

# ECO NEWS

# \$1.00

# October 2021

Edmonton Central Office Society  
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Edmonton, AB T5H 3J7  
780-424-5900  
[www.edmontonaa.org](http://www.edmontonaa.org)  
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## From the Editor

*“What if, when you woke up tomorrow, you had only those things you had remembered to be grateful for today?” (anonymous) I will be grateful for everything, today.*

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

## TRADITION TEN

**“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”**

### Checklist from the AA Grapevine

- 1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?**
- 2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?**
- 3. What in AA history gave rise to our Tenth Tradition?**
- 4. Have I had a similar experience in my own AA life?**
- 5. What would AA be without this Tradition? Where would I be?**
- 6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?**
- 7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?**

(Reprinted from Service Material from the General Service Office SM F-131)

## STEP TEN

***“Continued to take personal inventory and when we were wrong promptly admitted it.”***



AS we work the first nine Steps, we prepare ourselves for the adventure of a new life.

But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul.

Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

Alcoholics Anonymous p. 88

## PROMISE TEN

***“Fear of people and of economic insecurity will leave us.”***

## TENTH STEP PRAYER

I pray I may continue:

To grow in understanding & effectiveness; To take daily spot check inventories;

To correct mistakes when I make them; To take responsibility for my actions;

To be ever aware of my negative & Self-defeating attitudes & behaviors;

To keep my willfulness in check; To always remember I need Your help;

To keep love & tolerance of others as my code;

To continue in daily prayer how I can best serve You, My Higher Power.

Alcoholics Anonymous, Cleveland

## CONCEPT TEN

***“Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”***

(Reprinted from the General Service Office Service Material)



Canadians celebrate Thanksgiving the second Monday of October.

LIBRARY AND ARCHIVES CANADA /  
E010933381-V8

English explorer Martin Frobisher and his crew had the first Canadian Thanksgiving in 1578.

LIBRARY AND ARCHIVES  
CANADA / E010775200-V6



As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later on November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi’kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited with helping avoid scurvy. The neighbouring Mi’kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples).

Champlain’s feasts were more than an annual affair. To prevent the scurvy epidemic that had decimated the settlement at Île Sainte-Croix in past winters, the *Ordre de Bon Temps* (Order of Good Cheer) was founded, offering festive meals every few weeks. Medical treatises recommended better nutrition (more food) and entertainment to combat scurvy.

Excerpt and photos taken from “The History of Thanksgiving in Canada”

Written by Alison Nagy — Posted October 4, 2018

<https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada>

First Nations peoples across Canada were thankful for the crops and game that Mother Nature had rewarded them with after a summer of hard work. Traditions for their fall celebration included feasting, prayers of thanks, prayers that they would survive the coming winter, dancing, games, and other ceremonies.

<https://prairieoils.ca/blogs/news/giving-thanks-the-history-of-canadian-thanksgiving>

## Are You an Alcoholic Quiz

### THE "ARE YOU AN ALCOHOLIC?" QUIZ, IF THEY ALLOWED ME TO WRITE IT

- 1 DO YOU THINK IT'S CRAZY WHEN PEOPLE DON'T FINISH THEIR DRINK?
- 2 HAVE YOU EVER DRANK UNTIL YOU VOMITED, AND THEN DRANK SOME MORE?
- 3 DO YOU OFTEN FIND YOURSELF SAYING, "OH WELL. F\*\*K IT."?
- 4 DO YOU THINK YOU JUST HAVE SUPER TERRIBLE LUCK?
- 5 ARE THE INSURANCE AND REGISTRATION STICKERS EXPIRED ON YOUR CAR?
- 6 HAVE YOU EVER NOT HAD THE MONEY FOR RENT/ELECTRICITY, BUT WENT OUT DRINKIN' ANYWAYS?
- 7 HAVE YOU EVER SAID THE STATEMENT, "NO, I'M NOT AN ALCOHOLIC"?
- 8 HAVE YOU EVER SAID THE STATEMENT, "YES, I'M AN ALCOHOLIC"?
- 9 HAVE YOU EVER ACTED AS IF YOU WERE HAVING A PARTY TO THE MAN BEHIND THE COUNTER AT THE LIQUOR STORE, IN ORDER TO JUSTIFY THE AMOUNT OF ALCOHOL YOU ARE BUYING?
- 10 HAVE YOU EVER LOST A SHOE?
- 11 HAS YOUR CELLIE EVER TOLD YOU THAT YOU MIGHT HAVE A DRINKING PROBLEM?
- 12 HAVE YOU EVER WOKEN UP NEXT TO SOMEONE AND WONDERED WHAT HIS/HER NAME IS?

