

ECO NEWS

\$1.00

August 2021

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



AA Japan



India



AA Cambodia



From the Editor

In 1974 the Alberta Government declared the first Monday of August an annual holiday, called *Heritage Day*, to celebrate the varied cultural backgrounds of Albertans. Multicultural concerts in 1974 and 1975 were held at Fort Edmonton Park to celebrate Heritage Day. In 1976, 11 ethno-cultural communities displayed their cultures' traditional cuisine, entertainment, and crafts launching the yearly *Edmonton Heritage Festival*, which plays an important role in promoting Alberta's heritage.

Like Alberta, Alcoholics Anonymous is proud of its cultural diversity, and the program has brought recovery to those of many different nationalities. By 2001, there were 100,800 groups meeting in approximately 150 countries around the world, and the Big Book had been translated into 43 languages. AA is proud of its cultural heritage and I hope we can do more to invite and celebrate cultural diversity in AA.

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

TRADITION EIGHT

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

You can't mix the Twelfth Step and money. Line of cleavage between voluntary Twelfth Step work and paid-for services. A.A. could not function without full-time service workers. Professional workers are not professional A.A.'s. Relation of A.A. to industry, education, etc. Twelfth Step work is never paid for, but those who labor in service for us are worthy of their hire.

(Reprinted from 12 X 12, P. 11, with permission)

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 month for it to print in the following month's issue.

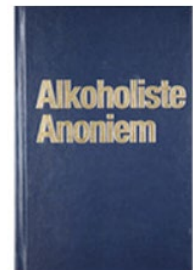
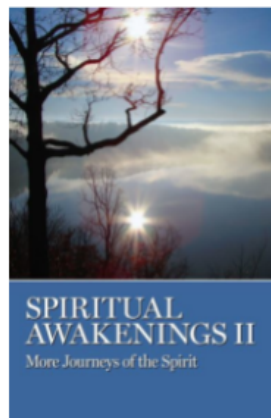
Submit articles to AA Central Office, #205, 10544-114 St NW, Edmonton, AB T5H 3J7 Fax: (587) 523-4334
Email: centraloffice@edmontonaa.org
Subject Line: Attention ECO News

GRAPEVINE Daily Quote

August 26, 2019

“God has continued to send me many miracles since the first one occurred the day he gave me the courage and willingness to go to my first AA meeting.”

“Powerless Equals Free,” Oak Park, Illinois, September 1984, Spiritual Awakenings II



Afrikaans Big Book



Bulgarian Big Book



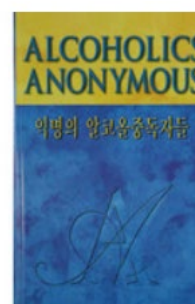
Greek Big Book



Chinese Big Book



Hebrew Big Book



Korean Big Book



Arabic Big Book

STEP EIGHT

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

“...This and the next two Steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; non admission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness. Kinds of harm done to others. Avoiding extreme judgments. Taking the objective view. Step Eight is the beginning of the end of isolation.”

(Reprinted from 12 X 12, P. 7.)

PROMISE EIGHT

“Self-seeking will slip away.”

EIGHTH STEP PRAYER

**Higher Power,
I ask Your help in making my list of all those I have harmed.
I will take responsibility for my mistakes &
Be forgiving to others as You are forgiving to me.
Grant me the willingness to begin my restitution.
This I pray.**

Alcoholics Anonymous, Cleveland

CONCEPT EIGHT

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

(Reprinted from the General Service Office Service Material)



