

ECO NEWS

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September 2020

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



WE REALIZE WE KNOW ONLY A LITTLE More Will be Revealed

I once heard it said that *intelligence is learning from our mistakes* and that *wisdom was learning from other people's mistakes*. I marvel at the wisdom of Bill W. and Doctor Bob and those first 100 sober members of the program that wrote the Big Book. I also have a tremendous amount of respect for those that recognized that the first 164 pages of the Big Book must not be edited and as a result they formulated amplifying information by writing the Twelve Steps and Twelve Traditions and they pounded it out on anvils of experience. There are terms and phrases used in both books that sound offensive in today's culture and would certainly have been edited and if we had established that precedent this program would not be here today. If you read Tradition Three in the 12 and 12 you will hear what they described as people who should not be allowed in AA. It sounds very offensive in today's environment but every time we read it at our Step Study meeting, we laugh at the way people thought in those days. Incidentally, no one can be left out if they have A Desire to Stop Drinking (Step Three). We have evolved at the pace of our environment and AA is still working fine. More has been revealed to us in the form of certain cultural changes. In the 1970s we became inundated with people who were addicted to drugs and after a short struggle we came to an understanding of how to incorporate them into the AA Program without violating the Steps and the Traditions. In today's environment, most of the people that come to us are sent by the courts or their doctors or for other reasons, and many of them have relapse after relapse and in the public's view, they take that to mean that AA does not work very well. The only requirement for A.A. membership is a desire to stop drinking and how many of those people truly have a desire to stop drinking. An old friend of mine once said "Sometimes we pick the fruit before it's ripe". I have heard it said if the co-founders would have changed anything about the first 164 pages in the Big Book, they would change the word Rarely, to say, Never have we seen person fail who has thoroughly Followed our path. I got sober on October 15th, 1969 before we were inundated with court cases and drug addiction flooded into the rooms. It may have taken about 10 years to navigate the best possible solution to the adjustments we would have to make, and we evolved. I was fortunate at that time to be encouraged by the Elder Statesmen of that group to consider how many meetings a week I would attend and that one of those meetings should be a Step Study that also studies the Traditions. I have been doing what they suggested weekly for over 50 years now and it has taken all my doubts about what is in the two books that we read. I am not offended by what I recognize, in those books, to be the culture and the inexperience and when I catch myself judging the advice and the terminology used in those early days. More has been revealed and we understand everything that they learned and were inspired by when formulating 12 Steps and 12 Traditions and I do not let myself be sidetracked because of the language they used in those days. We have evolved. Some of the things I read in our books sounds like it was written by a priest but in the days that AA was formulated everything revolves around the churches at that time and I am not offended by the language of that culture. Step 2 (12x12) explains it in simple terms. Atheist, Agnostics and Former Believers can stand together on these steps.

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

WHAT YOU SCATTER

I was at the corner grocery store buying some early potatoes... I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas.

I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes.

Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

'Hello Barry, how are you today?'

'H' lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas. They sure look good.'

'They are good, Barry. How's your Ma?'

'Fine. Gittin' stronger alla' time.'

'Good. Anything I can help you with?'

'No, Sir. Jus' admirin' them peas.'

'Would you like to take some home?' asked Mr. Miller.

'No, Sir. Got nuthin' to pay for 'em with.'

'Well, what have you to trade me for some of those peas?'

'All I got's my prize marble here.'

'Is that right? Let me see it', said Miller.

'Here 'tis. She's a dandy.'

'I can see that. Hmmm, only thing is this one is blue, and I sort of go for red. Do you have a red one like this at home?' the store owner asked.

'Not zackley but almost.'

'Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble'. Mr. Miller told the boy.

'Sure will. Thanks Mr. Miller.'

Mrs. Miller, who had been standing nearby, came over to help me. With a smile she said, 'There are two other boys like him in our community, all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, when they come on their next trip to the store.'

I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado, but I never forgot the story of this man, the boys, and their bartering for marbles.

Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts... all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket.

Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them as, one by one; each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket.

Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles.

