

ECO NEWS

\$1.00

April 2022

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

TRADITION FOUR

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.”

From the Editor

Sunday, April 17 is Easter

Wishing you all a happy Easter!

In this edition of the *Edmonton Central Office* newsletter, we examine the subject of “relapse”. To begin with, all sentences in the Big Book and Twelve and Twelve that include the word “relapse” are cited with page numbers.

There is a common misconception that relapse prevention skills should only be used when someone is having a desire to drink. However, relapse prevention skills can be implemented into each recovering person's daily schedule to prevent or reduce the risk of cravings. This month we cover the 10 best relapse prevention tools according to Theresa Parisi, Certified Addiction Professional and Lifestyle Coach.

Additionally, we have the usual features this issue including AA History for the month, AA birthdays for the month, Report from E.G.S.C, letter from Area 78 P72 Delegate, AA jokes and cartoons.

ECO is always looking for members to share their experiences by submitting articles for publication in ECO issues. If you would like to write a short article about your experience with a Step, Tradition, meeting or A.A. event, email your contribution to the editor at editor@edmontonaa.org or contact the office 780-424-5900. It is a great opportunity for doing service from your home! Newcomers and Long-timers alike are welcome to participate. We look forward to hearing from you.

In service and with gratitude,

Julia J.,
Editor of the ECO newsletter

STEP FOUR

“Made a searching and fearless moral inventory of ourselves.”

... So these desires—for the sex relation, for material and emotional security, and for companionship —are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.

(Reprinted from 12 STEPS and 12 TRADITIONS, P. 42, a publication of A. A.)

PROMISE FOUR

“We will know Peace”

CONCEPT FOUR

At all responsibility levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation for each member in reasonable proportion to the responsibility that he/she must discharge.

(Paraphrased from the A.A. Service Manual/Twelve Concepts for World Service)

FOURTH STEP PRAYER

**Dear God,
It is I who has made my life a mess.
I have done it, but I cannot undo it.
My mistakes are mine &
I will begin a searching & fearless moral inventory.
I will write down my wrongs
But I will also include that which is good.
I pray for the strength to complete the task.**

Alcoholics Anonymous, Cleveland

Relapse

1.

Big Book

BB *More About Alcoholism*, p.31

In some instances there has been brief recovery, followed always by a still worse **relapse**.

2.

Twelve
and
Twelve

12&12 *Step Twelve*, p.111

For example, we may set our hearts on getting a particular person sobered up, and after doing all we can for months, we see him **relapse**.

3.

Big Book

BB *To Wives*, p.120

Though it is infinitely better that he have no **relapse** at all, as has been true with many of our men, it is by no means a bad thing in some cases.

4.

Big Book

BB *The Family Afterward*, p.125

In most cases, the alcoholic survived this ordeal without **relapse**, but not always.

5.

Big Book

BB *More About Alcoholism*, p.35

So we shall describe some of the mental states that precede a **relapse** into drinking, for obviously this is the crux of the problem.

6.

Twelve
and
Twelve

12&12 *Step Five*, p.56

Some people are unable to stay sober at all; others will **relapse** periodically until they really clean house.

7.

Big Book

BB *There Is A Solution*, p.26

Above all, he believed he had acquired such a profound knowledge of the inner workings of his mind and its hidden springs that **relapse** was unthinkable.

AA HISTORY FOR THE MONTH OF APRIL

April 1

1939 – “Alcoholics Anonymous”, AA’s Big Book was published.

1940 – Larry J. of Houston, wrote The Texas Preamble used to open AA meetings in Texas.

1966 – Sister Ignatia died at the age of 77. She worked with Dr. Bob in treating many early AA members at St. Thomas Hospital in Akron.

1984 – 12 Coconuts Group, Kapiolani Park, Waikiki, Hawaii, was founded.

April 3

1941 – First Florida AA meeting was held.

