

ECO NEWS

\$1.00

October 2020

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



ICOAA – INTERGROUP/CENTRAL OFFICE/A.A. WORLD SERVICE/ A.A. GRAPEVINE SEMINAR

I would once again like to thank the Central office Board and Edmonton and Area Intergroup for sending me “virtually” to the ICOAA Seminar in Des Moines Iowa. I was fortunate to have the Vancouver Office manager, Colleen M., join me in Edmonton as well as Bryan H. our current Central Office Board Vice-Chair to attend virtually in Des Moines, Iowa.

I joined with Colleen at her Hotel in the west end of Edmonton to join the seminar “online” starting with the policy Committee meeting to discuss changes for the ICOAA Seminar. We then attended the Chair/Secretary Orientation which was followed by the Welcome & Opening by our host Brook W. from the Des Moines Central Office.

The first workshop was 1 B) Online Services, Websites & Technology – we discussed how most offices did not have much in the way of technology prior to COVID-19 and now everyone has climbed the steep learning curve and are now having on-line meetings for so many of our Groups, Committee Meetings and Area Assemblies. There was lots of discussion around enabling online bookstores, online contributions and also having a “bubble” chat on websites

The next workshop I attended was 2 A) Coordination with General Service Districts & Area Committees. It was mentioned the importance of there is no us against them in our fellowship. Some of the office managers spoke of the fear of the membership of losing A.A. and how we really need to band together, listen to each other, be kind. Office managers also spoke of the fact that although the Intergroup/Central Offices perform a lot of tasks, being the A.A. Police is not one of those tasks.

We then took a break prior to our Special Speaker Meeting. We heard the experience, strength and hope of our current Chairman of A.A.W.S. Board, Beau B. who shared his story of having crashed and burned his life and joined Alcoholics Anonymous at the early age of 16 and his journey in A.A.

Friday morning, I again sat in on the Policy Committee meeting finalizing the policy changes for the ICOAA. I then attended the session 3A) Contributions-Online Fundraising Do’s & Don’ts – how to increase donations & Participation. Intergroup/Central Offices all over North America (and New Zealand) all spoke about lack of book sales and how their memberships for the most part is now making up the bulk of the contributions. A number of offices have a contribution “button” on their websites as well as online bookstores. So many of the offices have gotten creative and now having online fundraising in many forms: cake auction, sponsorship breakfast (take a breakfast to your sponsor, then go home for an online workshop with everyone), banquets with an online silent auction, online telethon, talent show, tours of Akron and the list goes on!

We then attended the business meeting for the ICOAA to bring forth changes to the Seminar Policy and this was followed by a marathon session of 3 workshops 1) Improving communications between ALL, 2) Self-support, Tradition 7, Contributions/Groups/Individuals and 3) Business Model Changes? Literature sales/Improving Income from other sources?

The evening presentation from G.S.O & A.A.W.S. discussed how it is everyone’s responsibility in carrying the message to the still suffering alcoholic, how we cannot rely on Literature sales to sustain (G.S.O. or the Intergroup/Central Offices).

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ICOAA – INTERGROUP/CENTRAL OFFICE/A.A. WORLD SERVICE/

A.A. GRAPEVINE SEMINAR

On Saturday I attended the Manager's only meeting and then onto session 5 A) Meeting Directories: Who gets in and who doesn't – very interesting that there are Intergroup/Central offices that make the new meeting try it out for 6 months, then have to come into the office for two (2) training sessions and fill out a 4-page application to be listed in their directories. There is quite a lot of overlap of offices and they are still sorting out their meetings and getting them to properly get onto the meeting guide app – We are so fortunate for the technical support in Edmonton & Area 78!!

The next session, 6 A) was Anonymity & the Internet. This workshop was probably the best that I have attended, we were reminded - What are we trying to protect?

Session 7 B) was Coordination and Cooperation with neighboring Intergroup & Central Offices where we discussed how to best work with our neighbors, how some of the smaller offices coordinate and purchase in bulk to share and also not stepping on other offices' toes.

The evening presentation was by the AAGV (Grapevine) and we heard from Albin Z. the A.A. Grapevine Publisher, Kathi F. the A.A. Grapevine Board Chair, then from Jon the Senior Editor who talked about receiving your stories for the Grapevine and they really want members to write in!!!

Sunday, we heard the report backs on all the sessions, followed by the business meeting of the ICOAA, followed by farewells to our colleagues and bouquets to our host, Brook W., to bring the seminar in Des Moines Iowa to all of us virtually.

It was wonderful to share ideas and build friendships as well as to be able to commiserate with my colleagues in our Central Offices across Canada and the US, and to bring home ideas of how to best be of service to our fellowship. Always reminding us of our primary purpose: to extend our hand to help the still suffering Alcoholic.

My full report of all of the workshops with more details will be available at Central Office, so come on by, have a coffee, visit with us, and read the report.

Thank you again for this opportunity!