With her eyes glistening, she took my hand and led me to the casket.

'Those three young men who just left were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size... they came to pay their debt.'

'We've never had a great deal of the wealth of this world,' she confided, 'but right now, Jim would consider himself the richest man in Idaho...'

With loving gentleness, she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

Continued...

The Moral: We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath.

Today I wish you a day of ordinary miracles ~ A fresh pot of coffee you didn't make yourself...An unexpected phone call from an old friend.... Green stoplights on your way to work....The fastest line at the grocery store....A good sing-along song on the radio...Your keys found right where you left them.

... Submitted by Bob J., St. Albert Breakfast Group

HOW RIGOROUS MUST HONESTY BE

Devoid of All Motives to Deceive

Is there a difference between *being honest* and *being rigorously honest*, and if not, why add the word rigorous, unless to imply that honesty comes in degrees? I know that when I first was faced with the challenge of being honest, (where it is mentioned three times in the first paragraph of How It Works in the Big Book), I wasn't against being honest and I was willing to give it my best shot. *Could I attain perfect honesty? I think not.* I could, however, reign in my lying about things that mattered, but that still left me with, what I felt was, a half measures approach and that did not sit well with me. If I was willing to be dishonest about anything, I was leaving myself opened to rationalizing and still I was conflicted. If I could lie once, wouldn't that be like taking just one drink? The second lie comes easier. Was I dishonest if I embellished the size of the fish, I caught last weekend? All these questions ran through my mind, and many more before I came upon an approach that worked for me, and it all seems to rest upon what my motives are.

I was attending a discussion meeting one evening and the topic was RIGOROUS HONESTY, and many of these questions were discussed without resolution until a gentleman defined the word HONEST, as DEVOID OF ALL MOTIVES TO DECEIVE. That meaning of the word gave me the latitude to practice that principle in the spirit that I believe the founders of AA would approve of. If you read the Big Book and the 12&12 you will find some overriding principles concerning these dilemmas. One that comes to mind immediately is: We cannot buy our own peace of mind at the expense of others. (Step 9 in the 12&12) and I would add "*my own self-righteousness at the feet of my loved ones.*

If the definition of honesty is "devoid of all motives to deceive" it leaves me with room to be kind during those innocent moments when my wife returns from the hair dresser and asks me if I like her new hairdo. I always like her new hairdo. *The being kind clause trumps the rigorous clause and I am not trying to deceive anyone.* What are hairdos supposed to look like anyway?

There is one area where I must be rigorously honest, and that is, with Myself. I must not let what I refer to as *overriding principles get stretched out of proportions* to the degree that I start to *rationalize and become deceptive again.* The *trust and respect* we gain when we follow these principles does not come easy and if we compromise it, we may never get it back. In Step 9, it also makes exceptions where full disclosure would cause actual harm. When in doubt, I can enlist the help of a trusted advisor and, I can be *rigorously honest with him*, live in the spirit of these principles and still have *honest integrity.*

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

ANNOUNCEMENT OF OPENINGS FOR NON-TRUSTEE DIRECTOR POSITIONS

There will be upcoming openings for non-trustee director positions in 2021 for both AA World Services and AA Grapevine, Inc.

Non-trustee directors are AA members selected for business or professional experience that relates to the activities of the corporations. Per the AAWS and AA Grapevine bylaws, a non-trustee director can serve up to four successive one-year terms.

Full details will be made available on aa.org and aagrapevine.org, the Meeting Guide app news alert feature and in a letter to Conference members and Fellowship later in the year.

