

ECO NEWS

\$1.00

March 2022

Edmonton Central Office Society
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www.edmontonaa.org
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Sober St. Patrick's Day



From the Editor

Aclaimed TV producer William Spencer Reilly created Sober St. Patrick's Day® with the mission to reclaim the true spirit of St. Patrick's Day which, this month, is March 17. William's goal was to change the day from an occasion for binge drinking and other misuse of alcohol to a celebration of the richness of Irish culture and the legacy of St. Patrick.

This issue of the newsletter includes suggestions on ways to celebrate St. Patrick's Day without alcohol, a Grapevine article on Emotional Sobriety by Bill Wilson, a letter from the new Area 78 Panel 72 Delegate providing us with details about the upcoming Pre-Conference Assembly, and an inspiring article by one of our members entitled "The Way Out". The article is about those who have been imprisoned who found that AA was the way out of prison. Curiously, many of them went back to prison, but only for an hour at a time to chair an AA meeting. Interestingly, the two competing names for the big book were **"The Way Out"** and **"Alcoholics Anonymous"**. The latter won out because there was already a copywrite on the name "The Way out". However, this is an apt title for the member article in this newsletter. Enjoy the newsletter.

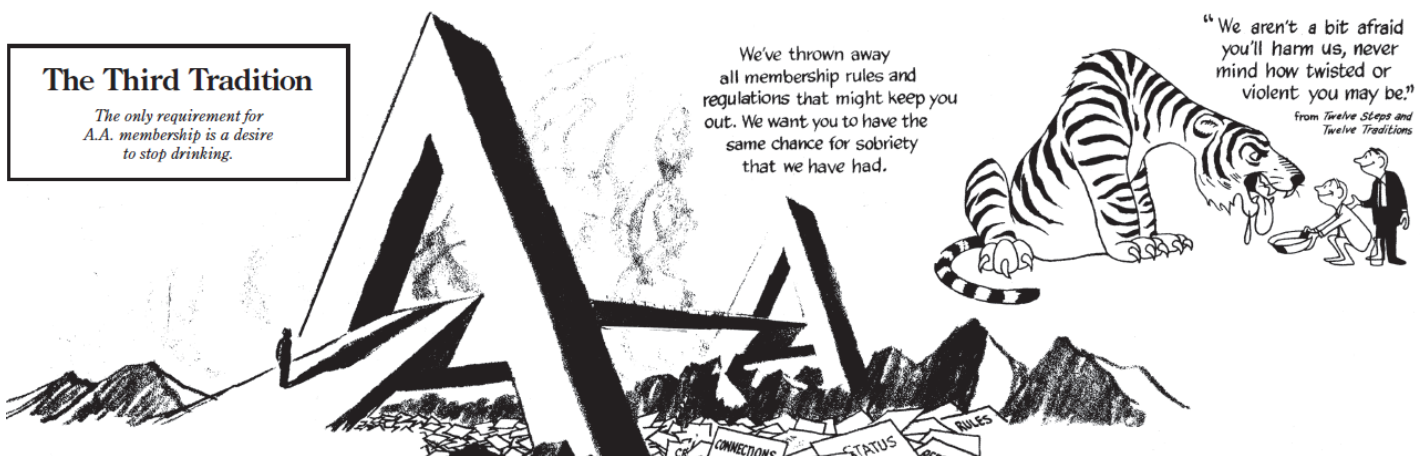
In service and with gratitude, Julia J., Editor of the ECO newsletter

The Third Tradition

The only requirement for A.A. membership is a desire to stop drinking.

We've thrown away all membership rules and regulations that might keep you out. We want you to have the same chance for sobriety that we have had.

"We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be."
from Twelve Steps and Twelve Traditions



(Reprinted from *The Twelve Traditions Illustrated*, P. 3, a publication of AA, used with permission)

STEP THREE

“Made a decision to turn our will and our lives over to the care of God, as we understood Him.”

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: “This is the way to a faith that works.”

