

ECO NEWS

\$1.00

May 2021

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



Message from the Editor

April showers bring May flowers. This saying originated in the United Kingdom, but it may not be true in central Alberta. The lockdown drags on but, fortunately, Spring is upon us. One of the first flowers to bloom in Alberta in spring is the Prairie Crocus. Its genus name Anemone comes from the Greek word for “wind.” Anemone plants are known as windflowers, because it was believed that they blossomed only when the wind blew in springtime. Cultivation and harvesting of crocuses were first documented in the Mediterranean, notably on the island of Crete. That type of crocus blooms in Autumn, and the spice saffron is obtained from its stigmas.

I recently discovered a wealth of images, many related to AA, at Wikimedia Commons, the free media repository. I use some of these images in the ECO newsletters.

Yours in service,
Julia J., Editor of the ECO newsletter

TRADITION FIVE

“Each group has but one primary purpose: to carry its message to the alcoholic who still suffers.”

TRADITION 5 CHECKLIST FROM THE AA GRAPEVINE:

- 1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?**
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?**
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?**
- 4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?**
- 5. Do I help my group in every way I can to fulfill our primary purpose?**
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?**

(REPRINTED FROM SERVICE MATERIAL MADE AVAILABLE BY G.S.O.)



Help

Images from Wikimedia Commons, the free media repository

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

For example, write a short article about your home group, give your interpretation of a slogan, explain one of the steps or traditions, send a joke or cartoon keeping in mind the sensitivities of our readership. Any contributions will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, group, and 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.

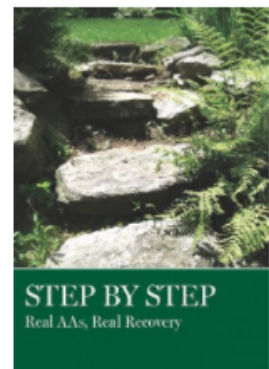
Submit articles to AA Central Office, #205, 10544-114 St NW, Edmonton, AB T5H 3J7 Fax: (587) 523-4334
Email: centraloffice@edmontonaa.org
Subject Line: Attention ECO News

GRAPEVINE Daily Quote

May 20, 2019

"Through Step Five, God has removed my shame about being an alcoholic."

"Lifting the Burden," Syracuse, New York, May 2001,
Step By Step



STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

(ALCOHOLICS ANONYMOUS, P. 59)

FIFTH STEP PRAYER

**Higher Power, my inventory has shown me who I am.
Yet I ask for Your help in admitting my wrongs to another person & to You.
Assure me & be with me in this Step. For without this step, I cannot progress
in my recovery. With Your help, I can do this & I do it.**

(Cleveland AA, <https://www.aacle.org/twelve-step-prayers/>)

Why are all ghosts considered alcoholics?

Because they bring Boos every where they go!

What do you call a 400 pound alcoholic?

A heavy drinker.

What did the alcoholic do after he couldn't afford the electric bill?

He took a shot in the dark!

Why can't alcoholics become lawyers?

They can't pass the bar.

