

ECO NEWS

\$1.00

January 2022

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



HAPPY NEW YEAR 2022!



From the Editor

Happy New Year, dear friends.

January is about new beginnings, new resolutions, new promises and many other things new!

Keeping in mind our primary purpose, we prepare for the arrival of newcomers who will be joining us this year.

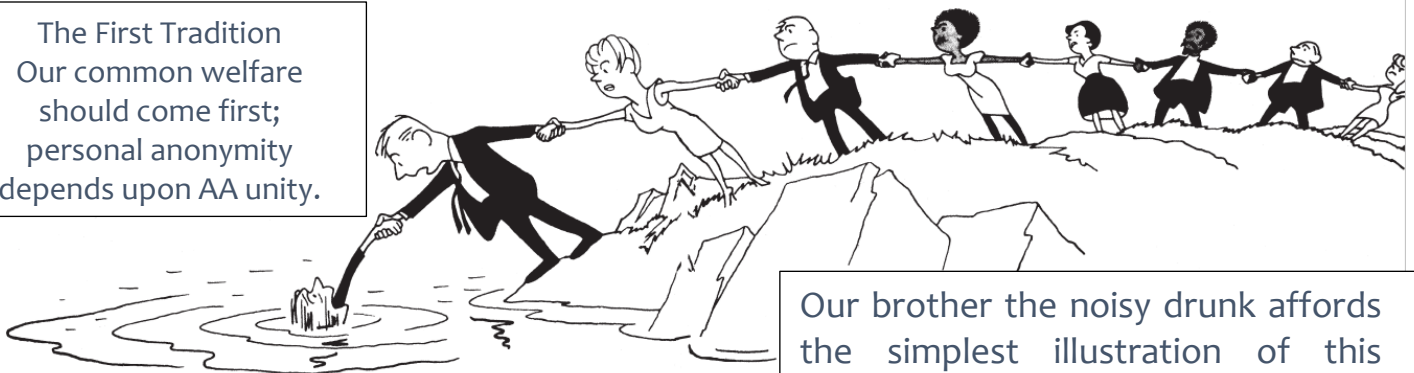
For now, cozy up to read this month's *Central Office Newsletter!*

Features include Grapevine letters between Bill W. and Carl Jung, article by the Chair Central Office Board on *What service work has meant to him*, Tips on Staying Sober this Holiday Season, along with humor, puzzles and more!

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



The First Tradition
Our common welfare
should come first;
personal anonymity
depends upon AA unity.



Our individual sobriety depends on the group.
The group depends on us. We soon learn
that unless we curb our individual
desires and ambitions, we can
damage the group...



Our brother the noisy drunk affords the simplest illustration of this Tradition. If he insists on disrupting the meeting, we “invite” him to leave, and we bring him back when he’s in better shape to hear the message. We are putting the “common welfare” first. But it is in his welfare, too; if he’s ever going to get sober, the group must go on functioning, ready for him.

STEP ONE

“We admitted we were powerless over alcohol—that our lives had become unmanageable.”

PROMISE ONE

“We are going to know a new freedom and a new happiness.”

FIRST STEP PRAYER

***“I admit that I am powerless over my addiction.
I admit that my life is unmanageable when I try to control it.
Help me this day to understand
the true meaning of powerlessness.
Remove from me all denial of my addiction.”***

Alcoholics Anonymous, Cleveland

CONCEPT ONE

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group’s decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- Is the “collective conscience” of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of A.A.?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue.

12&12 Tradition Ten, p.176

Therefore, a great responsibility fell upon us to develop the best possible public relations policy for Alcoholics Anonymous.

BB Appendix I, *The A.A. Tradition*, p.561

Around it [the central theme of Tradition five: better do one thing supremely well than many badly] our Society gathers in unity.

12&12 Tradition Five, p.150



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

We are not a glum lot.

A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?"

The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."

Tips for staying sober over the holidays:

1. Hatch a holiday escape plan

Holiday-themed parties and family gatherings are often soaked in alcohol, and people are likely to offer you a drink—and they might be dumbstruck when you prefer to be sober. Plan ahead for uncomfortable situations and triggering environments.

2. Rewrite the holiday story in your head

Speak with a sober friend or sponsor about the emotions and expectations you have wrapped up in the holidays—especially if you feel resentful, or if you replay in your mind old childhood experiences and memories. You need to investigate and challenge the internal monologue about what you are owed and what you are lacking.

Do you ever get drunk?