TWELVE STEPS and TWELVE TRADITIONS p. 34

PROMISE THREE

“We will comprehend the word serenity.”

THIRD STEP PRAYER

***“God,
I offer myself to Thee
To build with me & to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties,
That victory over them may bear witness
To those I would help of Thy Power,
Thy love & Thy way of life,
May I do Thy will always!”***

CONCEPT THREE

“To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

- Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- Do we trust our trusted servants —G.S.R., D.C.M., area delegate, the Conference itself?

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

The Next Frontier: Emotional Sobriety

by Bill Wilson

Copyright © AA Grapevine, Inc, January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years backed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence – almost absolute dependence – on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

(continued next page)

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

AA HISTORY FOR THE MONTH OF MARCH

March 1

1939 — Readers Digest declined to write article on AA.

1941 – Jack Alexander’s Saturday Evening Post article was published and membership jumped from 2,000 to 8,000 by year’s end.

March 3

1947 — Nell Wing started work at Alcoholic Foundation, 415 Lexington Avenue, NYC.

March 4

1891 — Lois W. was born.

1947 — Nell Wing met Bill W. for the first time.

March 5

1945 — Time Magazine reported first of a series of Detroit radio broadcasts by AA members.

March 7

1940 — Bill and Lois W. visited Philadelphia AA group.

1941 — Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.

March 9

1941 — Wichita Beacon reported on an AA member from NY who wanted to form a group in Wichita, KS.

March 10

1944 — New York Intergroup was established.

March 11

1949 — The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in Alcoholics Anonymous, was formed in Minneapolis by five Catholic AA members.

March 14

South Orange, NJ, AA group held an anniversary dinner with Bill W. as guest speaker.

March 15

1941 — First AA group in New Haven, CN, was formed.

March 16

1940 — Alcoholic Foundation and Works Publishing moved from Newark to 30 Vesey St. in lower Manhattan.

March 21

1881 — Dr. Bob’s wife, Anne, was born.

1966 — Ebby T., whom Bill W. called his sponsor, died sober.

March 22

1951 — William Duncan Silkworth, MD, died at Towns Hospital. He helped more than 40,000 alcoholics during his lifetime.

1984 — Clarence S., “Home Brewmeister,” died at 81.

(continued next page)

March 23

1936 — Bill & Lois W. visited Fitz M., "Our Southern Friend," in Maryland.

1940 — Lois W. paid her first visit to the office on Vesey Street in NYC.

March 25

1898 — Jim B. ("The Vicious Cycle") was born.

March 29

1943 — The Charleston Mail, WV, reported on Bill W.'s talk at St. John's Parish House.

March 31

1947 — 1st AA group formed in London, England.

Other March happenings with no specific date:

1936 – AA had 10 members staying sober. At end of 1936 AA had 15 members.

1940 – Mort J. arrived in LA from Denver and helped faltering group; started custom of reading Chapter 5 Big Book at Cecil group.

1941 – 1st Prison AA Group was formed at San Quentin.

1941 – Second printing of Big Book appeared.

1946 – The March of Time film on AA was produced.

1949 – Dr. Bob considers idea of AA conference premature.

1951 – American Weekly publishes memorial article for Dr. Bob.

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

Ways to celebrate St. Patrick's day without drinking a drop of alcohol.

1. Attend a Parade

Cities across the country celebrate St. Patrick's Day by hosting parades. These are an excellent way to get into the spirit of the holiday and are not built around drinking in any way. Indeed, heavy drinking might even get a person sent away from the parade by police, denying them the opportunity to enjoy it.

2. Cook a Traditional Irish Meal

Food brings people together and is an excellent way to celebrate a cultural holiday like St. Patrick's Day. Instead of going out to the bar or a restaurant, put on your chef's hat and pick out a recipe for Irish stew, boxty, coddle, or barmbrack.

3. Listen to Irish Music

Traditional Irish songs are lively and exciting, the type of music that demands that you stand up and dance along or at least tap your foot to the beat.