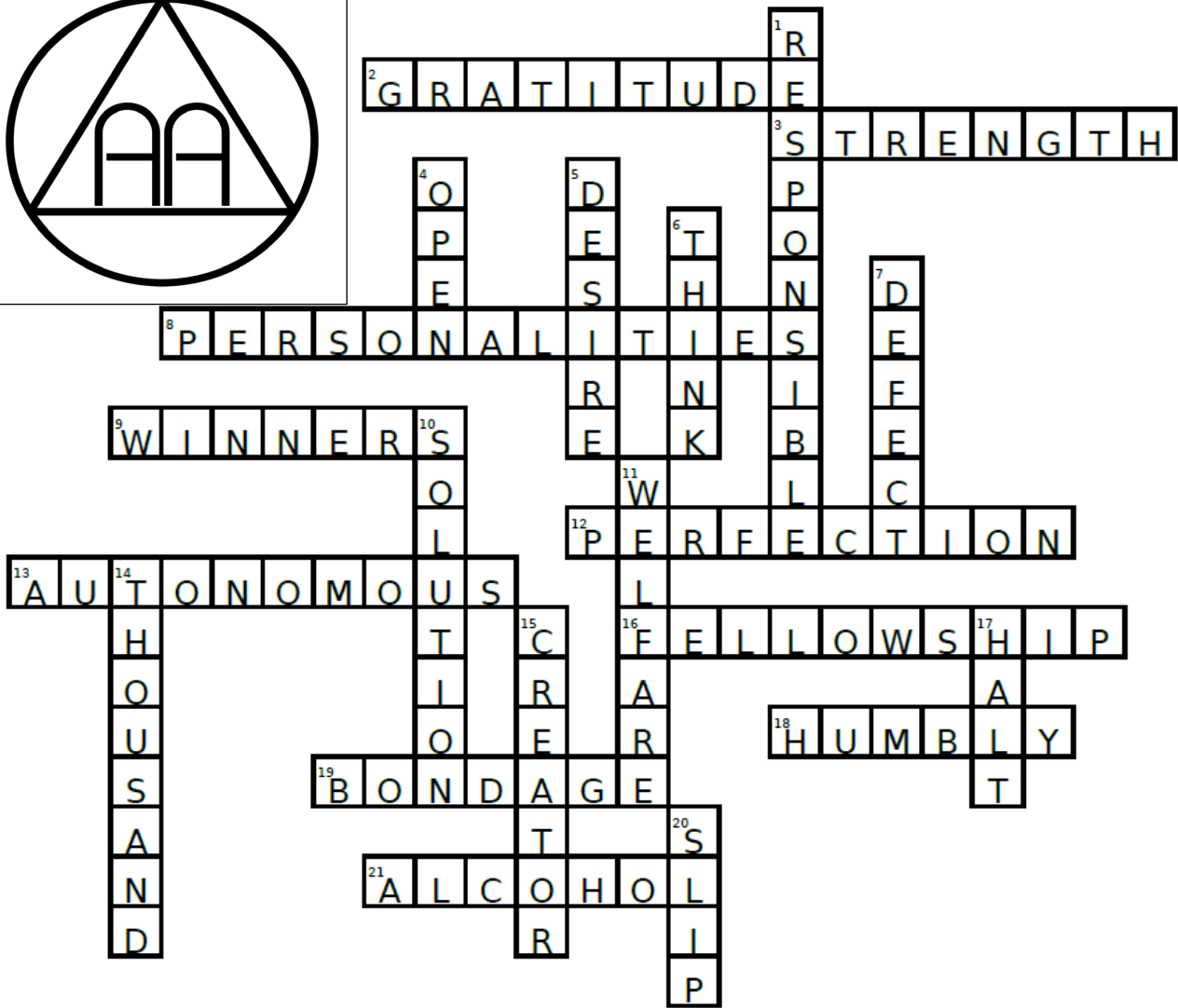
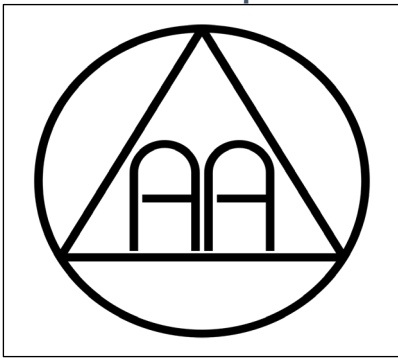


CONCEPT FIVE

Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

(A.A. Service Manual/Twelve Concepts for World Service)

Answers: April's ECO Newsletter Crossword Puzzle



Henrietta Buckler Sieberling (1888-1979) was born in Kentucky, raised in El Paso TX. She attended Vassar and in 1917 married John Frederick Sieberling. They had three children together and lived in Ohio. She credited with being one of the founders of Alcoholics Anonymous. In 1998 she was inducted into the Ohio Women's Hall of Fame. She was the one who set up the meeting of the co-founders of Alcoholics Anonymous, Bill Wilson and Dr. Bob Smith on Mother's Day 1935. She was a member of the Oxford Group in Akron, OH. She was not known to have a drinking problem.

www.aabibliography.com/henrietta_buckler_seiberling.htm
 Photo is attributed to Bain News Service -Public Domain
<https://www.loc.gov/pictures/resource/ggbain.18376>
<https://commons.wikimedia.org/w/index.php?curid=18773321>
 Date: between circa 1910 and circa 1915



Group Birthdays for May 2021

60 Minutes to Sobriety

Last Sunday

May 4 Sarah C. 4 yrs
 7 Peter K. 7 yrs
 12 Adam Y. 22 yrs
 23 James W. 13 yrs
 30 Gary B. 27 yrs