-AGK 2015

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

### AA Joke



What is the difference between your therapist and your sponsor?

The only time your sponsor says the word "closure", it is immediately followed by "mouth".

## AA HISTORY FOR THE MONTH OF OCTOBER

### Oct 1

1941 – Local news reports 1st AA Group in New Haven, CT.

### Oct 1

1957 – Book “A.A. Comes of Age” published.

### Oct 2

1944 – Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.

### Oct 3

1945 – AA Grapevine adopted as national publication of AA.

### Oct 5-7

1972 – 2nd World Service meeting held in New York.

### Oct 5

1988 – Lois W. died.

### Oct 6

1941 – 900 dine at Cleveland dinner for Bill D., AA #3.

### Oct 8

1988 – Memorial Service for Lois W at Stepping Stones, NY.

### Oct. 9-11

1969 – 1st World Service meeting held in New York with delegates from 14 countries.

### Oct 10

1943 – 6 of 1st 9 AA’s attend clubhouse anniv. in Toledo.

1970 – Lois reads “Bills Last Message” at annual dinner in NY.

1988 – Lois is buried next to Bill in Manchester, Vermont.

### Oct 13

1947 – The Melbourne Group held its first meeting in Australia.

### Oct 14

1939 – Journal of American Medical Association gives Big Book unfavorable review.

### Oct 15

1904 – Marty M., early AA woman, is born in Chicago.

### Oct 17

1935 – Ebby T., Bills sponsor, moves in with Bill and Lois.

### Oct 20

1928 – Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

1939 – Cleveland Plain Dealer begins series of articles on AA by Elrick Davis.

### Oct 22

1963 – E. M. Jellinek, alcoholism educator and AA friend dies.

### Oct 24

1942 – L.A. Times reports AA groups in 14 California cities.

1943 – Bill & Lois start 1st major A.A. tour, returned Jan 19, 1944.

1973 – Trustee’s Archives Committee of AA has its 1st meeting.

1994 – National Council on Alcoholism and Drug Dependence celebrates 50 years.

(continued on next page)

## AA HISTORY FOR THE MONTH OF OCTOBER (CONT.)

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

- Oct 1939 - First central committee formed in Cleveland; 1st example of A.A. rotation.
- Oct 1936 - Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
- Oct 1942 - First issue of Cleveland Central Bulletin is published.
- Oct 1944 - First non American branch started in Sydney, Australia by Father T. V. Dunlea & Rex.
- Oct 1951 - Sister Ignatia wrote "Care of Alcoholics - St.Thomas Hospital & A.A. Started Movement Which Swept Country" article in Hospital Progress the journal of Catholic Hospital Association.
- Oct 1954 - The "Alcoholic Foundation" renamed the "General Service Board of A.A."
- Oct 1958 - Playhouse 90 TV airs The Days of Wine and Roses.

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

### After 14 years of sobriety, I drank again. WARNING TO ALL DRINKERS.

I was a functional alcoholic for about 7 years...but don't be fooled, I could really drink! Late 40's female, wife, mother and working. Still found time to get sloshed without anyone catching on. After a year of vomiting EVERY MORNING (in secret), I outed myself and sought treatment. I opted for 4 months. It was tough but I did it! Stayed sober for 14 years. However, deep down I knew I was going to drink again. I'd look at drinkers with envy and knew I wasn't really free of alcohol. Finally retired 4 years ago. Found myself very bored. I was sure I could moderate my drinking since I had totally abstained for so long. This lasted about 3-4 months when I found myself as bad off, if not worse than before. Went to inpatient for a spell (couldn't wait to get home and start drinking again). Then outpatient off and on for a year. Then Covid hit. I had no support and once again I was doing a fantastic job of hiding the drinking. Finally, one morning...almost exactly 1 year ago, it was 10am and I was on the couch, drunk, super depressed and physically a wreck. I came to the brilliant conclusion that it doesn't have to be this way. I gave up drinking, began exercising and eating well. I decided I wanted to enter my "senior years" in good health. I no longer have any urge to drink and look at alcohol as poison. It doesn't bother me if someone else is drinking. I want no part of it. I really learned my lesson. Your body doesn't forget how to drink and you will very quickly get you back to where you left off. DON'T DO IT! Hope this helps someone who is contemplating moderation. Big mistake. I can't undo it but I sure did learn from it.