Group Birthdays August 2021

60 Minutes to Sobriety

Last Sunday

Aug 1 Khan K. 4 yrs
 1 Marilyn S. 33 yrs
 8 Randy P. 4 yrs

Back to Basics

First Thursday

Aug 23 Chris P. 5 yrs

Ellerslie

Last Thursday

None

Fellowship Breakfast

Last Saturday

Aug 9 Fred K. 1 yr
 Aug 24 Alasdair M. 1 yr

Gratitude

Last Monday

None

Jasper Place

Last Tuesday

None

Last Call

Last Wednesday

None

Mustard Seed

Last Sunday

Aug 13 James P. 28 yrs
 21 Jameson E. 1 yr

Oilman's

First Monday

Aug 2 Jan D. 58 yrs
 Ron R. 19 yrs

South Side

Third Friday

Aug 21 Donna Y. 14 yrs

12 Steps to Serenity

Aug 17 Mike D. 6 yrs
 27 Sharon M. 6 yrs
 31 Gord S. 24 yrs

Sunday Night

Last Sunday

Aug 20 Russell B. 15 yrs

Step Sisters

Last Wednesday

Aug 27 Rita W. 3 yrs

**Please send Birthdays
 in September 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**

Suit Up & Show Up

Last Saturday

None

St. Albert Breakfast

Aug 1 Eileen B. 45 yrs
 3 Elmer M. 36 yrs
 22 Moe H. 16 yrs

Tiger II

First Wednesday

Aug 4 April 1 yr

West End 12 Step

First Tuesday

Aug 19 Lynne H. 8 yrs
 26 Braden L. 5 yrs

Westminister

Last Saturday

Aug 3 Val C. 9 yrs
 15 Kevin S. 19 yrs
 21 Diane L. 37 yrs

WEMG

First Wednesday

Aug 5 Mike W. 2 yrs
 18 Paul B. 38 yrs



AA HISTORY FOR THE MONTH OF AUGUST

Aug 1

1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3

1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8

1879 – Dr. Bob born in St. Johnsbury, VT.

Aug 9

1943 – LA groups announce 1000 members in 11 groups.

Aug 11

1938 – Akron & NY members begin writing stories for Big Book.

Aug 15

1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.

Aug 16

1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18

1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19

1941 – 1st AA Meeting in Colorado is held in Denver.

Aug 25

1943 – AA group donates Big Book to public library in Quincy, MA.

Aug 26

1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28

1954 – 24 Hours a Day is published by Richmond W.

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

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

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

Dear Alcohol, we had a deal, you were going to make me funnier, sexier, more intelligent and a better dancer. I saw the video, we need to talk.

– **Anonymous**

The intermediate stage between socialism and capitalism is alcoholism.

– **Norman Brenner**

Groups Needing Support

- Mon-8:00pm-Chapter-Oilmen's Group-Strathcona Baptist Church-8318 104 Avenue
- Mon-8:00pm - Eastwood Group-St Francis of Assisi Hall - 6770 129 Avenue
- Tues-8:00pm-Rite Trac Group-Zoom ID: 668 403 8475 pwd. 200042 Phone: 1-587-328-1099

2021 Calendar of Events

Edson and Area 60th AA Roundup

Saturday, August 14th, 2021

Free camping August 13th – 15th Limited Space
Pinedale Hall 15229 TWP 534 Yellowhead County

8TH ANNUAL MUNDARE ROUND UP WITH VEGREVILLE PARTICIPATION

Details

Start:
August 27 @ 5:00 pm

End:
August 29 @ 12:00 pm

Cost:
\$30.00

Event Categories:
Roundup, Speaker

Website:
8thannualmundareroundupwithvegrevilleparticipation.org

Venue

Zhoda Community Centre
155045 TWPRd 552
Mundare, Alberta Canada

Organizer

Bob F.
Phone:
780-632-1308
Email:
bfarris@mcsnet.ca



We are not a glum lot!
How many sponsors does it take to change a light bulb?
Only one, but the bulb has to really want to change.

Are we doing
enough?

2021 Calendar of Events (cont.)

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

EGSC Treatment Facility & Accessibility Committee Meeting: August 18th, 6:30pm
Zoom meeting ID: 7802336692 Password: 123123

Greig Lake Roundup Sept 3,4,5,6 - 2021

Meadow Lake Provincial Park Saskatchewan
Contacts for Additional Information
greiglakeroundup@hotmail.com

Area 78 Fall Election Assembly

Details

Start:
September.17.@.6:00 pm

End:
September.19.@.12:00 pm

Event Category:
Assembly

Website:
<https://zoom.us/j/7085555414>

Venue

Zoom
 Zoom ID: 7085555414
[+ Google Map](#)

Website:
<https://zoom.us/j/7085555414>

Organizer

Area 78
Phone:
780 554 5055
Email:
chair.70@area78.org
Website:
<https://www.area78aa.org>

Three Rivers Big Book Weekend

Details

Start:
September.24.@.5:00 pm

End:
September.26.@.12:00 pm

Cost:
\$79.00

Organizer

David V.
Phone:
1509 572 8728
Email:
threeriversbigbook@gmail.com
Website:
threeriversbigbookweekend.org

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

Speakers and registration email to be announced closer to the date.



