

# ECO NEWS

# \$1.00

# November 2020

Edmonton Central Office Society  
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## STEP ELEVEN

**“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”**

This was a different Step for me as I had always believed in God, maybe not understood, but over the years had prayed and asked for help, “if you get me out of this situation or hardship, I won’t drink again.” Through my drinking years and as it got worse, many scrapes in my life, from work related to family, police, creditors, etc. and also through the Jekyll and Hyde syndrome, I prayed.

I could or thought I could run your personal or business life better than the person I was talking to at the time, usually in a bar or lounge. When I came into the program my sponsor said to me, “Ask for help in the morning when I got up and to say thanks at night.” Then, I did not have to drink that day. He also said I should try to put as much time in the program as I did when I drank for the first few months attending meeting reading the Big Book, getting involved at meetings, making coffee, setting up chairs etc. I did this for a long time then found out I really enjoyed the program of AA.

When my day starts to go wrong for whatever reason, I have to stop and start my day over, I find out I have not asked for help to start this day. And I still take it back some days still think I have to drive but it gets better each day in the program.

As the years have gone by in the program my conscious contact with God grows each day. Or most days. I get a little better understanding of the knowledge of His will for me. I have been around for a few twenty-four but also have been a slow learner, but by doing the Steps, reading the Big Book in a timely fashion, attending meetings on a regular basis, and getting involved in service work, when I could or can today.

Sharing my experience, strength, and hope with all of you in AA where our paths cross, I am able to accomplish the Power to that, as outlined in Step 11. This is a Step I keep working on at, as with all the Steps, I need to work at on a continuing basis. Thanks to you all in AA for my sobriety and you’re help in past years and those to come.

I have not had to have a drink a day at a time since asking for help each day for many twenty fours.

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

## ANNOUNCEMENTS:

**1.) US/CANS:** GSO is hosting two virtual one-day events (called US/CANS) in lieu of Regional Forums. The focus will be on managing the tremendous changes brought by COVID-19 and other events. The theme is **Experience, Strength, and Hope: What it is like, what happened, and what it is like now.** The Eastern US/Can is on December 5, 2020, the Western is on December 17, 2020.

## PROMISE ELEVEN

**“We will intuitively know how to handle situations which used to baffle us.”**

I never thought the promises would ever apply to me when I first read them. I was still unique sat that times and all of life's problems were on my shoulders. Something got me to AA. Something opened my mind to what people were saying in the meeting. Most importantly, something got me to do the Steps. Nothing really happened until I did the Steps. The Steps gave me the something that got me here in the first place.

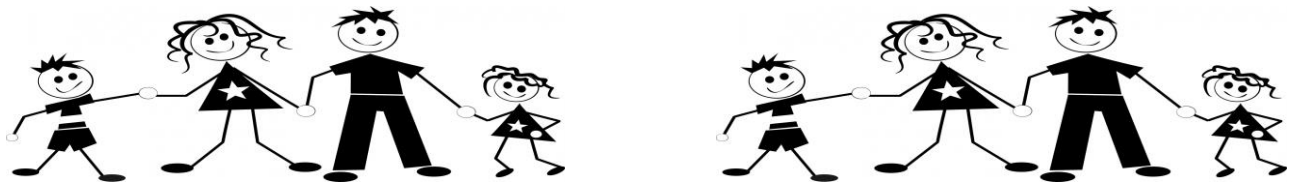
Today, I have a belief and a faith in that belief. My belief is that there is something that put me here for a reason or reasons and that it will help along the way, if I continue to have faith in my belief on a daily basis. If you want to label it you can call it God as I often do simply so others can get an idea of what I'm talking about.

When I am faced with something unknown, uncomfortable or situations that baffle me, my first reaction is and always has been, Fear. I don't like this feeling. It always brings that insecure loss of confidence with it. Today when that feeling comes, I can ask for help form my belief. I turn the fear over to it, and I do what I feel in my gut is the right way to react to whatever it may be. Or I can just react forgetting my belief and see what happens. This still happens more often than not. I call it temporary insanity.

One afternoon in June after getting off work I had the following experience: I had planned my whole day. I had to go to Central Office, downtown, pay a bill, go to the bank, go shopping, have supper, and go to my Home Group meeting. I went to Central Office to make our Group contribution and the manager asked me if I could go on a 12 Step call. Instant Fear! Fear that I would not be able to get done what I had planned. And fear that I would have to go alone as my Sponsor was working. My previous Sponsor told me to always check my motives before making a decision and never say NO to an AA request. My stuff wasn't that important if this guy asked for help. The manager phoned the man back to tell him I would be a little while. I went to my car, sat down, and asked for help. To shorten a long story, I went on the 12 Step call by myself. As he was still pretty shaky, I went to my Home Group alone. The next few weeks we went to meetings all over. He's still sober. I'm a Sponsor now. And I have a new friend.

