

ECO NEWS

\$1.00

June 2021

Edmonton Central Office Society
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From the Editor

The old timers frequently say, “It just keeps getting better.” Of course, recovery does not get better by itself. It gets better because we work a program. One of the mechanisms that has helped me continue to grow along spiritual lines is service. For me, service has involved fellowship with others as we work collaboratively to get a job done. Thank you for allowing me to be of service as the Editor of the ECO newsletter. Welcome to the June edition of the newsletter whose theme is “self pity”. I hope you enjoy it.

In service and with gratitude,
Julia J., Editor of the ECO newsletter

TRADITION SIX

“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

“The “related facility” may be an outside group combating alcoholism—or an enterprise that A.A.s want to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a “super-promoter” (as the “Twelve and Twelve” describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group— “We’ll get around to you in a minute.”)”

(Reprinted from *The Twelve Traditions Illustrated*, P. 7, used with permission)

GRAPEVINE Daily Quote

June 8, 2019

"Our resentments, anxieties and depressions were definitely caused, we claimed, by our unfortunate circumstances and by the inconsiderate behavior of other people. To our consternation, our sponsors didn't seem impressed ... They just grinned and said, 'Why don't we sit down and take a hard look at all of AA's Twelve Steps? Maybe you have been missing a lot -- in fact, nearly everything.'"

AA Co-Founder, Bill W., July 1965, "Responsibility Is Our Theme", The Language of the Heart



Please Help!

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 less than 300 words. Submit with your first name and initial, 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 current 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

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.

STEP SIX

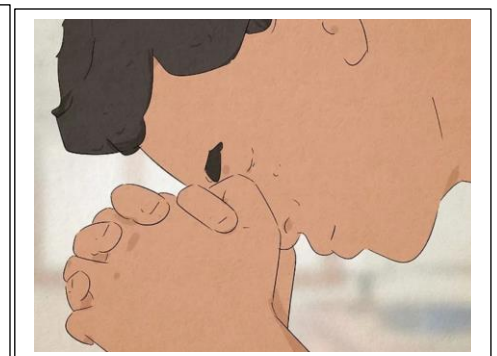
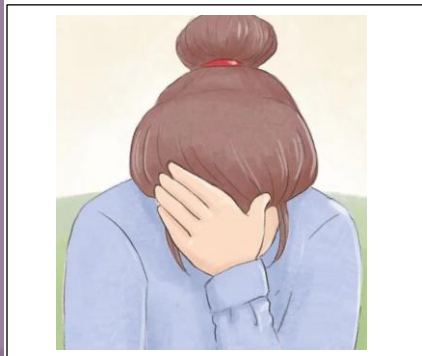
“Were entirely ready to have God remove all these defects of character”

“We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all, everyone? If we still cling to something we will not let go, we ask God to help us be willing.”

(Reprinted from Alcoholics Anonymous, P. 76.)

PROMISE SIX

“That feeling of uselessness and self-pity will disappear.”



CONCEPT SIX

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

(Reprinted from Service Material from the General Service Office)

AA Joke

A guy wants a divorce. He tells the judge "I can't take it anymore. She's going from bar to bar every night way past midnight"

The judge responds "what's she doing"

The guy says "looking for me"





Group Birthdays for June 2021

60 Minutes to Sobriety

Last Sunday
June 30 Bill L. 22 yrs

Back to Basics

First Thursday

Ellerslie

Last Thursday
June 1 Julian G. 6 yrs
11 Rob B. 10 yrs

Fellowship Breakfast

Last Saturday
None

Gratitude group

Last Monday
June 3 Chris K. 1 yr

Jasper Place Group

Last Tuesday
None

Mustard Seed Group

Last Sunday
None

South Side Group

Third Friday
June 15 Sylvia M. 18yrs
30 Joe C. 2 yrs

12 Steps to Serenity

June 4 Mike W. 1 yr

Sunday Night

Last Sunday
June 1 Clayton J. 7 yrs
2 Danielle A. 11 yrs
7 Edna B. 12 yrs

Step Sisters

Last Wednesday
None

Suit Up & Show Up

Last Saturday
June 30 Kelly L. 36 yrs

**Groups: please
send Birthdays in
July to the editor
by email
[editor@edmonton
aa.org](mailto:editor@edmonton
aa.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
June 3 Ken C. 34 yrs

Westminster

Last Saturday
June 8 Cathy 2 yrs
11 Kelley J. 17 yrs
24 Lindsay S. 34 yrs

WEMG Group

First Wednesday
June 4 Rod M. 32 yrs
11 Karl W. 13 yrs
29 Brian W. 1 yr



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

AA HISTORY FOR THE MONTH OF JUNE

June 1

1949 – Anne S., Dr. Bob's wife, died.