'When you drink you turn into an animal'.

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

Weekly meeting at the Sands Hotel every Thursday from 7 - 9 PM.



Sands Hotel

Sand's Hotel provides bridge housing and supportive services within a culturally sensitive environment to homeless indigenous individuals and couples. Accessibility to meetings is difficult, so they have asked that AA come to them.

Address: 12340 Fort Rd NW, Edmonton, AB T5B 4H5

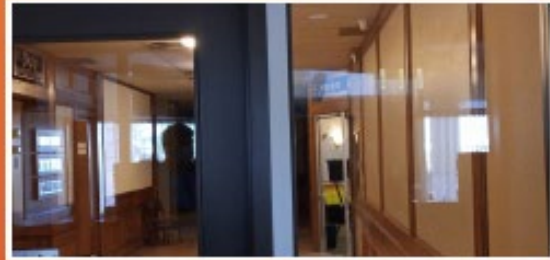
Request: Individuals or groups to support and introduce AA meetings to Sands hotel

Desire: Build a sustainable internal meeting

Meeting Materials: Will be provided

How to get Involved

Email: egsc.treatmentchair@edmontonaa.org OR tacedmonton@gmail.com



Site Details: Smudges will be performed prior to the meeting. You are welcome to join in! Patience with tenants is of the utmost importance.

Meeting Type: Open to tenants, visitors, and community members.

Entry: Visitors may be required to sign in.

Meeting Time & Day: Thursday 7:00 pm—8:00 pm

Meeting Space: To maintain safe distancing there can be up to 16 people

Contact: tacedmonton@gmail.com & Sands' on call workers 780-818-6132

I used to think
drinking was bad
for me... so I gave
up thinking.



—Anonymous

**Please direct all
communications to:**

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

Date: June 29,

Re: Name That Theme: 2025 International Convention

Warmest greetings to all!

Time seems to fly so quickly, yet there is so much to look forward to especially as we begin to imagine themes for the 2025 International Convention celebration of A.A.'s 90th Anniversary in Vancouver, B.C., on July 3-6, 2025. Your creative ideas are vital and will be presented to and selected by the Trustees' International Conventions/Regional Forums Committee. With the October 15, 2021, deadline right around the corner we ask you to quickly forward your ideas.

Here is a flashback of previous International Convention themes:

1965 "I Am Responsible"

1970 "Unity"

1975 "Let It Begin with Me"

1980 "The Joy of Living"

1985 "Fifty Years with Gratitude".

1990 "Fifty-Five Years — One Day at a Time"

1995 "A.A. Everywhere — Anywhere"

2000 "Pass It on – Into the 21st Century"

2005 "I Am Responsible";

2010 "A Vision for You"

2015 "80 Years — Happy, Joyous and Free"; and

2020 "Love and Tolerance is Our Code."

Send your ideas to the International Conventions Assignment, P.O. Box 459, Grand Central Station, New York, NY 10163, or email 2025ictheme@aa.org. We look forward to hearing from you.

See you in Vancouver!!

"I've never met an alcoholic in recovery who doesn't believe that this is the best thing they have ever done."

— Adam Clayton



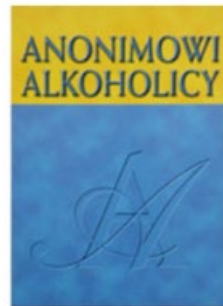
Electronic Big Book Study on YouTube.... And FREE!

Entire Back To Basics 12 week, 12 Steps of AA Recovery

<https://app.getresponse.com/click.html?x=a62b&lc=S9gvEA&mc=CK&s=9JD00&u=T5K&z=EQEVCxT&>



Icelandic Big Book



Polish Big Book

ANNOUNCING A NEW BOOK FROM GRAPEVINE!



Just published!