... Box 459 Bulletin Board, Summer 2020

**BECAUSE “WE ARE NOT A GLUM LOT”
12 WAYS TO MAINTAIN A HEALTHY
LEVEL OF SANITY/INSANITY**

1. At Lunch Time: sit in your parked car with sunglasses on and point a hairdryer at passing cars ... See if they slow down.
2. Call your Service Committee and thank them for all the time and work they spend on your behalf. Tell them they are appreciated.
3. Every time someone asks you to do something ask if they “Want fries with that?”
4. Put your name on the Twelve Step List – Answer the phones for your Group.
5. Specify that your Drive Thru order is “To Go.”
6. Call the Cooperation with the Professional Community Committee, the Public Information Committee, the Corrections Committee, the Treatment Committee, or the Grapevine Committee and ask” How can I Help Carry the Message?”
7. When the money comes out of the ATM. Scream “I won! I won!”
8. Attend the next service workshop put on by one of your Service Committees.
9. When leaving the Zoom, start running towards the parking lot yelling; “Run for your lives, they’re loose.”
10. Volunteer to answer the phones at Central Office.
11. Tell your children over dinner: “Due to the Economy, we are going to have to let one of you go.”
12. Allow your name to stand for one of the service positions your Group elects and most important always remember our Three Legacies.

RECOVERY

UNITY

SERVICE



TRADITION IX

“AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program ~ even if no one makes me do so ~ with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully ~ and profit thereby ~ when the time comes?
8. What has rotation to do with anonymity? With humility?

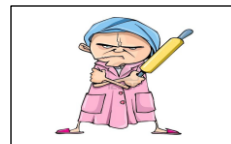
These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions.

... Reprinted with permission, AA Grapevine

SOMETHING TO REMEMBER

When you allow yourself to be upset over one thing, you succeed only in opening for the coming of hundreds of other upsetting things.

... Beginner's Manual, Milwaukee, Wi.



**MAYBE I SHOULD NOT HAVE TOLD
HER/HIM THAT ONE!**

NINTH STEP PRAYER

(A friend of Bill W. from Internet)

God, with regard to his amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping.

Amen

A.A. HISTORY IN SEPTEMBER

Sept 1,	1939 - First AA group founded in Chicago.
Sept 11,	2001 - 30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.
Sept 12,	1942 - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.
Sept 13,	1937 - Florence R, first female in AA in NY.
Sept 13,	1941 - WHJP in Jacksonville, FL airs Spotlight on AA.
Sept 17,	1954 - Bill D, AA #3 dies.
Sept 18,	1947 - Dallas Central Office opens its doors.
Sept 19,	1965 - The Saturday Evening Post publishes "Alcoholics Can Be Cured Despite AA"
Sept 19,	1975 - Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21,	1938 - Bill W. & Hank P. form Works Publishing Co.
Sept 24,	1940 - Bill 12th steps Bobbie V., who later replaced Ruth Hock as his secretary in NY.
Sept 30,	1939 - article in <i>Liberty</i> magazine, "Alcoholics and God" by Morris Markey.

Other significant events which occurred in September, but for which we do not have a specific date:

- 1930 - Bill wrote 4th (last) promise in family Bible to quit drinking
- 1939 - Group started by Earl T. in Chicago.
- 1940 - AA group started in Toledo by Duke P. & others.
- 1940 - *Journal of Nervous and Mental Diseases* gives Big Book unfavorable review.
- 1946 - Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.
- 1946 - First A.A. group in Mexico.
- 1948 - Bob writes article for *Grapevine* on AA, "Fundamentals In Retrospect".
- 1949 - First issue of A.A. *Grapevine* published in "pocketbook" size.

TRADITION NINE

“AA, as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.”

AA works believe it or not because each Group is unique. It is not governed by any other Group. You will note from going to different meetings their theme is different, their formats are different, but always their mission is the same; to carry the message to the alcoholic who still suffers. Every so often in walks a well-meaning person who tries to interrupt the unique flow of the Group meeting. Most likely this well-meaning person has seen success in their own Group meetings and feels the Group they are visiting will benefit from their advice. Hopefully, this person will be taken aside and asked to let the flow continue as it should. Yet, if this well-meaning person becomes a member and requests to lead, they may try their format and see where it goes.

Of course Central or Intergroup committee does need some organization and will require the employment of fulltime office administrators to keep the AA machine running with our General Service boards and Service Committee. These committees handle and maintain our Public Relations and guarantee the integrity of our principal newspaper, the AA Grapevine. These servants gain no real authority from their titles because they do not govern. They provide universal respect which is the key to their usefulness.