[https://www.reddit.com/r/stopdrinking/comments/p1e8py/after\\_14\\_years\\_of\\_sobriety\\_i\\_drank\\_again\\_warning/](https://www.reddit.com/r/stopdrinking/comments/p1e8py/after_14_years_of_sobriety_i_drank_again_warning/)



## CONTRIBUTIONS TO EDMONTON CENTRAL OFFICE

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

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

- **E-transfer to [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)** you will need to provide the answer to the security question via a separate email to this address.
- Visa or MasterCard either over the phone (780-424-5900) or in person (by appointment)
- Cheque made payable to "Edmonton Central Office" and brought to the office (by appointment) or mailed to the office at:

Edmonton Central Office  
Suite 205  
10544 114 St NW  
Edmonton, AB T5H 3J7

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

The Edmonton Central Office Society is a registered charity. A tax receipt will be issued early in 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.



**Halloween is Sunday, Oct 31, 2021**



### 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 submitted before the 20<sup>th</sup> of the month will print in the following month's issue.***

Submit articles to the ECO Newsletter Editor at [editor@edmontonaa.org](mailto:editor@edmontonaa.org) or to AA Central Office #205, 10544-114 St NW, Edmonton, AB T5H 3J7 Fax: (587) 523-4334

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

Find the 12 words hidden in this word search:

Beer  
Bloodstream  
Dependence  
Depressant  
Drinking  
Intervention  
Intoxication  
Metabolize  
Pharmacist  
Recovery  
Substance  
Wine

# GRAPEVINE Daily Quote

October 23, 2020

“When we love, we will see in others what we wish to see in ourselves.”

“Love,” North Hollywood, California, September 1988,  
Best of the Grapevine, Vol. 3





# Making the Call

BY: TRACY C. | ASHLAND, KENTUCKY

My telephone service was disconnected two weeks ago. It was entirely my fault for letting the payment go, but I immediately placed the blame on the telephone company. From a pay phone near my home, I made two very rude calls to the company's toll-free number. I was hurriedly disconnected by both operators. This morning, I awoke to the realization that I had to make amends to these operators. I went to the same pay phone to make the call. A different operator answered this time and listened quietly as I explained my need to make amends. She advised me to call back in an hour. I returned home and within ten minutes, my phone rang.

Puzzled, I picked up my "disconnected" phone, and the same pleasant voice asked, "How long have you been in the Fellowship?" After she worked out a payment schedule I could easily afford, I asked how I could possibly return the favor. "Call and invite some-one to a meeting," she said. I made the call.

Reprinted with Permission, AA Grapevine 2004



Celebrate this Halloween Alcohol Free

## Things to Put on Your Gratitude List

- You are sober
- You woke up without a hangover
- You are in good health
- You look good and healthy
- You have a supportive family
- You have a loyal sober network of friends
- You are a better friend and family member
- You have 12-step meetings, counselors, sponsors, and support groups to help you
- You have freedom – you are not trapped, emotionally or physically, by anxiety or behind bars
- You have career opportunities and the ability to work
- You have a growing bank account
- You have the potential to make a difference in the lives of others
- You can accomplish your goals without being held back by drugs or alcohol

Turnbridge Blog

<https://www.turnbridge.com/news-events/latest-articles/gratitude-list-in-recovery#>





# Group Birthdays October 2021

## 60 Minutes to Sobriety

Last Sunday  
None

## Back to Basics (St. Albert)

First Thursday  
Oct 26 Liam C. 10 yrs

## Breathe Easy

First Friday  
Oct 1 Tom A. 3 yrs  
Nancy D. 17 yrs

## Fellowship Breakfast

Last Saturday  
Oct 15 Rubina S. 4 yrs  
29 Laine H. 2 yrs

## From Gonzo to Life in Session

Last Saturday  
Oct 23 Valerie L. 6 yrs

## Gratitude

Last Monday  
Oct 1 Anthony G. 3 yrs  
17 Harvey L. 28 yrs  
30 Sherri S. 2 yrs

## Jasper Place

Last Tuesday  
Oct 20 Jacki W. 30 yrs

## Mustard Seed

Last Sunday  
None

## Oilman's

First Monday  
None

## South Side

Third Friday  
Oct 13 Emile C. 37 yrs  
28 Vee D. 4 yrs

## 12 Steps to Serenity

Oct 5 Erich 1 yr  
13 Stefan S. 3 yrs

## Sunday Night (St. Albert)

Last Sunday  
Oct 18 Koren C. 4 yrs

## Step Sisters

Last Wednesday  
None

## Suit Up & Show Up

Last Saturday  
None

**Please send members lists to**

[editor@edmontonaa.org](mailto:editor@edmontonaa.org)