Finding Irish music is an easy task, particularly as the holiday approaches. Streaming services like Spotify and Pandora build playlists each year, and YouTube is an excellent free source for videos and performances. If you live in an area with a decently sized population of Irish immigrants and descendants, there may even be a group performing live music that you can see.

<https://brookdalerecovery.com/7-ways-to-celebrate-a-sober-st-patricks-day/>

FAITHFUL FIVERS

Stanley T.
St. Albert Sunday Step Study Group

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.

March 17 is St. Patrick's Day

Over the years, St. Patrick's Day has become associated with binge drinking and public intoxication, which reinforces the stereotype of the "Drunken Irish." This negative image alienates large segments of the community: families with young children, teens, senior citizens, members of the recovery community and many others who have therefore stopped celebrating the day. **Sober St. Patrick's Day®** was created as a fresh alternative for those who want to celebrate the holiday *in an alcohol-free atmosphere*. The event was launched by TV producer William Spencer Reilly, and features an entertainment lineup that includes world-class Irish musicians, dancers and comedians.

"Our mission is to reclaim the true spirit of the day, and to change the perception of what St. Patrick's Day can be," said Reilly. *"We're doing this by providing an event that focuses on the richness of Irish culture. For anyone not in recovery, we're not against anyone enjoying a couple of drinks on St. Patrick's Day; we're just against the practice of some people using the holiday as an excuse to get drunk."*

Learn more about Sober St. Patrick's day at <https://www.soberstpatricksdays.org/>

BIRTHDAY CLUB

Jessica C.
NEW Women's Group Stony Plain.

"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



"Siri. Make it Spring."



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.



More ways to celebrate St. Patrick's day without drinking a drop of alcohol.

4. Learn an Irish Dance

Ireland is known for developing an iconic style of dancing called Irish step dancing, which is composed of jigs, reels, and other elaborate footwork often while wearing intricate and colorful costumes. You can find demonstrations online or at local events on St. Patrick's Day. These dances are fast paced and exciting to watch, regardless of a person's age or music tastes. If you are feeling especially bold, you might even take the day to try and learn one of the dances for yourself.

<https://brookdalerecovery.com/7-ways-to-celebrate-a-sober-st-patricks-day/>



Group Birthdays March 2022

60 Minutes to Sobriety

Last Sunday

Mar 27 Jim M. 12 yrs
Kim M. 18 yrs

Breathe Easy

First Friday

Mar 4 Travis 1 yr
A.J. 4yrs
Hank M 11 yrs
Margaret N 1 yr

Fellowship Breakfast

Last Saturday

Mar 26 Jeff P. 1 yr
Stacy W. 3 yrs

Gratitude

Last Monday

None

Jasper Place

Last Tuesday

None

Last Call

Last Wednesday

Mar 30 Glenn G. 4 yrs
Marty S. 5 yrs



Mustard Seed

Last Sunday

None

Oilman's

First Monday

Mar 7 Ron G. 43 yrs

South Side

Third Friday

Mar 18 Dan S. 15 yrs
Darren J. 3 yrs

Step Sisters

Last Wednesday

Mar 30 Cathy C. 12 yrs
Cheryl T. 6 yrs

WEMG

First Wednesday

Mar 2 Brett M. 16 yrs
Ross M. 4 yrs
Logan M. 4 yrs
Ken C. 11 yrs

Westminister

Last Saturday

Mar 26 Roger B. 46 yrs
Mike L. 5 yrs

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

SHERWOOD PARK

12 Steps to Serenity

Last Monday

Mar 28 Anita P. 1 yr
Rochelle R. 5 yrs
Chris N. 4 yrs

ST. ALBERT

St. Albert Breakfast

Mar 10 Simone H. 10 yrs
21 Andreas A. 7 yrs
24 Brian M 37 yrs

St. Albert Sunday Night

Last Sunday

Mar 27 Brett M. 15 yrs
Ken C. 11 yrs
Logan M. 4 yrs
Ross M. 3 yrs

S.A. Back to Basics

First Thursday

Mar 3 Sean M. 20 yrs



Upcoming Events and other Notables

New Indo-Canadian Meeting

Indo-Canadian Living Sober weekly closed AA meeting at the South Edmonton Fellowship Centre (9122 34A Avenue NW, Edmonton) starting Friday March 4th at 7:00 PM for those who speak Punjabi, Hindi, Urdu or English.