Back to Basics

First Thursday

May 4 Dale W. 12 yrs
 11 Darren H. 10 yrs
 16 Aoife B. 8 yrs

Ellerslie

Last Thursday

May 1 Leo B. 11 yrs

Fellowship Breakfast

Last Saturday

May 7

Genevieve J. 10 yrs
 15 Alan G 3 yrs

Gratitude group

Last Monday

May 7 Sherri 1 yr
 18 Faye T. 9 yrs

Jasper Place Group

Last Tuesday

May 19 Dick T. 49 yrs

Mustard Seed Group

Last Sunday

May 7 David F. 42 yrs
 11 Pierre B. 32 yrs
 Curtis K. 7 yrs

South Side Group

Third Friday

May 27 Jim S. 23 yrs

12 Steps to Serenity

May 15 JoAnn O. 29 yrs
 20 Dwight W. 31 yrs

Sunday Night

Last Sunday

None

Step Sisters

Last Wednesday

May 5 Joy L. 7 yrs

Groups: please send Birthdays in June to the editor by email editor@edmontonaa.org or update your members list at AA Central Office, #205, 10544-114 St NW, Edmonton, AB T5H 3J7

St. Albert Breakfast

None

West End 12 Step

First Tuesday

None

Westminster

Last Saturday

May 11 Sonny C. 34 yrs
 15 Leroy L. 46 yrs
 19 Gabrielle K. 22 yrs
 25 Lynn H. 23 yrs

WEMG Group

First Wednesday

None



Only those groups who have updated their members lists in Central Office as of 2020/2021 are included.

AA HISTORY FOR THE MONTH OF MAY

May 1

- 1939 – Lois and Bill W. left their home at 182 Clinton St., Brooklyn.
- 1940 – Rollie H., Cleveland Indians, anonymity break occurred.
- 1941 – First Wisconsin AA meeting was held in hotel in Milwaukee.

May 2

- 1941 – Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
- 1943 – *New Orleans Times* reported founding of the first Louisiana AA group with a dozen members.

May 3

- 1941 – First AA group formed in New Orleans, Louisiana.
- 1941 – Democrat Chronicle, Rochester, reported 1st annual AA dinner at Seneca hotel with 60 attending.

May 4

- 1940 – *Sunday Star* reported founding of first AA group in Washington, DC.

May 6

- 1939 – Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an “AA” meeting in Cleveland.

May 7

- 1956 – The first English AA Convention was held in Cheltenham, England.

May 8

- 1943 – Akron AA Group celebrates 8th anniversary with 500 present and sober.
- 1971 – Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.

May 10

- 1939 – Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
- 1946 – Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years sober.)

May 11

- 1935 – Bill W. was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.
- 1939 – First meeting of the Cleveland Group.

May 12

- 1935 – Mother’s Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.

May 15

- 1961 – Bill W.’s mother, Dr. Emily Strobell, died.

May 16

- 1941 – Ruth Hock learned that the man credited for the name “Alcoholics Anonymous” has a “wet” brain.

May 17

- 1942 – *Dayton Journal Herald* published pictures of AA members wearing masks to protect anonymity.

May 18

- 1939 – The first group to call itself A. A. is meets in Cleveland, OH.
- 1950 – Dr. Bob told Bill W. “I reckon we ought to be buried like other folks.” He wanted no memorial.

May 19

- 2000 – Dr. Paul O. died at the age of 83. He was author of “Acceptance Was the Answer” in the 4th edition of the Big Book. This story was titled “Doctor, Alcoholic, Addict” in the 3rd edition.

May 29

- 1980 – “Dr. Bob and the Good Oldtimers” was published.

May 31

- 1938 – Bill W. and other A.A.s began writing the Big Book.

Other significant events in May for which we do not have a specific date:

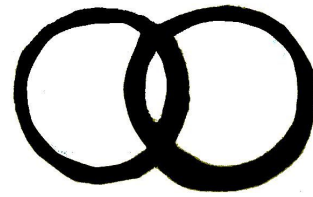
- 1938 – Bill W. and other AAs began writing the Big Book.
- 1939 – Clarence Snyder told Dr. Bob, his sponsor, he would not be back to the Oxford Group meetings in Akron and would start an “A.A.” meeting in Cleveland.
- 1942 – Richmond W., author of “Twenty-Four Hours a Day,” had his last drink.
- 1946 – Long form of 12 Traditions was published in AA Grapevine for the first time.
- 1946 – The A.A. Grapevine announced, “A.A. has 6,000 members in 180 groups.”
- 1948 – The A.A. Grapevine reported \$2.00 was sent to the GSO asking for “a bottle of Alcoholics Anonymous”.
- 1950 – Nell Wing became Bill W.’s secretary.
- 1951 – Al-Anon was founded by Lois W. and Anne B.
- 1962 – The A. A. Grapevine published the first “Victor E.” cartoon.