Pam L. – Edmonton Central Office Manager

FIVE SIMPLE RULES

1. Free your heart from hatred.
 2. Free your mind from worries.
 3. Live simply.
 4. Expect less.
- No one can go back and make a brand-new start: Anyone can start from now and make a brand-new ending.
 - God promised strength from the day, comfort for the tears, and light for the way.
 - Disappointments are like road bumps they slow you down a bit, but you enjoy the smooth road afterwards.
 - Don't stay on the bumps too long. Move on!
 - When you feel down because you didn't get what you want, just sit tight and be happy, because God has thought of something better to give you.
 - You can't make someone love you. All you can do is be someone who can be loved; the rest is up to the person to realize your worth.
 - It's better to lose your pride to the one you love, then to lose the one you love because of pride.
 - We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.
 - Never abandon an old friend. You will never find one who can take his/her place. Friendship is like wine; it gets better as it grows older.

Pass it on to your dear friends ... I just did.

John K., Nov. 2001, Twelve Step Times, Edmonton, AB

STEP TEN: BEGINNING OF THE MAINTENANCE STEPS

Understanding the Disease of Alcoholism Takes Time

After being in the program for a while, it occurred to me that initially, there was no way I could have performed all the measures suggested in the steps on my first go-around. Coming from an alcoholic's approach to the issues we plan to address, we eventually come to understand that we can only give it our best effort to start the process. Understanding the disease of alcoholism takes time. We can however establish a framework without concluding that we have completed the Steps. As we continue to grow in the program more will be revealed about the Steps taken and that is where step 10 becomes the opportunity to revisit past steps and fill in the empty spaces as we evolve. That does not mean that we cannot address those issues when we become aware of them. If we stay sober long enough to get to this level of understanding we will continue to repair our broken relations with others and clear up legal, marital, and financial problems that can be a distraction when it comes to looking at the deeper rooted emotional, mental, and spiritual issues.

We cannot ignore the need for up-keep and maintenance in the program no more than we can ignore the Up-keep and maintenance when we purchase a new car. Brake shoes wear thin, oil gets dirty, coolant evaporates etc.... The same effect takes place in the process of recovery. If we become complacent at any level of this process, as it often happens, we may relapse or, miss out on the promises set forth in Step nine.

Step Ten, "Continued to take personal inventory and when we were wrong promptly admitted it". (BB Pg. 59) I believe that most of the members of A.A. that actually go through the Steps, as suggested in the Big Book, have been doing this to some degree since they became aware of it in the 4th and 5th Steps, and the reason why they reintroduced us to this topic in the tenth step was to make it clear that we will continue to do this for the rest of our lives. We are never finished when it comes to taking the Steps. There is a line that we cross if we are committed to the goal of becoming the best we can be in life and that is where we stop asking "Why we must do all the things that the program suggests" to a point where we start asking the question "Why wouldn't we do these things that result in freedom of the mind.

The biggest misconception that we have is the idea that, somehow, we are responsible for becoming an alcoholic and this is simply not the case. Alcoholism is a disease that we did not have the capacity to decide to become afflicted with when we were born. You might say that alcoholism is a byproduct of guilt, shame, and low self-esteem based on habits and deeds of the past. When we took our first drink it did something for us than it did not do for the normal person. It masks all our fears and insecurities temporarily but did not erase those embarrassing behaviors from our minds and our conscience. We behaved poorly as we evolved through our adolescence and young adulthood due to the fears and inhibitions associated with alcoholism. Who could fault the person who discovers they have a disease, takes it upon themselves to treat that disease, restores and accounts for all the faulty behaviors that stem from that disease, makes restitution, and becomes a model citizen? This is the natural development that evolves as the result of taking the Steps and continue the up-keep and maintenance process and I Thank God that the program of Alcoholics Anonymous has taken one hell of a load off my mind and I am at peace mentally when my head hits the pillow at night.

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

AA Thought for the Day

(courtesy AA-Alive.net)

Faith

We can have faith yet keep God out of our lives. Therefore, our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

- *Twelve Steps and Twelve Traditions*, (Step Three) pp. 34 - 35

Thought to Ponder

Avoidance is not the key; surrender opens the door.

AA-related 'Alconym'

F A I T H = Found Always In Trusting Him.

... Submitted by Anna W., Oilmen's Group

CREATION

On the first day, God created the dog and said: 'Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give a life span of twenty years.'

The dog said: 'That's a long time to be barking. How about only ten years and I'll give you back the other ten?' So, God agreed.

On the second day, God created the monkey and said: 'Entertain people, do tricks and make them laugh. For this, I'll give you a twenty life-span.'

The monkey said: 'Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the god did?' And God agreed.

On the third day, God created the cow and said: 'You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this I will give you a life span of sixty years.'

The cow said: 'That's kind of a tough life you want me to live for sixty years How about twenty and I'll give back the other forty?' And God agreed again.

On the fourth day, God created man and said: ' Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years.'

But the man said: ' Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back and the ten the dog gave back: that makes eighty, okay?' 'Okay, said God, 'You asked for it.'

So that is why for our first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren.