Yes

No

X

BILL W.'S LETTER TO CARL JUNG

January 23, 1961
Professor Dr. C. G. Jung
Küsnacht-Zürich Seestrasse
228 Switzerland

My dear Dr. Jung:

This letter of great appreciation has been very long overdue.

May I first introduce myself as Bill W., a co-founder of the Society of Alcoholics Anonymous. Though you have surely heard of us, I doubt if you are aware that a certain conversation you once had with one of your patients, a Mr. Roland H., back in the early 1930's, did play a critical role in the founding of our fellowship.

Though Roland H. has long since passed away, the recollection of his remarkable experience while under treatment by you has definitely become part of A.A. history. Our remembrance of Roland H.'s statements about his experience with you is as follows:

Having exhausted other means of recovery from his alcoholism, it was about 1931 that he became your patient. I believe he remained under your care for perhaps a year. His admiration for you was boundless, and he left you with a feeling of much confidence.

To his great consternation, he soon relapsed into intoxication. Certain that you were his "court of last resort," he again returned to your care. Then followed the conversation between you that was to become the first link in the chain of events that led to the founding of Alcoholics Anonymous.

My recollection of his account of that conversation is this: First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.

Coming from you, one he so trusted and admired, the impact upon him was immense.

When he then asked you if there was any other hope, you told him that there might be, provided he could become the subject of a spiritual or religious experience—in short, a genuine conversion. You pointed out how such an experience, if brought about, might remotivate him when nothing else could. But you did caution, though, that while such experiences had sometimes brought recovery to alcoholics, they were, nevertheless, comparatively rare. You recommended that he place himself in a religious atmosphere and hope for the best. This I believe was the substance of your advice.

Shortly thereafter, Mr. H. joined the Oxford Group, an evangelical movement then at the height of its success in Europe, and one with which you are doubtless familiar. You will remember their large emphasis upon the principles of self-survey, confession, restitution, and the giving of oneself in service to others. They strongly stressed meditation and prayer. In these surroundings, Roland H. did find a conversion experience that released him for the time being from his compulsion to drink.

Returning to New York, he became very active with the "O.G." here, then led by an Episcopal clergyman, Dr. Samuel Shoemaker. Dr. Shoemaker had been one of the founders of that movement, and his was a powerful personality that carried immense sincerity and conviction.

At this time (1932-34), the Oxford Group had already sobered a number of alcoholics, and Roland, feeling that he could especially identify with these sufferers, addressed himself to the help of still others. One of these chanced to be an old schoolmate of mine, named Edwin T. ["Ebbby"]. He had been threatened with commitment to an institution, but Mr. H. and another ex-alcoholic "O.G." member procured his parole, and helped to bring about his sobriety.

Meanwhile, I had run the course of alcoholism and was threatened with commitment myself. Fortunately, I had fallen under the care of a physician—a Dr. William D. Silkworth—who was wonderfully capable of understanding alcoholics. But just as you had given up on Roland, so had he given me up. It was his theory that alcoholism had two components—an obsession that compelled the sufferer to drink against his will and interest, and some sort of metabolism difficulty which he then called an allergy. The alcoholic's compulsion

(Continued next page)

guaranteed that the alcoholic's drinking would go on, and the allergy made sure that the sufferer would finally deteriorate, go insane, or die. Though I had been one of the few he had thought it possible to help, he was finally obliged to tell me of my hopelessness; I, too, would have to be locked up. To me, this was a shattering blow. Just as Roland had been made ready for his conversion experience by you, so had my wonderful friend Dr. Silkworth prepared me.

Hearing of my plight, my friend Edwin T. came to see me at my home, where I was drinking. By then, it was November 1934. I had long marked my friend Edwin for a hopeless case. Yet here he was in a very evident state of "release," which could by no means be accounted for by his mere association for a very short time with the Oxford Group. Yet this obvious state of release, as distinguished from the usual depression, was tremendously convincing. Because he was a kindred sufferer, he could unquestionably communicate with me at great depth. I knew at once that I must find an experience like his, or die.

Again I returned to Dr. Silkworth's care, where I could be once more sobered and so gain a clearer view of my friend's experience of release, and of Roland H.'s approach to him.

Clear once more of alcohol, I found myself terribly depressed. This seemed to be caused by my inability to gain the slightest faith. Edwin T. again visited me and repeated the simple Oxford Group formulas. Soon after he left me, I became even more depressed. In utter despair, I cried out, "If there be a God, will he show Himself." There immediately came to me an illumination of enormous impact and dimension, something which I have since tried to describe in the book *Alcoholics Anonymous* and also in *AA Comes of Age*, basic texts which I am sending you.

