

# ECO NEWS

\$1.00

May 2022

Edmonton Central Office Society  
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AA South Africa  
← Logo



## Message from the Editor

In *Alcoholics Anonymous*, the jaywalker is introduced as a comparison to make sense of a person who has a passion for drinking. Jaywalkers and alcoholics share a propensity for bad decisions with dangerous consequences. Despite the consequences, the jaywalker keeps heading out into traffic. Each time the jaywalker is hit, the injuries become more severe. He pledges to stop but cannot.

The widely used analogy seems ridiculous but aptly describes our dilemma. The theme of ECO's May newsletter is the jaywalking analogy that demonstrate how incomprehensible our disease is to others. There is a jaywalker site ([www.thejaywalker.com](http://www.thejaywalker.com)) that is dedicated to the 12 steps. Some material in this newsletter has been borrowed from there. Also in this issue, in honor of Mother's Day, two sober Moms share their experience, strength and hope, and we have AA jokes and an AA word puzzle.

On another note, we all know that prices are up everywhere and money is tight. Even so, we still have the AA Seventh Tradition of self-support. Edmonton Central Office accepts contributions from AA members and AA Groups. There are a variety of ways to contribute: You can make an appointment by phone (780-424-5900) to bring checks made payable to "Edmonton Central Office". Checks can also be mailed to the office. Visa and MasterCard are accepted either over the phone or in person, and e-transfers are accepted using email [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org).

Wishing you a wonderful spring season and do be careful about jaywalking.

Yours in service,  
Julia J.  
ECO newsletter editor

## The Fifth Tradition

*Each group has but one primary purpose  
...to carry its message to the alcoholic  
who still suffers.*

*No matter how different our own personal concerns,  
we are all bound together by one common  
**RESPONSIBILITY ...**  
to carry the message to the suffering alcoholic.*





## Happy Mother's Day

My life's greatest reward is being a sober Mom. My greatest assets I learned in Alcoholics Anonymous: unconditional love, the ability to listen, my faith that each of my kids have their own Higher Power and their own journey. I wasn't always like that. At 29, on April 8th I met my wealthy husband, a father of four (ages: 14, 12, 6, and 4). On April 23rd, we were engaged & married July 4th. Life was a big drinking party. I thought I would be like Maria in The Sound of Music and we'd be a big happy family. But, the "honeymoon" was over quickly.

Drinking was my solution and my reward. I fought to control our drinking, my husband, the kids, his ex-wife with strict schedules and rules. I raged when things didn't go my way. Life was chaotic and violent.

Within three years we had our son. The weekend of May 18th we buried my 59-year-old Dad (our beloved drinking buddy), my husband went bankrupt on Wall Street, was suicidal, and went to his first A.A. meeting. I was desperate. I couldn't live with a man who didn't drink. My drinking took off. I would take a six-pack of beer into the bedroom and nurse my then seven-month-old son to sleep. He was my joy.

January 29, I found out I was pregnant again. My husband was still sober and attending A.A. meetings regularly, so that night I had ginger ale instead of beer. I realized when my husband stopped drinking, that the dynamics in the house changed. He wouldn't fight with me anymore. A friend told me to go to Al-anon and my sober journey began. I learned about the disease of alcoholism. I had the courage to attend my first A.A. meeting on a Friday night in July. I was seven months pregnant. I didn't know if I was an "alcoholic", but I knew I didn't want to drink anymore. The Third Tradition, which states, "The only requirement for A.A. membership is a desire to stop drinking" kept me coming back, along with the love and honesty I heard in the rooms.

By the time I delivered my daughter Sept 15, 1988, I knew I was an alcoholic. Just because I had admitted I was an alcoholic, stopped drinking, worked a program, got a sponsor, attended meetings and connected with my Higher Power, our past problems didn't get better immediately. I was able to begin to look at my part in our many problems, I was able to make amends to my step-kids. I backed away from trying to control them and as suggested, stayed out of triangles. Doing my part and inviting God into all my relationships and problems worked. Women's meetings with babysitting saved me.