AA works as a ‘we’ Program. We cannot accomplish being sober on our own but as a Fellowship “we can do what I cannot do alone.” Much of this success is derived by the distinctiveness of the Group. We find our niche through these Groups. We depend on it. We enjoy the variety of different meetings. It keeps it fresh and always assisting with our evolving recovery.

... Kathleen M., Gratitude Group, from the Twelve Step Times, Aug. 2006

List of Topics for Discussion With Respect to Recovery from Alcoholism/Addiction!

1. One day at a time.
2. Easy does it.
3. First Things First.
4. Faith without works is dead.
5. But for the grace of God there go I.
6. Don't take yourself so seriously.
7. Daily reprieve.
8. (How) honesty, open-mindedness, willingness.
9. (Fear) Face everything and recover.
10. (Nuts) Not using the Steps.
11. (Halt) Don't get too hungry, angry, lonely, tired.
12. (Slip) Sobriety losing its priority.
13. (Fine) Frustrated, insecure, neurotic, emotional.
14. (Denial) Don't even notice that I am lying.
15. (Steps) Solutions to every problem Sober.
16. (Action) Any change to improve our nature.
17. (Program) People relying on God relaying a message.
18. (K.I.S.S.) Keep it simple, sweetheart.
19. (STAR) Steps to avoid relapse.
20. If relapse occurs, what should I do?
21. If I see someone in my A.A. Group who is stuck with respect to sobriety, what can I do to help him/her?
22. How does helping someone in your A.A. Group help you?
23. What does the prayer, "Higher Power, help me become free from the things that bind me" mean to you?



SENSE OF HUMOUR ~ ANOTHER VERSION OF OUR PREAMBLE

Alcoholics Anonymous is a fellowship designed and administered by a bunch of ex-drunks whose only qualifications or membership is that they can't hold their booze and don't want to learn how.

It has no rules, dues, or fees; nothing that any sensible organization seems to require.

At meetings, the speaker starts on one subject and winds up talking about something entirely different and concludes by saying that he doesn't know anything about the program except that it works.

The Groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim AA is a selfish program but always seems to be doing something for others.

Every Group passes laws, rules, edicts and pronouncements which everyone ignores. Members who disagree with anything are privileged to walk out in a huff, quitting forever, only to return as though nothing happened and be greeted accordingly.

Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently. Nothing in AA is according to Hoyle. How can it survive?

Perhaps it is because we have learned to live and laugh at ourselves. God made man. He made laughter too. Perhaps He is pleased with our disorganized efforts and makes things run right no matter who pushes with wrong button. Maybe He is pleased, not with perfection, but because we are trying to be nobody but ourselves. We don't know how it works but it does, and members keep receiving their dividend cheque from their AA investments.

...Author unknown, found in Edmonton Central Office archives in 1990



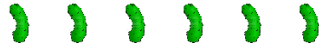
ODE TO THE DILL PICKLE



Behold! The noble cu-cum-ber! So crisp and firm and green.
 It stands alone for taste and form, and often it is seen
 With other foods that com-ple-ment its flavor and its zest.
 For, we all know that cu-cum-ber is often at its best
 When eaten young and mixed among the salads and the greens
 But alas, the cu-cum-ber is not always as it seems!



If one did take a cu-cum-ber and pickle it in brine;
 It changes all its properties; it changes its design.
 The once so-noble vegetable, no longer a cu-cum-ber
 Has now become a pickle and will never hence recover.
 In human terms, it's plain to see the truth of this analogy.
 AA so loves the pickle – the alcoholic mind!
 We've found a way to live each day, despite our caustic brine.
 We use examples to describe the ails that plague us deep inside
 For we are human pickles, with flaws we are encumbered
 And this we know - we never will revert to a cucumber!
 But that's okay, we live each day, each day, one at a time.
 We know we have a purpose; we know a God Devine.
 We walk with other pickles and help them come to see



That being a dill pickle can bring serenity.

