over to the Conference and its trustees. At this moment, the Fellowship went on its own; AA had come of age.

Had it not been for AA's early friends, Alcoholics Anonymous might never have come into being. And without its host of well-wishers who have since given of their time and effort — particularly those friends of medicine, religion, and world communications — AA could never have grown and prospered. The Fellowship here records its constant gratitude.

It was on January 24, 1971, that Bill, a victim of pneumonia, died in Miami Beach, Florida, where — seven months earlier — he had delivered at the 35th Anniversary International Convention what proved to be his last words to fellow AAs: "God bless you and Alcoholics Anonymous forever."

Since then, AA has become truly global, and this has revealed that AA's way of life can today transcend most barriers of race, creed and language. A World Service Meeting, started in 1969, has been held biennially since 1972. Its locations alternate between New York and overseas. It has met in London, England; Helsinki, Finland; San Juan del Rio, Mexico; Guatemala City, Guatemala; Munich, Germany; Cartagena, Colombia; Auckland, New Zealand; and Oviedo, Spain.

... Submitted by Rick K., Breathe Easy Group

“ If there was ever a time, we all needed to be in the same harbour it is now.

The message is for us to clamp down on service and support for others. We need each other now more than ever. We need stronger Service and Unity now.

The area is gearing up for info sessions, speaking engagements and member support for all of the service committees. We are gearing up now, talks have been happening in May to coordinate these efforts.”

It reminds me of the Newfoundland phrase

"We may have sailed in on different ships, but we are all in the safety of the same harbour now".

It is a time to promote Unity does not discourse. Thanks for allowing my perspective. Brad F., Area 78 Delegate

<b>Edmonton Central Office Society</b>				
<b>INCOME STATEMENT 2020</b>				
	<b>April</b>	<b>YTD</b>	<b>YTD BUDGET</b>	<b>variance</b>
<b><u>General Receipts:</u></b>				
Group Contributions	\$ 4,429.09	\$ 21,457.96	\$30,280.00	\$ 8,822.04
Individual/Bequeath	\$ 4,551.00	\$ 4,851.00	\$1,300.00	-\$ 3,551.00
Birthday Club/Faithful Fivers	\$ 694.00	\$ 898.00	\$830.00	-\$ 68.00
Office Supplies / Postage	\$ 43.50	\$ 408.95	\$337.50	-\$ 71.45
Newsletter	\$ -	\$ 4.00	\$75.00	\$ 71.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$800.00	\$ 130.00
Tradition Seven-meetings	\$ 155.00	\$ 855.15	\$2,160.00	\$ 1,304.85
Fundraising		\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.27	\$ 14.27	\$20.00	\$ 5.73
<b>Total General Receipts</b>	<b>\$ 9,874.86</b>	<b>\$ 29,159.33</b>	<b>\$ 40,802.50</b>	<b>\$ 11,643.17</b>
<b><u>Literature &amp; Medallion</u></b>				
Literature	\$ 1,612.00	\$ 20,284.25	\$40,245.00	\$ 19,960.75
Medallion	\$ 623.00	\$ 6,708.00	\$7,330.00	\$ 622.00
<b>Total Literature and Med.</b>	<b>\$ 2,235.00</b>	<b>\$ 26,992.25</b>	<b>\$ 47,575.00</b>	<b>\$ 20,582.75</b>
		\$ -		
<b>Total Revenue</b>	<b>\$ 12,109.86</b>	<b>\$ 56,151.58</b>	<b>\$ 88,377.50</b>	<b>\$ 32,225.92</b>
<b><u>Expenses: (COS)</u></b>				
AAWS & Grapevine Literature	\$ 1,029.85	\$ 12,404.16	\$22,200.00	\$ 9,795.84
Meeting list & Greeting Cards	\$ 30.73	\$ 909.78	\$2,160.00	\$ 1,250.22
Medallion Purch /engraving	\$ 404.53	\$ 3,686.36	\$4,355.00	\$ 668.64
Freight / Brokerage	\$ -	\$ -	\$28.50	\$ 28.50
	\$ 1,465.11	\$ 17,000.30	\$ 28,743.50	\$ 11,743.20
<b><u>Intergroup Expenses</u></b>				
12 Step Answering	\$ 404.87	\$ 1,619.49	\$1,600.00	-\$ 19.49
Literature expense	\$ 16.09	\$ 55.93	\$40.00	-\$ 15.93
Communications & Tech	\$ -	\$ -	\$400.00	\$ 400.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ -	\$400.00	\$ 400.00
	\$ 420.96	\$ 1,675.42	\$ 2,440.00	\$ 764.58
<b><u>Administrative Expenses</u></b>				
		\$ -		
Accounting & Legal	\$ 179.38	\$ 741.55	\$1,240.00	\$ 498.45
Bank Chgs & Cr Card chgs	\$ 118.94	\$ 540.06	\$570.00	\$ 29.94
Computer & IT Maintenance	\$ -	\$ -	\$2,000.00	\$ 2,000.00
Equipment Lease	\$ 359.77	\$ 1,439.08	\$1,630.00	\$ 190.92
Fundraising expense	\$ -	\$ -	\$ 5,000.00	\$ 5,000.00
Insurance	\$ 300.00	\$ 1,200.00	\$1,200.00	\$ -
Newsletter Expenses	\$ -	\$ -	\$20.00	\$ 20.00
Office Supplies	\$ 148.71	\$ 840.98	\$335.00	-\$ 505.98
Postage	\$ 14.19	\$ 493.36	\$630.00	\$ 136.64
Rent	\$ 3,634.65	\$ 14,577.34	\$16,000.00	\$ 1,422.66
Repairs & Maintenance	\$ -	\$ -	\$600.00	\$ 600.00
Salaries, Source, WCB	\$ 4,948.42	\$ 19,861.31	\$19,300.00	-\$ 561.31
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 133.09	\$ 624.01	\$800.00	\$ 175.99
	\$ 9,837.15	\$ 40,317.69	\$ 49,325.00	\$ 9,007.31
		\$ -		
<b>Total Expenses</b>	<b>\$ 11,723.22</b>	<b>\$ 58,993.41</b>	<b>\$ 80,508.50</b>	<b>\$ 21,515.09</b>
		\$ -		
<b>Income / (Loss)</b>	<b>\$ 386.64</b>	<b>-\$ 2,841.83</b>	<b>\$ 7,869.00</b>	<b>\$ 10,710.83</b>