I planned a busy day. He, She, It, planned to fulfill the 11<sup>th</sup> promise! O.D.A.A.T.

... Reprinted from the Twelve Step Times, Stew S.



## IN GOD'S CARE

You grow up the day you have your first real laugh at yourself.

~~ Ethel Barrymore

Do we sometimes think that the whole house of cards will come tumbling down if we make one false move? There's nothing wrong with making mistakes. That's the way we learned in the past and that's how we're learning now. We laugh affectionately at the foibles of others; sometimes it's irresistible. We can laugh at our own with the same good humour.

Living a spiritual life doesn't mean we have to be grim. In fact, increasing joy and merriment is an unavoidable result of turning our will over to a Higher Power. Now we can relax and enjoy life, and that includes enjoying our less-than-perfect selves. .... Today I will not take myself so seriously.

... Anonymous

Alcoholics  
Anonymous®

www.aa.org

## General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

**Please direct all  
communications to:**

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

October 7, 2020

Dear friends and trusted servants,

I am writing to inform you that the General Service Board has authorized a drawdown of \$1.5 million from the Reserve Fund by A.A. World Services, Inc. to cover cash flow requirements in the 4th quarter of 2020.

Note: This will put the Reserve Fund balance at approximately \$13.1 million, which reflects a level of approximately 7.8 months of office operating expenses. (The Reserve Fund calculation is based on recent actual operating expenses.)

Evaluating the finances and cash flow, even with the continued increase in Seventh Tradition contributions, we still expect a decrease in income from last year of more than \$2 million, which creates this immediate cash flow pressure.

Previously, in May, A.A.W.S. drew down \$3 million to address the sudden emergency situation related to the severe drop in revenue we saw in March and April. Also, over the summer we refunded nearly \$4 million for 2020 International Convention registrations.

Note: We received \$972,000 as an advance against our International Convention insurance claim to recover lost income, and we expect the balance of the claim to be paid out very soon.

Since May—through September—the groups have responded with breathtaking generosity in their Seventh Tradition contributions, which have ensured continuation of services to the Fellowship. For six months (March through August), our publishing revenue was well below budgeted levels, but September saw a positive uptick in literature sales. Not a trend yet, but very encouraging. We have cut expenses in as many key areas as possible, without affecting quality of literature production or delivery of services.

The office presented a reforecast 2020 budget to the Board in August, and we are constantly updating and reporting financial results to the trusted servants with fiduciary responsibility for the operating corporation. We have begun work on the 2021 operating budget, with three quarters of 2020 actual results now available.

And, at the direction of the Board, we wanted to share this latest information with you.

Sincerely yours, in service to A.A.,



G. Gregory Tobin  
General Manager

## WARNINGS! HOLIDAYS AHEAD

It never seems to fail that when November rolls around there's a struggling newcomer in our group who asks at a closed meeting "But how am I to get through the holidays?" The answer from old-timers present is, just as unfailingly the same: "A holiday, like any other day, need not be coped with until it comes. And when it does come it is only twenty-four hours long."

There are other answers, of course -- to the effect that one mustn't get too tired, must remember to eat, and would do well to avoid the kind of festivities that present particularly difficult temptations. It may be suggested that the newcomer try to look beneath the tinsel commercialism for the deeper meanings of thanksgiving, peace, good will, and the dawning of a new year. All very helpful advice.

But, remembering how I had my own last drink one late October, and how near I came to panic at the thought of the meant-to-be-happy season ahead of me, I believe that the twenty-four hour concept was the most immediately effective tool I was given. As a beginner in AA, I was one of those who had to break the concept down into periods of thirty, twenty, or even ten minutes at a time. Often the lines of a favorite poem ran through my head as a kind of prayer: "Suffer this moment to be fair and clear." It is indeed only the **moment** we can hope to handle, whether or not that moment falls on a hectic holiday.

As it happens, I had then (as I have now) a home to manage, a family to geed, and an office job to do. Then (though to a lesser degree now), I had hard-drinking friends who loved to party. So, the holidays meant too many demands on my time, as well as on my emotional and physical strength. I have learned this is apt to be especially true of women, even if they are not alcoholics.