June 4

2002- Caroline K., author of "Drinking: A Love Story" died sober of lung cancer.

June 5

1940 – Ebby T. took a job at the NY Worlds Fair.

June 6

1940 – The first AA Group in Richmond, VA, was formed.

1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill's wife, in New York.

June 7

1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.

1941 – The first AA Group in St. Paul, Minnesota, was formed.

June 8

1941 – Three AAs started a group in Kalamazoo, Michigan.

June 10

1935 – The date that is celebrated as Dr. Bob's last drink and the official founding date of AA. There is some evidence that the founders got the date wrong and it was actually June 17.

June 11

1945 – Twenty-five hundred attend AA's 10th Anniversary in Cleveland, Ohio.

1969 – Dr. Bob's granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child. 1971 – Ernie G. died.

June 13

1945 – Morgan R. gave a radio appearance for AA. He was surveilled to make sure he did not drink.

June 15

1940 – First AA Group in Baltimore, MD, was formed.

June 16

1938 – Jim B., "The Vicious Cycle" in Big Book, had his last drink.

June 17

1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.

June 18

1940 – 100 attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., NY City.

June 19

1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. "There are fewer suicides in my files," he commented.

June 21

1944 – The first Issue of the AA Grapevine was published.

June 24

1938 – Two Rockefeller associates told the press about the Big Book "Not to bear any author's name.

June 25

1939 – The New York Times reviewer wrote that the Big Book is "more soundly based psychologically than any other treatment I have ever come upon."

June 26

1935 – Bill D. (AA #3) entered Akron's City Hospital for his last detox and his first day of sobriety.

June 28

1935 – Dr. Bob and Bill W. visited Bill Dotson at Akron's City Hospital.

June 30

1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.

2000 – More than 47,000 from 87 countries attended the meeting of the 65th AA Anniversary in MN.

Other significant events in June for which we have no specific date:

1948 – A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.

1981 – AA in Switzerland held its 25th Anniversary Convention attended by Lois W. and Nell Wing.

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

2021 Calendar of Events

June 6 Grape a thon-10:00am-4:00pm Zoom id: 708 555 5414

June 12 District 40 GSR School-3:00-5:00pm Zoom 842 743 5949

June 3, 10, 17, 24 Can/US Concept Study Series 7:00-8:30pm EST
Zoom id: 882 8095 8514 Passcode: 327551

June 23 CPC Virtual Luncheon

11:45-1:15pm Zoom id: 780 239 1546

RSVP egsc.picpcchair@edmontonaa.org

WEMG Annual Dinner Delayed. Was to be held June 10. New date TBA.

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. Different committee members report on their committees. The committees are: Treatment, Corrections, CI/PIC, Grapevine.

We now have a new DCM for District 46, welcome aboard Kat. District 46 is currently looking to fill the position of Treasurer.

All positions will be rotating in October 2021; please let your groups know that we need to fill these spots. These positions include all table officer positions and alternates and all Committee Chair positions.

We are currently looking for a DCM for District 55.

GSR'S and DCM'S attend the E.G.S.C meetings. If you are a GSR or DCM, please come and join us.

Blueprint for Recovery from Alcoholism

The emotional relapses and mental binges that I have experienced with my disease of alcoholism hold me hostage to a tormented soul. As long as I don't put my hand in the hand of God and surrender it all to the Almighty, I will remain quite spiritually sick and I will undoubtedly drink again. It is only a matter of time; for alcohol is patiently waiting for my hopelessness and helplessness to seek it for comfort of the negative kind. I am only now beginning to understand this.

