

ECO NEWS

\$1.00

July 2020

Edmonton Central Office Society
#205, 10544 114 St. NW
Edmonton, AB T5H 3J7
780-424-5900
www.edmontonaa.org
Email. centraloffice@edmontonaa.org

THERE'S NEVER A GOOD REASON TO DRINK

Our alcoholism is largely a spiritual malady and once the spiritual malady is resolved through our being spiritually wakened the drink problem will be removed. We will be released from the compulsion, desire, and obsession to drink as a result of the AA Program and getting right with God and our fellows.

We alcoholics cannot live on air, water, and food alone. Simply putting down the bottle is not enough. Stopping drinking and 100% abstinence are mandatory for sobriety and along with it we need to be immersed in all sorts of recovery / spiritual nutrition and nourishment. We all put so much time and energy into going about doing our work for the food and things that perish which is important and a form of service. But, for us alcoholics we will not have these or get them going if we don't do our spiritual works that transform us. Each day we have the choice to make ourselves and the world around us much better and to leave behind us a trail of goodness that we packed into God's Creative stream of life. When we go around doing good works as a result of being spiritually awakened, there won't be an opening for worry, fear, confusion and other shortcomings to enter, set in, and take over.

By submitting to the AA Program and surrendering to God we are released from the power alcohol has over us. When this takes place, we cannot help but become aware of God's presence. We will be given a spiritual vision that helps us see things clearer, so we stay on the sober spiritual path walking in the Sunlight of God's Spirit.

There is never going to be a good reason to take another drink again. It doesn't matter if we lose a loved one ~ we will grieve the loss. It doesn't matter if a member of the Fellowship goes back out drinking ~ we will not follow them. If we experience a job loss or any other loss or trouble ~ we stay surrendered to God remembering to never let up on our recovery, spiritual living. God will take care of us and all things. We are here to do our part to the full suggested AA Program and keep trying to help others to recover who are still sick from alcoholism. Our main job is to stay sober ourselves no matter what anyone else is doing. We need to keep seeking how we can do God's will by living in Divine Grace, constantly carrying thoughts like these through the day: Here I am God, I seek to do your will, prepare me, make me ready, make me willing, how can I best serve Thee? Thy will not mine be done (Big Book, pg.76 -we ask God to help us be willing). Stay focused on God: God first thing in the morning, prayers, readings, meditation. If a problem comes up in the day we will be quick to contact God's guidance, ask if there's anything we can do about it, and take care of things as they come up right away to resolve them or accept things if they can't be changed.

Prayers to God will avail us much. In many instances having faith in God to take care of things will lead us to do our part while letting God do His part. As we live the Twelve Steps, we are doing our part and there's no need to worry or have any unhealthy fears which only cause confusion and disruptions in our minds and lives.

As God has taken care of the drink problem which we could not, He will continue to do for us what we cannot do in other matters as well. Let go and Let God, put God in first place in your life, take it easy, this too shall pass ~ we have been given these slogans in AA for the reason that they work. When the going gets tough we maintain the practice of our AA design for living which works in tough going. The AA Program is not a light duty deal. We will be amazed. Remarkable things will happen. The age of miracles is still with us. Each day in sobriety, as a result of being spiritually awakened, is a day given to us by the grace of God. God is the underlying source of all good as God did with our alcoholism. His infinite creative power can turn what is difficult and problematic for us into that which is spiritually good for us.

... Jerome D., Powell River, BC, borrowed from The Link Newsletter, Houston, TX

Happy 85th Anniversary Alcoholics Anonymous

Daily events July 1 – 31 – Contact aa.org for further info



TRADITION SEVEN CHECKLIST?

“Every AA Group ought to be fully self-supporting, declining outside contribution.”

1. Honestly now, do I do all I can to help AA (my Group, my Central Office, my GSO); remain self-supporting? Could I put a little more into the basket on behalf of the new member who cannot afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full colour, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA Groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a Group Treasurer's report unimportant AA business? How does the Treasurer feel about it?
6. How important in my recovery is the feeling of self—respect, rather than the feeling of being always under obligation for charity received?

Reprinted from AA Grapevine Traditions Checklist



DO NOT DISTURB. THE COMMITTEE IS IN SESSION.

< AN OLD LEGEND >

There is an old Hindu legend that at one time all men on earth were gods, but men so sinned and abused the divine that Brahma, the god of all gods decided that the godhead should be taken away from man and hid some place where they would never find it again to abuse it. “We will bury it deep in the earth,” said the other gods.

“No,” said Brahma, “because man will dig down in the earth and find it there, too.” “We will hide it on the highest mountain,” they said. “No,” said Brahma, “because some day man will climb every mountain on the earth and gain capture the godhead.”

“Then we do not know where to hide it,” said the lesser gods. “I will tell you” said Brahma “hide it down in man himself. He will never think of looking there.

● *****

We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us. (Big Book page 55)

... Borrowed from Tri-County C.O. News, Tampa, Fl.

THE CENTER LINE OF LIFE

Deeper rooted emotional problems

We are all born with a Conscience and an Ego. We all have instincts. We, as human beings are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differ in all of us. “Yet these instincts, so necessary for our existence, often far exceed their proper function. “(12x12 Step 4) Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. Most Alcoholics have deeper rooted emotional problems that far exceeds the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, a certain percentage of our fellowship have deeper rooted problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are arrogant or egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range else why would we need to attend AA meetings. Let us consider the normal range to be 5 degrees on either side of the center line. The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may walk in front of a bus. These are the extremes, and we all fall somewhere in between. Those of us who are fortunate enough not to be afflicted by those pre-mentioned mental disorders, are blessed In the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life.

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of judging them by their outward behavior, we are still outside the normal range, and when we replace the habit of being judgmental with the habits of compassion and empathy we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A, program. Steps six and Seven begins this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions, that result from those thoughts. “There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest.” (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties? Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.

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

Look back and be grateful
Look ahead and be hopeful
Look around and be helpful

*The task ahead of us is never as great As
the Power behind us.*

Spirituality involves not just talking about something, not just reading about or considering something, not even just doing something: it involves actually experiencing life in a new way

... Borrowed from Tr-County C.O. News, Tampa, Fl.