But the holidays may be just as hard in quite another way for the man or woman who has lost home and family and job and friends, who lives quite alone, haunted at such a time by the rest of the world's apparent gaiety. The desire to escape too many activities and the desire to blot out loneliness and boredom can lead equally fast to a bottle. This is a frightening truth for one still battling the physical compulsion to drink. But it need not be fatal.

What do I remember about those first holidays? We had a house full of guests for Thanksgiving. I know this only because I find it noted in an old date book. The day is a blank in my mind. On Christmas we had more guests, people who enjoyed cocktails before the feast while I hid out in the kitchen fussing over the food. We were invited to "open houses," which I had to skip. On New Year's Eve I asked my husband to take me to a double feature at the local movie. I was thus removed from temptation all evening, and when we came out it was past midnight. A new year had begun. I know that I cried some during those holidays. I was often tight-lipped. More than once, I flounced out of the house to walk off a temper or a temptation. It was rough. And I was helped by remembering that, in a very different sense, it was rough for the Pilgrims on the first Thanksgiving, for the shepherds of Bethlehem on the first Christmas. Somehow, as I clung to the sobriety of the present moment, I felt closer than ever before to the long-ago origins of the holiday season.

For all my shows of temperament, I believe I even made it a happier time for those around me than I had done in the past. More importantly, I got through without a drink. It was not until the evening of January first that I felt a full surge of thankfulness -- blessed emotion -- to my AA friends and to the Power beyond us all that had sustained me a few hours, a few minutes at a time. I had discovered that the program works, and I was far stronger within myself than I had been in mid-November. If there is a message here for those coming to our Fellowship new and shaky in the late Fall, it is this: Hang on, stick close, live for the day or the moment; don't let the mechanical reactions of the past sneak up on you; don't spoil the present, imperfect as it may seem, with a single shot, a single glass of enticingly sparkling wine. The sense of accomplishment and comfortableness that follows on making it through one's first sober holidays is beyond compare.

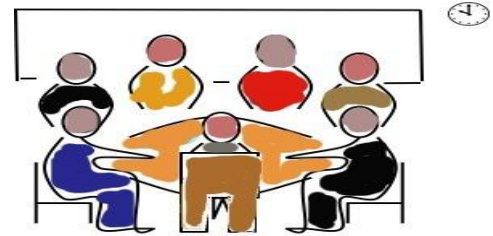
There may be tensions in later years, but none quite so traumatic. And if ever the holiday bliss do strike, call on your AA friends. They understand because they've been there too. They have learned, as you will, the more than compensatory joys of gratitude, and giving, and beginning each day anew.

... Reprinted with permission AA Grapevine 1967, Tri-County Central Office News, Tampa, FL.

## CONCEPT XI

While the trustees hold final responsibility for AA's world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications for their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern.

... Reprinted with permission from AAWS, The Twelve Concepts for World Service, Illustrated. P8



## TWO AUTHORITIES

Many people wonder how AA can function under a seemingly anarchy. Other societies have to have law and force and sanction and punishment, administrated by authorized people. Happily, for us, we found that we need no human authority whatever. We have wo authorities which are far more effective. One is benign, the other is malign. There is God, our Father, ho very simply says, "I am waiting for you to do My will.' The other authority is named John Barleycorn, and he says, "You had better do God's will or I will kill you."

... Reprinted with permission AAWS., As Bill Sees It., pg. 149

## GRAPEVINE QUOTES

- "It is impossible to know everyone, but if I try to relate myself with just one other person, something will happen, something remarkable."  
April 1993 AA Grapevine
- "Life hasn't been all smooth sailing, but because of AA I no longer have to live in fear. I sleep at night~~ I have a purpose in life."  
May 1997 AA Grapevine
- "The future would... lack its full use and meaning if it does not bring us fresh problems and even acute perils ~ problems and perils through which we can grow into true greatness of action and spirit."  
November 1960 AA Grapevine

## FAITHFUL FIVERS CLUB

### "What is the Faithful Fivers Club?"

- The Faithful Fivers Club was initiated several years ago to generate funds for the Twelfth Step Work done through the staff and volunteers at your Central Office.
  - **AA members pledge a donation of \$5.00 or more a month to assist this work.**
  - What you receive for your support is the satisfaction of carrying the message.
  - Please contact Central Office, if you want to join our **FAITHFUL FIVERS CLUB!**
    - #205, 10544 – 114 St., Edmonton, AB
    - T%H 3J7 780-424-5900
- Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)