Thank God for A.A., that my Higher Power certainly works through the people in the fellowship of alcoholics anonymous. I strongly believe this with all my heart through the depths of my soul. How I live in sobriety today on this journey of in my life will determine my destination in the hereafter. Thank God and the fellowship that it is a one day at a time program – A daily reprieve from my disease of alcoholism. The here and now is plenty on my plate; So, there is no point to live in the here and after.

I cannot determine the outcome of today with which God has truly blessed me. I choose to leave the outcome of today in God's hands.; with whomever he chooses to put in my path just for today. I have a choice in how I feel in any given situation. I can choose to react negatively or to respond positively. God gave me that choice. It is entirely my decision how I want to feel about situations in my life in regard to people and places. I leave the outcome up to God. It always works out in spite of myself.

By picking up this simple kit of spiritual tools (the 12 steps) God helps me in my blueprint for recovery, so as I don't become an emotional cripple and remain spiritually sick. I must trust God, clean house, and help others if I am to live Happy, Joyous, and Free of the bondage of self in my recovery. I must continue to attend meetings, call my sponsor, help others, and continue to do the steps throughout this lifetime with which God has blessed me on my journey of recovery in sobriety. I must ask God for help each morning and gratefully give thanks at night fall. This is my blueprint for a purposeful life with God's grace, mercy, direction and guidance with meditation and prayer.

Amen, praise God

– Rose P., Beverley Group

That feeling of uselessness and self-pity will disappear

... most of the time.

I was fortunate to have written about this exact subject in the old "Twelve Step Times" (predecessor of the ECOS News) way back in 2010 approaching my second year of being clean and sober. Honestly, I'm not so sure I felt all that contend with my life at the time or that I had achieved the sentiments of this promise.

Looking back, I was in the beginning of a loving relationship, employed, living in a sober house with likeminded gentlemen, finished my third round of the Steps, great home group and yet I had trepidation about writing about this promise as I wasn't quite convinced I had gotten it.

Eleven years later I realize that those feelings will continue to be with me at various and sometimes surprising times. Thankfully AA has given me many tools to utilize when I recognize these uneasy feelings. First there are people like you in my life. Although not the easiest thing for me, I know I can reach out... speak to my sponsor, friends in the fellowship and my home group and numerous 12-Steppers along the way. Sometimes I've had to seek professional help or other recovery programs to help me through those times.

If I'm living the principals of our program (to the best of my ability) getting involved with service, service, service and helping others I am able to get out of my head and start living the life I envision.

The most important lessons I've learned along the way is ACCEPTANCE and GRATITUDE. When I start questioning where I'm at in life I generally need to take a step back and accept that change is uncomfortable. When I recognize and embrace those feelings I can learn from them and make the necessary changes needed to get back on track.

Feeling out of sorts in my first month of recovery and ready to give up on AA (or was it sobriety) a friend of Bill W. gave me a little welcome pack that included a card for me to write a gratitude list. Wow... I've never questioned the value of my sobriety or the program of AA since. It wasn't easy but during my first year of sobriety I had to recite the Serenity Prayer many times a day (especially when I fell off my pink cloud), attended many meetings, sometimes twice a day, sometimes more (did five once) and of course the meetings after the meeting. That's when I started to feel like I belonged.

I thank all those in the fellowship as I couldn't have done it without you. Your advice was simple... "just keep coming".

And I did.

... Ray B., Fellowship Group

What does self-pity look like?

You are preoccupied with the past and see it **as** defining your future in a very negative and restrictive way. Your perception narrows to seeing only loss, damage and problems. You believe **yourself** to be helpless, defeated and vulnerable. **Self-pity** may keep you rather passive, hoping to be rescued, by someone, somehow.

Don't Let Self-Pity Poison Your Life -- Choose Self-Compassion ...

[https://psychcentral.com > blog > don't-let-self-pity-](https://psychcentral.com/blog/don't-let-self-pity-)

poison...

A part OF...or apart FROM?

I grew up in the '60's and '70's. And I grew up in an alcoholic family that was also strictly and fiercely Atheistic. We were ATHEIST. And that was that. There simply was no such thing as "God" and nobody could prove (to us) any different. This, well, let's be honest, fundamentalism, went so far that my brothers and sisters and I were forbidden to stay in the classroom whenever religion was discussed. Now remember, this was back in the '60's. Religion used to be taught in schools, even the regular public schools. I can clearly remember being told to go stand in the hall while the teacher taught the rest of the class about Jesus. Seriously. No wonder I would get bullied in the school yard, eh? I was "different". I clearly wasn't the same as all the other kids. I was apart from.