And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

Anonymous, Borrowed from the TST Times 10-10

QUOTES

- Alcoholics Anonymous is for those of us who want it, not for those of us who need it.
- Serenity is not the absence of conflict, but the ability to cope with it.
- It has only been in the past few months that I have become interested in service work in AA. Before that, I was an AA barnacle, glued to my seat, criticizing the speakers, and griping about the coffee. Now I am on the other side of the squawks and bleeps, and I find, to my delight, I like it.
- I could do something about changing my own thoughts, but nothing about changing the people around me.
- In the nick of time, and by God's grace each of us has been enabled to develop a growing sense of the meaning and purpose of his/her own life.
- It is impossible to now everyone, but if I try to relate myself with just one other person, something will happen, something remarkable.

... Grapevine Daily Quotes

TRADE-IN STORE

Prospectus

(Offices are located on the main floor in every community)

- Trade-in allowance on your old way of life.
- Make your own terms. Merely ask for time when you decide to try our new way of life.
- Not one cent in cash is required or expected.
- No delay. No unnecessary investigation.
- Repairs are completed as soon as possible. Sobriety is guaranteed, subject to your cooperation.
- Store hours are always 24 hours a day.
- We do not have a bargain basement.
- Our references: Thousands of satisfied customers.
- Our repair shop is operated by considerate and experienced clerks who also have taken advantage of our service.
- We advise our customers always to *take it easy*.

... Reprinted with permission, 1949 Grapevine Magazine.

TRADITION X

“Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

The founding members of AA realized, almost from the beginning of the movement, that the Society should concentrate its efforts on the single purpose of helping alcoholics achieve sobriety, and not become involved in other issues, even worthy ones, lest our efforts become diluted and our members become divided in their purpose.

Thus, never once since it began, has Alcoholics Anonymous been divided by a major controversial issue. Nor has the Fellowship ever publicly taken sides on any question in a world filled with controversy. (12 & 12, p.176)

These early AA Founders had as an example the Washington Society in the United States, formed in Baltimore in 1840. The idea was that “drunkards” (the term alcoholic” was not then in use), by relying on each other, sharing their alcoholic experiences, and relying on divine help, could keep each other sober. Total abstinence from alcohol was their goal.

Washingtonians at their peak numbered in the tens of thousands, possibly as high as 300,000. However, in the space of just a few years, this society all but disappeared because they became fragmented in their primary purpose, becoming involved with all kinds of controversial social reforms including prohibition, sectarian religion, politics, and abolition of slavery. The Washingtonians drifted away from their initial purpose of helping the individual alcoholic, and disagreements, infighting, and controversies over prohibition eventually destroyed them.

Thus, the early founder of AA enacted the Twelve Traditions, principles which guide AA Groups from such pitfalls as befell the Washingtonians. They realized that when the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics. (12 & 12, p.178)

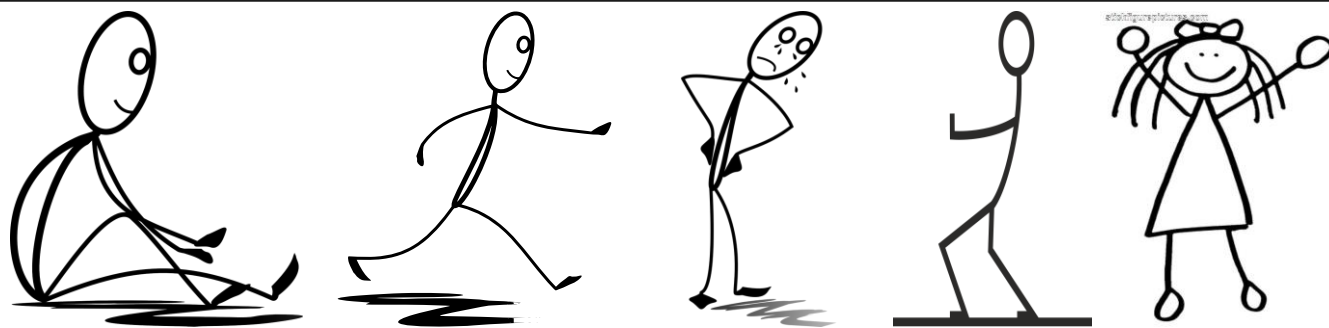
Thus, was established a tradition of “Singleness of Purpose”. Thus, was laid the cornerstone of Tradition Ten.

In his last conversation with Bill W. as he lay dying Dr. Bob cautioned Bill, regarding the future of the AA movement, “Let’s keep it simple”. This we try to do. By concentrating only on our single purpose of helping fellow alcoholics achieve and maintain sobriety we avoid controversy and help maintain our unity of purpose, essential for our movement to survive.

“All history affords us the spectacle of striving nations and Groups finally torn asunder because they were designed for, or tempted into, controversy.” (12 & 12, p.176)

We in AA avoid this with Tradition Ten and ensure that the Program will be there for future generations of alcoholics who will need it.

... Bob B., Serenity Group, Borrowed from TST Times 10/10



HISTORY OF THE AA MEDALLION

This is neither a reward nor a prize. It is really a reminder to be grateful. It is hoped that you look on this year of sobriety as a first (or many) milestone(s) on the road to service ... to help others achieve what you have achieved.