- As I let go of my should and feeling of guilt, I can get in touch with my inner Sociopath.
- I assume full responsibility for my actions, except the ones that are someone else's fault.
- I no longer need to punish, deceive or compromise myself. Unless, of course I want to stay employed.
- In some cultures what I do would be considered normal.

... Daily Affirmations, WE ARE NOT A GLUM LOT, Tri-County C.O., Tamp, Fl.

THE STEPS OF A.A. - AN INTERPRETATION

Alcoholics Anonymous is not a "booze cure" or a psychological means of controlling one's excessive or obsessive drinking. A.A. is a program, a life-changing program, and, in a great part, we owe our inception as a fellowship to our origin in the Oxford Group movement during the mid-1930's.

The Oxford Group was designed as a Life Changing program- and we in A.A. have for our own uses and affiliation, modified their program, chiefly by designing our twelve step program in a manner that the alcoholic who feels he needs and wants a change from what they are experiencing, can comfortably accept and apply the program and thereby change their life.

To do so requires certain attitudes, willingness, and acts on our parts.

We have simplified the program, in the feeling that any alcoholic with an alcohol problem can live a life free of the obsession to drink.

Our program of the twelve steps is really accepted in four distinct phases, as follows:

- | | |
|---------------------|---------------------------------|
| 1) Need (admission) | 2) Surrender (submission) |
| 3) Restitution | 4) Construction and Maintenance |

Phase #1 - Is covered in Step 1- "We admitted we were powerless over alcohol, that our lives had become unmanageable" - this step points out phase 1- or our own need - there is a need for a change!

Phase #2 - Includes the 2nd through the 7th steps which constitutes the phase of submission.

Step#2 - "We came to believe that a power greater than ourselves could restore us to sanity." Since we could not manage our own lives, of ourselves, we found ourselves to be powerless over alcohol; we were encouraged by the power of example of someone or some others to believe that a power greater than ourselves could restore us to sanity. In this step, we have the "proof of the pudding" before we are asked to eat it!! Others tell us of their experiences and share their deepest feelings with us and those members are alcoholics such as we are, and there they stand, sober, clean-eyed, useful, confident and with a certain radiance we envy and really want for ourselves. So, we **WANT** to believe it! Of course, some persons could conceivably be a bit more startled at first by the reference to "being restored to sanity," but most of us finally conclude that in hearing of some of the experiences our new friends had during their drinking careers were anything but the actions of a rational person, and when we reflect upon our own actions and deeds prior to our own introduction to A.A., it is not difficult to recognize that we too, were pretty well out in left field also! In fact, most of us are happy in the feeling that we were not really responsible for many of our past unpleasant and embarrassing situations and frankly, this step does much to relieve our feelings of guilt and self-condemnation.

Step #3 - "We made a decision to turn our **will and our lives** over to the care of God..." Now here is the step which separates the men from the boys (or the women from the girls) - this is the step which tells the story as to whether we are going to be **in** A.A., or **around** A.A. Yes, we can attend meetings, visit the clubs, attend the social functions, but, unless we really take step #3, we are continuing to make up our own program. Since our entire program is based upon dependence upon God and our lives are to be directed by Him! So, here we are, making a **decision** which in itself is quite an accomplishment for the alcoholic, since they are one of the most indecisive creatures in society, due to their incapacity to manage their own life due to their obsession. But- to make a decision to turn our life and our will over to the care of God- this creature in the far blue yonder, whom we have little acquaintance with and probably much fear of, this is really asking very, very much of an alcoholic! Rest assured, that if they are not ready, if they have not reached their "bottom" or extremity, and if they are not really "hurting more than they ever have," they are not about to take step #3. So - they go pretty much on their own as usual, except that they do have the advantage of better company than they had been associating with and this in time, could really foul up any type of drinking life they may have in the future! Another important feature enters here, in that they **know** now that there is a way out of their dilemma, and this is bound to "work" on them as time goes on, if they have any pride at all in themselves! At this point - their biggest problem is to overcome **FEAR** and "Let go and let God."

Step #4 - "Made a searching and fearless **Moral** inventory of ourselves." This is a step which should be taken with the assistance of a sponsor, or counselor who is well experienced in this changed life - due to the capacity of the alcoholic to find justification for about anything - a sponsor can bring up through sharing - many various moral weaknesses which need attention in their life and can smooth the way for the alcoholic to examine them in a frank fashion. The next step suggests that someone is helping with step #4 - since it reads as follows:

Step #5 - "Admitted to God, to ourselves, and to **another human being**, the exact **NATURE** of our wrongs."

CONTINUED

We put ourselves on record and leave no options or reservations! Note that it states, **NATURE** of our wrongs- not the wrongs themselves! We are not required to narrate details of our many indiscretions. Many of them we do not even remember, nor are conscious of. This is not a laundry list for dirty linen, this is recognition of character defects, which need elimination or adjustments!

Step #6 - "Were **entirely** ready to have God remove **ALL** these defects of character." This step allows for no reservations. The alcoholic, being an extremist must go the whole route. We are not a bit ready, or about to be ready, but **entirely** ready to have God, not us, remove **ALL** these defects of character, (the interesting ones as well as the more damnable ones!).

Step #7 - "Humbly asked Him to remove our shortcomings." We tried to make no deal, as we did in the past when situations would overwhelm us. It was common to say- "Dear God, get me out of this mess and I will be a good boy (or girl), I will not do this and such, etc., etc., etc., " **NONE OF THAT!** We humbly asked Him to remove our shortcomings. The Good Book assures us that anything we ask believing, we shall receive!

Step #8 - Begins our phase #3- that of restitution. So now we have admission in Step #1, Submission, Steps #2 through #7. Now for the Restitution in Steps #8 and #9.

Step #8 - "Made a list of **all persons** we had harmed and **became willing** to make **amends to them all**."

Steps #8 and #9 should also be taken with the assistance of a knowledgeable sponsor or a counselor, since in our present state of impatience and with an almost complete lack of judgment we could conceivably cause much harm in executing this phase of the program. Most of us probably have persons on that list that we just do not want to have any contact with. The step states plainly - **ALL** persons we had harmed! Obviously, some of these persons are not available, having passed on, or disappeared etc., so we must ask God to handle those details.