ਇਸ ਨੂੰ ਸ਼ਰਾਬ ਪੀਣ ਦੇ ਬਗੈਰ ਕਰੋ

District 57 Unity Night

Wednesday, March 17, 2022, 7:30 p.m. – 9:30 p.m.

On Zoom Enter PMI (Personal Meeting ID): 780 206 7204

Al-Anon Speaker Jill D – Strength and Hope Group
 A.A. Speaker Barbara A – Crestwood Group
 Area Guest Mike M – Alternate Delegate

For More Information, Please Contact Francis L.
 780-206-7204
 francislusson@hotmail.com

75th Anniversary of A.A. in Edmonton

*“What We Used to be Like,
 What Happened,
 and What We Are Like Now”*

SATURDAY, JUNE 11TH, 2022
 NORTHGATE LIONS RECREATION CENTER
 7542 – 139 AVENUE, EDMONTON
 9A.M. – 9 P.M.

20 A.A.
 SPEAKERS!

FUN &
 FELLOWSHIP!

AA
 ENTERTAINMENT!

Tickets available from
 Edmonton Central
 Office
 780 424-5900

\$40 each including
 Banquet/ \$10 each
 excluding Banquet

(Groups purchasing 6
 or more tickets can
 reserve get a reserved
 banquet table)



1st Annual Goose Lake Roundup Hosted by Whitecourt A.A. Group with Al-Anon Participation

This Event will follow the Covid-19 Protocols
 as suggested by Our Alberta Government.
 Proof of Vaccine will be required



Where: Goose Lake Hall also known as Lone Pine, Alberta

When: July 22 – July 24, 2022 Tickets \$20 per person; Supper Only \$10

Theme: “The Joy of Living” from A.A.’s Twelfth Step....

Featuring: Friday & Saturday Night FREE Camping –

First Come Basis... Space for 10 Camping Units

No Hook Ups. Open Field for Tenting- no firepits

Friday: Event Starts 4:00 Check-in and set up
 Campers/Tents

Across the road is the Goose Lake Campground. Rate is
 \$25.00 per night. To Reserve a Site Call: 1(780)584-2480



75th Anniversary of A.A. in Edmonton

"WHAT WE USED TO BE LIKE, WHAT HAPPENED, AND WHAT WE ARE LIKE NOW"

WE WANT YOU!



The 75th Anniversary Committee is looking for members and groups to participate in the Skit Happens, AA Talent Show, and AA JeopardAA Game taking place at the event on June 11, 2022

Get your group members or friends together and sign up today!

Go to <http://bit.ly/recoveryskits> and pick out your own skit to perform!

Study the Big Book to prepare for AA JeopardAA!

Bring your Special Talent to perform!

Email us at 75thAnniversaryEdmonton@gmail.com to register your group and skit or to register for AA talent show and more.



WANT TO HELP IN OTHER WAYS?

If you'd like to get involved, either now or later, PLEASE e-mail us at

75thAnniversaryEdmonton@gmail.com

OR come to our next meeting:

Thursday, March 24, 6 pm at Central Office

Or on Zoom: 328 256 654 Passcode: March19201

Oilmen's AA Group

66th Anniversary

March 7, 2022

8318 - 84 Avenue
Southside Chapter House
Edmonton, AB

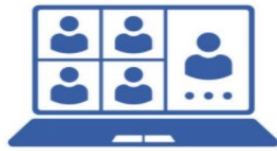
Pot Luck Supper at 7:00 PM

Meeting at 8:00 PM

Help us celebrate!