A day at a time my life got better. However, around my 12th sober year, I was so busy with a thriving business and kids' schedules, my meeting attendance took a back seat (one every month). I found I was restless, irritable and discontent all the time. Finally, I asked a sponsor to take me thru the Big Book and my sobriety changed. As with all of us "life" happens but my attitude of gratitude, and my God's loving arms have blessed me with a life beyond my wildest dreams.

(continued, next page)

Sobriety has given me a daily reprieve contingent on the maintenance of my spiritual condition. So I try to get to a meeting every day (these days I love my Zoom meetings). I work with others. I'm a present Mom and I'm ever grateful. My kids and now grandkids want me around. A.A. has shown me a way to celebrate all the victories: the weddings, the graduations, the births, the championship sports teams, the travels as well as the darkest hours of my child's kidney failure, my teen's suicide attempts, my young adults' arrests and their DUI's. They all go in my "God Jar". My kids have their own God Jar for their own fears. My Sponsors lilting voice reminding me, "Meg, there's only one thing to do, give it to God" No matter what, I am ever present and grateful for all of it.

Every day, routine or spectacular, for there are opportunities for growth, change, and gratitude. My kids are open and honest with me. Some of the greatest gifts have come from their words: they've told me that no matter what, they can always count on me to do what I said I will do. My son has always been my unconditional love. He says often how grateful he is to have my husband and I for parents. My daughter, after a period of struggle and pain, so tenderly let me know I was a spiritual connection for her. She's teaching yoga, meditation, and breathing. Now that's she's a mother of two boys under three, she wants me around a lot! All the kids and their families lead full and productive lives, of which my sober husband and I are an integral part.

I am ever grateful. Happy Mother's Day one and all!

Meg L., 562 Group, Haverford, PA

## STEP FIVE

**"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."**

(ALCOHOLICS ANONYMOUS, P. 59)

## FIFTH STEP PRAYER

**Higher Power, my inventory has shown me who I am.  
Yet I ask for Your help in admitting my wrongs to another person & to You.  
Assure me & be with me in this Step. For without this step, I cannot progress in my recovery. With Your help, I can do this & I do it.**

(Cleveland AA, <https://www.aacle.org/twelve-step-prayers/>)

## CONCEPT FIVE

**Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.**

(A.A. Service Manual/Twelve Concepts for World Service)

## Learning to be a Sober Mom

I was 42 when I came into the rooms of Alcoholic Anonymous. A mom of three girls and, unfortunately, not the best mom when they were kids. I got sober when they were teenagers and it wasn't easy to get sober and become a mother again to three teenage girls. They had to get to know a sober me and I had to get to know them.

I don't remember much of their childhood, I do know that there was a lot of dysfunction. Moving from one place to another, usually just plopping on my parent's living room furniture, dropping them off at a family member's home and leaving them there for days at a time, not getting them involved in outside activities because that would take time out of my drinking. I wouldn't drive them anywhere because I gave up driving for drinking. Everything revolved around drinking.

I had tried getting sober on my own. But, I always had this reservation that I would be able to drink like a normal person on weekends once I was looking and feeling better and able to get a job, (drinking left me unemployable). I did feel good after a couple of months and off to the bar I went and into a two-week blackout too.

When I came out of this two week blackout, my girls had all of their belongings packed and were waiting for their father to pick them up. When I saw the girls packed and ready to go, I laughed at them until I realized that I didn't have any alcohol or any money. I reached the lowest point of my life when I found myself literally begging, pleading and crying to my middle daughter for \$20.00 to get alcohol. She refused! Their father did bring me a case of beer that day and I am happy to say that I never finished it but instead reached out once again to my sister who helped me get into rehab.

I went to rehab for the last time in March, 2007 because I was beaten down, mentally, physically, emotionally and definitely spiritually.

What a journey, learning to live, learning to be a mom, learning to be a productive human being. I had to rely on the people of A.A. to teach me and I am grateful that I had an open mind and I was willing to take direction. I have a beautiful relationship with my daughters today which I just don't deserve but am truly grateful. They love me and respect me and they have a great respect for the program of Alcoholics Anonymous.