April 4

1960 – The Chicago Daily News reported that Fr. Ed D., a Jesuit priest who helped start the first AA group in St. Louis, had died at age 62.

April 7

1941 – Ruth Hock, Bill W.’s secretary, reported there were 1,500 letters asking for help, as a result of the Saturday Evening Post Article by Jack Alexander.

April 10

1939 – The first ten copies of the Big Book arrived at the office Bill shared with Hank P. in Newark, New Jersey.

April 11

1938 – Alcoholic Foundation held its first meeting.

1939 – Marty M. attended her first meeting at the home of Bill and Lois W. in Brooklyn.

1941 – Bill and Lois W. moved into their new home, Stepping Stones.

April 12

1942 – The Windsor Daily Star in Ontario, Canada, reported that over 400 AA’s attended a testimonial dinner for Dr. Bob.

April 16

1940 – A sober Rollie H. caught the only opening day no-hitter in baseball history since 1909.

1973 – Dr. Jack Norris, non-alcoholic Chairman of the AA General Service Board, presented President Richard Nixon with the one-millionth copy of the Big Book at the White House.

April 17

1941 – 2nd group in Los Angeles, the “Hole in the Ground Group” was formed.

April 19

1940 – First AA group in Little Rock, Arkansas, was formed.

April 22

1940 Bill W. transferred his Works Publishing Stock to the Alcoholic Foundation. The date on which Hank P. transferred his stock is uncertain.

April 23

1940 – Dr. Bob wrote the Trustees to refuse Big Book royalties, but Bill W. insisted on them for Dr. Bob and Anne.

April 24

1989 – Dr. Leonard Strong died. He was Bill’s brother-in-law and a non-alcoholic AA Trustee.

April 25

1951 – AA’s first General Service Conference was held.

April 26

1939 – Bill & Lois W. moved in with Hank P. after the bank foreclosed on 182 Clinton St. This was the first of over 50 moves before they acquired Stepping Stones.

April 30

1989 – The film “My Name is Bill W.,” a Hallmark Hall of Fame presentation, was broadcast at 9 p.m. on ABC TV.

Other April events for which we have no specific dates (Reprinted from Oregon Area 58):

1940 – The “Texas Preamble” used to open meetings in Texas, was written by Larry J. of Houston.

1940 – The first AA pamphlet was published, entitled simply “AA.”

1958 – The word “honest” was dropped from “an honest desire to stop drinking,” in the AA Preamble.

1960 – Bill W. refused to be on the cover of Time Magazine.

1988 – Cybil C., the first woman member in Los Angeles and archivist, died.



Group Birthdays for April 2022

60 Minutes to Sobriety

Last Sunday
Apr 10 Des T. 12 yrs

Breathe Easy

First Friday
April 8 Judy K. 5 yrs
Mike B. 6 yrs

Gratitude group

Last Monday
Apr 6 Josh F. 6 yrs
11 Trina S. 6 yrs
25 Sara 3 yrs

Jasper Place

Last Tuesday
None

Last Call Group

Last Wednesday
Apr 18 Michelle L. 4 yrs

Mustard Seed Group

Last Sunday
Apr 7 Dave L. 42 yrs

South Side Group

Third Friday
Apr 9 David R. 5 yrs
11 Dennis F. 27 yrs

Step Sisters

Last Wednesday
Apr 13 Maureen A. 12 yrs
28 Joan J. 6 yrs

WEMG Group

Last Wednesday
Apr 7 Dave J. 4 yrs
12 Lucas H. 5 yrs
17 Jason H. 4 yrs
29 Seann H. 8 yrs

SHERWOOD PARK

12 Steps to Serenity
Apr 23 Brad F. 23 yrs

Groups: please send Birthdays in May to the editor by email or update your members list at Central Office.