FREE ON THE INSIDE

Stories of AA Recovery
in Prison

The Shopping Cart Mental Attitude

Correcting My Neglectful Mental Shortcomings

Directionless and defeated, bankrupt in every department, ashamed of all my many failures, I drank myself into oblivion every day/night wondering if things were ever going to change and where it was all going to end. How I got to that state of decline was a mystery, after all, were not my plans always noble. What went wrong? What went right is the question I should have been asking myself. I had painted myself into the corner of life, and the booze had come to the end of whatever comfort it had afforded me in the past. It was over for me and my flawed perception of life. Maybe I should try A.A., after all, what have I got to lose? (GOOD IDEA)

Amazed at what I heard in the meetings I was taking mental notes about how simple life was, and how my false vision of it in the past was my undoing. Maybe I should take a step back and not be in such a hurry to express my opinions, and to tell them how I do things. (GOOD START) Listening to the metaphors, similes, and clichés, was extremely helpful, in that it kept reminding me that I had to change my way of looking at things. In the past, I usually did just the opposite of the things they were suggesting. Trying to catch myself doing something that I knew to be wrong, and correcting it on the spot, became a mission for me.

One day, about forty years ago, while trying to find a parking space in a crowded lot at the market, I found one, and as I pulled into it, I found that someone had pushed a shopping cart into the flower bed, and it impaired my access. I was a little perturbed at this when it occurred to me that this is what I would have done in the past myself. Next, I removed the cart, parked my car, and returned the cart to the rack, and went on about my business. I have been doing this little discipline ever since and now, when I get out of my car, I almost always find a stray cart and return it to the Rack. This is just one of my efforts that symbolize the unselfish mental attitudes that I should have had all along. I make my bed daily, I allow drivers in front of me on the highway, and I open doors for people when the opportunity presents itself. These actions cost me nothing. Today, my conscience is clear and I no longer loath myself. This is what is important to me these days. My old selfish way of thinking would have me take every advantage to get ahead in a material way, but I would suffer in a spiritual sense. I need to stay vigilant at that level or I may let my ego return to the driver's seat. Taking these disciplines into all my ventures of life has been a wonderful asset and I hope I never get complacent about these things.

Recently, I was handed an article from a sports newsletter written to instill character in the school sports programs and the writer commented that: "There are two kinds of people in the world, those that put the cart back in the rack, and those that make excuses for why they shouldn't have to do it." I mirthfully agree.

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

Step 8: “Made a list of all persons we had harmed, and became willing to make amends to them all.”

We all know Step 8, right? At least, those of us fortunate enough to have spent a bit of time in the program and have worked the Steps at least that far, know it. It’s a fairly straight forward step and very much an “action oriented” one.

Or at least – at first glance.

The subtlety of the step lies in the second half of it. The part that comes after the comma. Many of us think of Step 8 as making a list. Full stop. Nothing more – a simple (or long and complicated, whatever) list of people we had done harm to during our selfish and reckless journey into alcoholism. It often is made up of family members who have been neglected or abused; friends who have been lied to or taken advantage of or abandoned in our single minded pursuit of “John Barleycorn” (I love that old expression!); employers or employees who have borne the brunt of our neglect and negligence; partners and spouses who have been lied to, cheated on, and wounded deeply... all that “human wreckage” that we created throughout our drinking careers. (Hey – btw, did you know that the word career also means “to move swiftly and in an uncontrolled way” according to the Oxford English Dictionary? That’s a pretty good description of my experience with booze!)

But just making the list is only one half of the step. Keep reading! “...and became willing to make amends to them all.” So let’s take a more detailed look at that part of the step:

- “became willing” - for me, this was where the real healing of the step took place. While it was absolutely crucial for me to systematically review the harm that I had wreaked in my life and acknowledge the individuals whom I had affected with my drinking, the real magic of the step was the realization that there was something that could be done about all of that and that it was my responsibility to do it. I had to not only accept the truth of my past but also be willing to do something about it.
- “to make amends” - whatever that may mean. I really struggled to understand what this would look like for each of the amends I wanted/needed to make. But then I realized that the word “amend” must be based on the word “mend”!! Ah! So making amends is like mending a torn shirt or a worn out pair of shoes – kinda. Putting it to right. Doing whatever may be necessary to repair what was broken.
- “to them all” - in time. When the time is right. One step at a time. It’s not really honest to say to yourself that the list is just too long, or that it happened so long ago, or that there’s nothing that can be done now. Note well: there is and always be some way, some time, some place that will be appropriate for each amend that you want/need to make. It may not be when you think it should be...but it will be. Trust me. ; >

It’s a powerful little second half of the step, right? Let’s not leave it in the dust.