But step #9 states - "Made direct amends **Whenever Possible** except when to do so would injure them or others." We cannot and should not try to clear our slate or conscience at the expense of any others. This phase is very important, and it eliminates the possibility of carrying over some details into our new life that could consciously come back to haunt or harm us in our new life. We are going into a new life, and we should "Let the dead bury the dead."

Now that we have taken 9 steps we have concluded 3 phases of our program. These 9 steps we have accomplished - so - **FORGET THEM!!!** They have required action and you have taken the action, so there is no need of repeating it! There are only two occasions when one must refer back to the first nine steps, #1- is in the event that the person "resigns and resumes," obviously they must start all over again! The other occasion when we may refer to the first nine steps is when we are trying to explain them to a new member and helping them with them.

So, now we have our last phase, that of **Construction and Maintenance** - Steps 10-11- and 12. With these steps, we construct our life. These are our living steps. We no longer must be concerned with 12 steps- **ONLY 3 STEPS!!** How simple, how wonderful!

Step #10 - "Continued to take **personal** inventory, and when we were wrong, promptly admitted it." This step has absolutely no connection with step #4. Note, in step #4, it calls for a searching and fearless **Moral** inventory. This step calls for a **personal** inventory. This step is our daily check on ourselves. This is our check on the small and large and otherwise details of my life **TODAY**. My simple way of handling step 10 may help someone, since I find that it is most adequate for me, and I prefer to keep things simple and uncomplicated.

At night, after I am in bed, my day is over; I find this is one of my most important prayer times. I think about my day, what have I done, whom I have been with, what has transpired. Sometimes I find that I am not proud of something I have done today, and I owe someone an apology, I do not permit these things to go unattended. I have found that it is not the so-called "big" things which seriously affect the alcoholic in their new life, but the "little" things. They can go on and on and add up and become a real burden and eventually have drastic effects upon our new life. This is the reason for step 10, keep things "cleaned up," keep the walk swept! Maintain a good healthy attitude.

Step #11 - "Sought through Prayer and Meditation, to improve our conscious contact with God, praying **only** for knowledge of His will for us and the power to carry that out." This is a great step, first, because it brings us into a prayer life. Back in step #3, we made a decision to turn our life and will over to the care of God. In step #11, we receive our orders!! Let us break this step down and discover how it is both simple and profound. We are seeking something, seeking to improve our conscious contact with God. What does that mean? To me it means He is not in the far blue yonder, beyond reach, but right here, close where I can talk to Him and listen to Him (the Bible states that He is closer than hands and feet, and that is most close!). So, I am seeking to make this contact through Prayer and Meditation. What does this mean? To me, Prayer is talking to God, and Meditation is listening to Him! The good Lord endowed us with one mouth and two ears, which should suggest something to us!!

Continued

We are enjoined- "Be Still" - and that is how we should be while listening! The answers surely will come if we but listen. Now, the step tells us what to pray for. "Only for knowledge of His will for us and the power to carry that out." Since we submitted ourselves and turned our will and life over to the care of God in phase #2- now we ask for His orders and strength to carry them out. We are promised that He will never expect anything from us that He will not give us the power to execute. Now then, do you see any place in the step thus far to suggest we pray for sobriety? Of course not, and it is absolutely unnecessary - you **HAVE** sobriety. Thank Him for it - but it is pointless to pray for what you already have. The 11th step states very plainly **how to pray** and **what to pray for!!**

Step #12 - We have experienced 11 steps, and something has happened to us. In fact, something happened at the end of step 9! Step 12 states very plainly - "Having had a Spiritual Experience as **the** result of these steps, we tried to carry this message to other Alcoholics and to practice these principles in **ALL** of our affairs." What is a Spiritual Experience? That is the changed life we have been referring to. That is the change that comes to a person who has turned their will over to the care of God and continues to try and improve themselves, mentally, morally, and spiritually. It states that we try to carry this message (not the alcoholic) to alcoholics. We practice these principles of love and service in all our affairs. Not just in A.A. meetings and associations, at home, at business, everywhere! What a blessing this fellowship is. What a great opportunity to love and be loved. Why cheat yourself? We have the prescription, the means of getting well, staying well, growing and best of all, **SERVING**. Come on in, the water's fine!! Friends are wonderful, the fellowship is distinct, and **GOD IS GREAT!!**

... Written by Clarence H. S., January 1972, he is one of the first members of Cleveland, OH Group

STAY SAFE

STAY SOBER

ENVY

No one would argue if you said at a meeting that resentments are among our worst enemies. But resentments, liker alcoholism, are a symptom. When you go looking for the cause, envy will often be dug out of the woodwork. Yet most people think of envy as a mild flow, easily skipped over in the Fourth Step. The truth is that envy has long since earned a high place among character defects. Like many an insidious foe, it has a way of throwing sliders that can fool anyone. As long as our defects go unrecognized, they have a way of growing: they are not likely to fade away and get lost without real effort by the victim. And envy can sour the thinking process like sauerkraut in a milkshake.

The victim would never admit this. (Guilty ones rarely confess anything. Ask any judge, lawyer, or jury.) To envy means "to feel annoyed or aggrieved at the superior possessions or advantages of another person."

Any time an alcoholic gets annoyed in this way, there is danger ahead. What shows first as irritation grows quickly into resentment. Emotions may merely simmer; but as in a kettle with the lid jammed on, pressure rises, and resentment can burst into rage. So, what started as a touch of mild envy may eventually boil into something lethal and end in tragedy (which for us means a drink).

Suppose someone remarks here, "Why worry about it? Remember, *Easy Does It.*" There is a strong answer. It comes from Bill W., AA's co-founder, who noted in the Grapevine (November 1960) that alcoholics have three choices in seeking sobriety: (1) "A rebellious refusal to work upon our glaring defects can be an almost certain ticket to destruction."; (2) "for a time, we can stay sober with a minimum of self-improvement and settle into a comfortable but often dangerous mediocrity"; or (3) "we can continuously try hard for those sterling qualities that can add up to fineness of spirit and action ~ true and lasting freedom under God."

