

ECO NEWS

\$1.00

July 2021

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



From the Editor

Happy Canada Day! According to CNN Travel Report, “Canada has more lakes than any other country--about 3 million”. CNN goes on to say that in a “recent national air quality study by the World Health Organization, Canada placed third for the cleanest air on the planet”, surpassed only by Estonia and Mauritius. According to the 2021 Best Countries Report, Canada is the No.1 country in the world for quality of life (www.usnews.com/news/best-countries/canada#country-ranking-details). Being Canadian is at the top of my gratitude list. I love Canada!!!!

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

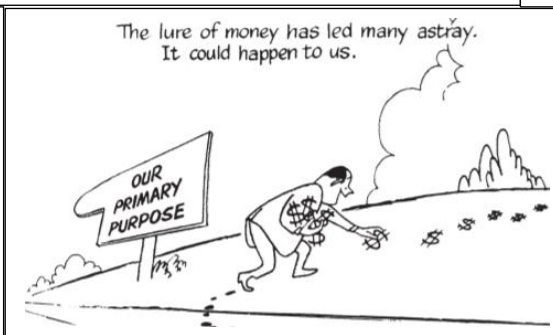
TRADITION SEVEN

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

As active alcoholics we were always looking for a handout- in one way or another...



Part of our personal recovery came in making ourselves into responsible human beings



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 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 following 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

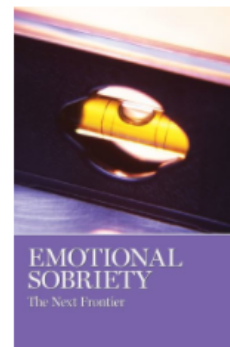
Subject Line: Attention ECO News

GRAPEVINE Daily Quote

July 17, 2019

"Self-centeredness is a poison to my emotional system. It frustrates my every effort toward a comfortable and happy existence. A terrible chain reaction begins. Fear sets in. Anger, resentment, and self-pity become my guiding forces. My only escape is to put this awful selfishness aside and become involved with the world around me."

"The Root of Our Troubles," December 1979, Emotional Sobriety



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 SEVEN

“Humbly asked Him to remove our shortcomings.”

“... the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy.”

(Reprinted from 12 X 12, P. 70.)

PROMISE SEVEN

“We will lose interest in selfish things and gain interest in our fellows.”



CONCEPT SEVEN

“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness”.

(Reprinted from the General Service Office Service Material)

AA One Liners

Directions to AA: Just 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 romance.... the odds are good... but the goods are odd.





Group Birthdays for July 2021

60 Minutes to Sobriety

Last Sunday

None

Back to Basics

First Thursday

July 7 Ric C. 24 yrs

15 Josh B. 3 yrs

Ellerslie

Last Thursday

July 14 Chris N. 8 yrs

Fellowship Breakfast

Last Saturday

None

Gratitude group

Last Monday

None

Jasper Place Group

Last Tuesday

None

Mustard Seed Group

Last Sunday

July 29 Denise L. 37 yrs

South Side Group

Third Friday

July 5 AG 11 yrs

12 Steps to Serenity

July 3 Tim M. 1 yr

22 Keith T. 1 yr

30 Jenn G. 6 yrs

Sunday Night

Last Sunday

July 1 Sheena K. 2 yrs

10 Mike W. 1 yr

28 Greg L. 3 yrs

Step Sisters

Last Wednesday

None

Suit Up & Show Up

Last Saturday

Groups: please send Birthdays in August 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

July 16 Art P. 2 yrs

16 Karen S. 13 yrs

22 Larry P. 11 yrs

28 John D. 24 yrs

St. Albert Tuesday Night

July 9 Julian D. 19 yrs

West End 12 Step

First Tuesday

July 28 Misty B. 2 yrs

Westminister

Last Saturday

July 10 Stan 39 yrs

16 Naomi S. 10 yrs

23 Dick S. 31 yrs

26 Dave O. 30 yrs

WEMG Group

First Wednesday

July 14 BJ 2 yrs

19 Gordon R. 18 yrs

24 David L. 30 yrs



AA HISTORY FOR THE MONTH OF JULY

July 1-3

1960 – 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2

1960 – Father Ed Dowling dies.

1965 – Best of Bill and pocket-sized 12 & 12; first sold.

1965 – First La Vigne, the Canadian version of the Grapevine, is published.

1993 – 50 years of AA celebrated in Canada.