Thanks to Billy C. and Nancy O. for this list (slightly abridged here), used by permission.



Be careful who you trust. Salt and sugar look the same.

Friendship



True friends are never apart.

Those Friends Thou Hast
Friends and Acquaintances

***Those friends thou hast, and their adoption tried,
Grapple them unto thy soul with hoops of steel.***
(William Shakespeare)

Maybe in distance, but never in heart.

Every so often at an Alcoholics Anonymous (A.A.) meeting I hear a newcomer share that most of his old friends stopped coming around and that he thought that he was losing them. Sometimes this may be distressful and may cause a person to question whether the sacrifice is worth the loss of those old acquaintances.

Sometimes the word friend is misunderstood. We often refer to people we are associated with as friends. Others will say that you can count on one hand the true friends you will have in a lifetime. So where do these associate/acquaintances come in?

I played golf for about 35 years and had many so-called golfer friends but when the round of golf was over, we put our clubs in the car and went our separate ways. Fishing was the same. When we finished fishing, we put the rods and tackle box in the car and went home.

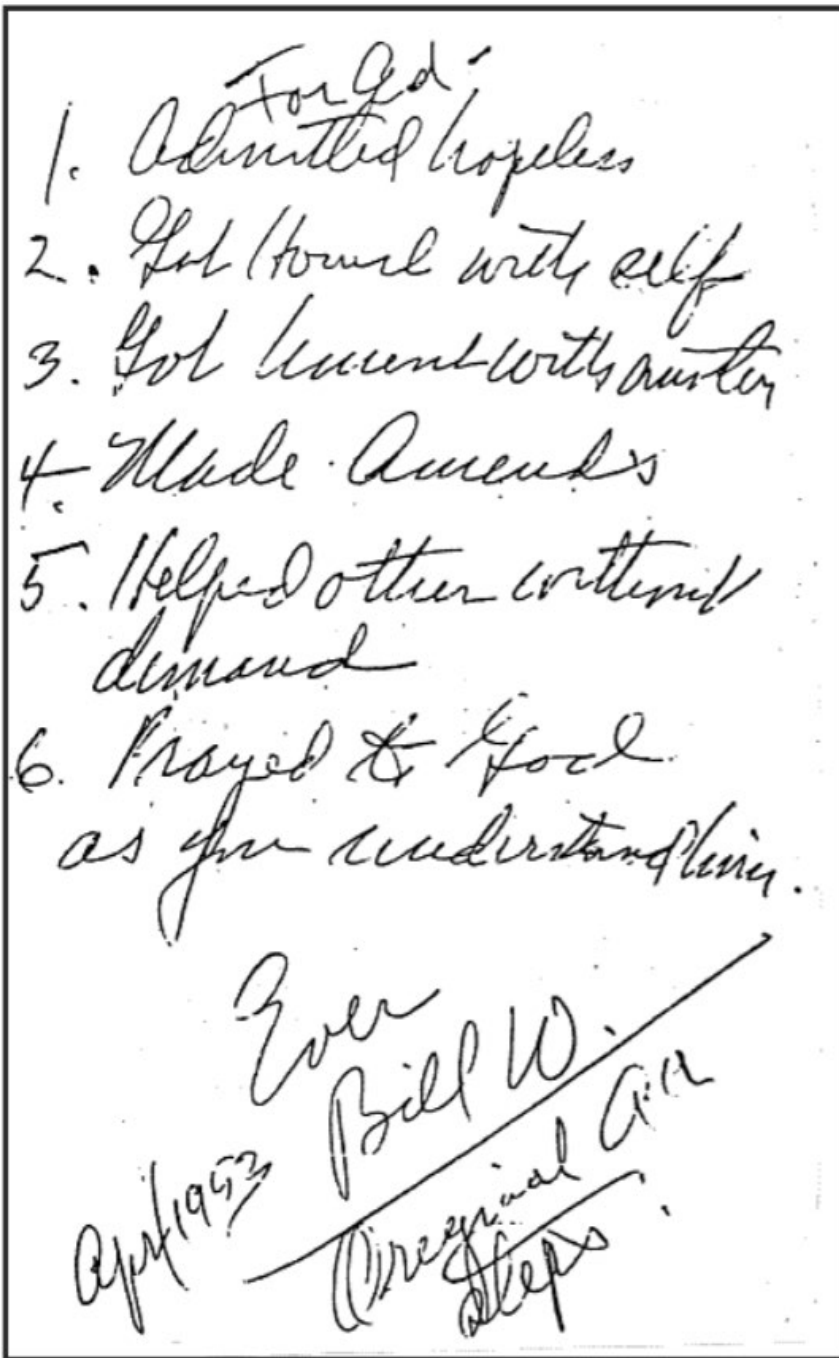
With these acquaintances, the common denominator was the golf or the fishing. That is what bound us to each other. I quit playing golf about 15 years ago and when the common denominator was gone, I seldom saw my old golfing friends except in passing where we exchanged pleasantries and again were on our ways.