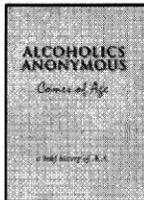
If we take the third course, we will begin with a "searching and fearless" look into ourselves. Do I envy John or Jane Doe, recently promoted while I sat still? Or their new car while mine is old and rusty? Or the fact that his son made MIT while mine took a low-level job? The list will be long; for each, it will vary; but honesty will show that envy warps countless minds.

Envy has a long arm; Its fingers touch many sides of our thinking, and therefore influence our actions. Is this a human frailty that cannot be helped? No! Once anyone uses the Fourth Step without reserve and begins to see exactly what is wrong, a start can be made. Only that is needed. Perfection is not in reach. But willingness will open many gates, and the road ahead can be upward, if we so choose, one day at a time.

... Reprinted with permission, AA Grapevine, Bill C., Hill, Mass., May 1976



Alcoholics Anonymous Comes Of Age



ALLERGY
 AWAKENING
 BODY
 COMPELS
 CONDEMNS
 DOCTOR
 DRUNKS
 EARLY
 EGO
 EXPERIENCE

FELLOWSHIP
 FOUNDER
 GREAT
 HALLUCINATING
 HOPELESSNESS
 HOSPITAL
 ILLNESS
 MIND
 NATURE
 OBSESSION

PASSWORDS
 PHRASES
 SCENES
 SCIENCE
 SILKWORTH
 SOIL
 SPIRITUAL
 TOOLS
 TOWNS
 WORDS

AA COMES OF AGE

“As we looked back over those early scenes in New York, we saw often in the midst of them the benign little doctor who loved drunks. William Duncan Silkworth, then Physician-in-Chief of the Charles B. Towns Hospital in New York, a man who was very much a founder of AA. From him we learned the nature of our illness. He supplied us with the tools with which to puncture the toughest alcoholic ego, those shattering phrases by which he described our illness: *the obsession of the mind* that compels us to drink and the *allergy of the body* that condemns us to go mad or die. These were indispensable passwords. Dr. Silkworth taught us how to till the black soil of hopelessness out of which every single spiritual awakening to our fellowship has since flowered. In December 1934, this man of science had humbly sat by my bed following my own sudden and overwhelming spiritual experience, reassuring me, “No, Bill,” he had said, “you are not hallucinating. Whatever you have got, you had better hang on to; it is so much better than what you had only an hour ago.” These were great words for the AA to come. Who else could have said them.””

SAME STORM -- DIFFERENT BOATS

After listening to some pretty harsh comments & arguing over reopening or completely shutting down for another two weeks, someone in their right mind wrote this.

Don't know who wrote it, but it's spot on.

Perspective:

WE ARE NOT IN THE SAME BOAT ...I heard that we are all in the same boat, but it is not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa. For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis. For some that live alone they are facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the \$600 weekly increase in unemployment some are bringing in more money to their households than they were working. Others are working more hours for less money due to pay cuts or loss in sales.

Some families of four just received \$3400 from the stimulus while other families of four saw \$0.

Some were concerned about getting a certain candy for Easter while others were concerned if there would be enough bread, milk, and eggs for the weekend.

Some want to go back to work because they do not qualify for unemployment and are running out of money.

Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12-hour workday.

Some have experienced the near death of the virus, some have already lost someone from it, and some are not sure if their loved ones are going to make it. Others do not believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come. So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is especially important to see beyond what is seen at first glance. Not just looking, actually seeing. We are all on different ships during this storm experiencing a vastly different journey.

Realize that and be kind.

Unknown author

GRAPEVINE DAILY QUOTES

- "A good question to ask myself frequently is: What am I looking for - Advice or approval?"
- "I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness."
- "The things that used to keep me awake nights now no longer bother me, because I can put them against the backdrop of eternity. The long, lonely winter that was alcoholism has turned into spring ~ the rebirth, the renewal of my life."
- "To us of AA, sobriety means life itself."
- **A drunk with a terrible hangover** strolled into a bar; seated himself shakily on a stool and asked for something to drink in a hurry. When the bartender began to reel off suggestions, the drunk cut in with, "Oh, just give me something tall and cool and full of gin." A drunk sitting on the adjacent stool turned and said indignantly, "Sir, you are talking about the woman I love!"

OUR GREATEST DANGER: RIGIDITY

BOB P.

Here are some very inspiring excerpts from the talk that Bob P. gave at the 1986 AA General Service Conference. Bob discusses his gratitude and concerns with AA's future as he knew this was the last General Service Conference that he would be involved with.

This is my 18th General Service Conference — the first two as a director of the Grapevine and A.A.W.S., followed by four as a general service trustee. In 1972, I rotated out completely, only to be called back two years later as general manager of G.S.O., the service job I held until late 1984. Since the 1985 International Convention, of course, I have been senior adviser. This is also my last Conference, so this is an emotionally charged experience.

I wish I had time to express my thanks to everyone to whom I am indebted for my sobriety and for the joyous life with which I have been blessed for the past nearly 25 years. But since this is obviously impossible, I will fall back on the Arab saying that Bill quoted in his last message, "I thank you for your lives." For without your lives, I most certainly would have no life at all, much less the incredibly rich life I have enjoyed.

Let me offer my thoughts about A.A.'s future. I have no truck with those bleeding deacons who decry every change and view the state of the Fellowship with pessimism and alarm. On the contrary, from my nearly quarter-century's perspective, I see A.A. as larger, healthier, more dynamic, faster growing, more global, more service-minded, more back-to-basics, and more spiritual — by far — than when I came through the doors of my first meeting in Greenwich, Connecticut, just one year after the famous [July 1960] Long Beach Convention. A.A. has flourished beyond the wildest dreams of founding members, though perhaps not of Bill himself, for he was truly visionary.

I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually addicted, or even the "druggies" trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these and any other problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we cannot control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense.

If you were to ask me what is the greatest danger facing A.A. today, I would have to answer: the growing rigidity — the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to "enforce" our Traditions; screening alcoholics at closed meetings; prohibiting non-Conference-approved literature, i.e., "banning books"; laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was, "Every group has the right to be wrong." He was maddeningly tolerant of his critics, and he had absolute faith that faults in A.A. were self-correcting.