... Submitted by Maggie B – Calgary. AB

CONTRIBUTIONS TO EDMONTON CENTRAL OFFICE

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

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

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

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

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



Came to Believe

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

Came to Believe, page 60

The Seed of God

"The world, too, is changing constantly, and I am no longer afraid of this change. I want to be a part of it and its new developments. I have been shown, and fully believe today, that faith can move mountains. I once encountered many blind alleys, but today, as long as I have faith, my path is clear.

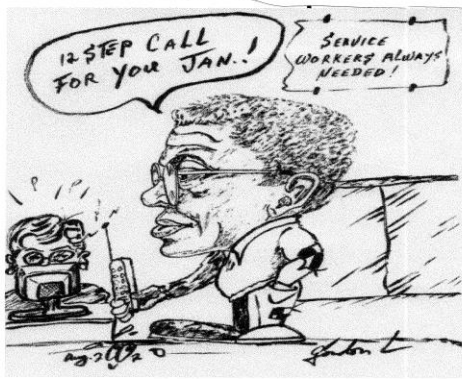
This has all been slow progress for me. Like so many, I do not always surrender completely; I allow the cares and worries of the day to distort my thinking. But as soon as I get back on the right track, I realize that I have everything I need.

Whatever problems confront me, large or small, they can be solved wisely. Or they can be solved my way. The choice is mine. If I want to know God's will, I must pause and ask, "What would God have me do?"

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AFRAID	DISTORT	SEED
ALLEYS	FAITH	SHOWN
BELIEVE	FULLY	SLOW
BLIND	LARGE	SMALL
CAME	MOUNTAINS	SOLVED
CHANGING	PATH	SURRENDER
CLEAR	PAUSE	TRACK
COMPLETELY	PROBLEMS	WISELY
CONSTANTLY	PROGRESS	WORLD
DEVELOPMENTS	RIGHT	WORRIES



CONCEPT IX (NINE)

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety.”

The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

“No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure. But weak leadership can hardly function at all, even in the best of structures. But once we have created a basically sound structure, that job is finished, except for occasional refinements.”

“We thank God that Alcoholics Anonymous is blessed with so much leadership in all of its affairs.

... The AA Service Manual / 12 Concepts for World Service.

AA GRAPEVINE QUOTES

- “The experience of reality does not have to be postponed.” “AA’s Steps Lead to Spiritual Awakening”
- “I’m usually about eighty percent of the problem ~ well, maybe sixty percent, but the major part, you can bet on that. If I can leave out the largest percent (me), there is hardly any problem at all.” “Emotional Sobriety”
- “Because each of us, at any moment, is the sum total of every choice he or she has ever made, it is not sheer fantasy to expect each day to be the very best day we have yet lived.” “Emotional Sobriety”
- “With each passing year we increasingly realize the immense importance of adequately presenting the program to every new prospect who is in the least inclined to listen. Many of us feel this to be our greatest obligation to them and our failure to do so our greatest dereliction. The difference between a good approach and a bad one can mean life or death to those who seek our help.” “The Language of the Heart”
... Reprinted with permission, AA Grapevine

Gratitude

**Thank You (Higher Power)
For all that You have given,
For all that You have taken,
And, for all that you have left
me.**

... Borrowed from AA Meeting In A Pocket

QUOTES

- OUR PATHS ARE OUR OWN ... there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. ... pg 25, Alcoholics Anonymous
 - JOIN US ... We shall be with you in the fellowship of the spirit and you will surely meet some of us as you trudge the Road of Happy Destiny. ... p164, Alcoholics Anonymous
- *****
- AA works for people who believe in God.
 - AA works for people who don’t believe in God.
 - AA **NEVER** works for people who believe they **ARE** God.

FINANCE REPORT ALCOHOLICS ANONYMOUS GENERAL SERVICE CONFERENCE 2020

FOR INFORMATION ONLY: USES OF THE RESERVE FUND

HERE ARE SOME KEY TALKING POINTS FOR YOU TO SHARE WITH THE FELLOWSHIP AS WE MOVE FORWARD.