**or update your members list at AA Central Office.**

## St. Albert Breakfast

Oct 10 Bob J. 47 yrs  
15 Elaine M. 38 yrs  
17 Marilyn T. 42 yrs  
18 Lana W. 33 yrs  
26 Abby T. 7 yrs  
30 Martin B. 1 yr

## Tiger II

First Wednesday  
Oct 6 Kim M. 3 yrs  
Tom E. 15 yrs  
Charlie 15 yrs  
Pam L. 37 yrs

## WEMG

First Wednesday  
Oct 2 Alan D. 15 yrs  
5 Perry S. 22 yrs  
7 Duncan S. 46 yrs  
15 Don F. 7 yrs  
21 Peter S. 3 yrs

## Westminister

Last Saturday  
Oct 4 Jack M. 51 yrs  
13 Peter H. 36 yrs  
15 Chad M. 2 yrs  
15 Margaret N. 34 yrs  
18 Brenda F. 32 yrs



# 2021 October Calendar of Events

Ongoing Step Study

## AA LADIES 12 STEP STUDY

Starts Sunday Sep 12, 2021

By Primary Purpose Online Group

6:00 pm to 7:30 pm (MST)

Length: 14 weeks

Zoom ID: 458-778-3027

PW: 739610

For info text JoAnn O. 780-903-4012

Or Jenn G. 780-230-1044

Bring a Big Book, Notebook, Highlighter, Pen

And an Open Mind

## 2025 Convention

Begin to imagine themes for the 2025 Convention celebration of A.A.'s 90<sup>th</sup> Anniv. 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.

Send your ideas to Int. International Conventions Assignment, P.O. Box 459, Grand Central Station, New York, NY, USA 10163, or email [2025ictheme@aa.org](mailto:2025ictheme@aa.org).

Ongoing Step Study

For more info contact

Larry V. 780 298 6540

Ken G. 780 235 6692

Duncan M. 587 930 2302

Linda C. 780 394 5828

ALCOHOLICS ANONYMOUS

14 WEEK STEP SERIES



September 13<sup>th</sup>, 2021  
Time – 7:00PM

LOCATION:  
1380 Sherwood Dr Sherwood Park  
Church Of Nazarene (Basement)

Please bring a Big Book and a 12x12

38<sup>th</sup> Annual

Area 78

District 10 Unity Roundup

*“Walk With Us!”*

District 10 is extending a hand for our online Roundup!

Bring a friend or two!

Friday October 22 and Saturday October 23, 2021

Register at [district10unityroundup@gmail.com](mailto:district10unityroundup@gmail.com)

## On-going Big Book Studies

Tuesday 7:30 PM (Open)

Saturday 9:15 AM (Men)

### South Side Chapter House

8318 104 Street

North Entrance on 84th Avenue

From the Desk of the Office Manager – Pam L.

It was recently discovered that we have a number of hard cover Big Books (B-1) that are misprinted. The book goes from page 416 to 353 and then page 384 to 449. They are all the 44th printing from October 2020, but not all of the 44th printing editions are incorrect.

You can bring your misprinted Big Books into Edmonton Central Office for an exchange.

## New Archivist Needed!

The Archivist is appointed by the Archives Committee, and is a person with specialized skills and/ or training. Their term of service is open ended, but must be reaffirmed every two years at the Election Assembly. This individual is responsible for both physical and intellectual integrity of the collection. It is important that they understand they must protect the anonymity of members whose names are included in the collected documents.

Reporting regularly, the Archivist keeps the Archives Committee informed about new material received, and gives status updates about ongoing projects (like the digitizing of Area 78 Archival materials).

## NO FAITHFUL FIVERS THIS MONTH

The Faithful Fiver Club was initiated several years ago to generate funds for Central Office. AA members pledge a donation of \$5.00 or more a month. They then receive the satisfaction of carrying the message to the alcoholic who still suffers, and recognition (if they desire) in the monthly ECOS Newsletter.