ST. ALBERT

Back to Basics

Last Saturday
Apr 9 Bert 11 yrs
18 Nicki W. 11 yrs

Sunday Night

Last Sunday
Apr 1 Arlene B. 6 yrs
27 Shirley S. 30 yrs
28 Nicky W. 11 yrs

Breakfast

Apr 3 Michelle B. 3 yrs
10 Jocelyn M. 3 yrs
30 Mac F. 2 yrs

Oilman's

First Monday
Apr 6 Kenny E. 17 yrs

West End 12 Step

First Tuesday
Apr 19 Toby M. 36 yrs

Westminster

Last Saturday
Apr 7 Ronald R. 36 yrs
14 Gerry H. 12 yrs
21 Christine W. 28 yrs
22 Linda T. 28 yrs
25 Terry F.-A. 47 yrs
27 JoAnn 3 yrs

Upcoming Events and other Notables

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)

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!



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

Cooperation with the Professional Community Luncheon with Professionals

Members of CPC committees inform professionals and future professionals about Alcoholics Anonymous – what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A. and professionals, and to find simple, effective ways of cooperating without affiliating.

When: WEDNESDAY, JUNE 8, 2022

Where: 11727 Kingsway NW. Chateau Louis Hotel, Edmonton, AB.
(St. Michael Room)

- DOORS OPEN AT 11:15 A.M.
- LUNCH SERVED AT 11:30 A.M.
- PRESENTATIONS BEGIN AT 11:45 A.M.
- EVENT CONCLUDES AT 1:30 P.M.

Our luncheon is free for attending professionals. A fee of 25.00 dollars will be administered for AA members and other guests who wish to have lunch. Dietary concerns should be sent to Deloyce H., provided below.

Please RSVP:

DELOYCE H., PI-CPC Committee Chair

EMAIL: egsc.picpchair@edmontonaa.org or phone 780 289-2126

Groups Needing Support

Mon 8:00pm - Oilmen's Group
8318 104 Avenue
Strathcona Baptist Church

Mon 8:00pm - Eastwood Group
6770 129 Ave
St Francis of Assisi Hall

Tue 8:00pm- Rite Trac Group online
Id: 668 403 8475 pwd: 200042

Tue - Jellinek Sunrise Light Luncheon
11229 100 Avenue

Wed 7:00pm - Jellinek Jumpstart

Thurs 8:00pm - North Edmonton
Group 6770 129 Ave

Fri - Jellinek Sunrise Light Luncheon

Fri 8:00pm - Beverly Grp- 4638 117 Av
Bethlehem Lutheran Church



**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**



**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**



ਇਸ ਨੂੰ ਸ਼ਰਾਬ ਪੀਣ ਦੇ ਬਗੈਰ ਕਰੋ

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.

Trusted Servants Election for the 2022/2023 Rotation

Both the Edmonton Central Office Board and the Intergroup Committee are looking for AA members in our area who would like to perform one of the vital service positions (listed below) to help us carry the message to the Alcoholic who still suffers. The next service rotation will start on January 1st, 2022. The following positions are still open and need to be filled by our membership:

Edmonton General Service Committee (EGSC)

EGSC Secretary

Intergroup Committee

Vice Chair

Webmaster

**Please submit the online nomination form at
edmontonaa.org**

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

Report from E.G.S.C
April 2022

The 75th Anniversary of A.A. Committee is looking for members and/or groups to participate in the skit happens, A.A. Talent show and A.A. Jeopardy A.A game. The 75th Anniversary is happening on June 11, 2022. Please contact 75thanniversarycommittee@gmail.com

New tickets are being prepared. These will be used to replace the tickets still being held by people. If you have purchased tickets, you will need to have the tickets replaced. The new Tickets are now available. Please contact Central Office for more information.

Members of the committee have prepared a commemorative booklet about the 75+ years-long history of A.A. in Edmonton. This is now available for purchase at Central Office. The cost is \$5/booklet.