My release from the alcohol obsession was immediate. At once, I knew I was a free man. Shortly following my experience, my friend Edwin came to the hospital, bringing me a copy of William James's *Varieties of Religious Experience*. This book gave me the realization that most conversion experiences, whatever their variety, do have a common denominator of ego collapse at depth. The individual faces an impossible dilemma. In my case, the dilemma had been created by my compulsive drinking, and the deep feeling of hopelessness had been vastly deepened still more by my alcoholic friend when he acquainted me with your verdict of hopelessness respecting Roland H.

In the wake of my spiritual experience, there came a vision of a society of alcoholics, each identifying with and transmitting his experience to the next—chain style. If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience. This concept proved to be the foundation of such success as *Alcoholics Anonymous* has since achieved. This has made conversion experience—nearly every variety reported by James—available on almost wholesale basis. Our sustained recoveries over the last quarter-century number about 300,000. In America and through the world, there are today 8,000 AA groups.

So to you, to Dr. Shoemaker of the Oxford Group, to William James, and to my own physician, Dr. Silkworth, we of AA own this tremendous benefaction. As you will now clearly see, this astonishing chain of events actually started long ago in your consulting room, and it was directly founded upon your own humility and deep perception.

Very many thoughtful AAs are students of your writings. Because of your conviction that man is something more than intellect, emotion, and two dollars' worth of chemicals, you have especially endeared yourself to us.

How our Society grew, developed its Traditions for unity, and structured its functioning, will be seen in the texts and pamphlet material that I am sending you.

You will also be interested to learn that, in addition to the "spiritual experience," many AAs report a great variety of psychic phenomena, the cumulative weight of which is very considerable. Other members have—following their recovery in AA—been much helped by your practitioners. A few have been intrigued by the I Ching and your remarkable introduction to that work.

Please be certain that your place in the affection, and in the history, of our Fellowship is like no other.

Gratefully yours,
William G. W—

CARLJUNG'S LETTER TO BILL

W . Küsnacht-Zürich Seestrasse

228 January 30, 1961

Mr. William G. W— Alcoholics Anonymous
Box 459 Grand Central Station
New York 17, New York

Dear Mr. W.:

Your letter has been very welcome indeed.

I had no news from Roland H. any more and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is that it happens to you in reality, and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Roland H., but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, "alcohol" in Latin is spiritus, and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

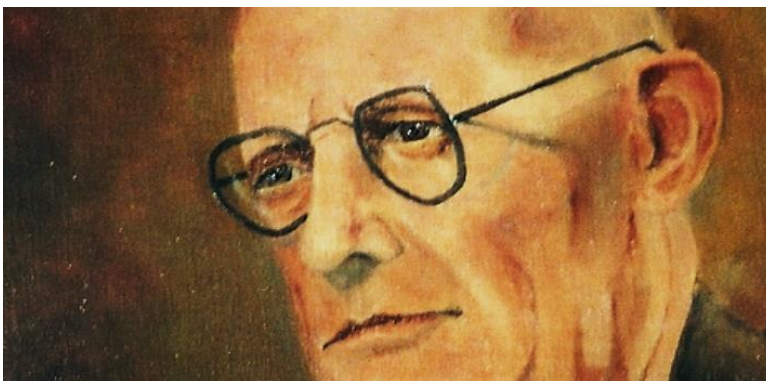
Thanking you again for your kind letter

I remain

Yours sincerely

C.G. Jung

Dr. Bob



Dr. Carl Jung, 1875-1961

AA HISTORY FOR THE MONTH OF JANUARY

January 1

- 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
- 1948: Columbus Dispatch reported first anniversary of Central Ohio A.A. Group.
- 1948: First A.A. meeting was held in Japan, English speaking.
- 1988: West Virginia A.A. began the first statewide toll-free telephone hotline.

January 2

- 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
- 2003: Mid-Southern California Archives moved to new location in Riverside.

January 3

- 1939: First sale of Works Publishing Co. stock was recorded.
- 1941: Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article on A.A.

January 4

- 1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.
- 1940: First A.A. group was founded in Detroit, Michigan.
- 1941: Bill and Lois W. drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.

January 5

- 1941: Bill and Lois visited Bedford Hills again.
- 1941: Bill W. told Jack Alexander that Jack was "the toast of A.A. — in Coca Cola, of course."

January 6

- 2000: Stephen P., compiler of the Concordance to Alcoholics Anonymous, died.

January 8

- 1938: New York A.A. split from the Oxford Group.