# 2020 Birthdays for June

## 60 Minutes to Sobriety

Last Sunday  
Jun. 28 Bill L. 21 yrs.

## Breathe Easy

First Friday  
Jul. 3 Peter J. 26

## Clareview Big Book

Last Wednesday  
Jun. 24 Don M. 7 yrs.

## Crestwood Welcome

Last Monday  
Jun. 29 Peter J. 26 yrs.  
Val K. 5 yrs.

## Ellerslie

Last Thursday  
Jun. 25 Julian G. 5 yrs.  
Rob B. 9 yrs.

## Fulton Place

Last Friday  
Jun. 26 Chrissie M. 5 yrs.

## Last Call

Last Wednesday  
Jun. 24 Gregg C. 3 yrs.

## Lion's Den

Last Monday  
Jun. 29 Don J. 31 yrs.  
Leslie M. 4 yrs.  
Paul T. 10 yrs  
Rob A. 8 yrs.

## Lighthouse

Last Friday  
Jun. 26 John F. 11 yrs.  
Roxanne W. 20 yrs.  
Sam W. 4 yrs.

## Providence

Last Wednesday  
Jun. 24 Stan V. 40 yrs.  
Tonya. 4 yrs.  
Denis M. 4 yrs.

## South Side

Third Friday  
Jun. 19 Jim S. 22 yrs.  
Sylvia M. 17 yrs.

## Suit Up & Show Up

Last Saturday  
Jun. 20 Kelly L. 35 yrs.

## The Why Group

Last Saturday  
Jun. 20 Christine D. 11 yrs.  
Jim R. 38 yrs.  
Richard J. 3 yrs.  
JoAnne H. 3 yrs.  
Linda P. 22 yrs.  
Renee O. 5 yrs.

## West End Group

First Tuesday  
Jul. 7 Ken C. 33 yrs.

## West End Men's

First Wednesday  
Jul. 1 Karl W. 12 yrs.  
Rod M. 31 yrs.

## Westgrove

Last Sunday  
Jun. 28 Peter K. 47 yrs.

## Westminster

Last Saturday  
Jun. 27 Cathy. 1 yr.  
Lindsay S. 33 yrs.  
Kelley J. 16 yrs.

## \*SHERWOOD PARK

### Friday Night Happy Hour

Last Friday  
Jun. 26 Jay S. 8 yrs.

### Twelve Steps to Serenity

Last Monday  
May 25 Joanne O. 28 yrs.  
Dwight W. 30 yrs.

## \*ST. ALBERT

### St. Albert Breakfast

Last Sunday  
Jun. 28 Melanie P. 35 yrs.  
Lawrence S. 3 yrs.  
Rachel O. 1 yr.

### St. Albert Sunday Step

Last Sunday  
Jun. 28 Danielle A. 10 yrs.

## 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



## EXCERPT FROM "AS BILL SEES IT"

We have found that God does not make too hard terms with those who seek Him. To us, the realm of spirit is broad, roomy, all inclusive, never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men."

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# Calendar of Events

## 2020 ROUNDUPS & FUNCTIONS

### Edmonton, AB

**June 20, 11:00 AM** District 40 Unity Zoom Meeting  
 Zoom meeting Link [Click here](#)  
 1-587-328-1099 Meeting ID 82499640583  
 Password: D40 Unity  
 NOTE: Bring your own lunch

### Grande Prairie, AB

**Sept. 11-13** 62nd Annual G.P. Roundup \$50.00  
 Fri. 5PM Sexsmith Civic Centre  
 Sexsmith, AB  
 Contact: (780)-518-9035, (587)297-6640  
 (780)286-3515

**Sept. 18-20** Area 78 Fall Assembly  
 Fri. 5:15 pm 3310 – 50 Avenue  
 Cambridge Red Deer Hotel  
 This is a CLOSED AA Meeting

### Drumheller, AB

**Oct. 3<sup>rd</sup>** District 15 AA Roundup \$25.00  
 627 – 6 St. E. Church of the Nazarene Hall  
 Contact: area78dist15@gmail.com

### Edmonton, AB

**November ? 9AM- 9 PM** 75<sup>th</sup> Anniver.of Edmonon \$40.00  
 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

## MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

July 1944 – December 1949 –  
 1949 All except May  
 1950 All  
 1951 All except Jan., Feb. & Oct.  
 1952 All  
 1953 All except July  
 1954 All except March, August & Nov.  
 1955 Only January, February & March  
 1956 Only Jan., February, April & Nov.  
 1957 Only February, June & July  
 1958 Only January  
 1959 Only August  
 2004 Only March  
 2015 Only January  
**2016 we now have all of them**  
 2017 Only February & November  
 2018 Only March



BIRTHDAY CLUB  
 NO MEMBERS FOR MAY  
 \* \* \* \* \*  
 FAITHFUL FIVERS  
 NO MEMBERS FOR MAY