GOOD LUCK

TENTH STEP PRAYER

God, please help me watch for selfishness, dishonesty, resentment, and fear. When those crop in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today.

Amen

ALWAYS INCLUSIVE ~ NEVER EXCLUSIVE

I am female, Caucasian, middle-aged, heterosexual, employer, divorced, Sometime Christian, shopper, conservative ... and on add on and on ... And none of the above has anything to do with the most important thing ... I am an Alcoholic and seek recovery ~ my name is Pat, please do not deny me this Program for these or any other reasons.

When this topic arises, I am always reminded of the International Conference in San Diego in 1995

My sponsor and I attended an International meeting and at that meeting we heard a passionate plea from a young Jewish man. What he said was essentially this; as I remember "I feel very much a part of this Fellowship, this recovery Program and the happiness, joy and freedom that has accompanied my recovery ~ until the end of the meeting when my home Group closes our meeting with the Lord's Prayer. At that particular time ~ because I am not a Christian I step out of the circle of closed hands and I feel apart."

Unfortunately, at close of this International meeting, the chairperson closed with the Lord's Prayer.

Shortly thereafter, at my own home Group in Edmonton, Alberta; the exact same question was brought to our group conscience meeting by a young woman who also was not a Christian and she asked if we had ever considered not saying the Lord's Prayer at the end of our meeting because it was a Christian Prayer?

We made a decision then to bring it up again as a motion and as new business after all of our members had 3 months to review their own feelings about this and do their own research.

When we returned in 3 months our Group members had done a lot of work in this regard and were an informed Group conscience. We took a vote that we would close our meeting with a prayer that is found in our Big Book and is inclusive of all who attend AA and want the recovery that we have found,

We now close our meeting with the Third Step Prayer, a prayer that is not found in the Christian Bible.

We had only one vote against this motion and that person was allowed to state the minority opinion.

What is most important about this event is to remind us all of our Fourth Tradition that states, "each Group is autonomous". This is extremely important in Group affairs. Our Group's decision did not affect AA as a whole and as a matter of fact I believe today our Group feels inclusive to all those who attend the Friday night meeting of the Breathe Easy Group.

There is a great article written in Bo59 Holiday issue 2002, "Spirituality in AA ~ Allow Room for All Religions ~ or None".

The questions asked are from a total atheist, "Will I offend the other people if I don't say the Lord's Prayer with them?"

This same question could be asked by someone of a different faith, "Would it be disruptive to have a nonbeliever in the midst of individuals with strong convictions about God?"

The GSO Staff response was so informative for me. "Many of our members are atheists and agnostics and have been able to stay sober by practicing the Twelve Steps and Twelve Traditions.

Sober AA's travel many different spiritual paths when it comes to faith ~ AA is NOT a Religious Program. We are not allied with ANY sect or denomination ~ the only thing that is asked of us is a desire to stop drinking.

Saying the Lord's Prayer probably started back in the 1930's according to some early timers and may have been a carryover from the custom of AA's forerunner the Oxford Group.

Later the religious slant faded as it became evident that AA's Program of recovery could cross any barriers, including ALL creeds, races, and religions. It is likely that meetings continued to be closed with this prayer because as Bill W. later explained, "it did not put speakers to the task, embarrassing to many, of composing prayers of their own."

Bill W. was an atheist or agnostic at one time. He thought that this was such an important subject to discuss with AA that an entire chapter in the Bog Book is devoted to this subject.

AA's collective experience suggest that to get sober and stay sober, alcoholic need to accept and depend upon a spiritual entity, of force, that they perceive as greater than themselves.

Myself, being raised in the United Church of Canada and believing in a Christian God ~ could not get a personal contact with that God. He resided at Highlands United Church on Sunday mornings.

I found my Power ~ a Power greater than myself in the meeting rooms of AA and thru the words spoken to me by sober members and the actions shown to me by those who walked what they talked.

The God of my understanding became Good Orderly Direction because that's the kind of life that I wanted to live One Day A Time.

... continued

“ As Bill Sees It” it is one of my favourite books and I have taken a few quotations to show that our goal is to be “Inclusive ~ Never Exclusive.”

Page 34:

“While AA has restored thousands of poor Christians to their churches and has made believers out of atheist and agnostics, it has also made good AA’s out of those belonging to the Buddhist, Islamic and Jewish faiths. For example, we question very much whether our Buddhist members in Japan and elsewhere) would ever have joined this Society had AA officially stamped itself a strictly Christian movement.”

Page 116:

“Beyond a Higher Power, as each one of us may vision him, AA must never, as a society enter the field of dogma or theology. We can never become a religion in that sense, lest we kill our usefulness by getting bogged down in theological contention.”

Page 201:

“Any number of alcoholics are bedeviled by the dire conviction that if ever they go near AA they will be pressured to conform to some particular brand of faith or theology. They just don’t realize that faith is never an imperative for AA membership; that sobriety can be achieved with an easily acceptable minimum of it, and that our Concepts of a Higher Power and God ~ as we understand Him ~ afford everyone a nearly unlimited choice of spiritual belief and action.”