And I believe this, too, so in the final analysis we are not going to fall apart. We will not falter or fail. At the 1970 International Convention in Miami, I was in the audience on that Sunday morning when Bill made his brief last public appearance. He was too ill to take his scheduled part in any other convention event, but now, unannounced, on Sunday morning; he was wheeled up from the back of the stage in a wheelchair, attached with tubes to an oxygen tank. Wearing a ridiculous bright-orange, host committee blazer, he heaved his angular body to his feet and grasped the podium — and all pandemonium broke loose. I thought the thunderous applause and cheering would never stop, tears streaming down every cheek. Finally, in a firm voice, like his old self, Bill spoke a few gracious sentences about the huge crowd, the outpouring of love, and the many overseas members there, ending (as I remember) with these words: **"As I look over this crowd, I know that Alcoholics Anonymous will live a thousand years — if it is God's will."**

... Bob P. (1917-2008) was General Manager of the General Service Office from 1974 to 1984, and then served as Senior Advisor to the G.S.O. from 1985 until his retirement. His story is in the Big Book as "AA Taught Him to Handle Sobriety."

SEVENTH STEP PRAYER

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

"My Creator, I am now willing that you should have all of me, good & bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you & my fellows. Grant me strength, as I go out from here to do Your bidding." (76:2)

from "Friends of Bill W., internet

THINGS STARTED WORKING FOR ME WHEN:

1. My Desperation Outweighed My Denial.
2. My Conscience Outweighed My Ego.
3. My Compassion Outweighed My Resentments.
4. My Giving Outweighed My Taking.
5. My Faith Outweighed My Fear.
6. My Unselfishness Outweighed My Greed.
7. My Service Outweighed My Neglect.
8. My Acceptance outweighed My Criticism.
9. My Caring Outweighed My Indifference.
10. My Empathy Outweighed My Contempt.
11. My Perspective Outweighed My Opinion.
12. My Smiles Outweighed My Smirks.
13. My Calmness Outweighed My Rage.
14. My Understanding Outweighed My Confusion.
15. My Virtues Outweighed My Faults.
16. My Hope Outweighed My Distrust.
17. My Gratitude Outweighed My Dismay.
18. My Kindness Outweighed My Spite.
19. My Principles Outweighed My Delusions.
20. My Happiness Outweighed My Pain.
21. My Confidence Outweighed My Insecurity
22. My Maturity Outweighed My Childishness
23. My Quiet Discipline Outweighed My Gossip.

I Could Go on Forever...

Rick R., Unconditional AA., Poway, CA

- AA is the only place where you can walk into a room full of strangers and reminisce.
- AA Group will be judged by the worst behaviour of its members.

A FEW WORDS FROM AN ATHEIST

I dried out, sobered up, and found peace by becoming aware of, then learning to be grateful for, the simple things that make up the joy of living, instead of wallowing around in the exact nature of my wrongs; by letting others help me help myself instead of searching for moral supremacy; by learning to live and let live; and certainly not by examining someone else's "wrong" thinking about God, the Big Book, or the Twelve Steps.

Serenity has not been granted me by divine intervention or by waiting for it to land in my lap. Serenity, along with such goodies as a sense of belonging, a newfound freedom and happiness, and a better understanding of myself, comes my way by the learning of acceptance. Acceptance, especially, of the simple fact that some people believe in God and some do not.

There is a very real human power called sharing, without which I would not be alive today, let alone relieved from alcoholism today.

That's the way it works for me, and I'm willing to let it.

... from AA Grapevine International Magazine, April 1985



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 IN JULY

June 29 -

-July 2, 1995 56,000 attend 60th Anniversary of AA in San Diego. What a party!

July 1-3, 1960 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2, 1960 Father Ed Dowling dies.

1965 - Best of *Bill* and pocket-sized 12 & 12; first sold.

1965 First *La Vigne*, the Canadian version of the *Grapevine*, is published.

1993 50 years of AA celebrated in Canada.

July 2-3,1955 5000 attends 20th Anniversary at our St Louis Convention; Bill W. turns "the fellowship over to the Fellowship" at 4:00 PM

July 2-4,1965 10,000 attends, 30th Anniversary of AA in Toronto, our Responsibility Declaration is adopted.

July 4, 1939 First AA meeting in Flatbush, NY starts.

July 3-5,1970 10,900 attends, 35th Anniversary of AA in Miami; Bill W. gives his last talk to AA.

July 4-6,1975 19,800 attends 40th Anniversary of AA in Denver; World's largest coffee server serves 1/2 million cups a day.

July 3-6,1980 22,500 attends 45th Anniversary of AA in New Orleans; first true marathon meeting is held here.

July 3-6,1980 Gay AA's have own program at 40th AA Anniversary in New Orleans.

July 5, 1985 AA gives Ruth Hock 5,000,000th Big Book during 50th AA Anniversary in Montreal, Canada

July 5-7,1985 45,000 attends, 50th Anniversary of AA in Montreal; House of Seagram's flies their flags at half-mast for 3 days.

1990 AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 7, 1940 Bill attends first summer session at School of Alcohol Studies at Yale University

July 5-8,1990 48,000 attends, 55th Anniversary of AA in Seattle. 75 countries are represented as the former Soviet Union's members attend for the first time.

July 8, 1940 First AA group formed in Dayton, Ohio.

July 10, 1941 Texas newspaper publishes anonymous letter from founding member of Texas AA Group.

July 14,1939 Blythewood Sanitarium; Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him.

1979 Dr. Ernest Kurtz publishes *Not God*, a history of AA

July 16, 1965 Frank Amos AA Trustee dies.

July 20, 1941 First AA group forms in Seattle, Washington.

July 22, 1877 Willian Duncan Silkworth born in Brooklyn, NY.

July 22, 1980 Marty M. early AA woman and founder of National Council on Alcoholism and Drug Dependency (NCADD) dies.

July 23, 1940 Philly AA's send 10% of kitty to Alcoholic Foundation, setting precedent.

July 23, 1943 Esther C.'s sobriety date; she died sober Jan 15, 2005.