Cartoons by Kate Curtis. See all on her blog at <http://cluestolife.wordpress.com>.



## BIRTHDAY CLUB

Pam L – Tigers II



### “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](mailto:centraloffice@edmontonaa.org)

## 1200 STEP PROGRAM? THAT'S A LOT OF STEPS!



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## A Profound Sense of Gratitude

### How Fortunate We Are Today

Alcoholics Anonymous came into existence in 1935 when Bill and Bob started carrying their message to fortunate souls who, up to that point, had little hope of ever overcoming the disease of alcoholism. Prior to that, there were attempts to overcome the disease that came close but failed when they let other issues distract them from their primary purpose. I'm sure they had some, but not all, of the answers, but it did give our co-founders some of the answers as to "what not to do" when they established the steps and traditions.

The book, Alcoholics Anonymous was published in 1939 after the first 100 alcoholics had maintained their sobriety. I was born in 1941, just two years after the Big Book was published. I was 28 years old when I came to the program which, at that time, was only in existence for 34 years. They say that Alcohol has been around for about 10 thousand years. How fortunate we are today, to be among the first, to have been chosen at this time to have a solution laid at our feet and for them to have the wisdom to not allow the first 164 pages of the Big Book to be edited or changed.

When I talk of the word Gratitude, I ponder the vast amount of time (10 thousand years) that there was no answer to this problem and the hopelessness of those unfortunate souls before 1935. As a child I watched my parents and grandparents, and many of the elders in my life hopelessly suffer through the pains of this disease and they didn't even consider it a disease. On October 15, I will celebrate 52 years of sobriety and no one could be more grateful for all the benefits I have received as the results of clinging to this wonderful program and all the principles and values that have given me the tools that separated me from the delusional thinking of the past and showed me a path of recovery that has influenced so many people, starting with my immediate family and spiraling outwards to my relatives, my friends and coworkers and all my A.A. associates.

If A.A. had come into existence and the Big Book would have been published just 30 years later than it was, I, most likely, would have been included in those unfortunate souls of the past that had no hope. I showed up at the doors of A.A. on Oct. 15, 1969 and as I see it, the Program had evolved just enough to be ready for this Grateful recipient and I will always be amazed by the timing of it all. In the 86 or so, years of its existence, Alcoholics Anonymous has been the answer for millions and considering all the ten thousand years before the existence of A.A.; I believe we are very fortunate to be on the cutting edge of one of most important and beneficial developments in the history of mankind and to think that it all started when two common variety drunks got together and triggered the program of Alcoholics Anonymous.

Words cannot express the Gratitude I have for this program considering all the suffering that went on prior to 1935 when God saw fit to intervene and offer up a choice, and fortunately, Bill and Bob were listening and heard His loving voice. As I read the long form of the Twelve Traditions and all the pains it took when tackling all the points and counter points while formulating our program, I am amazed that all the pieces fell in place as they are today, and they seem to have gotten it right. I am extremely Grateful for those that came before me and handed me the wonderful life I live today.

## Stronger Together

The Cree word Tawow translates to mean, “Welcome, there is room here”. It is an invitation intended to make one feel welcome. Tawow was formed as an AA group in 1964 and one of the original group members Ernie A. is 57 years sober, he lives in Saskatchewan and sometimes comes to celebrate with Tawow. In 1964, Indigenous peoples still faced a lot of discrimination, including within some AA rooms. For this reason, Tawow group was created to provide a welcoming and comforting space for Indigenous members, as well as non-Indigenous members to meet and share the AA message of recovery.

Tawow group meets on Sundays at 8pm inside the St. Faith’s Anglican Church located at 11725 93 Street. It is an open meeting that focuses on topics pulled from the Daily Reflections, as well as other recovery relevant topics. Everyone is welcome. We celebrate sobriety with chips, and are always happy to have newcomers and new members.

One of the big events at Tawow is the sobriety birthday celebration of 3-5 long time members that all celebrate together: Fernie, Sonny, Allan, Barb, & Don. Combined, their sobriety totals well over 100 years. People come early and enjoy the famous bannock and baloney sandwiches that early group members used to bring to every meeting. They are a treat! There is also usually live music being played, dancing, lots of fellowship, lots of fun, a packed house and some pretty great messages of recovery from long time members.