January 12

- 1943: Press reported the first A.A. group in Pontiac, Michigan.

January 13

- 1988: Jack Norris, M.D., Chairman/Trustees of A.A. for 27 yrs. died.
- 2003: Dr. Earle M., author of Physician Heal Thyself, sober 9 years, died

January 15

- 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
- 1941: Bill W. asked Ruth Hock to get him "spook book, The Unobstructed Universe".
- 1945: First A.A. meeting held in Springfield, Missouri.
- 1948: Polk Health Center Alcoholic Clinic for Negroes started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic.

January 17

- 1919: 18th amendment, "Prohibition," became law.

January 19

- 1940: First A.A. group met in Detroit, Mich.
- 1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A. group.
- 1999: Frank M., A.A. Archivist since 1983, died.

(continued next page)

January 20

1954: Hank P., author of *The Unbeliever* in the first edition of the Big Book, died in Pennington, NJ.

January 21

1951: A.A. Grapevine published memorial issue on Dr. Bob.

January 23

1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

January 24

1918: Bill W. and Lois Burnham were married, days before he was sent to Europe in WW I, weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.

January 25

1915: Dr. Bob S. married Anne Ripley.

January 26

1971: *New York Times* published Bill's obituary on page 1.

January 27

1971: The Washington Post published an obituary of Bill W. written by Donald Graham, son of the owner of the Washington Post.

January 30

1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

Other significant things that happened in January (no specific date available):

1938: Jim B., author of *The Vicious Cycle*, a former atheist, gave A.A. "God as we understand Him."

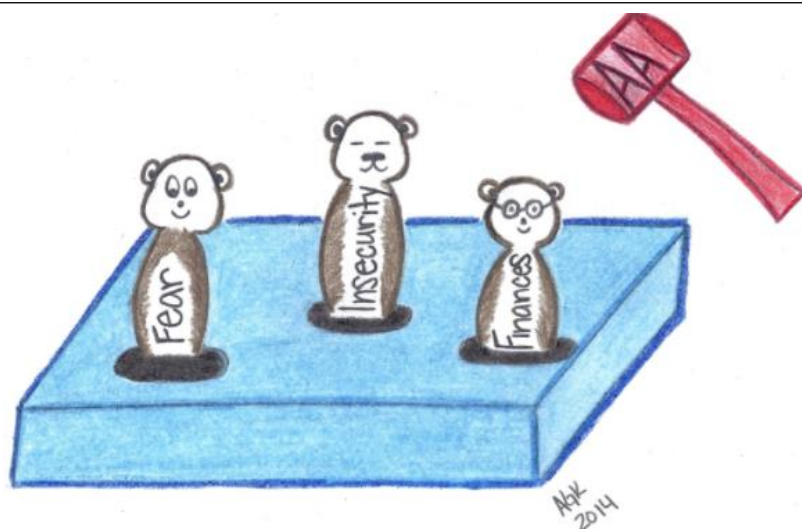
1940: First AA meeting not in a home meets at Kings School, Akron, Ohio.

1942: *Drunks are Square Pegs* was published.

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

1984: *Pass It On*, the story of Bill W. and how the A.A. message reached the world, was published.

Thanks to Billy C. and Nancy O. of the group "AA History Buffs" for this list, used by permission.



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

Tips for staying sober over the holidays:

3. Want to stay sober? Stay helpful

If you want to stay sober during the holidays, look for every opportunity to be of service. Serve a meal at a homeless shelter, reach out to a newcomer at a meeting, or spend time with an elderly loved one or neighbor. There are a million different ways to give back, pay it forward and be of service, and each opportunity guides you further away from resentment, self-pity and fear.

FAITHFUL FIVERS

None in January

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.

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!"

He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his wife.

"Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!"

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing," replied the drunk

BIRTHDAY CLUB

- Marie M. - Central Office Nooner

"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
centraloffice@edmontonaa.org



Tip for staying sober over the holidays:

4. Be mindful of what you're drinking

At family gatherings and social events, tote around your favorite non-alcoholic drink. People won't feel so inclined to offer you a drink, and they won't get the chance to pester you about your sobriety.

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.

20
22

The only urgent thing is that we make a **beginning** ...

12&12 Step Six, p.68

... a **beginning**, even the smallest, is all that is needed.

12&12 Step Three, p.35



And so it is:
the **beginning**
of the end of
his old life,
and the
beginning of
his emergence
into a new
one.