Page 223:

“As a society we must never become so vain as to suppose that we are authors and inventors of a new religion. We will humbly reflect that every one of AA’s principles has been borrowed from ancient sources.”

I have been delighted to present this sometimes-controversial issue. Being raised the way I was and knowing the significance of the Lord’s Prayer ~ IU can say the prayer any time and any place that I wish.

I do not have to say it at an AA meeting if it would exclude even one person from finding the recovery and love that I found in AA and the Happiness, Joy and Freedom that I am blessed to experience today.

... Pat L., Breathe Easy, written in February 2008

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

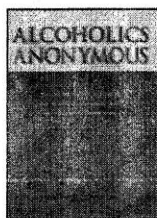
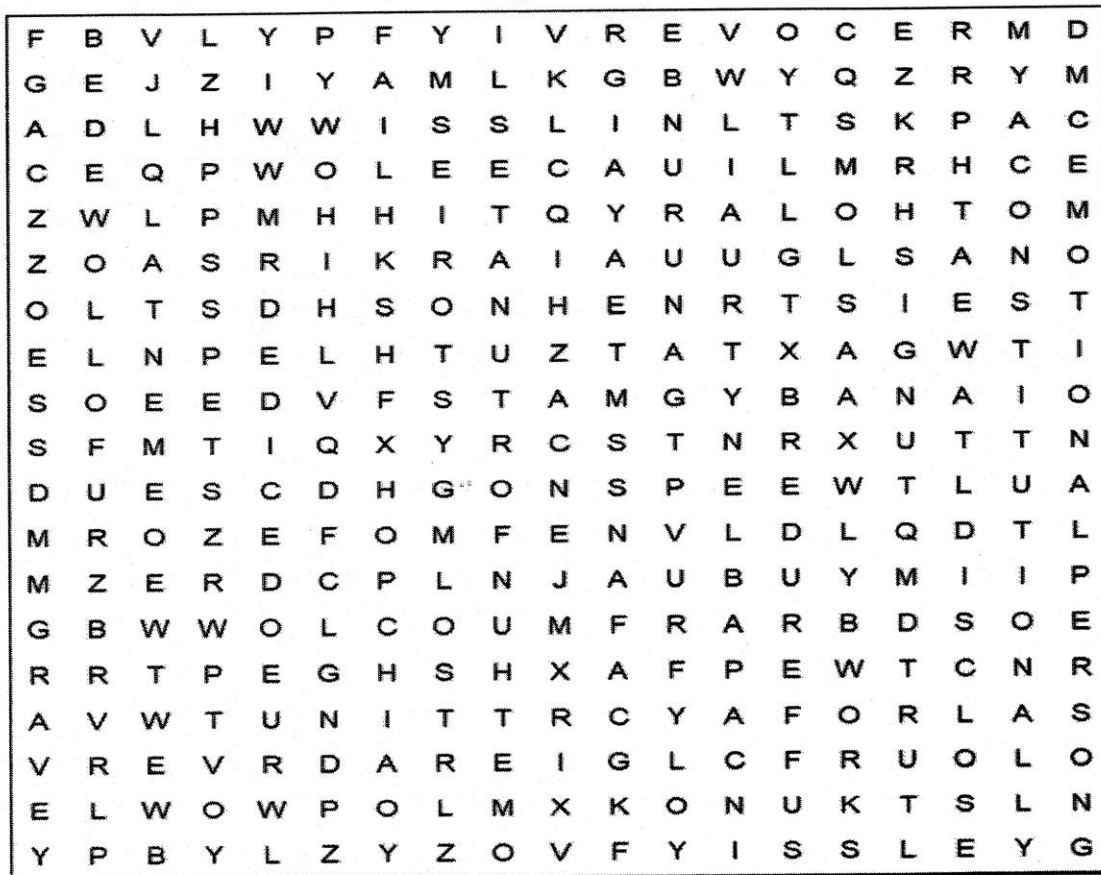
- Cash brought to the office (by appointment).

- 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.

Big Book



- | | | |
|------------------|-----------|--------------|
| AVERAGE | GRAVE | RARELY |
| BORN | HONESTY | RECOVER |
| COMPLETELY | HOW | RIGOROUS |
| CONSTITUTIONALLY | INCAPABLE | SIMPLE |
| DECIDED | LENGTH | STEPS |
| DISCLOSE | MENTAL | STORIES |
| EMOTIONAL | NATURALLY | SUFFER |
| FAIL | PATH | UNFORTUNATES |
| FAULT | PERSON | WILLING |
| FOLLOWED | PROGRAM | WORKS |

BIRTHDAY CLUB

“What is the Birthday Club”

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

#205, 10544 – 114 St., Edmonton, AB T5H 3J7 780-424—5900

Email: centraloffice@edmontonaa.org

MY OWN IDEAS DID NOT WORK

The God Idea Did

In the meetings that I attend on a regular basis the topic of God comes up quite often and that's not surprising since there is such an emphasis on trusting in some form of a higher power in order to stay sober. Alcoholics who continue to show up at the doors of A.A. all come from differing cultures and it is a blessing that the founders of A.A.; when forming the structure of the steps and traditions, had the insight to insure that no alcoholic was left out, regardless of where they stood on this topic. The question of whom or what God is may never be answered to everyone's satisfaction lest A.A. could be turned into a religious organization and the Oxford Group proved that it does not work. In A.A. we have members from many different religions with different versions of what God means to their members. We have Buddhism which does not worship any form of a God. We have atheists that get sober in A.A. and do fine if they have a conscience and live by good moral standards.