Guest Speaker: ?





Corrections Committee Speaker Event

The Corrections Committee will be having a speaker on "Sherpas" and their role as the main contact and in guiding Volunteers into a Correctional institution.

Tuesday, March 18 at 6:30 p.m.

Here: <https://us02web.zoom.us/j/8427435949>

Looking forward to your visit

Area 78
Grapevine Committee Meeting

Last Sunday of the month

12 Noon to 1pm

Zoom ID 708 555 5414

Open to any AA member

For more information Contact Edwin S.
Grapevine Committee Chair

edsiggel@telus.net

grapevine.72@area78.org

Phone - 780 831 7658

AAGRAPEVINE
The International Journal of Alcoholics Anonymous

Hello Fellow Travelers, My name is Tami and I am an alcoholic.

We are facing some exciting times in A.A. with new websites (Area 78 and aa.org), a new Service Manual and new friends to make as we help those who still suffer (in and out of our rooms).

With the Pre-Conference Assembly coming up very quickly, I thought some of you, your GSRs and members may be interested to learn more. As such, please find below some details for Information Sessions prior to the Pre-Conference Assembly. All members are welcome. Please share with your Groups and if you are aware of groups without a DCM, please pass it on to them as well.

The Pre-Conference Assembly will be held Friday 6:00 pm - Sunday 1:00 pm March 18-20, 2022. We welcome you to a wonderful experience as you share your experience, strength and hope. For any DCMs who are not yet connected with the new Area 78 email system, please email eservices.72@area78.org.

Yours, in loving service,
Tami L. Area 78 Panel 72 Delegate



AREA 78 PRE-CONFERENCE INFO SESSIONS

GSRs, DCMs and Members

THIS IS FOR YOU!

(GSR = General Service Representative)

(DCM = District Committee Member)

2. AGENDA ITEMS DISCUSSION

- Review Agenda Items
- Meet some Committee Chairs
- How to share the responses
- The Delegate's Report
- Q & A

Wednesday, March 9, 2022

Zoom 708 555 5414

7:00 - 9:00 pm

OR

Saturday, March 12, 2022

Zoom 708 555 5414

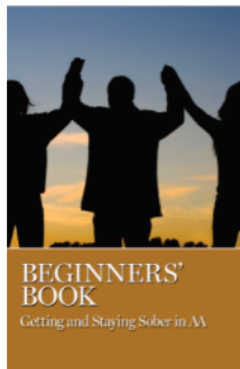
10:00 am - Noon

GRAPEVINE Daily Quote

March 27, 2021

"I was so busy juggling the regrets of the past with the expectations of tomorrow I had no time for living in the present."

Atlanta, Ga., August 2001, From: "How Is My Now?", *Beginner's Book*



Groups Needing Support

Mon - Chapter-Oilmen's Group
Mon - Eastwood Group
Tue - Rite Trac Group
Tue - Jellinek Sunrise Light Luncheon Meeting
Wed - Jellinek Jumpstart
Thurs - North Edmonton Group
Fri - Jellinek Sunrise Light Luncheon Meeting

[Check meeting list for times](#)

More ways to celebrate St. Patrick's day without drinking a drop of alcohol.

5. Celebrate with Irish-Themed Foods or Drinks

Perhaps the most iconic of these is the McDonald's Shamrock Shake, but it is by no means the only option. Countless restaurants offer their own special Irish twists to the menu, which can be anything from a true traditional dish to merely coloring one of their popular menu items green. If you have an itch to unleash your inner cook and create an adventure in the process, consider looking up a recipe for a holiday themed treat that you can make yourself.

6. Go for a Run

If running is a hobby of yours or finishing a race is a bucket list goal, St. Patrick's Day is an excellent opportunity to join a 5K race. These races are hosted all around the country on St. Patrick's Day and are not your average competition. Instead, many participants choose to spice up the day with a dash of Irish flair. Runners frequently choose to dress as leprechauns, dye themselves green, or carry a pot of "gold" (usually candy to toss to the crowd) with them.