*12&12 Step Two,
p.26*



Group Birthdays January 2022

60 Minutes to Sobriety

Last Sunday

Jan 1 Carl L. 25 yrs
 8 Johanne J. 32 yrs
 15 Melissa A. 33 yrs
 26 Marcel T. 42 yrs

Back to Basics (St. Albert)

First Thursday

None

Bonnie Doon

Thursday 8:00

Jan 11 Dan R. 40 yrs
 19 George B. 48 yrs

Breathe Easy

First Friday

None

Fellowship Breakfast

Last Saturday

Jan 16 Barry R. 1 yr
 21 Dana W. 1 yr

Gratitude

Last Monday

Jan 1 Carl L. 25 yrs
 27 Jordan C. 4 yrs

Jasper Place

Last Tuesday None

Last Call

Last Wednesday

Jan 7 Susan M. 15 yrs

Mustard Seed

Last Sunday

Jan 27 Ashley T. 1 yr

Oilman's

First Monday

None

South Side

Third Friday

Jan 11 Gord L. 28 yrs
 13 Steve W. 7 yrs

12 Steps to Serenity

Jan 2 Linda C. 9 yrs
 13 Duncan M. 13 yrs
 15 Natasha B. 1 yr
 17 Brian B. 6 yrs
 20 Sarina K. 12 yrs

St. Albert Sunday Night

Last Sunday

None

Step Sisters

Last Wednesday

Jan 2 Robyn B. 2 yrs
 14 Carol A. 9 yrs

Please send members lists
editor@edmontonaa.org
 or update your members
 list at AA Central Office.

St. Albert Breakfast

Jan 7 Dave P. 12 yrs
 11 Ken B. 28 yrs
 17 Dave T. 16 yrs
 17 Kelly O. 3 yrs

WEMG

First Wednesday

Jan 1 Dennis W. 37 yrs
 5 Sonny V. 37 yrs
 9 Gerry P. 8 yrs
 16 John F. 8 yrs
 21 Bob K. 2 yrs
 21 Travis A. 15 yrs

Westminster

Last Saturday

Jan 11 Roger A. 32 yrs
 23 Manjit 4 yrs
 25 Reg G. 26 yrs



Upcoming Events and other Notables

New Year Day January 1, 2022 Alcathons

1. No New Year event, Serenity Centre, but regular meetings at 9:00am and 1:00pm Basement 4914 50 Ave Stony Plain Alberta T7Z 1S9
2. Your Choice Group NEW YEAR'S ALCATHON 2022 Vantage Point Community Church 6712 Delwood Road NW Edmonton, Alberta, meetings at 12:30-1:30am, 2:00-3:00am, 3:30-4:30am
3. South Edmonton Fellowship Centre 9122 34A Avenue NW, Edmonton, meetings at 10:30-11:30am, 12:30-1:30pm, 2:00-3:00pm, 3:30-4:30pm, 5:00-6:00pm followed by Sobriety Countdown

LADIES AA 12 STEP STUDY

Sunday Jan. 9, 2022

For 13 Weeks

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

Coming to you from Edmonton, Alberta, Canada

Zoom ID: 458-778-3027

PW: 739610

For additional info, email
stepstudiedm@gmail.com

ALCOHOLICS ANONYMOUS

14 WEEK STEP SERIES

JANUARY 1ST, 2022
TIME - 7:00PM

PRESENTED IN PERSON

CHURCH OF THE NAZARENE - MAIN FLOOR
1380 SHERWOOD DRIVE, SHERWOOD PARK

FOR MORE INFORMATION CONTACT
LINDA C. 780 394 5828 DUNCAN M. 587 930 2302



District 40 (West Edmonton)
Area 78

January 8, 2022
6:30-9:30pm Mountain Time
Doors open at 6:15pm

GSR School

Presented by

Billy N. from Atlanta, GA
Carrie B. from Bend, OR

Please come prepared with your GSR pamphlet (p-19)
You can obtain one from Edmonton Central Office or
online at www.aa.org

Zoom Meeting ID 842 743 5949 No Passcode

DISTRICT 40 Area 78 West Edmonton BTMWB ROUNDUP

Saturday Feb 5, 2022 doors open at 3:30 pm

Zoom Meeting ID: 842 743 5949

No Passcode

Report from E.G.S.C.

District 64: Monday night Place to Go meeting has been cancelled until further notice. Thursday night Back to Basics will start earlier in the New Year. (Changing from 8:00 to 7:30pm).

District 40 is in need of a treasurer. Members of District 40 are encouraged to announce this at their home groups and other meetings within the district.

Corrections committee: A correctional institution is having online meetings Thursdays at 5pm. If anyone is interested in attending this meeting, which is being held at an institution in Pennsylvania, please contact Lil G.