## LANDMARKS IN AA HISTORY

Nov. 1, 1947	Anchorage has first Alaska AA Group.
Nov. 3, 1975	General Service Board officially opens the GSO AA Archives with ribbon-cutting ceremony.
Nov. 4, 1936	Fitz M. leaves Towns Hospital, to become NY area AA No. 3, Bill H. and Hank P. are the other two.
Nov. 6, 1941	Oklahoma City news reported "First mass meeting here of 7 guys at Ramsey Tower. An 8 <sup>th</sup> man was roaring drunk.
Nov. 9, 1966	USA President Johnson appointed Marty M. (an early AA) to be the 1 <sup>st</sup> national advisory commission on alcoholism.
Nov. 10, 1940	First Minneapolis AA Group was formed.
Nov. 11, 1934	Bill W's last drunk begins and lasts a month. (His sober date is Dec. 1934)
1939	Bill & Lois visit Cleveland Group founder, Clarence S.
Nov. 12, 1940	First AA meeting is held in Boston, Mass.
Nov. 13, 1939	New York AA's urge Bill W. to stay on as a Fellowship leader and not hunt for a job, despite his money problems.
1943	First ASA Group in Fresno, California, founded.
Nov. 14, 1940	Alcoholic Foundation publishes first "AA Bulletin."
1943	Los Angeles Times prints story on first open AA meeting at local Veterans Hospital.
Nov. 15, 1959	The Big Book was translated into Africans, in South Africa by Andries K., (first translation of Big Book into another language.)
Nov. 16, 1951	Dr. Bob S., AA co-founder, died.
Nov. 17, 1966	The Big Book is published in paperback.
Nov. 19, 1946	An AA Intergroup Office demands an accounting of all Alcoholic Foundation money.
Nov. 20, 1941	Fresno, California reports 28 newcomers asked for help in the local AA group's, first week.
Nov. 21, 1952	Rev. Willard S. Richardson died. He was AA's connection to the Rockefeller Foundation. "uncle Dick" was Treasurer and later Chairman of the Alcoholic Foundation.
Nov. 22, 1983	Lois W. is at AA Desert Roundup in California. Her days as a "motorcycle hobo" earn honorary membership in AA Motorcycle Club.
Nov. 23, 1943	New York AA celebrates 9 <sup>th</sup> anniversary with a dinner attended by 800. Dr. Norman Vincent Peale is a guest speaker.
Nov. 24, 1942	Dr. Harry Emerson Fosdick spoke at Manhattan AA Group's 8 <sup>th</sup> anniversary dinner. He gave AA's 1 <sup>st</sup> positive review of the Big Book.
Nov. 25, 1949	Bill suggests AA Groups everywhere devote Thanksgiving week to discussion of the <b>Twelve Traditions</b> .
Nov. 26, 1895	Bill W. is born in East Dorset, Vermont.
1943	San Francisco Examiner quotes "Mrs. Bill's" opinion "women AAs are more difficult than men ... more crafty and subtle.
Nov. 27, 1939	Cleveland Plain Dealer runs first of series of articles on AA. Cleveland AA will soon have more members than anywhere.
Nov. 28, 1939	Hank P. writes Bill advocating autonomy for all AA Groups.
Nov. 29, 1941	Columbus, Ohio, press reports 25 members in Friday Group.
Nov. 30, 1958	First International Conference of Young People in AA was held at Niagara Falls, NY.

- I was on a pink cloud when I first got here. Then I met my sponsor. Pg.30
- After 30 years of sobriety, I'm often asked by newcomers how many people I sponsor. The answer is always the same: "About half of them"

... Reprinted with permission from AA Grapevine. Take me to Your Sponsor Joke book

## Twelve Steps and Twelve Traditions

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

### Twelve Steps and Twelve Traditions; Step Eleven, pages 97

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."*

"We liked A.A. all right, and were quick to say that it had done miracles. But we recoiled from meditation and prayer as obstinately as the scientist who refused to perform a certain experiment lest it prove his pet theory wrong. Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we *knew* different; and so we were sold on prayer and meditation."