This early experience stuck with me. Maybe I was already an alcoholic in spirit (no pun intended! Haha). Throughout my entire life, I always felt different from everybody else. They were "them" and I was "us". And never the twain would meet! There was an invisible wall, a force of some kind, that kept me firmly separate from the rest of the world. I don't even think I was fully aware of how deeply that sense of being different, of being apart from the rest of the world, really existed in me. Sometimes I was better than everybody else. Sometimes I just wasn't as good as anybody else. Either way – I was apart.

And then...I ended up in an AA meeting.

OMG!

Suddenly, I was in a room full of people who understood my story. They got it! They talked the talk and had walked the walk. They spoke about the disease of alcoholism being "cunning, baffling and powerful". They spoke about promises made everyday to quit – tomorrow would be different – but it wasn't. They were talking about what was going on inside my own head!!! I was stunned. Suddenly, I wasn't different from everybody else. I was just like them. Just another alcoholic, struggling to understand what was happening to my life and what to do about it. And these people were both willing and able to help me! THIS was a club that I could be a part of!

The miracle of it all was that, for whatever reason, I was at a place in my life when I could accept that help. I could reach out and take the hand that was extended to me. I was willing to accept the help of a "power greater than me" to deal with this mysterious and awful disease that was wreaking havoc with my life. I was willing to accept that I had character defects that I could not (or would not) deal with on my own. I was on my way to being "entirely ready to have God remove all these defects of character". I was a part of AA.

... *Seanna B., Edmonton Central Office Nooner*

Grapevine Announcement

Grapevine and La Viña Celebrate Founders' Day with Free Access from May 26 through June 10, 2021.

On June 10, 1935, Dr. Bob had his last drink and that day marks the founding of Alcoholics Anonymous. Since so many meetings are still closed, and groups have limited ability to celebrate our founding, Grapevine and La Viña will help mark this important date by giving everyone **free access** to our websites for two weeks. Visit aagrapevine.org or aalavina.org May 26 -June 10.