July 23, 1943 New Haven Register CT reports arrival of AA's to study with E.M.Jellinek.

July 24, 1943 L.A. press reports formation of all-Mexican AA Group.

July 28-30,1950 First AA Convention celebrates 15th anniversary of AA in Cleveland.

July 31, 1972 Rollie H., former baseball player, dies sober in Washington DC.

- In AA there are no losers ... just winners.
- Three of the most dangerous words for an alcoholic: I've been thinking.
- Ten out of ten people die, so don't take life too seriously.
- Three things can happen to an alcoholic who doesn't stop drinking: they get screwed up, locked up or covered up.
- Want to hear God laugh? Tell Him your plan.

MURPHY'S OTHER LAWS

1. Everyone has a photographic memory. Some do not have film.
2. He who laughs last, thinks slowest.
3. A day without sunshine is like, well night.
4. Change is inevitable, except from a vending machine.
5. Back up my hard drive? How do I put it in reverse?
6. I just got lost in thought. It was unfamiliar territory.
7. When the chips are down, the buffalo is empty.
8. Seen it all, done it all. Cannot remember most of it.
9. Those who live by the sword get shot by those who do not.
10. I feel like I am diagonally parked in a parallel universe.
11. He is not dead. He is electroencephalographically challenged.
12. She is always late. In fact, her ancestors arrived on the "June Flower."
13. You have the right to remain silent. Anything you say will be misquoted and used against you.
14. I wonder how much deeper the ocean would be without sponges.
15. Honk if you love peace and quiet.
16. Pardon my driving. I am reloading.
17. Despite the cost of living, have you noticed how it remains so popular?
18. Nothing is foolproof to a sufficiently talented fool.
19. It is hard to understand how a cemetery can raise its burial costs and blame it on the higher cost of living.
20. Just remember, if the world did not suck, we would all fall off.

... borrowed from the TST July 2009

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 N
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				
	May	YTD	YTD BUDGET	variance
<u>General Receipts:</u>				
Group Contributions	\$ 5,508.94	\$ 26,966.90	\$38,250.00	\$ 11,283.10
Individual/Bequeath	\$ 3,593.00	\$ 8,444.00	\$1,650.00	-\$ 6,794.00
Birthday Club/Faithful Fivers	\$ -	\$ 898.00	\$1,040.00	\$ 142.00
Office Supplies / Postage	\$ 2.00	\$ 410.95	\$425.00	\$ 14.05
Newsletter	\$ -	\$ 4.00	\$90.00	\$ 86.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$1,000.00	\$ 330.00
Tradition Seven-meetings	\$ 8.50	\$ 863.65	\$2,700.00	\$ 1,836.35
Fundraising	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.34	\$ 16.61	\$25.00	\$ 8.39
Total General Receipts	\$ 9,114.78	\$ 38,274.11	\$ 50,180.00	\$ 11,905.89
<u>Literature & Medallion</u>				
Literature	\$ 6,784.65	\$ 27,068.90	\$48,950.00	\$ 21,881.10
Medallion	\$ 597.00	\$ 7,305.00	\$8,795.00	\$ 1,490.00
Total Literature and Med.	\$ 7,381.65	\$ 34,373.90	\$ 57,745.00	\$ 23,371.10
		\$ -		
Total Revenue	\$ 16,496.43	\$ 72,648.01	\$ 107,925.00	\$ 35,276.99
<u>Expenses: (COS)</u>				
AAWS & Grapevine Literature	\$ 4,854.11	\$ 17,258.27	\$26,700.00	\$ 9,441.73
Meeting list & Greeting Cards	\$ 64.68	\$ 974.46	\$2,700.00	\$ 1,725.54
Medallion Purch /engraving	\$ 359.90	\$ 4,046.26	\$5,210.00	\$ 1,163.74
Freight / Brokerage	\$ -	\$ -	\$35.50	\$ 35.50
	\$ 5,278.69	\$ 22,278.99	\$ 34,645.50	\$ 12,366.51
<u>Intergroup Expenses</u>				
12 Step Answering	\$ 404.87	\$ 2,024.36	\$2,000.00	-\$ 24.36
Literature expense	\$ 7.29	\$ 63.22	\$50.00	-\$ 13.22
Communications & Tech	\$ -	\$ -	\$500.00	\$ 500.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ -	\$500.00	\$ 500.00
	\$ 412.16	\$ 2,087.58	\$ 3,050.00	\$ 962.42
<u>Administrative Expenses</u>				
		\$ -		
Accounting & Legal	\$ 179.38	\$ 920.93	\$1,525.00	\$ 604.07
Bank Chgs & Cr Card chgs	\$ 125.58	\$ 665.64	\$715.00	\$ 49.36
Computer & IT Maintenance	\$ -	\$ -	\$2,500.00	\$ 2,500.00
Equipment Lease	\$ 359.77	\$ 1,798.85	\$2,020.00	\$ 221.15
Fundraising expense	\$ -	\$ -	\$ 5,000.00	\$ 5,000.00
Insurance	\$ 300.00	\$ 1,500.00	\$1,500.00	\$ -
Newsletter Expenses	\$ -	\$ -	\$25.00	\$ 25.00
Office Supplies	-\$ 23.41	\$ 817.57	\$420.00	-\$ 397.57
Postage	\$ -	\$ 493.36	\$790.00	\$ 296.64
Rent	\$ 3,634.65	\$ 18,211.99	\$20,000.00	\$ 1,788.01
Repairs & Maintenance	\$ -	\$ -	\$750.00	\$ 750.00
Salaries, Source, WCB	\$ 5,248.42	\$ 25,109.73	\$24,000.00	-\$ 1,109.73
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 133.09	\$ 757.10	\$1,000.00	\$ 242.90
	\$ 9,957.48	\$ 50,275.17	\$ 60,245.00	\$ 9,969.83
		\$ -		
Total Expenses	\$ 15,648.33	\$ 74,641.74	\$ 97,940.50	\$ 23,298.76
		\$ -		
Income / (Loss)	\$ 848.10	-\$ 1,993.73	\$ 9,984.50	\$ 11,978.23

2020 Birthdays for July

AB Group

Last Monday
 June 29 Margret A. 1 yr.
 Dennis G. 10 yrs.