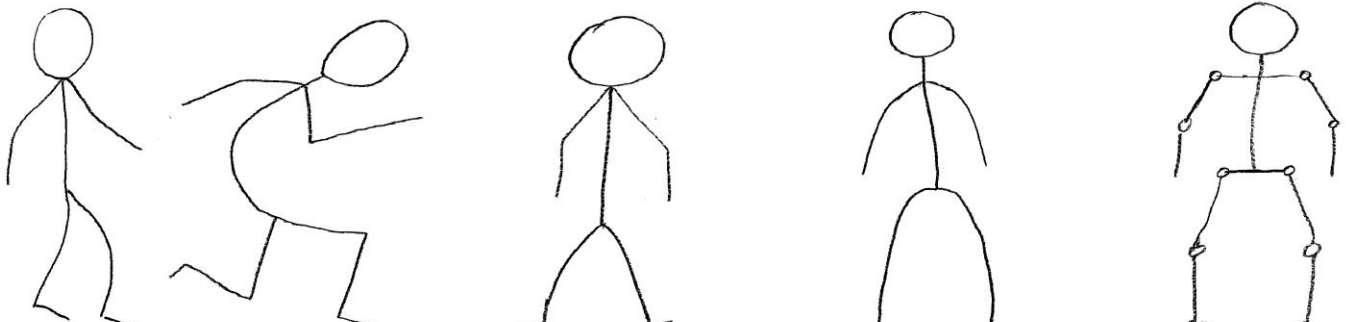
- A.A. IS STILL HERE AND THE NEED IS GREATER THAN EVER; ALCOHOL SALES ARE UP SIGNIFICANTLY AND EMERGENCY ROOMS ACROSS THE COUNTRY HAVE SEEN AN INCREASE IN ALCOHOL –RELATED VISITS.
- A.A. HAS A PRUDENT RESERVE JUST FOR SITUATIONS LIKE THIS; IT WILL SUSTAIN US UNTIL THE FELLOWSHIP CAN GET US BACK ON OUR FEET.
- THIS IS A PIVOTAL MOMENT FOR A.A. – NOW IS THE TIME FOR THIS GENERATION OF THE FELLOWSHIP TO STEP UP AND DEMONSTRATE WHAT SELF-SUPPORT REALLY MEANS.

... Submitted by Pat L., Past Delegate

CONCEPT IX CHECKLIST:

Concept IX: Good Service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the Trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for Group officers? What is our criteria for election? Do we sometimes give a position to someone “because it would be good for them”?
- Do I set a positive leadership example? ... Reprinted with Permission of AAWS (F91)