The Edmonton Cooperation with the Professional Community committee of Alcoholics Anonymous would like to extend an invitation for you to attend a professional luncheon. June 8, 2022 at Chateau Louis 11727 Kingsway Ave. Door open at 11:15am and lunch is served at 11:30am. Please see poster on our website.

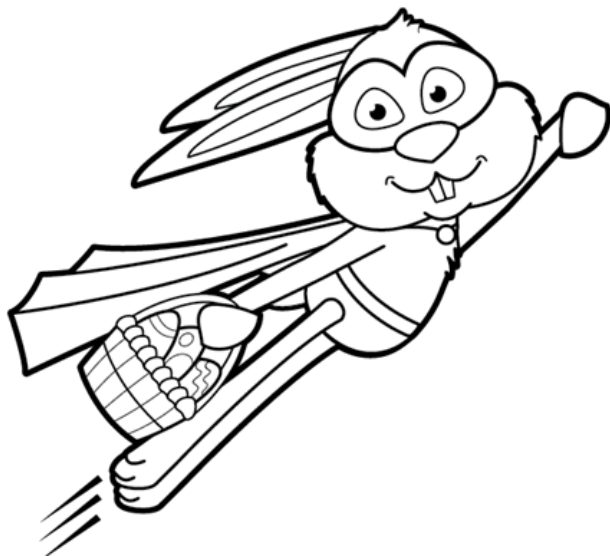
District 40 is having their annual spring unity night held on zoom. April 23, 2022 from 5-7pm. A speaker from California will be speaking about the traditions found in the big book. Zoom ID 842 743 5949 There is a service manual workshop held on zoom. It is held on Wednesdays 6pm. Zoom ID 893 0266 2058. Password 884002

The E.G.S.C committee is currently looking to fill the position of Alternate Secretary. If interested attend our meeting on Zoom the first Wednesday of each month at 6:30PM. Zoom ID 780 239 1546 no password required.

FAITHFUL FIVERS

None 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.



BIRTHDAY CLUB

Chuck C. Jellenik
Sunrise Light Luncheon

“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

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BALDWIN

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**JUST BECAUSE
YOU RELAPSED
DOESN'T MEAN
YOU WON'T GET
SOBER.**

@ChristopherFerry

By C. Ferry – Motivational Speaker

**"ALCOHOL GAVE ME
WINGS, THEN TOOK AWAY
THE SKY"**

A circus ringleader and his wife were living with their main act, an alcoholic chimpanzee

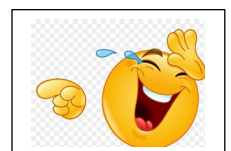
The chimpanzee would always do the same thing every day: find the liquor cabinet, drink a few bottles, screech and destroy things for a few hours, and then pass out in a random spot for the rest of the day.

The wife could not stand the chimp, but the ringmaster did not have enough money to find a home for the chimpanzee, or the courage to take him along to his AA meetings. So they do their best to limit the chimpanzee's drinking.

One day, the wife tells the ringmaster, "You need to get rid of that chimp. It's making me go crazy!" The ringmaster, of course, does not want this, so the wife goes, "Well then, tell me what you will do. I'll be in my room"

As the wife is heading to her room, the ringmaster sees the chimpanzee grab a bottle of vodka from the liquor cabinet. He walks towards the chimpanzee while pointing at it and says, "Hey! Put it down!"

The wife walks in the room with a shotgun and says, "Good idea."



Relapse Prevention Skills

Relapse prevention skills may help you to learn to live a happier life in recovery. One day at a time, one can learn to implement these coping skills to prevent relapse and live a life beyond their wildest dreams.

Recovery from alcohol is a process of personal growth with developmental milestones. At any stage of recovery, there is risk of relapsing, so it may be helpful to know and understand relapse prevention skills. Some of the most common triggers of relapse include: Boredom, Stress, Money problems, Relationship issues, Certain sights and smell, Certain people or places, Falling into old habits, Anger.