Breathe Easy

First Friday
 Aug. 7 Elise S. 4 yrs.
 Elmo N. 20 yrs.
 Pat F. 24 yrs.
 Steve P. 7 yrs.

Crestwood Welcome

Last Monday
 July 27 Vic L. 40 yrs.
 Fred P. 9 yrs.
 Tom S. 17 yrs.
 Curtis. 7 yrs.
 Georgia F. 4 yrs.

Ellerslie

Last Thursday
 July 30 Chris N. 7 yrs.

Fulton Place

Last Friday
 July 31 Dwayne R. 5 yrs.
 Wayne J. 23 yrs.

Lion's Den

Last Monday
 July 27 Brad Mc. 10 yrs.
 Kelly Mc. 14 yrs.
 Linda L. 10 yrs.
 Mark S. 5 yrs.
 Sebastian S. 4 yrs.

Lighthouse

Last Friday
 July 31 Tarah F. 14 yrs.
 Donna M. 40 yrs.
 Ariel M. 5 yrs.

North Edmonton

Last Thursday
 July 30 Joe D. 45yrs.
 Valerie P. 32 yrs.

Oilmen's

First Monday
 Jul. 6 John C. 9 yrs.
 Colin G. 32 yrs.
 Ron G. 41 yrs.
 Aug. 3 Jan D. 57 yrs.

Providence

Last Wednesday
 July 29 Jared. 5 yrs.

Rite Trac

Last Tuesday
 July 28 Rose P. 11 yrs.
 Faye R. 44 yrs.

South Side

Third Friday
 July 17 Joe C. 1 yr.
 AG. 10 yrs.

The Why Group

Last Saturday
 July 25 Corne M. 5 yrs.
 Margrett. 11 yrs,
 Steve C. 15 yrs.

Thus, We Grow

Last Tuesday
 July 28 Charlene H. 6 yrs.

West End 12 Step

First Tuesday
 Aug. 4 Misty B. 1 yr.

West End Men's

First Wednesday
 Aug. 5 Gordon R. 17 yrs.

Westgrove

Last Sunday
 July 26 Chris M. 3 yrs.

Westminster

Last Saturday
 July 25 Dick S. 30 yrs.
 Dave O. 29 yrs.
 Butch V. 20 yrs.
 Naomi S. 9 yrs.
 Stan. 38 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday
 July 31 Peter C. 28 yrs.

Twelve Steps to Serenity

Last Monday
 July 27 Ryan W. 4 yrs.
 Jenn G. 5 yrs.

*ST. ALBERT

S.A. Back to Basics

First Thursday
 Aug. 7 Ric C. 23 yrs.
 Josh B. 2 yrs.

S A. Breakfast

Last Sunday
 July 26 Richard S. 12 yrs.
 Karen S. 12 yrs.
 John D. 23 yrs.
 Art P. 39 yrs.
 Martin B. 2 yrs.
 Mark A. 3 yrs.

S. A. Brotherhood

Last Wednesday
 July 29 Jay P. 8 yrs.
 Suede. 6 yrs.

ARE YOU WILLING ...?

- To forget what you have done for other people and to remember what other people have done to you.
- To ignore what the world owes you, and to think what you owe the world.
- To put your rights in the background, and your duties in the middle distance, and your chances to do a little more than your duty in the foreground.
- To see that your fellow men are just as ready as you are and try to look behind their faces to their hearts, hungry for joy as you are.
- To own that probably the only good reason for your existence is not what you are going to get out of life, but what you are going to give to life.
- To close your book of complaints against the management of the universe and look for a place where you can sow a few seeds of happiness.

Are you willing to do these things even for a day?

Then you have a good chance of keeping your sobriety.

... borrowed from Twelve Step Times, Sept. '93

Calendar of Events

2020 ROUNDUPS & FUNCTIONS

New York, NY

July 1-31 85th International Anniversary
 Contact GSO at aa.org
 It is a virtual (zoom) daily affair

Edmonton, AB

July 16 75th Anniversary Committee
 5:30 PM Zoom meeting ID328 256 654
 Password March19201
 Open to all members who wish to be part of this celebration. Tentative date: Nov. 7/2020

Grande Prairie, AB

Sep. 11-13 62 Annual G.P. Roundup \$?
 Sexsmith Civic Center
 Contact: 780-518-9035, 296-3515,
 587-297-6610

Red Deer, AB

Sep. 18-20 Area 78 Fall Assembly
 3310 – 50 Avenue
 Cambridge Red Deer Hotel

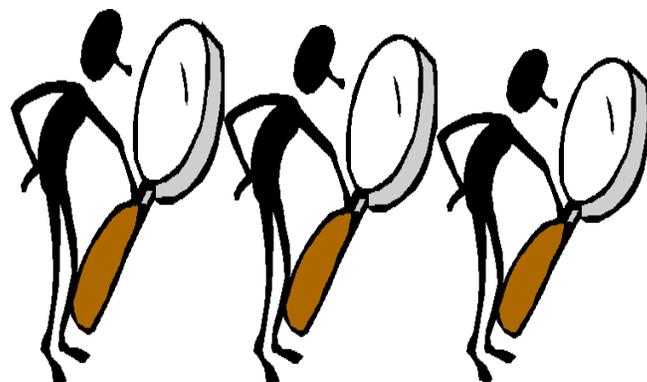
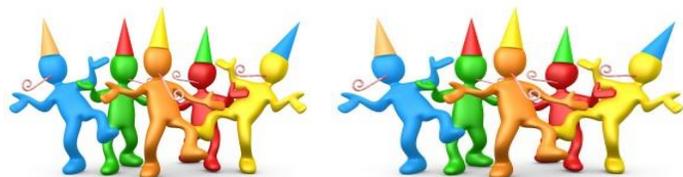
Drumheller, AB

Oct. 3 District 15 AA Roundup \$25.00
 10 AM 627 – 6 St. E.
 Church of the Nazarene Hall
 Contact: area78dist15@gmail.com

MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

July 1944 – December 1949 –
 1949 All except May
 1950 **we now have all of them**
 1951 All except Jan., Feb. & Oct.
 1952 **we now have all of them**
 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 **we now have all of them**
 2016 **we now have all of them**
 2017 Only November
 2018 Only March
 2019 **we now have all of them**
 2020 All to date



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

BIRTHDAY CLUB
 Grace N.