*I now have seven grandchildren who never have to see me drunk as long as I keep God close, continue to work my program and live one day at a time!*

— Maureen C., Tacony Group, Philadelphia

*Happy Mother's Day*

## The Jaywalker Parable



The jaywalker pledges to stop but does not. Or cannot. And finally,

"he can no longer work, his wife gets a divorce and he is held up to ridicule. He tries every known means to get the jaywalking idea out of his head. He shuts himself up in an asylum, hoping to mend his ways. But the day he comes out he races in front of a fire engine, which breaks his back. Such a man would be crazy, wouldn't he?"

"You may think our illustration is too ridiculous. But is it? We, who have been through the wringer, have to admit if we substituted alcoholism for jay-walking, the illustration would fit exactly." (Big Book of Alcoholics Anonymous, page 37)

For many people struggling with addiction, this is an accurate description. We know the risks and yet we still keep doing the same things. Our actions seem incomprehensible to others and even to our own selves. It is as if some passion or compulsion takes over our higher-order thinking. The jaywalker comparison highlights how some experience a compulsion over which they seemingly have no control.

Step One: We admitted we were powerless over alcohol—that our lives had become unmanageable.

There's a well known saying in A.A. that "only an alcoholic can identify with another alcoholic." That's why we have hundreds of different 12 Step fellowships—Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous, Gamblers Anonymous, Codependents Anonymous, Food Anonymous, Sex, Love Addicts Anonymous and so on.

In the 12 Step rooms today we can witness all kinds of addictions and, in many cases, people who suffer from more than one kind of addiction. Furthermore, when one overcomes one addiction, often another substitute addiction arises.



Is jaywalking illegal in Edmonton?

Pedestrians must obey all traffic signs and control devices when crossing the road. **Pedestrians who jaywalk, meaning they cross outside of a crosswalk or start crossing after the walk light has ended, can be ticketed and fined \$250.**





## ONLY 31 PAGES LATER THE BEDEVILMENTS ARE REPLACED BY THE PROMISES

### THE BEDEVILMENTS (page 52)

### THE PROMISES (page 83)

|  |   |   |
|--|---|---|
| We were having trouble with personal relationships.  | ↔ | We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.  |
| We couldn't control our emotional natures.           | ↔ | We will comprehend the word serenity and we know peace.   |
| We were a prey to misery and depression.             | ↔ | Our whole attitude and outlook upon life will change.   |
| We couldn't make a living.                           | ↔ | Fear of people and of economic insecurity will leave us.  |
| We had a feeling of uselessness.                     | ↔ | That feeling of uselessness and self-pity will disappear.   |
| We were full of fear.                                | ↔ | We will intuitively know how to handle situations which used to baffle us.  |
| We were unhappy.                                     | ↔ | We are going to know a new freedom and a new happiness.   |
| We couldn't seem to be of real help to other people. | ↔ | No matter how far down the scale we have gone, we will see how your experience can benefit others. We will not regret the past nor wish to shut the door on it. |
| And, most of all,                                    | ↔ | We will suddenly realize that God is doing for us what we could not do for ourselves.   |

[ <http://www.thejaywalker.com> ]

Thousands of inebriated pedestrians die each year in traffic accidents

To jaywalk is to step into a road or cross it without regard for traffic and without following the law. A jaywalker is the person who runs across a busy street, or doesn't look one way or the other before stepping out. Jaywalkers don't wait for the walk light at intersections. More and more people are jaywalking because they are too busy looking at their phones to notice when lights change or cars are zooming. More people are also "drunk walking," with nearly 2000 pedestrians killed yearly with a blood alcohol content (BAC) of .08 or higher.