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CERTAIN	LEST	REFUSED
CONSCIOUS	MEDITATION	SCIENTIST
CONTACT	MIRACLES	SOLD
DIFFERENT	OBSTINATELY	SOUGHT
ELEVEN	PERFORM	STEPS
EXPERIMENT	POWER	THEORY
FINALLY	PRAYER	TRADITIONS
IMPROVE	PROVE	TWELVE
KNEW	QUICK	UNDERSTOOD
KNOWLEDGE	RECOILED	WRONG



**The older you get the  
more you realize  
You have no desire for  
drama, conflict or stress.  
You just want a cozy  
home, food on the table,  
and to be surrounded by  
kind people who make  
you happy.**

## THE PRINCIPLES OF AA'S TWELVE STEPS.

1. HONESTY (Integrity, real, sincerely)
2. HOPE (expectation, desire, trust)
3. FAITH (loyalty, belief)
4. COURAGE (boldness)
5. INTEGRITY (completeness)
6. WILLINGNESS (ready, voluntary)
7. HUMILITY (willingness to learn)
8. BROTHERLY LOVE (forgiveness)
9. SELF-DISCIPLINE (regulate self)
10. PERSEVERANCE (insistence, steadfastness)
11. EVER-PRESENCE OF GOD (always there)
12. SERVICE (of benefit, of help to others).



## CONTRIBUTIONS TO EDMONTON CENTRAL OFFICE

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

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

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

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

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



## ELEVENTH STEP PRAYER

God, demonstrate through me what you can do. Please remove my fear and direct my attention in what you would have me be.  
Amen

## LAUGHS, LAUGHS, LAUGHS

- Directions to AA. Go straight to hell and make a u-turn.
- 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.
- In AA there are no losers .. just winners.
- An Alcoholic is:
  1. Someone who wants to be held while isolating.
  2. Someone who refuses to give up a life of failure without a fight.
  3. Someone who finds something that works and then stops doing it.
  4. Someone who can be in the gutter and still look down on people.
  5. Someone who keeps doing the same thing over and over expecting different results.
- 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.

... borrowed from AA Meeting In A Pocket.

### I am responsible...

When anyone , anywhere, reaches out for help, I want the hand of AA always to be there, and for that:  
**I am responsible.**

### A Declaration of Unity

This we owe to AA's future:

To place our common welfare first:

To keep our Fellowship united.

For on AA unity depend our lives, and the lives of those to come.

... Reprinted with permission from AAWS, back page of The Twelve Concepts, P8

### DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7<sup>th</sup> Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning Roundups, Conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA. Publication of any article does not imply endorsement.

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

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

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

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

Fax: (587) 523-4334

Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**

## PRINCIPLE ELEVEN: SPIRITUALITY

"How dark it is before the dawn!...I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace and usefulness, in a way of life that is incredibly more wonderful as time passes." (Bill W., *Alcoholics Anonymous*, pg.8).

As a priest, trained in Philosophy and Theology, but overwhelmed with the darkness of alcoholism, I could only contemplate suicide as a way out. "Who needs another drunken priest, son, brother, friend? No! The world would be better off without me!" Or so I thought. But **God** had another plan. And that was the whole **PROBLEM**. It was His plan, not my plan. And there was a **SOLUTION**. I had to seek through prayer and meditation to increase my conscious contact with God, as I understood Him, praying only for **knowledge** of His **will** for me and the **power** to carry that out. Unlike, Bill W., I was not "catapulted" into the fourth dimension, but pulled rather haltingly into it.

I've come to understand **spirituality** as being all about **relationships**. And religion as a way of living out those relationships. For this alcoholic, spirituality is to religion, as love is to marriage, or better yet, as breath is to the body. A marriage without love is a hardship indeed! A body without breath is a cadaver. **Spirituality** is about my **relationship** with **myself**, with **others**, and with **God**, as I understand God. I could not believe, really believe that God or anyone else could accept and love me until I learned to accept and love myself. Not an easy thing to do for your average alkie! **IT WAS GOD THAT TOOK THE INITIATIVE!**