AA has taught me how to accept and love people as they are. There was a time all I could see was our differences; but now because I could sit in the rooms and listen to people share from their hearts, I know that we are all on this journey through life and recovery together. Together, we are stronger.

Tawow Group, Edmonton

Why shouldn't you join Alcoholics Anonymous on Thanksgiving?

Because all they serve is cold turkey.



Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not AA

Me: Yeah, I was just explaining how my car got in the lake.



### DISCLAIMER:

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

<b>Edmonton Central Office Society</b>			
<b>INCOME STATEMENT 2021</b>			
	<b>August</b>		
	<b>Actuals</b>	<b>Budget</b>	<b>variance</b>
<b>General Receipts:</b>			
Group Contributions	\$ 5,913.25	\$10,147.22	\$4,233.97
Individual/Bequeath	\$ 1,114.00	\$2,024.84	\$910.84
Birthday Club/Faithful Fivers	\$ 390.00	\$58.26	-\$331.74
Office Supplies / Postage	\$ 88.00	\$57.53	-\$30.47
Newsletter	\$ -	\$0.00	\$0.00
Rental Income-EGSC, etc	\$ -	\$0.00	\$0.00
Tradition Seven-meetings	\$ 252.25	\$150.83	-\$101.42
Fundraising	\$ -	\$416.67	\$416.67
Other Inc (Interest, etc)	\$ 5.11	\$1.18	-\$3.93
<b>Total General Receipts</b>	<b>\$ 7,762.61</b>	<b>\$12,856.52</b>	<b>\$5,093.91</b>
<b>Literature &amp; Medallion</b>			
Literature	\$ 5,930.00	\$5,044.44	-\$885.56
Medallion	\$ 2,171.00	\$1,815.56	-\$355.44
<b>Total Literature and Med.</b>	<b>\$ 8,101.00</b>	<b>\$6,860.00</b>	<b>-\$1,241.00</b>
<b>Total Revenue</b>	<b>\$ 15,863.61</b>	<b>\$19,716.53</b>	<b>\$3,852.92</b>
<b>Expenses: (COS)</b>			
AAWS & Grapevine Literature	\$ 3,565.02	\$3,629.93	\$64.91
Meeting list & Greeting Cards	\$ 200.96	\$293.63	\$92.67
Medallion Purch /engraving	\$ 1,105.45	\$1,294.46	\$189.01
Freight / Brokerage	\$ -	\$0.00	\$0.00
	<b>\$ 4,871.43</b>	<b>\$5,218.01</b>	<b>\$346.58</b>
<b>Intergroup Expenses</b>			
12 Step Answering	\$ 404.87	\$408.33	\$3.46
Literature expense	\$ 21.03	\$6.45	-\$14.58
Communications & Tech	\$ -	\$0.00	\$0.00
Other (Archive, 12 Step,Cred,Grp Serv	\$ -	\$100.00	\$100.00
	<b>\$ 425.90</b>	<b>\$514.78</b>	<b>\$88.88</b>
<b>Administrative Expenses</b>			
Accounting & Legal	\$ 179.38	\$232.16	\$52.78
Bank Chgs & Cr Card chgs	\$ 111.35	\$111.91	\$0.56
Computer & IT Maintenance	\$ 668.87	\$500.00	-\$168.87
Equipment Lease	\$ 359.77	\$695.91	\$336.14
Fundraising expense	\$ -	\$416.67	\$416.67
Insurance	\$ 321.80	\$351.36	\$29.56
Newsletter Expenses	\$ -	\$0.00	\$0.00
Office Supplies	\$ 5.33	-\$37.15	-\$42.48
Postage	\$ 87.89	\$0.00	-\$87.89
Rent	\$ 3,778.56	\$3,663.41	-\$115.15
Repairs & Maintenance	\$ -	\$2,000.00	\$2,000.00
Salaries, Source, WCB	\$ 5,808.09	\$5,533.45	-\$274.64
Staff Training / Seminar	\$ 64.83	\$0.00	-\$64.83
Telephone / Internet	\$ 133.47	\$176.65	\$43.18
	<b>\$ 11,519.34</b>	<b>\$13,644.37</b>	<b>\$2,125.03</b>
<b>Total Expenses</b>	<b>\$ 16,816.67</b>	<b>\$19,377.16</b>	<b>\$2,560.49</b>
<b>Income / (Loss)</b>	<b>-\$ 953.06</b>	<b>\$0.00</b>	<b>\$953.06</b>