In the event that you do not want to run, it is still plenty of fun to cheer on the participants from the sidelines. Many people even make a day of it by bringing their lawn chairs and favorite foods as they gather with friends.

7. Spend Time with Sober Friends

What matters most about a holiday is that it brings together friends and family for an enjoyable time. You can spend St. Patrick's Day doing whatever activity you want without having to drink. The fun of the day does not come from alcohol, but from the company you choose to share it with.

<https://brookdalerecovery.com/7-ways-to-celebrate-a-sober-st-patricks-day/>

The Way Out

After a twenty year binge I made a decision to go to AA. I figured that if I could stay on the wagon for 30 days it would be a miracle. I had no problem quitting. I had quit numerous times, usually on a Monday morning, but as soon as the guilt, shame and remorse would subside I would be back at it. Never again just didn't work. After crashing and burning, I was twelve stepped into the program by my father who took me to my first couple of meetings and then let me go. He passed on his Big Book and 24 Hrs a Day to guide to me. That was September 24, 1987.

I took to AA like a duck to water. I went to an AA meeting every day and got two sponsors, one gentle and kind and the other rough and gruff. To this day I remember everything the rough and gruff sponsor told me. I thought he had a way with words, but later discovered everything he said was straight out of the Big Book. He stressed the need to change my attitude. I later discovered that one of the promises stated my whole attitude and outlook on life would change.

I also learned a lot about the history of AA in the Peace River Country. I heard about the Ten Year Breakfast at Courtesy Corner, and how once a week a car load of drunks from the main towns would drive to the Peace River Correctional Center to carry the message. Some groups drove 150 miles to get there. Pop said they had a meeting on the way there, a meeting in the jail and another meeting on the way back. Dad was no stranger to the penal systems having served three "rubbie bits" for Impaired Driving. The judge then informed him he was not sending him back to jail and court ordered him to AA. That's when the miracle happened. Dad found sobriety and never when back to jail.

After a year's sobriety, I decided to leave town for new beginnings. I found a job as a Culinary Arts instructor reintegrating people to the work force. The course was held during the off season at a prominent resort hotel in Jasper. It was a long winter in tight quarters with a mixed bag of students. I learned the Serenity Prayer forwards, backwards, and sideways.

When the course was complete, I moved to Edmonton and prepared for my next challenge - teaching a captive audience at the Edmonton Institution, a maximum security penitentiary. This provided an opportunity to see how my experience could help others. Fortunately all my students were lifers who practiced a code of dignity and respect.

I felt very privileged to be provided opportunity to be of service. I belonged to a very service oriented group and our group conscience encouraged members to service positions. I accepted Treatment and Corrections and was soon attending meetings at the Ft Saskatchewan Correctional Facility.

It was just like Pop's said; we had a meeting all the way there; a meeting at the jail and a meeting on way the way back, and a lot of laughs in between. I also started attending meetings at the "Max" the Edmonton Institution. I then become the Chair of the Edmonton General Service Corrections Committee and started attending meetings at the Remand Center and named the Turning Point meeting at the Edmonton Young Offenders Center.

My experience led me to the position of Area 78 Corrections Chair. I attended round ups at Bowden, Grande Cache and all the local institutions.

I often read excerpts from A Five Time Loser Wins story written by a tough con, in the third edition Big Book. The author's closing statement is "God bless all you people in A.A. and especially you fellows in prison. Remember you now have a choice.

During my drinking days I was always fearful I was going to end up in jail. After I got sober, I DID end up in jail, but after an hour they let me out. No lawyer, judge or bailman got me out. It was the power of AA that let me walk out, Happy Joyous and Free. The reward of trying to carry the message was my sobriety. I knew I had done the right thing, and found a new freedom and happiness.

They say the truth shall set you free. The truth is "my name is Stanley and I'm an Alcoholic. I am responsible when anyone anywhere reaches out for help; I want the hand of AA to be there. And for that I am responsible.