July 2-3

1955 – 5000 attend 20th Anniversary at our St Louis Convention; Bill W. turns “the fellowship over to the fellowship” at 4:00 PM

July 2-4

1965 – 10K attend 30th Anniversary of AA in Toronto, Responsibility Declaration is adopted.

July 4

1939 – First AA meeting in Flatbush, NY starts.

July 3-5

1970 – 10,900 attend 35th Anniversary of AA in Miami; Bill W. gives his last talk to AA.

July 3-6

1980 – 22.5K attend 45th Anniversary of AA in New Orleans; first marathon meeting is held.

July 4-6

1975 – 19,800 attend 40th Anniversary of AA in Denver.

July 5

1985 – AA gives Ruth Hock 5 Millionth Big Book during 50th AA Anniversary in Montreal, CND.

1990 – AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 3-6

1980 – Gay AA’s have own program at 40th AA Anniversary in New Orleans.

July 5-7

1985 – 45,000 attend 50th Anniversary of AA in Montreal; House of Seagrams flies their flags at half mast for 3 days.

July 7

1940 – Bill attends first summer session at School of Alcohol Studies at Yale University

July 5-8

1990 – 48,000 attend 55th Anniversary of AA in Seattle. 75 countries are represented as the former Soviet Union’s members attend for the first time.

July 8

1940 – First AA group formed in Dayton, Ohio.

July 10

1941 – TX newspaper publishes anonymous letter from founding member of Texas AA Group.

July 14

1939 – Blythewood Sanitarium; Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him.

1979 – Dr. Ernest Kurtz publishes Not God, a history of AA

July 16

1965 – Frank Amos AA Trustee dies.

July 20

1941 – First AA group forms in Seattle, Washington.

July 22

1877 – Willian Duncan Silkworth born in Brooklyn, NY.

1980 – Marty M. early AA woman and founder of National Council on Alcoholism and Drug Dependency (NCADD) dies.

July 23

1940 – Philly AA’s send 10% of kitty to Alcoholic Foundation, setting precedent.

July 23

1943 – Esther C.’s sobriety date; she died sober Jan 15, 2005.

July 23

1943 – New Haven Register CT reports arrival of AA’s to study with E.M.Jellinek.

AA HISTORY (CONTINUED)

July 24

1943 – L.A. press reports formation of all-Mexican AA Group.

July 28-30

1950 – First AA Convention celebrates 15th anniversary of AA in Cleveland.

July 31

1972 – Rollie H., former baseball player, dies sober in Washington DC.

Thanks to Billy C. and Nancy O. for this list, used by permission.

2021 Calendar of Events

Presentation of Unity in AA through
the Years

Mike F. from Phoenix, Az

District 40 Area 78 (West Edmonton)

Summer EVENT

August 14, 2021

7-9pm Mountain Time

Doors open at 6:45pm

Zoom Meeting ID 842 743 5949

No Passcode

District 40 Area 78 (West Edmonton)
Summer EVENT

Friday July 23, 2021

6:15-7:45pm Mountain Time

Doors open at 6:00pm

Zoom Meeting ID 842 743 5949

No Passcode

Speaker Meeting

Jimmy D. from Dallas, Texas

Current SouthWest Regional Alcoholic Trustee

Greig Lake
Roundup

Sept 3, 2021

1:00-9:00 PM CST

Meadow Lake
Provincial Park
Saskatchewan

38th Annual Area 78, District 10, Unity Roundup Friday Oct 22 and Saturday Oct. 23, 2021

Speakers and registration email will be announced closer to the date. Online Event.

On Sale Now: 75 years of AA in Edmonton

Contact Central Office at (780) 424-5900 to reserve booklets for you and your group.

E.G.S.C (Edmonton General Service Committee) report for June 2021

District 10-Stony Plain/ Spruce Grove is looking for an Alternate DCM. Please contact Cliff @ district10dcm@area78.org

District 40 is looking for an Alternate DCM. Contact Lil @egsc.correctionschair@edmontonaa.org

Grande Cache Correctional Institution is looking for people willing to sponsor via correspondence to the people within the walls there.

EGSC is off for the summer we look forward to our next meeting on September 1 2021 @ 630pm



**EGSC TREATMENT FACILITY
&
ACCESSIBILITY COMMITTEE
MEETINGS:**

**WEDNESDAY July 21st, August
18th, 6:30 PM**

Zoom Meeting ID: 7802336692

Password: 123123



We Need You!