When I (by the grace of God) finally was able to admit that I was powerless over alcohol-that my life was unmanageable (Step 1), I (by the grace of God) came to believe that a Power greater than myself could restore me to sanity (Step 2). I never stopped believing in God, but thought He had stopped believing in me. Boy was I wrong! God then helped me to make a decision to turn my life and my will over to His care (Step 3). "The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves" (*Alcoholics Anonymous*, pg.25) Having the sunlight of the Spirit shine on the darkness of my life I was able to make a searching and fearless moral inventory of myself. (Step 4). And the more I walked in the sunlight of the Spirit the more I was made aware of my own *shadow*. I didn't want to look at it. I had spent years trying to kill my own *shadow*. But now I realize that when my *shadow* dies, I die with it. I can't see my *shadow* as long as I stay in the dark. But it really can't hurt me or anyone else when I step into the Light. I admitted to God, to myself and to another human being the exact nature of my wrongs (my *shadow*) (Step 5). By God's grace, I became entirely ready (over a period of time) to have **Him** remove my defects of character (Step 6). Humbly ask **Him** to remove my shortcomings (Step 7). God is still taking the initiative...in every step along the way. God again showed me the persons I had harmed and helped me to become willing to make amends to them all (Step 8). And with His help, I made direct amends to those people, wherever possible, except when to do so would injure them or others.(Step 9). Again with His grace (sunlight of the Spirit) He continues to help me look at my *shadow*, and take my personal inventory and when I'm wrong helps me to promptly (?) admit it. "We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace....We will want the good that is in us all, even in the worst of us, to flower and to grow. Most certainly we shall need bracing air and an abundance of food. But first of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun" (*Twelve Steps & Twelve Traditions*, pg.97,98) It is through prayer and meditation that I am learning to live the spiritual life (Step 11). "The spiritual life is not a theory. *We have to live it.*" (*Alcoholics Anonymous*, pg 83). And in order to really live it we have to be willing to be used by God to carry this message to other alcoholics and practice these principles in all our affairs (Step 12).

And so for this alcoholic, there is not a spiritual part to the Program. The whole Program of Recovery is spiritual. That is, it is all about **living**, **loving** and **learning**. It is even about making friends with our *shadows*. Only then do I become whole, wholesome and holy. And that, my friends is the daily **miracle** that we are privileged to experience. And only God can perform miracles!

"I stood in the sunlight at last".... "I must turn in all things to the Father of Light who presides over us all." (Bill W., *Alcoholics Anonymous*, pg 13,14).

Me and my *shadow* look forward to being with you in the Fellowship of the Spirit, and will surely meet some of you as we trudge the Road of Happy Destiny. May God bless you and keep you in His light - until then.  
Father Mac B., Edmonton

## DETOURS

I find, along the road of life, that detours make it plain that sometimes plans laid carefully are lost to grief and pain and though I want to seek escape from detours that I see I know within my heart I'll choose the detours meant for me.

I dare not take a different road, not travel where I will, for detours, God alone designs, will prove He's loving still.

Perhaps one day I'll come to know these detours like a friend and cherish each and every one that's waiting 'round the bend.

But just for now I'll kneel and say a simple, fervent prayer. I'll reach the detour Death demands and find God waiting there.

... Borrowed from Twelve Step Time, submitted by Linda S. (author unknown)