Most of the, so called, friends I had before I was sober had only one thing in common with me and that was the drinking. Unlike the golf and the fishing, we could drink 24 hours a day if we wanted to. We did not need a boat or even a set of clubs to associate with each other. The bottle was all that was necessary and without it we had little in common. When the common denominator was gone, trying to hang out with them became awkward for them and for me. I had to accept the reality and let them be. If we have anything else in common, we will know it and share that association with each other, but that was seldom the case except for family members or work associates.

We, in AA, are fortunate indeed for we have a common denominator that has been likened to the survivors on a sinking ship, in a lifeboat, caring for each other. We associate at such a deep an intimate level that we develop true friendships that the average person seldom is exposed to. Understanding this can be a great comfort to those new members who may need to be prepared to move on with their lives. If that new member is fortunate enough to adopt the AA program for the long haul, he may become the true friend that those old acquaintances in the bar room may need should they become a troubled alcoholic seeking help themselves. I cannot tell you how many true friends I have developed in the program of Alcoholics Anonymous, but *I have been grappling them unto my soul* for over 50 years now.

Thank you, Mr. Shakespeare.

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



Original Six Steps from "Bill Wilson and how the A.A message reached the world":

The picture to the left is Bill Wilson's original note on writing the steps, autographed by him.

1. We admitted that we were licked, that we were powerless over alcohol.
2. We made a moral inventory of our defects or sins.
3. We confessed or shared our shortcomings with another person in confidence.
4. We made restitution to all those we had harmed by our drinking.
5. We tried to help other alcoholics, with no thought of reward in money or prestige.
6. We prayed to whatever God we thought there was for power to practice these precepts.

Although those steps had helped in the recovery of New York and Akron alcoholics, Bill felt the program was still not definitive. "Maybe our six chunks of truth should be broken up into smaller pieces," he said. "Thus, we could better get the distant reader over the barrel, and at the same time we might be able to broaden and deepen the spiritual implications of our whole presentation."

Pass It On©, p.197

2021 Calendar of Events - Summary

Area78

May 6 D46 Service Elections-7:00-8:00pm Zoom ID: 780 919 5347

May 10 AA and the Clergy-1:45 am-1:15 pm Zoom id: 780 239 1546
 Registration at Area 78 website.

Area Committee Meeting (May28) 6:00-10:00pm (May29) 8:00-10:00pm

June 6 Grape a thon-10:00am-3:30pm Zoom id: 708 555 5414

June 23 CPC Virtual Luncheon

11:45-1:15pm zoom id 780 239 1546
 RSVP

egsc.picpcchair@edmontonaa.org

WEMG Annual Dinner Delayed.
 The dinner was to be held early June. Postponed: New date TBA.

E.G.S.C. Report for May 2021

E.G.S.C (Edmonton General Service Committee) meets once a month on the first Wednesday of the month at 630-730pm currently on zoom. Zoom ID 780 239 1546.

E.G.S.C currently has two positions available:

Alternate Chair/Alternate Secretary and Secretary.

We are currently looking for a DCM for District 55.

Area 78 Cooperation with the professional community committee invites you to an information session. Alcoholics Anonymous and the Clergy. Bring a member of the clergy or your spiritual Advisor and have them bring a friend. All AA members are welcome to attend. May 10, 2021 11:45am-1:15pm. Please register on the Area 78 website. Area78.org.

CI/CPC meets every 3rd Wednesday of the month at 6pm on zoom. Next meeting is May 19, 2021 at 6pm. Zoom ID 780 239 1546

Treatment committee meets the third Wednesday of the month in person at the Alano Club at 6:30pm and on zoom. Zoom ID 780 423 1807. Password 124124.