The Treatment & Accessibility committee, known as T.A.C meets monthly. We are committed to serving the alcoholics who are new to recovery, those who are unable or find it difficult to come to in person meetings, and those who are marginalized for other reasons such as language, culture, and age.. If you would like to serve those who may be isolated, new, or underrepresented in AA, please come to one of our meetings and find out the latest news on how you and your group can become involved.



A girl working with her sponsor asked "Where can I read about my sex problems?"

Sponsor said, "That's covered on page 69."

Later at home the page number got jumbled as she tried to remember and she turned to page 96 for her sex problems.

"Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you."

Signs...

The following are all signs that you are a drunk. They include, but are not limited to...

- You lose arguments with inanimate objects.
- You have to hold onto the lawn to keep from falling off the earth.
- Your job interferes with your drinking.
- Your doctor finds traces of blood in your alcohol stream.
- You sincerely believe alcohol to be the elusive fifth food group.
- Twenty-four hours in a day, twenty-four beers in a case. Coincidence? I think not!
- You consider that having two hands and only one mouth is a drinking problem.
- You can normally focus better with one eye closed.
- The parking lot seems to have moved since you entered the bar.
- You fall off the floor sometimes.
- Your twin sons are named Barley and Hops.
- Mosquitoes stumble about after attacking you.
- At weekly AA meetings, you forget your own name.
- Your idea of cutting back is less salt.
- The whole bar greets you when you come in.
- You don't recognize your wife unless you see her through the bottom of your glass.
- That damned pink elephant followed you home again! <https://upjoke.com/aa-jokes>

But for the Grace of God

The Delusion Had to be Smashed
Like Men Who Had Lost Their Legs

As a kid approaching adolescence, I had my first encounter with alcohol, and it did something for me that I had never experienced before. It brought about a degree of peace and serenity in those first few minutes that I could not dismiss as just another good time. It started me on that road to fantasy land and thank God it only lasted fourteen years. I was quick to burn through those years starting off as lampshade drunkenness, and then the tolerance started to develop to the point that I was pretty good at drinking and that only lasted for a short time, then I enter into the black-out phase and that wasn't a pretty sight. My first wife left me and for the next two years I went through the self-pity phase when I hung out in bars and got into fights, got locked up, and cried in my beer a lot. I spent much of those last few years thinking that one day I would evolve into a responsible adult and put all of it behind me, but that never happened. Then one day I woke up from a black-out drunk and somehow realized that if I didn't do something about my drinking, I was going to die a young and horrible death, I threw in the towel, called AA, and started this wonderful journey.

As I look back on it now, I can understand why alcohol had the effect on me that it didn't have on, nine out of ten, of the others that I drank with in those early days. We were all partying and the alcohol masked the differences between them and me. They enjoyed it all right but they went home and went to work the next morning. I went right back to the bar again and in search of that euphoria I experienced that first time I drank and every time there after.

After years of sobriety, it occurred to me that the drink quelled all of those fears and inhibitions that we alcoholics face each morning upon awakening that the normal drinker never has to face. That is what makes us different. Once our tolerance for alcohol is depleted, it never returns. That is the hardest fact for the alcoholic to face. In Ch. 3 of the Big Book it states: (The delusion that we are like other people, or presently may be, has to be smashed. We know that no real alcoholic ever recovers control.) In my early days of sobriety at the meetings in Los Angeles, most of the meetings that I attended read a portion of chapter 3 as well as the portion of chapter five that we do here. That portion of the book drives home the true nature of this disease but they stopped reading at the words: ad infinitum. I suggest that a person read one more paragraph after that. That always brought home the fact that I was responsible for my own recovery if I had a desire to stop drinking AA could help me accomplish that but by no means will it work for me until I except that devastating fact.

The abnormal fears and inhibitions that I faced in the beginning of my AA journey are no longer a problem now that I have embraced the program in the spirit that is suggested. All I would need to do to have them return would be to rest on my laurels and ignore the wisdom of those who came before me and that is not going to happen here. I may be sick but I'm not foolish. We get a daily reprieve based upon the maintenance of our spiritual condition and as long as I have days left, I am not finished.

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

Step 7: Humbly asked Him to remove our shortcomings.

Humbly?

Him?

Oh, as if!

I mean, sure I have shortcomings. Who doesn't? I lie. I cheat. I steal. (haha) And yeah, sure, I want these stupid, ridiculous, harmful shortcomings...character defects...removed. Who doesn't? But I mean seriously...now you're going to try to tell me to humiliate myself to do that?