FAITHFUL FIVERS
 No contributions for May or June

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

To: Intergroup/Central Offices

Dear Friends,

As we all face the challenges wrought by the COVID-19 pandemic, we are heartened by the resilience of the Fellowship of Alcoholics Anonymous, actively working together to share A.A.'s message of hope and the Twelve Step program of recovery through our literature.

With the gradual re-opening of groups and service offices, we are hoping there will be renewed interest in our literature, not only to help fund the Twelfth Step work we all do, but also to get our literature into the hands of those who may need it. To that end, we are announcing:

Big Book Special Summer Offer
Order *Alcoholics Anonymous*
In any format, any language at 10% off list price
July 1 – September 30, 2020

This 10% discount can be combined with other customary A.A.W.S. discounts – so it is **in addition to the customary volume discounts**. The offer is available for all orders large and small, for hardcovers, softcovers, pocket editions, ASL videos, Braille, and all translations of the Big Book, *Alcoholics Anonymous*, currently in stock in our warehouses.

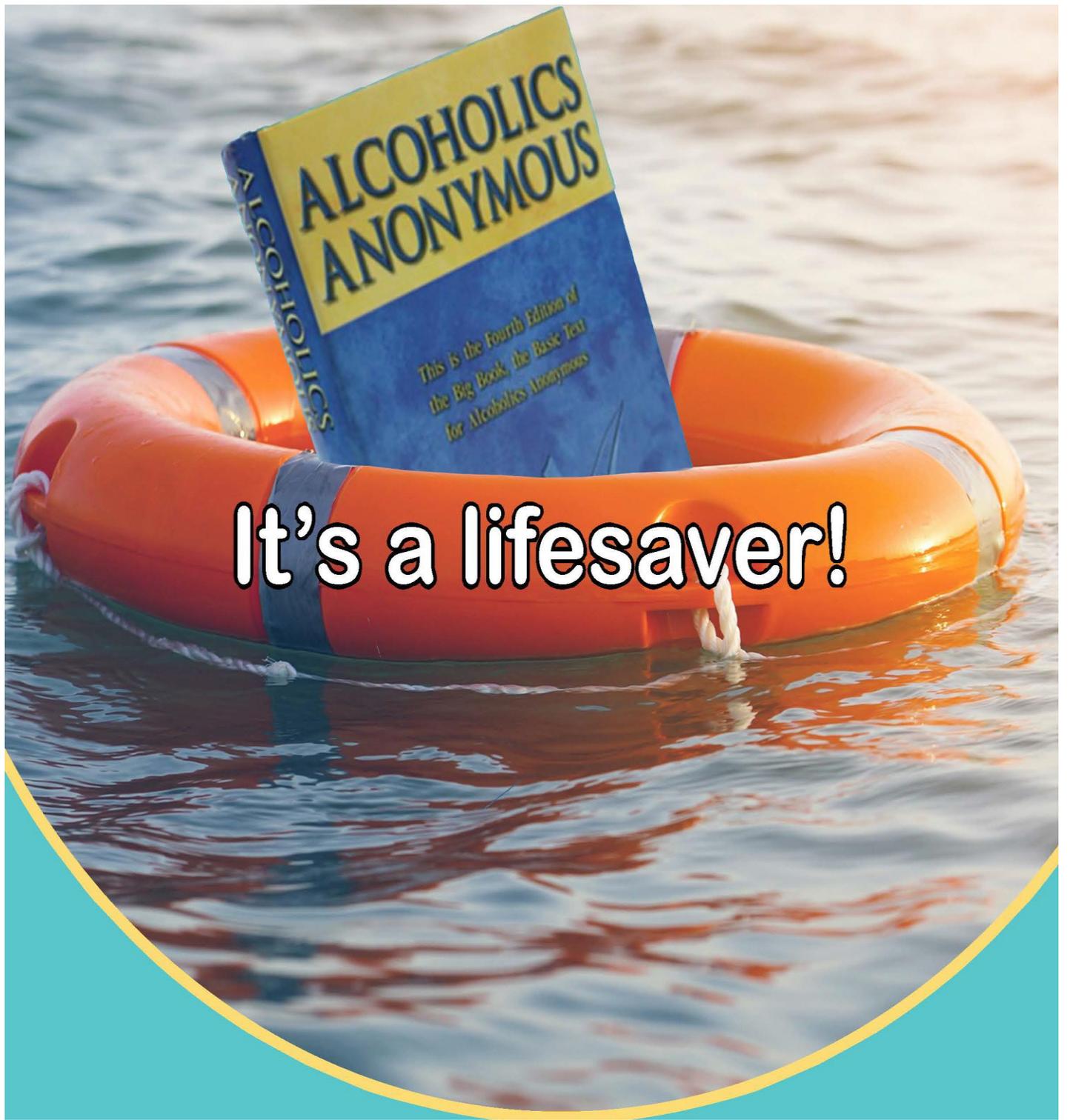
We've attached the flyer about the offer. In addition, we have attached PDFs that Intergroup/Central Offices can adapt to their specific needs. They are fillable PDFs so they can be customized to include local office contact information, to encourage groups and members to buy literature and other items locally. They also do not reference the 10% offer for added flexibility. We hope you find them useful. (We've included versions that are not fillable for those who prefer inserting their own text boxes.)

The goal is that this 10% discount will stimulate sales and interest in our literature to the benefit of all. We hope that your summer will be safe, as well as happy, joyous and free.

Yours in gratitude,

Jeff W.

G.S.O. Group Services



It's a lifesaver!

The Big Book, Alcoholics Anonymous, has been helping alcoholics for over 80 years. And now it's available in print, audio, ASL, DVD, hardcover, softcover, pocket-size and more:

Buy it locally, here:

Edmonton Central Office
#205, 10544 – 114 Street, NW
Edmonton, AB T5H 3J7

Phone: 780-424-5900 or email; centraloffice@edmontonaa.org