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

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

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

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

Fax: (587) 523-4334

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

Edmonton Central Office Society				
INCOME STATEMENT 2020				
	July	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 3,274.06	\$ 32,255.96	\$52,790.00	\$ 20,534.04
Individual/Bequeath	\$ 3,449.00	\$ 13,176.00	\$2,350.00	-\$ 10,826.00
Birthday Club/Faithful Fivers	\$ 45.00	\$ 1,093.00	\$1,460.00	\$ 367.00
Office Supplies / Postage	\$ 59.15	\$ 499.10	\$600.00	\$ 100.90
Newsletter	\$ -	\$ 4.00	\$120.00	\$ 116.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$1,400.00	\$ 730.00
Tradition Seven-meetings	\$ 19.70	\$ 864.10	\$3,780.00	\$ 2,915.90
Fundraising	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.34	\$ 23.57	\$35.00	\$ 11.43
Total General Receipts	\$ 6,849.25	\$ 48,585.73	\$ 67,535.00	\$ 18,949.27
Literature & Medallion				
Literature	\$ 2,849.60	\$ 33,081.70	\$61,560.00	\$ 28,478.30
Medallion	\$ 1,502.00	\$ 9,751.00	\$11,545.00	\$ 1,794.00
Total Literature and Med.	\$ 4,351.60	\$ 42,832.70	\$ 73,105.00	\$ 30,272.30
		\$ -		
Total Revenue	\$ 11,200.85	\$ 91,418.43	\$ 140,640.00	\$ 49,221.57
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 1,807.03	\$ 21,745.18	\$35,700.00	\$ 13,954.82
Meeting list & Greeting Cards	\$ 174.96	\$ 1,197.93	\$3,740.00	\$ 2,542.07
Medallion Purch /engraving	\$ 907.89	\$ 5,561.28	\$6,825.00	\$ 1,263.72
Freight / Brokerage	\$ -	\$ -	\$49.50	\$ 49.50
	\$ 2,889.88	\$ 28,504.39	\$ 46,314.50	\$ 17,810.11
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 2,834.10	\$2,800.00	-\$ 34.10
Literature expense	\$ 13.92	\$ 93.94	\$60.00	-\$ 33.94
Communications & Tech	\$ -	\$ -	\$700.00	\$ 700.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ -	\$600.00	\$ 600.00
	\$ 418.79	\$ 2,928.04	\$ 4,160.00	\$ 1,231.96
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 707.05	\$ 1,807.36	\$2,095.00	\$ 287.64
Bank Chgs & Cr Card chgs	\$ 111.87	\$ 886.24	\$975.00	\$ 88.76
Computer & IT Maintenance	\$ 118.90	\$ 202.95	\$3,500.00	\$ 3,297.05
Equipment Lease	\$ 359.77	\$ 2,518.39	\$2,800.00	\$ 281.61
Fundraising expense	\$ -	\$ -	\$ 5,000.00	\$ 5,000.00
Insurance	\$ 286.42	\$ 1,993.69	\$2,000.00	\$ 6.31
Newsletter Expenses	\$ -	\$ -	\$30.00	\$ 30.00
Office Supplies	\$ 166.72	\$ 1,147.46	\$585.00	-\$ 562.46
Postage	\$ 62.32	\$ 698.16	\$1,105.00	\$ 406.84
Rent	\$ 3,634.65	\$ 25,481.29	\$28,000.00	\$ 2,518.71
Repairs & Maintenance	\$ -	\$ -	\$1,250.00	\$ 1,250.00
Salaries, Source, WCB	\$ 5,048.72	\$ 35,530.62	\$33,800.00	-\$ 1,730.62
Staff Training / Seminar	\$ -	\$ -	\$ 1,000.00	\$ 1,000.00
Telephone / Internet	\$ 133.09	\$ 1,023.28	\$1,400.00	\$ 376.72
	\$ 10,629.51	\$ 71,289.44	\$ 83,540.00	\$ 12,250.56
		\$ -		
Total Expenses	\$ 13,938.18	\$ 102,721.87	\$ 134,014.50	\$ 31,292.63
		\$ -		
Income / (Loss)	-\$ 2,737.33	-\$ 11,303.44	\$ 6,625.50	\$ 17,928.94

2020 Birthdays for September

60 Minutes to Sobriety

Last Sunday

Sep. 7 Ryan M. 3 yrs.

Breathe Easy

First Friday

Oct. 2 Don M. 39 yrs.

Jonathon H. 2 yrs.

Kathleen O. 6 yrs.

Marc. R. 26 yrs.

Shawn M. 24 yrs.

Capilano Step

First Thursday

Oct. 1 Guy B. 46 yrs.

Elmer S. 3 yrs.

Clareview Big Book

Last Wednesday

Sep. 30 Amanda P. 14 yrs.

Heather R 39 yrs.

Crestwood Welcome

Last Monday

Sep. 28 Bob E. 38 yrs.

Karen S. 5 yrs.

Fulton Place

Last Friday

Sep 25 Al C. 22 yrs.

Braden G. 4 yrs.

Gratitude

Last Monday

Sep. 28 Nathan P. 6 yrs.

Mike B. 19 yrs.

Marcel A. 1 yr.

Jordan W. 1 yr.

Jasper Place

Last Tuesday

Sep. 29 Mike A. 28 yrs.

Mustard Seed

Last Sunday

Sep. 27 Viola B. 29 yrs.

Jolene. 9 yrs.

Elaine C. 2 yrs.

North Edmonton

Last Thursday

Sep. 24 Jade D. 1 yr.