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

**SELF-PITY
IS THE ENEMY OF
PROGRESS**



From *An Attitude of Gratitude*, post by David MacLean

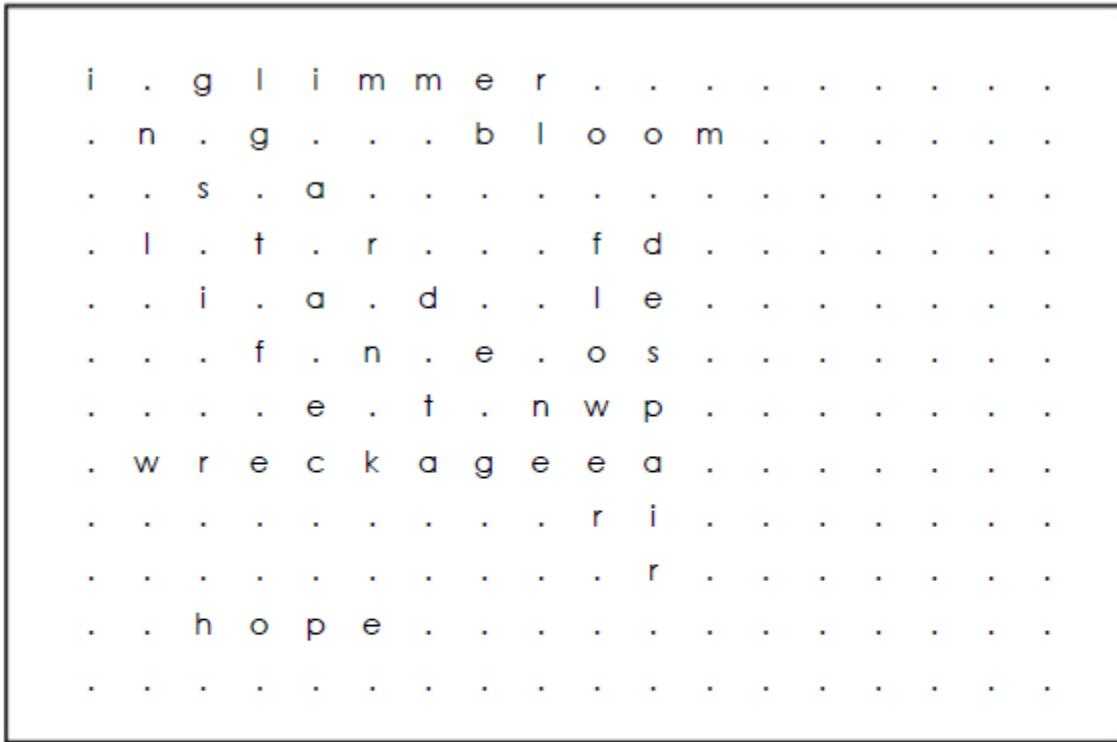
Big Book & A.A. History Quiz

1. What is the name of the chapter that contains a list of the 12 steps?
2. What is the name of the guy that came into Bill's kitchen and talked with him about a solution he had found?
3. Whose opinion is given in the beginning of the Big Book?
4. What is the only chapter not written by Bill W?
5. Dr. Bob was a real doctor. What was his area of practice?
6. On the first page of Bill's Story, a Hampshire Grenadier is mentioned.
7. How did he catch his death?
8. Did Bill Wilson's wife write the chapter "To the Wives"?
9. What was the name of Bill Wilson's wife?
10. How many pages are in the Big Book, not counting the stories or appendices?
11. In what town did Bill W. visit on business and meet Dr. Bob?
12. What is the name of the doctor who wrote the "Doctor's Opinion"?
13. How many chapters are in the Big Book?
14. What was the name of the group of which Bill W. was a member before he formed A.A. with Dr. Bob?
15. The Oxford Group changed its name to what in 1938? What is the name of the "certain businessman" who also helped Ebby 12 step Bill W.?
16. Who was Ebby Thatcher's sponsor?
17. Did Ebby Thatcher die sober?

<http://birminghamaa.org/>

Answers will be provided in July issue of the ECO newsletter.

Answers to May Word Game



Word directions and start points are formatted: (Direction, X, Y)

wreckage (E,7,9)
instant (S,7,1)
despair (SE,10,2)
glimmer (S,3,2)

flower (SE,9,3)
garden (E,5,8)
bloom (SE,10,3)
hope (SE,14,3)

life (E,3,3)

SELF-PITY will
keep you
IMMOBALIZED
so that your
FUTURE
is no different
than your
PAST

*I never saw
a wild thing
sorry for itself.
A small bird will
drop frozen dead
from a bough
without ever having
felt sorry for itself.*

D.H. Lawrence

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

BIRTHDAY CLUB

David B. – Happy Hour Group



FAITHFUL FIVERS

David B. – Happy Hour Group

Did you know you can raise your energy level by holding sodium in one hand and an AA member in the other?

Worst thing that will happen is you'll be charged with, A salt and battery.



AAGRAPEVINE needs a new publisher

May 18, 2021

To: Current and Past Trustees, Current and Past Directors, Delegates, Current and Past G.S.O. and Grapevine Staff, Central Offices/Intergroups

Re: **Publisher, AA Grapevine, Inc.**

Dear Friends,

The AA Grapevine, Inc. has begun the search for a new Publisher as Albin Z. retired in April 2021. We thank Albin for his years of service to the A.A. Fellowship. Consistent with our established Procedures, following Albin's April departure, our Search Committee is releasing this vacancy announcement in order to help identify the best possible candidate for our AA Grapevine.

Following are qualifications for the position:

- Exemplifies a history of leadership, innovation, and goal achievement in a multimedia company, including successful financial management.
- Possesses management experience that integrates creative and collaborative leadership practices.
- Demonstrates success working with cross-functional teams, at multi- site locations, while building and maintaining strong, effective relationships.
- Functional experiences and skills in administering not-for-profit organizations.
- Communicates effectively in oral and written form, with good interpersonal skills.
- Holds a bachelor's degree level or higher.
- Has a minimum of ten years of continuous sobriety in A.A.

Interested members may forward their professional and A.A. service résumés, to Michelle Mirza, AAGV Publisher Search Committee Secretary, at mirzam@aa.org. The deadline for submission of résumés is June 16, 2021.