The Grapevine is having a Grape-a-thon on June 6, 2021. There will be a writing workshop, story hour, service and much more. Zoom ID 780 555 5414.

The roundup committee for District 64 is looking for members with interest to serve to join the 2022 planning committee and will meet in August 2021. There will not be a round up for 2021.

Our 75th Anniversary is currently on hold. You can email Brian for info or if you want a refund, please email 75anniversaryedmonton@gmail.com.

District 46 will be having a meeting on zoom on May 2, 2021 at 7pm to vote in a new DCM. If you are interested in attending or just want information, please email Cynthia (GSR No Saints) cynth.mad@gmail.com. District 46 is also looking to fill the positions of Alternate DCM, Secretary and Treasurer.



The greatest
prison
people live in
is the fear of
what other
people think.

David Icke

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 2022 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.

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

AA meeting poster at Hyderabad, Telangana, India



By Muzammil - Own work, CC BY-SA 4.0,
<https://commons.wikimedia.org/w/index.php?curid=82130164>

I had to take my dog to AA the other day.

He couldn't control his licker.

Why do Canadians call alcoholics anonymous triple A?

AA, ah!

Portrait of Father Edward Dowling, a Jesuit priest & spiritual adviser of Bill W.



Maryville University Archives - Wikimedia Commons

Dr. Bob's Birthplace & Boyhood Home on Summer Street in downtown St. Johnsbury, Vermont .



Artaxerxes, CC BY-SA 4.0 Wikimedia Commons

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Well geesh. I don't know which of those three is the hardest.

But let's start at the beginning. In this case, that's actually at the end of the step... "the exact nature of our wrongs". But what does that even mean? Exact? How exact? And how do wrongs have a nature? The Twelve and Twelve describes the nature of our problems as being "the character defects which cause or aggravate" our problems. So Step 5 is a question not so much of listing every cookie you once stole from the cookie jar but more like taking an honest, good look inside yourself to find the reason why you stole the cookies.

At the same time, understating or glossing over your wrongs can bring its own problems. Again from the Twelve and Twelve: "Few muddled attitudes have caused us more trouble than holding back on Step 5. Some people are unable to stay sober at all; others will relapse periodically until they really clean house. Even AA oldtimers, sober for years, often pay dearly for skimping this Step. They will tell how they tried to carry the load alone; how much they suffered of irritability, anxiety, remorse, and depression; and how, unconsciously seeking relief, they would sometimes accuse even their best friends of the very character defects they themselves were trying to conceal." Not pretty!

Most of that work will have been done in your Step 4. Now you have to do the hard part. You have to admit it all. Honestly and thoroughly. First to God. Oops! There's that "G word"! Remember though, we're talking about the God of your understanding. It doesn't matter how you define that word or what your personal spiritual beliefs are; what matters is that you are willing to admit your mistakes and imperfections and are willing to ask a power outside of yourself to help fix what you could not fix on your own. Can you do that?

That's all well and good and utterly necessary, but there's more. We have to admit to ourselves, in our heart of hearts, our deepest and darkest faults. Doing this helps us see our own part in all that has happened. Only then can we begin to make changes.