... 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 July's ECO Big Book & AA History Quiz

18. Townes Hospital
19. Henry "Hank" Parkhurst
20. Six
21. Tradition Three
22. More than 100
23. Milk
24. Winchester Cathedral
25. See following page
26. Bill D (Dodson)
27. Acceptance
28. None
29. A resentment and a coffee pot
30. Recovery, Unity, & Service
31. Yes - till his death
32. Honesty, purity, unselfishness, & love.
33. East Dorset, Vermont
34. Bertha Bamford

The Journey of a Thousand Miles Begins with a Single Sober Step



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



"I'm here because I drink like a fish."

Permission to reprint granted under a CartoonStock licensing agreement.

BIRTHDAY CLUB

Joan J. from the Step Sisters Group



**THERE ARE NO FAITHFUL
FIVERS MEMBERS THIS
MONTH**

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			
	June		
	Actuals	Budget	variance
General Receipts:			
Group Contributions	\$ 6,037.20	\$1,916.03	-\$4,121.17
Individual/Bequeath	\$ 2,085.00	\$1,028.04	-\$1,056.96
Birthday Club/Faithful Fivers	\$ 185.00	\$153.31	-\$31.69
Office Supplies / Postage	\$ 132.70	\$30.01	-\$102.69
Newsletter	\$ -	\$0.00	\$0.00
Rental Income-EGSC, etc	\$ 60.00	\$0.00	-\$60.00
Tradition Seven-meetings	\$ 339.50	-\$29.03	-\$368.53
Fundraising	\$ -	\$416.67	\$416.67
Other Inc (Interest, etc)	\$ 4.95	\$2.33	-\$2.62
Total General Receipts	\$ 8,844.35	\$3,517.36	-\$5,326.99
Literature & Medallion			
Literature	\$ 4,699.60	\$5,865.96	\$1,166.36
Medallion	\$ 1,622.00	\$1,047.61	-\$574.39
Total Literature and Med.	\$ 6,321.60	\$6,913.57	\$591.97
Total Revenue	\$ 15,165.95	\$10,430.93	-\$4,735.02
Expenses: (COS)			
AAWS & Grapevine Literature	\$ 2,816.05	\$4,597.59	\$1,781.54
Meeting list & Greeting Cards	\$ 129.67	\$119.81	-\$9.86
Medallion Purch /engraving	\$ 858.18	\$736.98	-\$121.20
Freight / Brokerage	\$ -	\$0.00	\$0.00
	\$ 3,803.90	\$5,454.37	\$1,650.47
Intergroup Expenses			
12 Step Answering	\$ 404.87	\$408.33	\$3.46
Literature expense	\$ 32.04	\$12.33	-\$19.71
Communications & Tech	\$ -	\$0.00	\$0.00
Other (Archive, 12 Step,Cred,Grp Serv	\$ -	\$100.00	\$100.00
	\$ 436.91	\$520.66	\$83.75
Administrative Expenses			
Accounting & Legal	\$ 179.38	\$232.16	\$52.78
Bank Chgs & Cr Card chgs	\$ 136.63	\$117.73	-\$18.90
Computer & IT Maintenance	\$ 512.50	\$500.00	-\$12.50
Equipment Lease	\$ 359.77	\$695.91	\$336.14
Fundraising expense	\$ -	\$416.67	\$416.67
Insurance	\$ 267.35	\$254.26	-\$13.09
Newsletter Expenses	\$ -	\$0.00	\$0.00
Office Supplies	\$ 107.46	\$111.19	\$3.73
Postage	\$ 102.49	\$193.58	\$91.09
Rent	\$ 3,778.56	\$3,663.41	-\$115.15
Repairs & Maintenance	\$ -	\$0.00	\$0.00
Salaries, Source, WCB	\$ 5,124.90	\$5,391.40	\$266.50
Staff Training / Seminar	\$ -	\$0.00	\$0.00
Telephone / Internet	\$ 133.10	\$176.65	\$43.55
	\$ 10,702.14	\$11,752.95	\$1,050.81
Total Expenses	\$ 14,942.95	\$17,727.99	\$2,785.04
Income / (Loss)	\$ 223.00	\$0.00	-\$223.00