According to Author Theresa Parisi, the top 10 relapse prevention skills include:

1. Self-Care

Common post-acute withdrawal symptoms when recovering from addiction include insomnia and fatigue. The New York Office of Alcoholism and Substance Abuse Services (OASAS) reports that these are common potential triggers for relapse. By implementing physical exercise and a balanced diet, one can improve their quality of sleep. This can be done by setting up and following a structured sleep, exercise, and eating schedule. By doing this, one can retrain the body to sleep better and help reduce the risk of relapse.

2. HALT

HALT is an acronym for **H**ungry, **A**ngry, **L**onely, and **T**ired. Whenever feeling a craving to drink, or in general feeling anxious or “off,” ask yourself if you are feeling any of these symptoms. The most common triggers for many recovering alcoholics are hunger, anger, loneliness, and feeling tired. By doing a regular inventory of HALT, one can help prevent the risk of relapse.

When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. p. 25 Big Book

3. Mindfulness Meditation

Mindfulness meditation is a concept that teaches individuals to become more self-aware. When we are more self-aware, we are better able to cope with potential triggers to relapse.

With Mindfulness meditation, participants are encouraged to learn to “roll with” their cravings, rather than fight them. Concepts such as acceptance, letting go of personal control, and the use of prayer and meditation are hallmarks of mindfulness meditation.

4. Know Your Triggers

Triggers can be internal (anxiety, irritability, stress, anger, low self-esteem) or external (people, places, or things that remind one of their past escapades). Making a list of internal and external triggers is an efficient way to gain awareness of one’s triggers and reduce the risk of relapse.

5. Join a Support Group

AA meetings provide support, accountability, education, and the ability to meet peers who understand what you are going through. A sponsor and peer support prevent relapse as these decrease feelings of loneliness and the risk of isolation, both of which can be common triggers for relapse.

6. Grounding Techniques

A helpful relapse prevention technique is a grounding technique called the **5-4-3-2-1**. It takes you through the five senses to focus on the moment and avoid thoughts of using alcohol, anxiety, negative self-talk, and any other unhealthy thought or feeling that may lead someone to want to use to escape. The 5 steps begin by taking a few deep breaths, followed by the following:

- 5:** Acknowledge five things you see around you.
- 4:** Acknowledge four things you can touch around you.
- 3:** Acknowledge three things you can hear around you.
- 2:** Acknowledge two things you can smell around you.
- 1:** Acknowledge one thing you can taste around you.

End this exercise with a long, deep breath. Focusing on your senses will help you gain self-awareness and increase mindfulness, which will help you accomplish daily tasks, overcome unhealthy thoughts or feelings, feel more in-control and less overwhelmed, and reduce the risk of relapse.

7. Deep Breathing

Breathing is central to life, as you know. What many do not know, however, is how much control you have over your life by simply changing your breathing patterns. Breathing is not only connected to various essential functions throughout your body, it also has a large effect on your brain chemistry. Breathing greatly impacts your emotions and helps regulate your overall mood. This is why deep breathing is so essential with one's mental health.

Deep breathing releases neurotransmitters in your brain, many of which trigger feel-good chemicals resulting in relaxation, happiness, and pain reduction. Deep breathing, and the resulting increased oxygen flow, also encourages your body to exhale toxins. A useful deep breathing technique is the 4 x 4. Take four deep breaths in through your nose and hold, then release for four seconds. You should feel your diaphragm moving in and out while you breathe. Deep breathing is an excellent relapse prevention technique because it can be utilized virtually anywhere without anyone knowing you're doing it.

8. Make an Emergency Contact List

When an urge comes, it can be difficult to manage it, especially in the beginning of recovery. A very helpful relapse prevention skill is making a list of healthy family members or friends who are also in recovery that you can call for support. Having a safe person to talk to can help you get past the craving and remember why you do not want to return to previous behaviors. Keeping that list on you at all times is important because it is a readily available resource you can use by quickly calling someone safe.