Would you like to sponsor indigenous people coming out of the institutions? Please contact Lil at magnificentbhuman@gmail.com

Treatment committee: The Ambrose Place meeting has changed to Thursdays' nights 6:30pm on zoom.

Jasper Place Group that met Tuesday nights has closed their door for good.

Introducing - A New Way of Life Group
6811-92A Avenue, Edmonton
Located at the Mosaic House
Mondays at 8:30 pm (Starting January 3, 2022)





CAMEL CLUB
14567-118 Ave., Second floor
When: February 12, 2022
1:30 P.M. – 4:00 P.M.

CONTACT US
Deloyce H., Chair. | 780 289-2126 |
egsc.piccchair@edmontonaa.org
Edmonton Central Office: 780 424-5900
edmontonaa.org

**A.A. COMMITTEES
PI-CPC
WORKSHOP**

Please join us for an afternoon and learn how A.A. speaks to the non-A.A. general public and with professional groups, who may encounter the alcoholic in their daily work. This is a great way to become involved in service and reach out to the alcoholic who is still suffering.

Seven days a week,
365 days a year, NEW
noon meetings are
being held at

**South Edmonton
Fellowship Centre**

9122 34A Avenue NW

There is also space
available at this location
for any group wishing to
relocate or for anyone
wishing to start a new
group.

Contact Genevieve @
780-940-1374.

NEW MEETINGS

South Edmonton Fellowship Centre

9122 34A Avenue NW

Monday 7:00pm In all our Affairs

Tuesday 7:00pm ISMs

Thursday 7:00pm Keep it Simple



Rewarding and Vital Service Positions

Attention AA members who would like to put their name forward for a **Rewarding and Vital Service Position**, helping carry the message to the alcoholic who still suffers. Positions start January 1, 2022.

The Edmonton Central Office Board has 2 **Director** positions to fill.

The Intergroup Committee has 3 positions open: **Vice Chair, Policies & Procedures Chair, and Webmaster.**

Further information can be found on the website under:

Trusted Servants Election for the 2022/2023 Rotation ([home page](#))

Service Workers ([Committees/Intergroup Committee page](#))

Or by email from the **Interim Policies and Procedures Chair** at policieschair@edmontonaa.org.



District 17 Hosts

Area 78

Alcoholics Anonymous

Area Committee Meeting

January 21-22, 2022

Registration Friday Jan 21 - 5:30pm

Lethbridge Christian Tabernacle

For More Information Call:

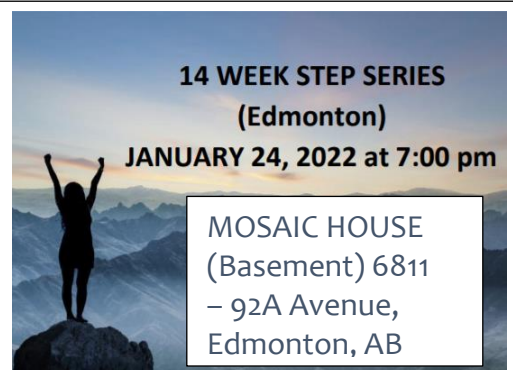
Laurie 403 327 5742

Darcie 403 915 3040

Jamie 403 715 1304

**14 WEEK STEP SERIES
(Edmonton)**

JANUARY 24, 2022 at 7:00 pm



**MOSAIC HOUSE
(Basement) 6811
– 92A Avenue,
Edmonton, AB**

December 20, 2021

Greetings from the 12 Step Chair!

I want to reach out and say that everyone is doing great service work for their groups on the day of the month that your group take the 12 step calls.

My only concern is to make sure that you please call in on the day and at the appropriate time you are asking to call in. There has been a time when the group on that day has not called in on time which is fine, and life happens. However, there are times that the answering service has called the person many times with no response. So, if something happens where you are not available to be on the calls for that day, please reach out to a member of your own group, or just let the answering service know and they will contact me, your 12 Step Chair.

Also, a great reminder for everyone is that the after-hours service is truly for the suffering Alcoholic and that if you require other information, examples: times of meetings, locating a person in a group or anything else please either contact Central Office during office hours or go on the AA. Org website and all the information is available on the site.

If anyone is interested in being added to the 12 Step call list to take calls from someone looking for help in your area, you can go on the website and input your information.

Again, thank you for your service!

Happy New Year and all the best in 2022!

Deborah F. 12 Step Chair

JANUARY DOUBLE PUZZLE

Unscramble the letters to find the words associated with the spiritual principle of Step One: Acceptance. Then use each numbered letter you find to form the mystery phrase associated with acceptance.