# Group Birthdays for May 2022

## 60 Minutes to Sobriety

Last Sunday

May 4 Sarah C. 5 yrs  
 7 Peter K. 8yrs  
 12 Adam Y. 13 yrs  
 23 James W. 14 yrs  
 30 Gary B. 28 yrs

## A New Way of Life

Last Thursday

May 20  
 Dwight W. 32 yrs

## Back to Basics

First Thursday

May 4 Dale W. 13 yrs  
 11 Darren H. 21 yrs  
 16 Aoife B. 9 yrs

## Breathe Easy

First Friday

May Mike R. 4 yrs  
 Dan R. 4 yrs  
 Jeff A. 4 yrs  
 Shannon F. 11 yrs  
 Sarah 12 yrs

## Fellowship Breakfast

Last Saturday

May 7  
 Genevieve J. 12 yrs  
 15 Alan G 5 yrs

## Gratitude group

Last Monday

May 7 Sherri 2 yr  
 18 Faye T. 10 yrs

## Jasper Place Group \*

Last Tuesday

May 19 Dick T. 50 yrs

## Mustard Seed Group

Last Sunday

May 7 David F. 42 yrs  
 11 Pierre B. 32 yrs  
 Curtis K. 7 yrs

## South Side Group

Third Friday

May 27 Jim S. 24 yrs

## 12 Steps to Serenity

May 21 Ian M. 1 yr

## Sunday Night

Last Sunday

None

## Step Sisters

Last Wednesday

May 5 Joy L. 8 yrs

## Oilmen's

First Monday

May 11 John C. 11 yrs

## St. Albert Breakfast

None

## West End 12 Step

First Tuesday

None

## Westminster

Last Saturday

May 11 Sonny C. 35 yrs  
 15 Leroy L. 47 yrs  
 19 Gabrielle K. 23 yrs  
 25 Lynn H. 24 yrs

## WEMG Group

First Wednesday

May 18 Kevin B. 1 yr



Only those groups who have updated their member's lists in Central Office as of 2021/2022 are included.

## AA HISTORY FOR THE MONTH OF MAY

**May 1, 1937:** Bill and Lois W. left their home at 182 Clinton St., Brooklyn. They would move over 50 times before acquiring their home Stepping Stones in Katonah, NY.

**May 1, 1940:** Rollie Hemsley, aka “Rollicking Rollie”, a Major League baseball player whose alcoholism got him kicked out of four different baseball clubs before he got sober in A.A., announced his A.A. membership to the national press. This raised issues about the pros and cons of anonymity throughout the fellowship.

**May 6, 1939:** Clarence S. of Cleveland told Dr. Bob, his sponsor, that he would not be back to Oxford Group meetings in Akron and would start a new meeting called “Alcoholics Anonymous” in Cleveland. He made this announcement to the Oxford Group itself May 10th.

**May 4, 1946:** Marty Mann explained Alcoholics Anonymous and the National Committee for Education on Alcoholism on We The People, a televised talk show that featured interviews with celebrities, politicians, and everyday people—one of the first of its kind.

**May 6, 1946:** The long form of the "Twelve Traditions" was published in the A.A. Grapevine.

**May 11, 1935:** In the Mayflower Hotel in Akron, Ohio, a newly-sober Bill W. was fighting the urge to drink. He found a phone booth and called religious and medical personnel looking for alcoholic to work with. He was eventually referred to Henrietta Seiberling, an Oxford Group member, who introduced Bill to Dr. Bob.

**May 12, 1935:** Mother’s Day—Bill W. and Dr. Bob met for the first time Akron, Ohio, in the home of Henrietta Seiberling. Their conversation lasted for hours. After talking to Wilson, Smith stopped drinking and invited Wilson to stay at his home.

**May 19, 2000:** Dr. Paul Ohliger died at the age of 83. His story, "Doctor, Alcoholic, Addict," was retitled "Acceptance Was the Answer," in the Fourth Edition of the Big Book.

**May 29, 1980:** Dr. Bob and the Good Oldtimers, the official biography of A.A. cofounder and a history of early Midwest A.A., was published.

**May 31, 1938** - Bill W. and other A.A.’s began writing the Big Book.



← This is your  
trusty editor  
who cannot  
carry the  
load alone!!!

Please write your  
story for this  
newsletter and  
submit it to  
[editor@edmonton  
aa.org](mailto:editor@edmonton<br/>aa.org). We want to  
hear from YOU!!!