<b>Edmonton Central Office Society</b>				
<b>INCOME STATEMENT 2020</b>				
	<b>September</b>	<b>YTD</b>	<b>YTD BUDGET</b>	<b>variance</b>
<b>General Receipts:</b>				
Group Contributions	\$ 9,208.96	\$ 52,136.27	\$66,530.00	\$ 14,393.73
Individual/Bequeath	\$ 3,605.00	\$ 19,308.00	\$3,050.00	-\$ 16,258.00
Birthday Club/Faithful Fivers	\$ 406.00	\$ 1,556.00	\$1,880.00	\$ 324.00
Office Supplies / Postage	\$ 140.80	\$ 695.50	\$775.00	\$ 79.50
Newsletter	\$ -	\$ 4.00	\$150.00	\$ 146.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$1,800.00	\$ 1,130.00
Tradition Seven-meetings	\$ 193.60	\$ 1,157.70	\$4,860.00	\$ 3,702.30
Fundraising	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.27	\$ 28.18	\$45.00	\$ 16.82
<b>Total General Receipts</b>	<b>\$ 13,556.63</b>	<b>\$ 75,555.65</b>	<b>\$ 84,090.00</b>	<b>\$ 8,534.35</b>
<b>Literature &amp; Medallion</b>				
Literature	\$ 4,284.55	\$ 40,086.45	\$76,470.00	\$ 36,383.55
Medallion	\$ 1,563.00	\$ 12,950.00	\$14,270.00	\$ 1,320.00
<b>Total Literature and Med.</b>	<b>\$ 5,847.55</b>	<b>\$ 53,036.45</b>	<b>\$ 90,740.00</b>	<b>\$ 37,703.55</b>
		\$ -		
<b>Total Revenue</b>	<b>\$ 19,404.18</b>	<b>\$ 128,592.10</b>	<b>\$ 174,830.00</b>	<b>\$ 46,237.90</b>
<b>Expenses: (COS)</b>				
AAWS & Grapevine Literature	\$ 2,900.53	\$ 26,761.55	\$45,450.00	\$ 18,688.45
Meeting list & Greeting Cards	\$ 161.75	\$ 1,478.57	\$4,780.00	\$ 3,301.43
Medallion Purch /engraving	\$ 824.51	\$ 7,452.18	\$9,205.00	\$ 1,752.82
Freight / Brokerage	\$ -	\$ -	\$63.50	\$ 63.50
	<b>\$ 3,886.79</b>	<b>\$ 35,692.30</b>	<b>\$ 59,498.50</b>	<b>\$ 23,806.20</b>
<b>Intergroup Expenses</b>				
12 Step Answering	\$ 404.87	\$ 3,643.84	\$3,600.00	-\$ 43.84
Literature expense	\$ 9.90	\$ 112.63	\$70.00	-\$ 42.63
Communications & Tech	\$ -	\$ -	\$900.00	\$ 900.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ -	\$700.00	\$ 700.00
	<b>\$ 414.77</b>	<b>\$ 3,756.47</b>	<b>\$ 5,270.00</b>	<b>\$ 1,513.53</b>
<b>Administrative Expenses</b>				
		\$ -		
Accounting & Legal	\$ 179.38	\$ 2,166.12	\$2,645.00	\$ 478.88
Bank Chgs & Cr Card chgs	\$ 123.74	\$ 1,113.34	\$1,255.00	\$ 141.66
Computer & IT Maintenance	\$ -	\$ 796.98	\$4,500.00	\$ 3,703.02
Equipment Lease/Purchase	\$ 682.43	\$ 3,560.59	\$3,580.00	\$ 19.41
Fundraising expense	\$ -	\$ -	\$ 5,000.00	\$ 5,000.00
Insurance	\$ 286.42	\$ 2,566.53	\$2,600.00	\$ 33.47
Newsletter Expenses	\$ -	\$ -	\$35.00	\$ 35.00
Office Supplies	\$ 159.80	\$ 1,252.74	\$750.00	-\$ 502.74
Postage	\$ 63.41	\$ 761.57	\$1,425.00	\$ 663.43
Rent	\$ 3,634.65	\$ 32,750.59	\$36,000.00	\$ 3,249.41
Repairs & Maintenance	\$ -	\$ 216.27	\$1,550.00	\$ 1,333.73
Salaries, Source, WCB	\$ 5,341.22	\$ 46,385.56	\$43,530.00	-\$ 2,855.56
Staff Training / Seminar	\$ 83.58	\$ 83.58	\$ 1,000.00	\$ 916.42
Telephone / Internet	\$ 163.02	\$ 1,319.39	\$1,700.00	\$ 380.61
	<b>\$ 10,717.65</b>	<b>\$ 92,973.26</b>	<b>\$ 105,570.00</b>	<b>\$ 12,596.74</b>
		\$ -		
<b>Total Expenses</b>	<b>\$ 15,019.21</b>	<b>\$ 132,422.03</b>	<b>\$ 170,338.50</b>	<b>\$ 37,916.47</b>
		\$ -		
<b>Income / (Loss)</b>	<b>\$ 4,384.97</b>	<b>-\$ 3,829.93</b>	<b>\$ 4,491.50</b>	<b>\$ 8,321.43</b>



# 2020 Birthdays for November

## 60 Minutes to Sobriety

Last Sunday  
Nov. 29 Adam B. 7 yrs.

## Breathe Easy

First Friday  
Dec. 4 Alex W. 8 yrs.  
Diane S. 16 yrs.  
Jordy S. 6 yrs.  
Nada Z. 5 yrs.  
Tracy M-T. 21 yrs.

## Capilano Step

First Thursday  
Dec. 3 Doug A. 25 yrs.

## Clareview Big Book

Last Wednesday  
Nov. 25 Keith G. 3 yrs.

## Crestwood Welcome

Last Monday  
Nov. 30 Gay L. 4 yrs.

## Ellerslie

Last Thursday  
Nov. 26 Mike T. 6 yrs.

## Fulton Place

Last Friday  
Nov. 27 Cathy K. 24 yrs.

## Gratitude

Last Monday  
Nov. 30 Peter R. 41 yrs.

## Jasper Place

Last Tuesday  
Nov. 24 Shane S. 7 yrs.

## Last Call

Last Wednesday  
Nov. 25 Steve N. 4 yrs.

## Mustard Seed

Last Sunday  
Nov. 29 Steve W. 41 yrs.  
Daryl D. 2 yrs.

## North Edmonton

Last Thursday  
Nov. 26 Bill B. 25 yrs.  
Denise G. 19 yrs.