9. Play the Tape Through

If you find yourself having a desire to drink and you are debating what to do, a great tool is playing the tape through first. To play the tape through, you play out what will happen in your mind until the very end. Imagine what will happen in the short and long-term future if you decide to drink. Think of the consequences that would occur if you used vs. if you did not use. This can help with your decision making and reduce the risk of relapse.

10. Get Help

The fear of relapse can be debilitating. However, it does not have to be when you are fully prepared with a toolbox of healthy coping strategies. Implementing these relapse prevention techniques into your daily schedule can greatly help reduce the risk of relapse. Contact your doctor about inpatient or outpatient treatment programs to learn more relapse prevention skills.

Adapted from Author Theresa Parisi

<https://www.addictioncenter.com/community/top-10-relapse-prevention-skills/>

Delegate's Corner April 2022

Hi there. Tami here; still an alcoholic.

The reason any of us can take 1 year or 3, 5, or 30 years is because AA is still here. It is still here because in 1950, 72 years ago, this intricate, spiritually based structure came to be, to ensure AA continues to thrive by placing the running of AA directly into your hands, into the hands of the entire AA membership. With our Pre-Conference Assembly complete, I am prepared to carry the voice of Area 78 to the General Service Conference in NY. The theme this year: AA Comes of Age 2.0: Unified in Love and Service

When we first enter Service we may never even imagine where this journey could take us. We put up our hand and miracles happen. Giving back takes courage and sacrifice. It means digging deeper into step and traditions work, to lean heavily on a HP and those we trust and respect. The concepts become highly regarded, thoughtfully expressed, using our free will to serve from love rather than from ego.

On April 23rd I will attend the optional, pre-Conference Remote Communities meeting and workshops. In 1992, at the York Hotel in Toronto, our very own Elaine S, Panel 42 Delegate started this remote communities meeting. Area 78's dedication to our remote membership has been strong. In remote, isolated areas - while they share the same disease, and the same solution, they truly do have unique struggles. We all know, getting sober is one thing. Staying and living sober is quite another when anonymity can be virtually impossible or meetings don't happen if you are the only one sober or the closest meeting takes 2 days travel. For some the stigma of being sober, has serious consequences. Sponsorship or access to technology can be limited. Poverty, isolation, teeny populations, cultural and language differences show us the importance of being loving, understanding and continuing to reach out the hand of AA.

I will attend the “Delegate’s Only” meeting and the Open Dinner on Saturday, prior to the Conference starting. We begin our week coming together for a roll call and briefings. Then we roll up our sleeves and get down to our Committee work, mine is with Report and Charter. We have much to do with the Service Manual and the Final Reports along with two EDW (equalized distribution of workload) from Literature. The other 8 Delegates on the committee are great. We’ve been meeting twice a month since January. I’m the only one from Canada.

For the first 5 days there are many meetings and activities. We will get together as a Region to discuss regional activities & issues. Our Regional Trustee, Irma V. shares all the going-ons about trustee activities and updates with us. There is much to do as we prepare for the final 2-3 days when all 135 of us meet to discuss and decide on the 78+ agenda items.

I look forward to sharing this experience along with the interesting results from the discussion and decisions on the Agenda Items once I am back. I understand I have a deadline to be ready by our May ACM in Ft Mac. So, that I shall. Any groups, districts or service bodies wanting me to share the Delegate’s report, please email me so we can make arrangements.

Now for yet something else that is way cool! We have 8 Regions across Canada/US; Canada has 2, the US has 6. We belong to the Western Canada Region which includes us, BC/Yukon, SK and MB. Each region puts on two events - a Service Assembly and a Forum - both designed to bring regional members closer while learning and growing together. The regions rotate these events between their Areas.

In February 2023, it is our turn to host WRAASA, the Western Regional AA Service Assembly. Five districts from Edmonton bid, and won, to be the host.