On page 52 in the Big Book it says *"When we saw others solve their problems by a simple reliance on the spirit of the universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did."* When I first read this line, it made me ponder. Is the Spirit of the universe God, or is God the spirit of the universe? Considering the fact, I have never seen God in person (that I know of) it occurred to me that God resides in the Spiritual Realm. Most of my life troubles stem from my instincts gone astray and they are spiritual in nature. Fear, guilt, shame, dishonesty and above all, pride and selfishness all reside within my spiritual makeup. As the result, I cheat, steal, and lie. As I progressed through the steps I was introduced to several prayers to help me to weather the storms that I faced as I took responsibility for my past failings and they helped me to get right with myself and the people I had harmed in the days when I had no scruples. Things changed dramatically for me when I addressed step nine with the faith that I acquired in the program up to that point. When I reached step eleven the word "ONLY" threw me a curve ball. It tells me that I should ONLY pray for knowledge and strength. I read that to mean, *God show me what to do and please give me the strength to do it.* I do not know if anybody hears my prayers, *but I hear my prayers and the right answers seem to come to me in time.*

Well-meaning people sometimes talk about praying for people to get well from a somewhat hopeless physical illness and I have got to question the "ONLY" Clause in step eleven. The conclusion comes to me that if praying for that to happen and it worked, the hospitals would be full of sinners and the people we pray for would be healthy and happy. I do not see any evidence that God works at that level. When someone I know is in a grave condition, I ask for guidance and it usually ends up with me being quietly realistic and giving as much support to the family members and Loved ones around that person. I have heard of miracles happening in some cases, but I have seen just as many or more tragedies.

We take the best that religion has to offer as we do with all respected philosophies and hopefully, we become better human beings and deep down inside every human being is the fundamental idea of God. We all have a Consciences and an EGO. As my friend once said, *"you don't have to understand thermodynamics to enjoy the warmth of the sun"*. I say, *"Don't let anything block you from the sunlight of the spirit"*.

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

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**

ARE YOU UNAPPRECIATED?

If you are an especially active and hard-working member of Alcoholics Anonymous, and you are going along, day after day, unhonoured, unrecognized, and unsung ~ may I congratulate you?

No higher mark of appreciation could be paid you than to be taken for granted. That means that you are accounted as an inner member of the inner circle, your service naturally expected, no problem about you suspected which might require solicitude ... or special attention.

Of course, such a regard is not very thrilling. The person doesn't live who doesn't like to be appreciated. But this is the way it usually is in Alcoholics Anonymous. The most genuine, the sincerest mark of appreciation is to be taken for granted.

Beware of lavish attention, constant expressions of your value and overflow of thank-you's.

It may be that you are an exception to the above rule and are just lucky. But it is more probable that people are either not quite sure about you are staying in line, or that your reputation for sensitiveness is well-known and its demand simply being met.

There are few places where just being ignored is such an honest tribute as an Alcoholics Anonymous.

... Reprinted with permission from AA Grapevine, January 1949

CONCEPT X CHECKLIST:

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or provincial government? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion?"
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

• ... Reprinted with Permission of AAWS (F91)

COMMITMENT

in my drinking days I hated the very idea of commitment . How could I possibly commit to a date for Saturday when something better might come up on Friday? As far as I was concerned, a plan was just something I was stuck with. In all those years it never once occurred to me that to fail to plan is to plan to fail.

As a result of my commitment phobia, I found myself eating alone one snowy Christmas day in a greasy diner. In the net booth, a blind woman was being fed by a kindly waitress, who was slicing up her roast turkey. What a depressing scene; how did I ever manage to sink this low?

Perhaps it had something to do with my drinking ~ my fear of commitment, people, and work, sex ~ my fear of everything. I was afraid, I now realize, because I was an unhealed child trying to live in an adult world. I had grown up in a loving but crazy household, and no one had taught me how to live. Baffled by life and feeling like an alien who had been dropped from a distant star, I turned to alcohol and drugs to assuage the daily torment of being a stranger in a strange land.

The crutch of alcohol worked until it started killing me, ruining my digestion, destroying my organs one by one. I was fired for being drunk and stoned at work, kicked out of my profession. Hello, bottom!

Finally, I landed in AA and began to make my peace with the concept of commitment. To stay sober, I have to commit to the Program of AA, which essentially means following these directions to the letter.

Do not drink, no matter what. Go to a meeting. Ask my Higher Power for help.

Get honest, which means making the connection between (a) drinking and (b) the trouble it always got me into. Get a sponsor and call her/him every day. I am to make no decisions on my own since my decider is broken. Works the steps. Get into service.

The miracle is on its way. Do not leave 5 minutes before it arrives.