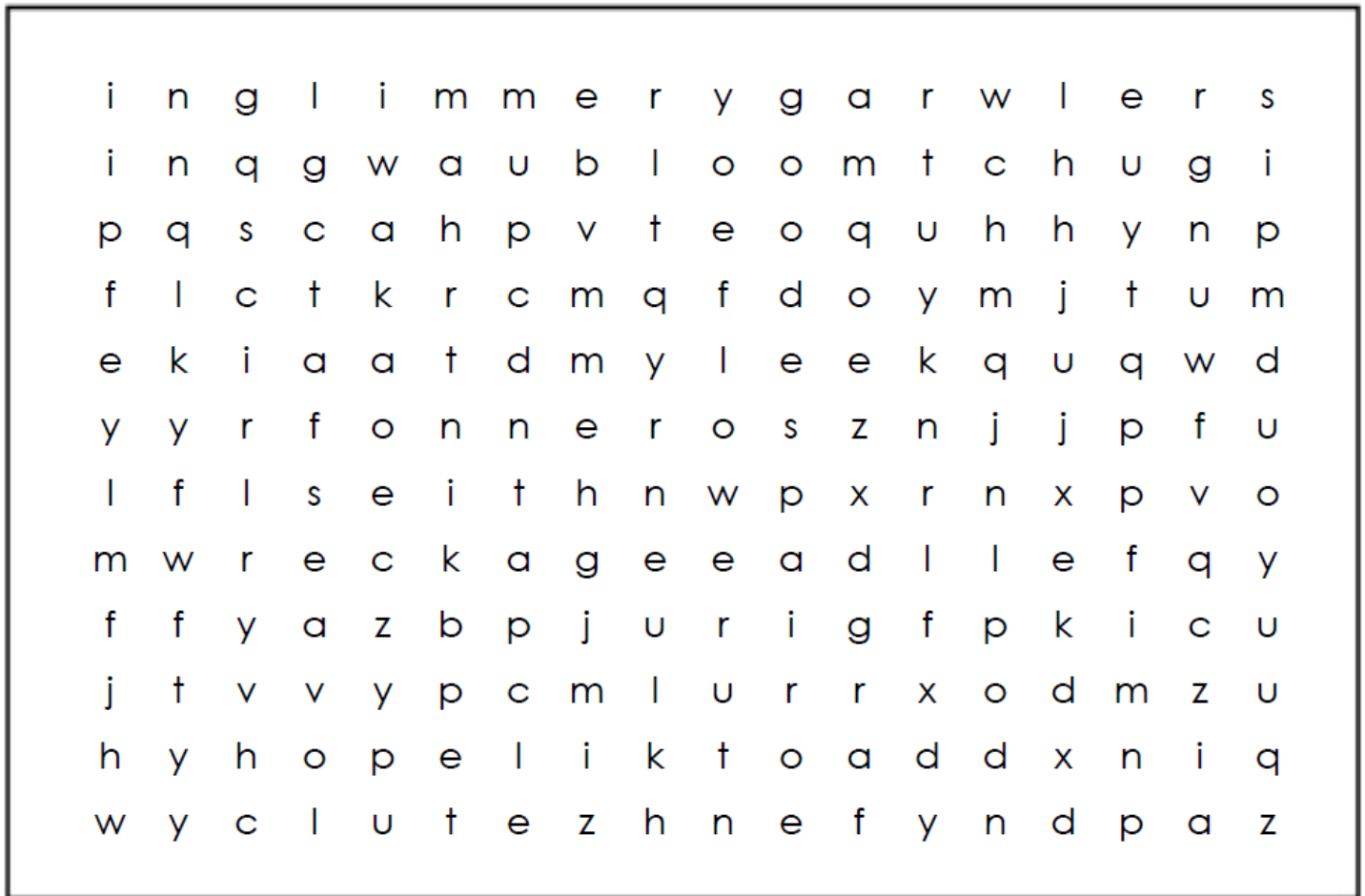
Good! So now you have to admit your faults to another plain ol' human being. What's that supposed to do? This part of the step moves us from a theoretical awareness and acceptance of our faults and character defects to a very real and practical level. Being honest with another human being can confirm for us that we have been totally honest with ourselves and with our God. It also serves as the bedrock for a new, true humility, without which we will never be able to achieve a lasting sobriety.

... Seanna B., Edmonton Central Office Nooner

May Word Game

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .



“I’ve likened that transforming *instant*, when despair gave way to a *glimmer* of *hope*, to a tiny *flower* sprung into *bloom* amid the bombed-out *wreckage* of my *life*. Thanks to AA, that tiny *bloom* was to become a *garden*.”

“Reciprocal Strength,” Jan. 1998, *Voices of Long-Term Sobriety*

Puzzle Word List:

| | | |
|----------|---------|---------|
| instant | despair | glimmer |
| hope | flower | bloom |
| wreckage | life | garden |

An alcoholic is sitting at a bar

He orders two shots. He proceeds to pour out the first one all over the bar, downs the second one and then orders two more. He pours out the first one on the bar, downs the second one and orders two more.

The bartender asks him why he keeps pouring out the first shot all over the bar.

The alcoholic replies with "My AA group said all I need to do is avoid that first drink."

EARLY COVID TESTING



Cartoon by Kate Curtis. All of Kate's cartoons can be found on her blog at <http://cluestolife.wordpress.com>.

From the Desk of our Edmonton Central Office Manager

Our office has recently received an email from a Public Health Inspector with Alberta Health Services regarding an alleged complaint regarding an Alcoholics Anonymous group in which masks were not being worn by all individuals.