Oilmen's

Last Monday

Sep. 28 Randy D., 16 yrs.

Providence

Last Wednesday

Sep. 30 Jessica B. 5 yrs.

Serenity

First Friday

Oct. 2 Ray E. 6 yrs.

South Side

Third Friday

Sep. 18 Donna V. 13 yrs.

George B. 48 yrs.

Todd S. 2 yrs.

Step Sisters

Last Wednesday

Sep. 30 Tamara W. 1 yr.

The Why Group

Last Saturday

Sep. 26 Jay B. 19 yrs.

Mitch H. 3 yrs.

Mary C. 6 yrs.

Richard M. 8 yrs.

West End 12 Step

First Tuesday

Oct. 6 Howard N. 1 yr.

Dale L. 2 yrs.

West End Men's

First Wednesday

Oct. 7 Drew F. 19 yrs.

Stuart A. 3 yrs.

Westgrove

Last Sunday

Sep. 27 Tony C. 4 yrs.

Westminister

Last Saturday

Sep. 26 Harry E. 36 yrs.

Eileen E. 9 yrs.

*SHERWOOD PARK

Twelve Steps to Serenity

Last Monday

Sep. 28 Virgil I 1 yr.

Mike W. 2 yrs.

Greg D. 7 yrs.

Will F. 7 yrs.

Wally C. 13 yrs.

Elizabeth P. 14 yrs.

*ST. ALBERT

Back To Basics

First Thursday

Oct. 1 Ashleigh C. 9 yrs.

St. Albert Breakfast

Last Sunday

Sep. 27 Robert D. 2 yrs.

Mike M. 23 yrs.

Kevin S. 5 yrs.

Lyle Z. 4 yrs.

Kevin B. 3 yrs.

Roger B. 6 yrs.

Cordell B. 3 yrs.

St. Albert Sunday Step

Last Sunday

Sep 27 Derek B. 7 yrs.

David L. 13 yrs.

Stan T. 33 yrs.

A FEW SMILES

- If you don't pay your exorcist, you get repossessed.
- A reporter from the local newspaper was interviewing a 103-year old great-grandmother during her birthday celebration. "And what do you think is the best thing about being 103?" the reporter asked. "No peer pressure," she replied.
- You feel stuck with your debt if you can't budge it.
- Local Area Network in Australia: the LAN down under.
- Every calendar's days are numbered.

GROUPS IN NEED OF SUPPORT

First Day Group (Last)

Mon. 8:00 PM 10528 – 98 St.
Marion Centre

Oilmen's Group (O)

Mon. 8:00 PM 8318 – 104 Street
S.S. Chapter Hse, N dr.

60 Minutes to Sobriety (Last)

Sun. 8:00 PM 13708 – 74 St.
McClure Unit. Church
Elevator

St. Albert Brotherhood (Last)

Wed. 8:00 PM 15 Corriveau Ave.
Red Willow Church

Calendar of Events

2020 ROUNDUPS & FUNCTIONS

Greig Lake, SK

Sep. 4-7 41st AA Campout Roundup 7th Trad.
Meadow Lake Provincial Park
Meetings, Fishing derby, Pot-Luck meals
Contact: greiglakeroundup@hotmail.com

Grande Prairie, AB

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

Red Deer, AB

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

Drumheller, AB

Oct. 3 District 15 AA Roundup \$25.00
10 AM 627 – 6 St. E. speakers only \$10.00
Church of the Nazarene Hall
Contact: area78dist15@gmail.com

Note: In light of the impact of the **COVID-19 pandemic** on public gatherings, please contact the event coordinators as listed to confirm whether or not events are taking place.

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

“A hangover is whiskey that thinks the party is still going on.”
March 1998

You **might be an alcoholic** if:

1. The vodka you're drinking reminds you of the taste of a fine aftershave.
2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed.
June 1997

... Reprinted with permission from AA Grapevine, “A Rabbit Walks into a Bar.”

BIRTHDAY CLUB

Jan D.



THERE ARE NO FAITHFUL FIVERS
MEMBERS THIS MONTH