No, no, no. (Maybe this would be a good time to talk to your sponsor?) Step 7 is absolutely NOT about humiliating yourself – or anybody else. *This step is about humbly asking for help.* There is a huge difference between humiliating and humbling. The first – humiliating - is generally nasty and involves the intent to make someone feel bad or less than. The second – humbling – is simply about letting go. Letting go of expectations about results. Letting go of that overblown sense of ego that says “I can do this on my own, I have all the strength and ability I need, and I don't need anybody to tell me what to do or how to do it”. Letting go of how we used to be. The two words, humiliating and humbling, come from the same root word but have come to mean very different things.

Consider what it says in the Twelve Steps and Twelve Traditions: “Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all...or [have] much chance of becoming truly happy.” And “As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God's will, was missing.” I know that for me, it was only when I finally and truly got the fact that I wasn't getting sober on my own steam that I was actually able to get sober! It's one of those paradoxes of the program. Try as I might, with *all* my might!, I needed something greater than myself to get me out of the muck.

And by the way...that's what is meant by “Him”. A power greater than myself. It doesn't refer to whoever dreamt up residential schools; it doesn't refer to judgement or sinning, it doesn't refer to TV evangelicalism or singing Hari Krishna at airports. “Him” refers to a power greater than me. As I understand that to be. A God of my understanding. I have an atheist friend who defines her Higher Power as who she would be at her very, very best. Whatever works! The key idea, and the key to sobriety, is the recognition that as an alcoholic, I cannot manage my own life, that no human power (let alone my own) could relieve me of the disease, but that God – a Higher Power – would...if that were sought. So I happily, gleefully, and humbly ask “Him” to do so. Amen.

... Seanna B., Edmonton Central Office Nooner

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

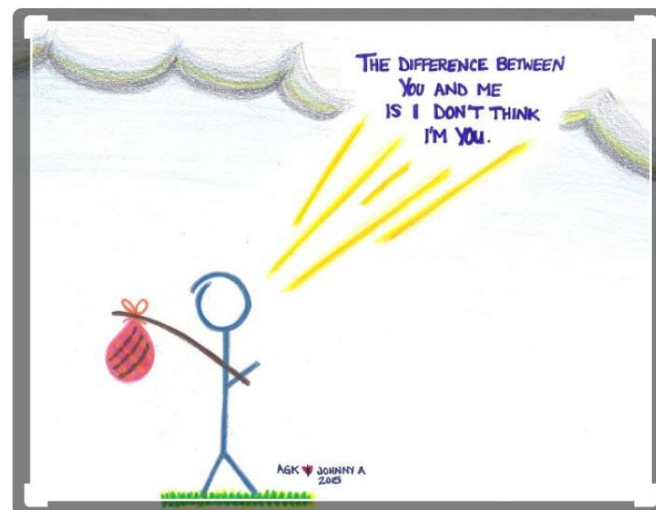
- Cash brought to the office (by appointment).
- Arranging on-going monthly contributions by calling or emailing Central Office

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.

Answers to June's ECO Big Book & AA History Quiz

1. How It Works
2. Ebby Thatcher
3. The Doctor
4. "To Employers"
5. Proctology
6. "drinking cold small beer"
7. No
8. Lois
9. 164
10. Akron, Ohio
11. William Silkworth
12. Eleven
13. Oxford Group
14. The Moral Rearmament
15. Roland Hazzard
16. Roland Hazzard
17. Yes



Cartoon by Ann Kroger. Ann's AA cartoons can be found on her blog at <https://annkroger.com/>
Used with permission.

Big Book & A.A. History Quiz (continued from June issue of the newsletter)

18. What is the name of the chapter that contains a list of the 12 steps?
19. What is the name of the guy that came into Bill's kitchen and talked with him about a solution he had found?
20. Whose opinion is given in the beginning of the Big Book?
21. What is the only chapter not written by Bill W?
22. Dr. Bob was a real doctor. What was his area of practice?
23. On the first page of Bill's Story, a Hampshire Grenadier is mentioned.
24. How did he catch his death?
25. Did Bill Wilson's wife write the chapter "To the Wives"?
26. What was the name of Bill Wilson's wife?
27. How many pages are in the Big Book, not counting the stories or appendices?
28. In what town did Bill W. visit on business and meet Dr. Bob?
29. What is the name of the doctor who wrote the "Doctor's Opinion"?
30. How many chapters are in the Big Book?
31. What was the name of the group of which Bill W. was a member before he formed A.A. with Dr. Bob?
32. 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.?
33. Who was Ebby Thatcher's sponsor?
34. Did Ebby Thatcher die sober?