... Anonymous, borrowed from TST Times, October 2010

	August	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 10,671.35	\$ 42,927.31	\$59,260.00	\$ 16,332.69
Individual/Bequeath	\$ 2,527.00	\$ 15,703.00	\$2,700.00	-\$ 13,003.00
Birthday Club/Faithful Fivers	\$ 57.00	\$ 1,150.00	\$1,670.00	\$ 520.00
Office Supplies / Postage	\$ 55.60	\$ 554.70	\$687.50	\$ 132.80
Newsletter	\$ -	\$ 4.00	\$135.00	\$ 131.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$1,600.00	\$ 930.00
Tradition Seven-meetings	\$ 100.00	\$ 964.10	\$4,320.00	\$ 3,355.90
Fundraising	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.34	\$ 25.91	\$40.00	\$ 14.09
Total General Receipts	\$ 13,413.29	\$ 61,999.02	\$ 75,412.50	\$ 13,413.48
Literature & Medallion				
Literature	\$ 2,720.20	\$ 35,801.90	\$69,030.00	\$ 33,228.10
Medallion	\$ 1,636.00	\$ 11,387.00	\$12,945.00	\$ 1,558.00
Total Literature and Med.	\$ 4,356.20	\$ 47,188.90	\$ 81,975.00	\$ 34,786.10
		\$ -		
Total Revenue	\$ 17,769.49	\$ 109,187.92	\$ 157,387.50	\$ 48,199.58
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 2,115.84	\$ 23,861.02	\$40,600.00	\$ 16,738.98
Meeting list & Greeting Cards	\$ 118.89	\$ 1,316.82	\$4,240.00	\$ 2,923.18
Medallion Purch /engraving	\$ 1,066.39	\$ 6,627.67	\$8,060.00	\$ 1,432.33
Freight / Brokerage	\$ -	\$ -	\$56.50	\$ 56.50
	\$ 3,301.12	\$ 31,805.51	\$ 52,956.50	\$ 21,150.99
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 3,238.97	\$3,200.00	-\$ 38.97
Literature expense	\$ 8.79	\$ 102.73	\$65.00	-\$ 37.73
Communications & Tech		\$ -	\$800.00	\$ 800.00
Other (Archive, 12 Step,Cred,Grp Serv)		\$ -	\$600.00	\$ 600.00
	\$ 413.66	\$ 3,341.70	\$ 4,665.00	\$ 1,323.30
		\$ -		
Administrative Expenses				
Accounting & Legal	\$ 179.38	\$ 1,986.74	\$2,370.00	\$ 383.26
Bank Chgs & Cr Card chgs	\$ 103.36	\$ 989.60	\$1,110.00	\$ 120.40
Computer & IT Maintenance	\$ 594.03	\$ 796.98	\$4,000.00	\$ 3,203.02
Equipment Lease	\$ 359.77	\$ 2,878.16	\$3,190.00	\$ 311.84
Fundraising expense	\$ -	\$ -	\$ 5,000.00	\$ 5,000.00
Insurance	\$ 286.42	\$ 2,280.11	\$2,300.00	\$ 19.89
Newsletter Expenses	\$ -	\$ -	\$32.50	\$ 32.50
Office Supplies	-\$ 54.52	\$ 1,092.94	\$670.00	-\$ 422.94
Postage	\$ -	\$ 698.16	\$1,265.00	\$ 566.84
Rent	\$ 3,634.65	\$ 29,115.94	\$32,000.00	\$ 2,884.06
Repairs & Maintenance	\$ 216.27	\$ 216.27	\$1,400.00	\$ 1,183.73
Salaries, Source, WCB	\$ 5,513.72	\$ 41,044.34	\$38,730.00	-\$ 2,314.34
Staff Training / Seminar		\$ -	\$ 1,000.00	\$ 1,000.00
Telephone / Internet	\$ 133.09	\$ 1,156.37	\$1,600.00	\$ 443.63
	\$ 10,966.17	\$ 82,255.61	\$ 94,667.50	\$ 12,411.89
		\$ -		
Total Expenses	\$ 14,680.95	\$ 117,402.82	\$ 152,289.00	\$ 34,886.18
		\$ -		
Income / (Loss)	\$ 3,088.54	-\$ 8,214.90	\$ 5,098.50	\$ 13,313.40

2020 Birthdays for October

Breathe Easy

First Friday
 Nov. 6 Chico V. 10 yrs.
 Clyde L. 2 yrs
 Nancy D. 16 yrs.
 Ron S. 28 yrs.
 Tom A. 2 yrs.

Capilano Step

First Thursday
 Nov. 5 Barry R. 1 yr.

Clareview Big Book

Last Wednesday
 Oct. 28 Brian O. 11 yrs.
 Sharon D. 1 yr.

Crestwood Welcome

Last Monday
 Oct. 26 Frank C. 14 yrs.
 Paul M. 6 yrs.
 John H. 7 yrs.

Ellerslie

Oct. 29 Shentell M. 7 yrs.

Fulton Place

Last Friday
 Oct. 30 Stuart R. 30 yrs.
 Rhea M. 26 yrs.
 Mike M. 4 yrs.