LIWL ₄

PEST ₁₂ ₇

AMTID ₃

HRUTT ₅

DATEFE ₂ ₆

FEORED M ₁₀

TIYMLHI ₈

TENTHGRS ₁₁ ₁ ₉

₁ ₂ ₃ ₄ ₅ ₆ ₇ ₇ ₈ ₉ ₁₀ ₁₁ ₁₂

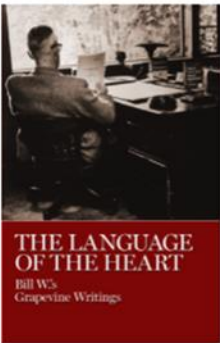
Happy New Year!

GRAPEVINE Daily Quote

January 23, 2021

"Let us always love the best in others, and never fear their worst."

AA Co-Founder, Bill W., January 1962, "This Matter of Fear", *The Language of the Heart*



What service work has meant to me?

Hello, my name is Barry and I'm an alcoholic.

I first learned of service work in the summer of 1992, when I was sent up the creek for 4 months. In that prison it was better to be volunteering for a field worker duty than sitting all day long in the block.

I learned that if I do my best no matter what situation or job duty I have it would get me out of myself, help the time go by and one may get noticed and given a better job ha-ha.

The latter happened and I was given a job in the shop maintenance building as a welder.

Time flew by as I was building truck box attachments and fixing crop sprayers, drinking coffee all day-with as much cream and sugar as I wanted. They had finally noticed my talents ha-ha, as the book says "the goose was flying high" before I knew it, I was sent to AADAC for a 21-day touch-up program with a couple 2-day follow-ups, and I was home at last. Thank God for service work in the Pen!!

Sober only 10 months and freshly out of jail I was a dry drunk looking for a place to happen. I ended up at the Camrose Wednesday evening hospital group meeting. I quickly signed up as a member and was assigned a duty: clean the bathroom after the meeting. I felt I was worthy of a more important job, but it seemed fitting at the time. Honestly it only took 10 minutes ha-ha.

I had secured a good sponsor who made mandatory a service position at all levels.

We would go to district meetings together gather with super old people (at least that's what it seemed like, I was 23) and discuss AA business among other things. We would develop friendships during that time through frequent meeting and discussions. John said we owe it to the still suffering alcoholic to keep the doors of AA open. John was very active in our district and would be very active until he passed away. Thanks John, for your service to AA!!

I was to begin service in AA at that Wednesday group moving throughout the group positions, cleaner-secretary-Chairperson-Treasurer then GSR. In those real early days, my life was in chaos and nothing I could do would stop me from worrying about what was going to become of my family and my life. I had considered the ultimate selfish act, but I was too afraid of missing or only injuring myself.

The extra time with AA members and getting out of my problems helped me to accept my situation and face all I had done in my drinking. It was those long drives with John and all the guys in his van to service events such as WRAASA's, District meetings, Area assemblies and the like that helped get me through those difficult times. Thank God for AA service work!!

Over the years since John passed away, I have been in any number of service positions with many groups, and I give all I can each time. While appreciating all the good things in my life AA has given me, I remember what AA service means to me and that without service work in my AA program I would not have met all those great people that I did meet and still do. I WOULD NOT HAVE REACHED THE NEXT LEVEL OF SPIRITUAL GROWTH. And finally, I would hate to think of what or how I would have dealt with some of life's trying times without AA service. AA and the 3 legacies of recovery have given me everything, bar none!!!

"If I am not inconvenienced by AA service activities, then I'm not doing enough."

(Borrowed from a BC speaker.)

Thank you, Barry B, Vice Chair COB

When your hut's on fire...

The only survivor of a shipwreck was washed up on a small, uninhabited island. He prayed feverishly for God to rescue him. Every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a little hut out of driftwood to protect him from the elements, and to store his few possessions. One day, after scavenging for food, he arrived home to find his little hut in flames, with smoke rolling up to the sky. He felt the worst had happened, and everything was lost. He was stunned with disbelief, grief, and anger. He cried out, "God! How could you do this to me?" Early the next day, he was awakened by the sound of a ship approaching the island! It had come to rescue him! "How did you know I was here?" asked the weary man of his rescuers. "We saw your smoke signal," they replied.



The Moral of This Story:

It's easy to get discouraged when things are going bad, but we shouldn't lose heart, because God is at work in our lives, even in the midst of our pain and suffering. Remember that the next time your little hut seems to be burning to the ground. It just may be a smoke signal that summons the *Grace of God*.