In closing I would like to share the reflections of an inside member "I went in and out of jail for fourteen years. It was always the same. I always made big plans for what I was going to do when I got out. What I failed to do was to plan how to stay out. **AA taught me the way out."**

Stan T - St Albert

Give freely of what you find and join us –

See the Central Office calendar for meeting information

The Obsession of the Mind...

A drunk was stranded on a desert island with no food or 'drink' or way to escape. He found a bottle and dusted it off and a magic genie appeared.

"You have freed me!" exclaimed the genie, "I grant you three wishes!"

"Anything I want?" the drunk asked.

"Yes, any three things you want!" the genie replied.

"Oh WOW! I want a bottle of Rum that always stays full!" cried the drunk. POOF! The bottle appeared. When a big drink was taken, it was still full! "Oh WOW Oh WOW!" the drunk exclaimed.

Still drinking the genie is looking at his watch... "You still have two more wishes!" Holding the bottle high the drunk exclaimed "Oh WOW! I want two more of these!"

10 SIGNS YOU'RE DOIN WELL IN LIFE:

1. You have a roof over your head.
2. You ate today.
3. you have a good heart.
- 3 You wish good for others.
4. You have clean water.
6. Someone cares for you.
7. You forgive others.
8. You have clothes to wear.
9. You stay in faith.
10. You're breathing.

Be thankful for the little things.

Edmonton Central Office Society			
INCOME STATEMENT 2022			
	January		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$7,252.05	\$ 5,413.85	\$1,838.20
Individual/Bequeath	\$1,025.00	\$ 976.80	\$48.20
Birthday Club/Faithful Fivers		\$ 5.63	(\$5.63)
Office Supplies / Postage	\$66.00	\$ 128.88	(\$62.88)
Rental Income-EGSC, etc	\$60.00	\$ 262.50	(\$202.50)
Tradition Seven-meetings	\$219.05	\$ 340.48	(\$121.43)
Fundraising		\$ -	
Other Inc (Interest, etc)	\$5.11	\$ -	\$5.11
Total General Revenue	\$8,627.21	\$ 7,128.15	\$1,499.06
Literature & Medallion			
Literature	\$5,337.45	\$4,901.86	\$435.59
Medallion	\$2,302.70	\$1,533.84	\$768.86
Total Literature and Med.	\$7,640.15	\$ 6,435.70	\$1,204.45
Total Revenue	\$16,267.36	\$13,563.86	\$2,703.50
Expenses			
AAWS & Grapevine Literature	\$2,803.23	\$ 3,282.69	\$479.46
Meeting list & Greeting Cards	\$244.03	\$ 88.75	(\$155.28)
Medallion Purch /engraving	\$1,228.40	\$ 698.29	(\$530.11)
Intergroup Expenses			
12 Step Answering	\$404.87	\$ 408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$13.44	\$ 42.00	\$28.56
Administrative Expenses			
Accounting & Legal	\$179.38	\$ 225.00	\$45.62
Bank Chgs & Cr Card chgs	\$224.36	\$ 150.00	(\$74.36)
Computer & IT Maintenance	\$128.13	\$ 175.00	\$46.87
Equipment Lease/Purchase	\$359.77	\$ 375.00	\$15.23
Fundraising expense		\$ -	
Insurance	\$321.80	\$ 300.00	(\$21.80)
Office Supplies	\$376.74	\$ 250.00	(\$126.74)
Postage	\$202.72	\$ 300.00	\$97.28
Rent	\$3,778.56	\$ 3,779.00	\$0.44
Salaries, Source, WCB	\$6,649.97	\$ 6,364.00	(\$285.97)
Staff Training / Seminar		\$ -	
Telephone / Internet	\$133.09	\$ 165.00	\$31.91
Total Expenses	\$17,048.49	\$16,602.73	(\$445.76)
Total Revenue	\$16,267.36		
Total Expenses	\$17,048.49		
Income / (Loss)	(\$781.13)		