Gratitude

Last Monday
 Oct. 26 Harvey L. 27 yrs.
 Anthony G. 2 yrs.
 Sherri S. 1 yr.

Jasper Place

Last Tuesday
 Oct. 27 Jacki W. 29 yrs.

Last Call

Last Wednesday
 Oct. 28 Lyn P. 10 yrs.

Mustard Seed

Last Sunday
 Oct. 25 Dean C. 3 yrs.

North Edmonton

Last Thursday
 Oct. 29 Maggie Mc. 9 yrs.

Providence

Last Wednesday
 Oct. 28 Glen B. 35 yrs.
 Andrew A. 14 yrs.
 Mike S. 14 yrs.

South Side

Third Friday
 Oct. 16 Gordon M. 28 yrs.
 Rob B. 1 yr.
 Emile C. 36 yrs.

Suit Up & Show Up

Last Saturday
 Oct. 31 Ed H. 4 yrs.
 Karen C. 1 yr.

The Why Group

Last Saturday
 Oct. 31 Carla W. 4 yrs.
 Foster N. 38 yrs.
 John F. 9 yrs.
 Lana N. 32 yrs.
 Nancy. 27 yrs.
 Joy Y. 19 yrs.
 Norma Jean. 25 yrs.
 Paul G. 7 yrs.
 Scott S. 23 yrs.

Thus, We Grow

Last Tuesday
 Oct. 27 Rob B. 3 yrs.
 Dan H. 10 yrs.

West End 12 Step

First Tuesday
 Nov. 3 Lisa D. 19 yrs.
 Bob W. 13 yrs.

West End Men's

First Wednesday
 Nov. 4 Alan D. 14 yrs.
 Don F. 6 yrs.
 Sandy S. 45 yrs.
 Perry S. 21 yrs.
 Peter S. 2 yrs

Westminster

Last Saturday
 Oct. 31 Chad M. 1 yr.
 Jack M. 50 yrs.
 Peter H. 35 yrs.
 Margaret N. 31 yrs.
 Brenda F. 31 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday
 Oct. 30 Dan W. 30 yrs.

Twelve Steps to Serenity

Last Monday
 Oct. 26 Lorne B. 11 yr.
 Peter S. 1 yr.

*ST. ALBERT

Back To Basics

First Thursday
 Nov. 5 Liam C. 9 yrs.

S.A. Brotherhood

Last Wednesday
 Oct. 28 Dan B. 27 yrs.

S. A. Sunday Night Step Study

Last Sunday
 Oct. 25 Koren C. 2 yrs.

GROUPS IN NEED OF SUPPORT

First Day Group (Last)

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

Oilmen's Group (O)

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

60 Minutes to Sobriety (Last)

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

St. Albert Brotherhood (Last)

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



Calendar of Events

2020 ROUNDUPS & FUNCTIONS

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

Spruce Grove/Stony Plain, AB

Oct. 16-17 District 10 ZOOM Roundup
District10unityroundup@gmail.com

Calgary, AB

Oct. 17 Pioneer's Dinner - Zoom Meeting
 2PM-7PM Meeting ID: 893 753 71966
 Password: 718957

St. Albert, AB

Oct. 24 District 64 Virtual Workshop 7th Trad.
 1 PM-4 PM TOPIC: The Group Inventory (Why & How)
 Zoom ID# 708 555 5414
 Need "AA Group pamphlet"
 12:30 PM Room opens for Fellowship

Bragg Creek, AB

Nov. 6-8 19th Annual Journey weekend \$180.00
 Camp Horizon in Bragg Creek
 35 minutes west of Calgary
 Price includes Accommodations, all meals
fellowshipbraggcreek@gmail.com

Sherwood Park, AB

Nov. 21 13th Annual Gratitude Virtual Night
 7:00 PM Zoom ID 580 931 0935 Password 163263
 Suggested \$1. Year of sobriety/ minimum \$5.
 Email: AADISTRICT61@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.

BIRTHDAY CLUB

BOB J., St. Albert Breakfast Group

PAM L., Tigers II Group

NOTICE!

Public Information & Cooperation with Professional Community has changed their meeting time to third Wednesday at 6:00 PM

MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

July 1944 – December 1949 –
 1949 All missing except May
 1951 All missing except Jan., Feb. & Oct.
 1952 All missing
 1953 All missing except July
 1954 All missing except March, August & Nov.
 1955 Need January & February
 1956 Need January, February, April & Nov.
 1957 Need February, June & July
 1958 Need January
 1959 Need August
 2015 Need February
 2017 Need September
 2018 Need August, September & October
 2019 Need August, September & December
 2020 Need January, February, June & September

SERENITY PRAYER

In Hawaiian & English

Nake Akua e haawi mai I ka maluhia e ae mai I na mea I hiki ole ai iau ke hookoli.

God grant me the serenity ~ To accept the things I cannot change.

Ka Ikaika e hololi I na mea e hike ai, a me kan a auas emaopopo i ka okoa.

The courage to change the things I can ... and the wisdom to know the difference.

Borrowed from Oct. 2010 TST Times.