This is a reminder to all groups that all members, staff and volunteers, etc. must wear masks at all times as per the Alberta Health Services guidelines.

Pam L.

“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

BIRTHDAY CLUB

Bruce Mc – The Why Group



FAITHFUL FIVERS MEMBERS THIS MONTH

Jillian B. – AB Group
Barb C. – Westminster Group

Think Think Think

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.

| Edmonton Central Office Society | | | |
|--|---------------------|--------------------|--------------------|
| INCOME STATEMENT 2021 | | | |
| | March | | |
| | Actuals | Budget | variance |
| General Receipts: | | | |
| Group Contributions | \$ 7,329.85 | \$4,727.62 | -\$2,602.23 |
| Individual/Bequeath | \$ 2,876.00 | \$80.13 | -\$2,795.87 |
| Birthday Club/Faithful Fivers | \$ 40.00 | \$139.00 | \$99.00 |
| Office Supplies / Postage | \$ 216.90 | \$34.14 | -\$182.76 |
| Newsletter | \$ - | \$0.00 | \$0.00 |
| Rental Income-EGSC, etc | \$ 120.00 | \$43.58 | -\$76.42 |
| Tradition Seven-meetings | \$ 412.50 | \$305.66 | -\$106.84 |
| Fundraising | \$ - | \$416.67 | \$416.67 |
| Other Inc (Interest, etc) | \$ 32.82 | \$1.49 | -\$31.33 |
| Total General Receipts | \$ 11,028.07 | \$5,748.28 | -\$5,279.79 |
| Literature & Medallion | | | |
| Literature | \$ 6,175.90 | \$6,420.62 | \$244.72 |
| Medallion | \$ 1,732.00 | \$1,075.35 | -\$656.65 |
| Total Literature and Med. | \$ 7,907.90 | \$7,495.97 | -\$411.93 |
| | \$ - | | |
| Total Revenue | \$ 18,935.97 | \$13,244.25 | -\$5,691.72 |
| Expenses: (COS) | | | |
| AAWS & Grapevine Literature | \$ 3,862.76 | \$3,338.29 | -\$524.47 |
| Meeting list & Greeting Cards | \$ 219.85 | \$486.44 | \$266.59 |
| Medallion Purch /engraving | \$ 889.64 | \$620.92 | -\$268.72 |
| Freight / Brokerage | \$ - | \$0.00 | \$0.00 |
| | \$ 4,972.25 | \$4,445.65 | -\$526.60 |
| Intergroup Expenses | | | |
| 12 Step Answering | \$ 404.87 | \$408.33 | \$3.46 |
| Literature expense | \$ 19.68 | \$5.75 | -\$13.93 |
| Communications & Tech | \$ - | \$0.00 | \$0.00 |
| Other (Archive, 12 Step,Cred,Grp Serv | \$ - | \$100.00 | \$100.00 |
| | \$ 424.55 | \$514.08 | \$89.53 |
| Administrative Expenses | | | |
| Accounting & Legal | \$ 179.38 | \$242.53 | \$63.15 |
| Bank Chgs & Cr Card chgs | \$ 163.61 | \$111.44 | -\$52.17 |
| Computer & IT Maintenance | \$ 183.25 | \$500.00 | \$316.75 |
| Equipment Lease | \$ 359.77 | \$695.91 | \$336.14 |
| Fundraising expense | \$ - | \$416.67 | \$416.67 |
| Insurance | \$ 267.36 | \$368.02 | \$100.66 |
| Newsletter Expenses | \$ - | \$0.00 | \$0.00 |
| Office Supplies | \$ 174.46 | \$226.54 | \$52.08 |
| Postage | \$ 357.93 | \$283.85 | -\$74.08 |
| Rent | \$ 3,634.65 | \$3,676.42 | \$41.77 |
| Repairs & Maintenance | \$ - | \$0.00 | \$0.00 |
| Salaries, Source, WCB | \$ 5,415.61 | \$4,966.13 | -\$449.48 |
| Staff Training / Seminar | \$ - | \$0.00 | \$0.00 |
| Telephone / Internet | \$ 133.09 | \$176.65 | \$43.56 |
| | \$ 10,869.11 | \$11,164.16 | \$295.05 |
| Total Expenses | \$ 16,265.91 | \$16,123.88 | -\$142.03 |
| Income / (Loss) | \$ 2,670.06 | \$0.00 | -\$2,670.06 |