More tips for staying sober over the holidays:

5. Some triggers and traps are optional

If you know Cousin Sadie is going to grill you about rehab, avoid her. If Uncle Brian is going to mix you a stiff drink, stay away from him. If the office New Year's party is really all about drinking make a brief appearance or don't attend.

6. Practice self-care throughout the holidays

Celebrate the holiday season and the fullness of your sober life by taking time for yourself. Proper nutrition, gentle exercise and restorative sleep can do wonders for your well-being. The better you feel physically, the stronger you will be emotionally. Nourish your spirit, too, through personal reflection and connection with those you love.

A WORD SEARCH

Words can be up, down, across or diagonal. Have fun, and win a few minutes of free sobriety!

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

Find the following words in the puzzle above:

Acceptance	Happiness	Obsession
Courage	Honesty	Pain
Dependence	Humility	Peace
Faith	Identify	Serenity
Fear	Inventory	Service
Gratitude	Seek	Tolerance

7. If you need treatment for addiction, consider going to rehab over the holidays

Some families might consider the holidays an inappropriate time to help a loved one get into addiction treatment when, in fact, it could be an ideal opportunity. For many of the reasons mentioned earlier, substance abuse tends to ramp up over the holidays. Addiction treatment initiated during the holidays could be the best gift you give to your family, your friends and yourself.

Edmonton Central Office Society			
INCOME STATEMENT 2021			
	November		
	Actuals	Budget	variance
General Receipts:			
Group Contributions	\$ 5,999.40	\$6,561.06	\$561.66
Individual/Bequeath	\$ 1,630.00	\$1,806.89	\$176.89
Birthday Club/Faithful Fivers	\$ 580.00	\$362.84	-\$217.16
Office Supplies / Postage	\$ 60.00	\$93.12	\$33.12
Newsletter	\$ -	\$0.00	\$0.00
Rental Income-EGSC, etc	\$ 60.00	\$0.00	-\$60.00
Tradition Seven-meetings	\$ 311.65	\$260.41	-\$51.24
Fundraising	\$ -	\$416.67	\$416.67
Other Inc (Interest, etc)	\$ 4.95	\$1.22	-\$3.73
Total General Receipts	\$ 8,646.00	\$9,502.19	\$856.19
Literature & Medallion			
Literature	\$ 6,327.65	\$8,257.81	\$1,930.16
Medallion	\$ 2,341.00	\$1,572.52	-\$768.48
Total Literature and Med.	\$ 8,668.65	\$9,830.33	\$1,161.68
Total Revenue	\$ 17,314.65	\$19,332.53	\$2,017.88
Expenses: (COS)			
AAWS & Grapevine Literature	\$ 3,946.31	\$4,765.60	\$819.29
Meeting list & Greeting Cards	\$ 163.10	\$281.92	\$118.82
Medallion Purch /engraving	\$ 1,272.93	\$924.78	-\$348.15
Freight / Brokerage	\$ -	\$0.00	\$0.00
	\$ 5,382.34	\$5,972.31	\$589.97
Intergroup Expenses			
12 Step Answering	\$ 404.87	\$408.33	\$3.46
Literature expense	\$ 37.92	\$16.55	-\$21.37
Communications & Tech	\$ -	\$0.00	\$0.00
Other (Archive, 12 Step,Cred,Grp Serv	\$ -	\$100.00	\$100.00
	\$ 442.79	\$524.89	\$82.10
Administrative Expenses			
Accounting & Legal	\$ 179.38	\$232.16	\$52.78
Bank Chgs & Cr Card chgs	\$ 124.86	\$127.30	\$2.44
Computer & IT Maintenance	\$ 179.37	\$500.00	\$320.63
Equipment Lease/Purchase	\$ 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	\$ 263.38	\$21.66	-\$241.72
Postage	\$ 144.25	\$290.40	\$146.15
Rent	\$ 3,778.56	\$3,663.41	-\$115.15
Repairs & Maintenance	\$ -	\$0.00	\$0.00
Salaries, Source, WCB	\$ 5,279.34	\$5,300.12	\$20.78
Staff Training / Seminar	\$ -	\$0.00	\$0.00
Telephone / Internet	\$ 133.09	\$216.09	\$83.00
	\$ 10,763.80	\$11,315.09	\$551.29
	\$ -		
Total Expenses	\$ 16,588.93	\$17,812.28	\$1,223.35
Income / (Loss)	\$ 725.72	\$0.00	-\$725.72