## Providence

Last Wednesday  
Nov. 25 Anna . 4 yrs.  
Warren G. 14 yrs.  
John . 5 yrs.

## South Side

Third Friday  
Nov. 20 Vee D. 3 yrs.  
Larry L. 2 yrs.  
Betty S. 32 yrs.

## Step Sisters

Last Wednesday  
Nov. 28 Sandra R. 12 yrs.  
Teja S. 1 yrs.

## Suit Up & Show Up

Last Saturday  
Nov. 28 Rob S. 5 yrs.

## The Why Group

Last Saturday  
Nov. 28 Ernie G. 23 yrs.  
Gayle L. 31 yrs.  
Carmen K. 4 yrs.  
Lisa B. 4 yrs.  
Debbie H. 15 yrs.  
Alan A. 5 yrs.  
Mary G. 14 yrs.  
Sam K. 5 yrs.

## Thus, We Grow

Last Tuesday  
Nov. 24 Trevor B. 6 yrs.

## West End Men's

First Wednesday  
Dec. 2 Adam B. 7 yrs.  
Jon D. 4 yrs.

## Westgrove

Last Sunday  
Nov. 29 Rick B. 37 yrs.  
Carol . 47 yrs.

## Westminster

Last Saturday  
Nov. 28 Jack H. 49 yrs.  
Tom B. 37 yrs.  
Marilyn W. 36 yrs.  
Lil C. 30 yrs.  
Patrick M. 22 yrs.



## \*SHERWOOD PARK

### Friday Night Happy Hour

Last Friday  
Nov. 27 Chet B. 38 yrs.

### Twelve Steps to Serenity

Last Monday  
Nov. 30 Peter S. 1 yrs.  
Jamie M. 2 yrs.  
Dan M. 4 yrs.  
Ken G. 7 yrs.  
Ron S. 10 yrs.  
Brent J. 18 yrs.  
Ed W. 28 yrs.  
W. 35 yrs.

## \*ST. ALBERT

### Back To Basics

First Thursday  
Dec. 3 Vance M. 8 yrs.  
Chad VH. 3 yrs.

### S. A. Sunday Night Step Study

Last Sunday  
Nov. 29 Carmen L. 1 yr.  
Matt R. 3 yrs.  
Richard S. 19 yrs.

## GROUPS IN NEED OF SUPPORT

### First Day Group (Last)

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

### Oilmen's Group (0)

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

**Bragg Creek, AB**

**Nov. 6-8 19<sup>th</sup> Annual Journey** weekend \$180.00

Camp Horizon in Bragg Creek

35 minutes west of Calgary

Price includes Accommodations, all meals

[fellowshipbraggcreek@gmail.com](mailto:fellowshipbraggcreek@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

1956 Only Jan., February, April & Nov.

1957 Only February, June & July

1958 Only January

1959 Only August

2015 Only February

## TAKE ME TO YOUR SPONSOR

- A member was asked to speak at a new meeting and got a little carried away. After talking for nearly two hours, he finally realized what he was doing and said, "I'm sorry I talked so long. You see, I left my watch at home." An old timer in the back of the room hollered out. "There's a calendar behind you!" pg. 22
- Before I got to AA, I didn't have a PC or a cellphone, all I had was the DT's in a jail cell. Pg. 22
- "I'm a rebel without a cause," I told my sponsor. "No" he replied, "You're a rebel without a clue." Pg. 28
- Not what I had in mind: A sponsor walked into a meeting one evening to see his sponsee reading the Big Book. "I'm happy to see you reading the book Joe." The sponsor said. "I'm looking for loopholes." Joe responded. Pg. 30  
... Reprinted with permission from AA Grapevine

## THE GAL IN THE GLASS

When you get what you want in your struggle for self and the world makes you queen for a day, just go to a mirror and look at yourself, And see what THAT gal has to say.

For it isn't your husband or family or friend who judgement upon you must pass; the gal whose verdict counts most in the end Is the one staring back from the glass.

Some people may think you are a straight-shootin' chum and call a person of place, but the gal in the glass says you're only a bum If you can't look her straight in the face.

She's the gal to please, never mind all the rest for she's with you clear up to the end, and you've passed your most dangerous, difficult test If the gal in the glass is your friend.

You may fool the whole world down the pathway of years and get pats on the back as you pass, but your final reward will be heartaches and tears if you've cheated the gal in the glass.

... Anonymous

## BIRTHDAY CLUB

Pat F., Campus Group

## NOTICE!

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