<http://birminghamaa.org/>

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

Answers to June's Big Book & AA History Quiz were provided on the previous page.

As Bill Sees It

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

ACCEPTANCE
ADMISSION
ALIBIS
AMBITION
ANONYMITY
ANXIETY
ATTRACTION
COURAGE
EXCUSES
FAITH

FAMILY
FREEDOM
FRIENDSHIP
GRATITUDE
GROWTH
HAPPINESS
INVENTORY
LOVE
MEMBERSHIP
PEACE

PRAYER
PROGRESS
SANITY
SERENITY
SERVICE
SUCCESS
TOLERANCE
TRUST
UNITY
WILL

A long time AA member named Joe R has lived to a very old age and one morning God appears to him, as Joe lies in bed.

Joe: What have you come for God?

God: Well Joe, I've come with some good news and some bad new, what do you want first?

Joe (being an optimist): I like to start the morning with good news

God: I have come to tell you that we have AA meetings in heaven

Joe: Alright - that's great! So what's the bad news?



God: You're chairing tonight's meeting....



BIRTHDAY CLUB

Grace N.



FAITHFUL FIVERS

Jillian B.

Is your program powered by Will Power or Higher Power?

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

Edmonton Central Office Society			
INCOME STATEMENT 2021			
	May		
	Actuals	Budget	variance
General Receipts:			
Group Contributions	\$ 3,357.15	\$5,238.37	\$1,881.22
Individual/Bequeath	\$ 1,360.00	\$2,879.01	\$1,519.01
Birthday Club/Faithful Fivers	\$ 101.00	\$0.00	-\$101.00
Office Supplies / Postage	\$ 74.50	\$2.07	-\$72.43
Newsletter	\$ -	\$0.00	\$0.00
Rental Income-EGSC, etc	\$ 60.00	\$0.00	-\$60.00
Tradition Seven-meetings	\$ 361.85	\$12.82	-\$349.03
Fundraising	\$ -	\$416.67	\$416.67
Other Inc (Interest, etc)	\$ 5.11	\$1.18	-\$3.93
Total General Receipts	\$ 5,319.61	\$8,550.11	\$3,230.50
Literature & Medallion			
Literature	\$ 4,572.35	\$12,581.71	\$8,009.36
Medallion	\$ 1,490.00	\$662.52	-\$827.48
Total Literature and Med.	\$ 6,062.35	\$13,244.23	\$7,181.88
	\$ -	\$0.00	\$0.00
Total Revenue	\$ 11,381.96	\$21,794.35	\$10,412.39
Expenses: (COS)			
AAWS & Grapevine Literature	\$ 2,893.75	\$8,327.69	\$5,433.94
Meeting list & Greeting Cards	\$ 51.61	\$159.74	\$108.13
Medallion Purch /engraving	\$ 805.21	\$436.87	-\$368.34
Freight / Brokerage	\$ -	\$0.00	\$0.00
	\$ 3,750.57	\$8,924.31	\$5,173.74
Intergroup Expenses			
12 Step Answering	\$ 404.87	\$408.33	\$3.46
Literature expense	\$ 9.69	\$5.35	-\$4.34
Communications & Tech	\$ -	\$0.00	\$0.00
Other (Archive, 12 Step,Cred,Grp Serv	\$ -	\$100.00	\$100.00
	\$ 414.56	\$513.68	\$99.12
Administrative Expenses			
Accounting & Legal	\$ 179.38	\$232.16	\$52.78
Bank Chgs & Cr Card chgs	\$ 109.67	\$135.97	\$26.30
Computer & IT Maintenance	\$ -	\$500.00	\$500.00
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	\$ 269.06	-\$15.95	-\$285.01
Postage	\$ 59.09	\$0.00	-\$59.09
Rent	\$ 4,354.78	\$3,663.41	-\$691.37
Repairs & Maintenance	\$ -	\$0.00	\$0.00
Salaries, Source, WCB	\$ 5,346.15	\$5,267.20	-\$78.95
Staff Training / Seminar	\$ -	\$0.00	\$0.00
Telephone / Internet	\$ 133.21	\$176.65	\$43.44
	\$ 11,078.47	\$10,940.04	-\$138.43
Total Expenses	\$ 15,243.60	\$20,378.03	\$5,134.43
Income / (Loss)	-\$ 3,861.64	\$0.00	\$3,861.64