The Search Committee suggests that you look for possible applicants among trusted servants. All applicants will be considered by the Search Committee of the AA Grapevine Board. Applications will be treated with the utmost confidentiality.

Thank you for your help. Sincerely yours,



Nancy McCarthy Class A Trustee
AA GV Publisher Search Committee Chair

The Twelve Steps in Plain English

1. Alcohol will kill me.
2. There's a power that wants me to live.
3. Do I want to live or die? (if you want to die, stop here).
4. Write about how I got where I am.
5. Tell another person all about me (let god listen).
6. Want to change.
7. Ask a power greater than me to help me change.
8. Write down who I've hurt.
9. Fix what I can without hurting anyone else.
10. Accept that I'm human and will screw up. Fix it immediately.
11. Ask a power greater than me to show me how to live.
12. Keep doing 1 through 11 and pass it on.

Used with permission <https://rbee44.com/misc-literature/page-1/the-12-steps-in-plain-english>



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

You need never be alone again!

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss.

Frequent contact with newcomers and with each other is the bright spot of our lives.

Alcoholics Anonymous, P. 76

Edmonton Central Office Society			
INCOME STATEMENT 2021			
	April		
	Actuals	Budget	Variance
General Receipts:			
Group Contributions	\$ 5,313.36	\$4,211.55	-\$1,101.81
Individual/Bequeath	\$ 2,135.00	\$3,646.63	\$1,511.63
Birthday Club/Faithful Fivers	\$ 230.00	\$709.32	\$479.32
Office Supplies / Postage	\$ 145.50	\$45.01	-\$100.49
Newsletter	\$ -	\$0.00	\$0.00
Rental Income-EGSC, etc	\$ 60.00	\$0.00	-\$60.00
Tradition Seven-meetings	\$ 277.05	\$233.79	-\$43.26
Fundraising	\$ -	\$416.67	\$416.67
Other Inc (Interest, etc)	\$ 4.95	\$1.15	-\$3.80
Total General Receipts	\$ 8,165.86	\$9,264.12	\$1,098.26
	\$ -		
Literature & Medallion	\$ -		
Literature	\$ 4,916.25	\$2,989.35	-\$1,926.90
Medallion	\$ 2,633.00	\$691.38	-\$1,941.62
Total Literature and Med.	\$ 7,549.25	\$3,680.73	-\$3,868.52
Total Revenue	\$ 15,715.11	\$12,944.85	-\$2,770.26
	\$ -		
Expenses: (COS)	\$ -		
AAWS & Grapevine Literature	\$ 3,022.31	\$1,766.81	-\$1,255.50
Meeting list & Greeting Cards	\$ 177.74	\$75.89	-\$101.85
Medallion Purch /engraving	\$ 1,319.96	\$491.05	-\$828.91
Freight / Brokerage	\$ -	\$0.00	\$0.00
	\$ 4,520.01	\$2,333.75	-\$2,186.26
Intergroup Expenses			
12 Step Answering	\$ 404.87	\$408.33	\$3.46
Literature expense	\$ 14.76	\$11.81	-\$2.95
Communications & Tech	\$ -	\$0.00	\$0.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ 38.95	\$100.00	\$61.05
	\$ 458.58	\$520.14	\$61.56
Administrative Expenses			
Accounting & Legal	\$ 179.38	\$232.16	\$52.78
Bank Chgs & Cr Card chgs	\$ 143.33	\$128.78	-\$14.55
Computer & IT Maintenance	\$ 415.11	\$500.00	\$84.89
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	\$ 112.17	\$101.33	-\$10.84
Postage	\$ 99.71	\$19.28	-\$80.43
Rent	\$ 3,634.65	\$3,663.41	\$28.76
Repairs & Maintenance	\$ -	\$0.00	\$0.00
Salaries, Source, WCB	\$ 5,114.80	\$4,966.13	-\$148.67
Staff Training / Seminar	\$ -	\$0.00	\$0.00
Telephone / Internet	\$ 133.34	\$176.65	\$43.31
	\$ 10,459.62	\$10,768.34	\$308.72
Total Expenses	\$ 15,438.21	\$13,622.22	-\$1,815.99
Income / (Loss)	\$ 276.90	\$0.00	-\$276.90