Also, our 2022 Western Canada Regional Forum is this year in Winnipeg June 3-5, hosted by Area 80. This is when the traveling General Service Office comes to our Region - to meet us and to put on workshops, displays, presentations, discussions and learn about “what’s on our mind”. There, you’ll be able to meet the General Manager, the General Service Board Chair, the Chair of AA Grapevine board and the Publisher, an AAWS (AA World Services) Director, our own Trustees, the list goes on. It is a GREAT weekend of fellowship and sharing, and a chance to inform the GSO about our needs for our Region. Hope you can come!

At the Assembly, little acorns were given to each of the members. They were chosen because our spiritual journey is like that of the acorn ... we too need to break open in order to become all that we are intended to be.

With a grateful heart,

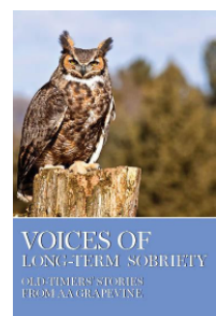
Tami

GRAPEVINE Daily Quote

April 26, 2021

“Serenity and peace of mind are a direct result of accepting our lives as they are at this moment, and all the money in the world cannot purchase this kind of peace.”

*“From Rags to Riches,” Cornwall, Ontario,
January 2005, Voices of Long-Term
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.



Three drunks are walking in the woods and they came upon some tracks. The first says "I think these are deer tracks" ' the second says "no these they're badger tracks" the third says no these are fox tracks". Sadly whilst arguing they were all killed by the train.

How many Al-Anons does it take to screw in a lightbulb?

None. They just detach and let the light bulb screw itself.



May the glory
and the promise
of this joyous time of year
bring peace
and happiness to you
and those you hold most dear.



**"We admitted that we were powerless over alcohol,
that our lives had become unmanageable."**

Edmonton Central Office Society			
INCOME STATEMENT 2022			
	February		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$4,503.13	\$6,641.50	(\$2,138.37)
Individual/Bequeath	\$670.00	\$4,624.96	(\$3,954.96)
Birthday Club/Faithful Fivers	\$240.00	\$217.34	\$22.66
Office Supplies / Postage	\$86.84	\$79.99	\$6.85
Rental Income-EGSC, etc	\$60.00		\$60.00
Tradition Seven-meetings	\$217.75	\$346.26	(\$128.51)
Fundraising			
Other Inc (Interest, etc)	\$4.62		\$4.62
Total General Revenue	\$5,782.34	\$11,910.05	(\$6,127.71)
Literature & Medallion			
Literature	\$5,325.70	\$12,786.83	(\$7,461.13)
Medallion	\$1,529.00	\$1,406.19	\$122.81
Total Literature and Med.	\$6,854.70	\$14,193.03	(\$7,338.33)
Total Revenue	\$12,637.04	\$26,103.07	(\$13,466.03)
Expenses			
AAWS & Grapevine Literature	\$2,921.36	\$9,043.85	\$6,122.49
Meeting list & Greeting Cards	\$193.87	\$181.74	(\$12.13)
Medallion Purch /engraving	\$841.40	\$641.79	(\$199.61)
Intergroup Expenses			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$36.00	\$42.00	\$6.00
Administrative Expenses			
Accounting & Legal	\$179.38	\$225.00	\$45.62
Bank Chgs & Cr Card chgs	\$96.23	\$150.00	\$53.77
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	\$238.87	\$100.00	(\$138.87)
Postage	\$107.66	\$100.00	(\$7.66)
Rent	\$3,778.56	\$3,779.00	\$0.44
Salaries, Source, WCB	\$5,302.96	\$5,004.00	(\$298.96)
Staff Training / Seminar			
Telephone / Internet	\$133.11	\$165.00	\$31.89
Total Expenses	\$15,043.97	\$20,690.38	\$5,646.41
Total Revenue	\$12,637.04		
Total Expenses	\$15,043.97		
Income / (Loss)	(\$2,406.93)		