# Upcoming Events and other Notables

*"Courage to Change"*

District #3 58<sup>th</sup> AA Roundup  
 With Al-Anon Participation  
 May 27, 28 & 29, 2022  
 Bonnyville Senior Centre  
 4813 47 Ave Bonnyville, AB

## 75<sup>th</sup> 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!

## 75<sup>th</sup> 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  
 get a reserved  
 banquet table)

## 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.picpcchair@edmontonaa.org](mailto:egsc.picpcchair@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



**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

**Trusted Servants Election for the 2022/2023  
 Rotation**

The Edmonton Central Office Board is looking for an AA member in our area who would like to perform the vital service position (listed below) to help us carry the message to the Alcoholic who still suffers. The following position is still open and needs to be filled by our membership:

**Edmonton General Service Committee (EGSC)**

EGSC Secretary

If you are interested in putting your name forward, **please submit the online nomination form at [edmontonaa.org](http://edmontonaa.org)**

**Sponsorship Workshop & Mexican Dinner**  
*Improve your Ability to Sponsor.*

May 15: 2:00pm to 7:00pm  
 South Edmonton Fellowship Center  
 9122 34A Avenue NW

Tickets \$20 call Wayne 780.394.0121  
**Dinner & Workbook Included.**

**E.G.S.C. Report for May 2021**

E.G.S.C (Edmonton General Service Committee) meets once a month on the first Wednesday of the month at 630-730pm at Central Office.

**Edson and Area AA Roundup**

July 16 @ Niton Junction Community Hall  
 \$25/person  
 For more information contact Rocky  
 780 723 1091 or Pat 780 723 1510

**STORY SOLICITATION**

5th Edition of the Book Alcoholics Anonymous  
 Big Book Deadline for submissions: October 31, 2022 Online  
 submission: [aa.org/submit-bigbook-english-5th](http://aa.org/submit-bigbook-english-5th)



# CARDIFF AA ROUNDUP

## Sober Souls Of Edmonton & Area

**JUNE 17, 18, 19 2022**

CARDIFF HALL\*21 DISCOVERY WAY\*CARDIFF, A.B.  
2 MILES EAST & 1/2 MILE SOUTH OF LIGHTS AT HIWAY 2 AND CARDIFF ROAD,  
MORINVILLE (10 minutes north of Edmonton)

## OUR PRIMARY PURPOSE



**ATHABASCA CAMP-OUT  
AA-ROUND-UP  
JUNE 3, 4 & 5, 2022  
at Grosmont Hall  
Tickets \$30.00**

"A New Way of Life"  
group opened Jan.  
2022 meeting on  
Mondays at 8:30 pm.  
MOSAIC HOUSE  
6811 – 92A Avenue,  
Edmonton



For More Information Please Contact:  
Phil D. (H) 780-675-4132  
(C): 403-701-8726  
Bill C. (H) 780-746-0110  
(C) 780-213-0094

### New Meeting

Awakening Men's  
Meeting (Men Only)  
Mondays at  
8 PM at the South  
Edmonton  
Fellowship Centre  
Call Wayne at  
780.220.7811 for  
information

### Corrections AA Speaker - 5/19/2022

Start Time: 6:30 PM  
End Time: 7:30 PM  
Location: Zoom Edmonton Alberta <https://us02web.zoom.us/j/8427435949>

### District 10 PI CPC Workshop

**Date: Sunday May 15 2022**

**Time: 3:00 to 4:30 pm**

**Location: 4914 50<sup>th</sup> Avenue Stony Plain AB (downstairs)**

**Contact: [egsc.picpcchair@edmontonaa.org](mailto:egsc.picpcchair@edmontonaa.org)**

### New Meeting

Our Basic Text  
Meeting (Big  
Book Study)  
Mondays at 6:30  
PM at the South  
Edmonton  
Fellowship  
Centre  
Call Wayne at  
780.220.7811 for  
information

My brother went to his AA meeting drunk, then he tripped down the stairs.

He's been having lots of trouble with the steps lately.

Why did the anvil get sent to AA?

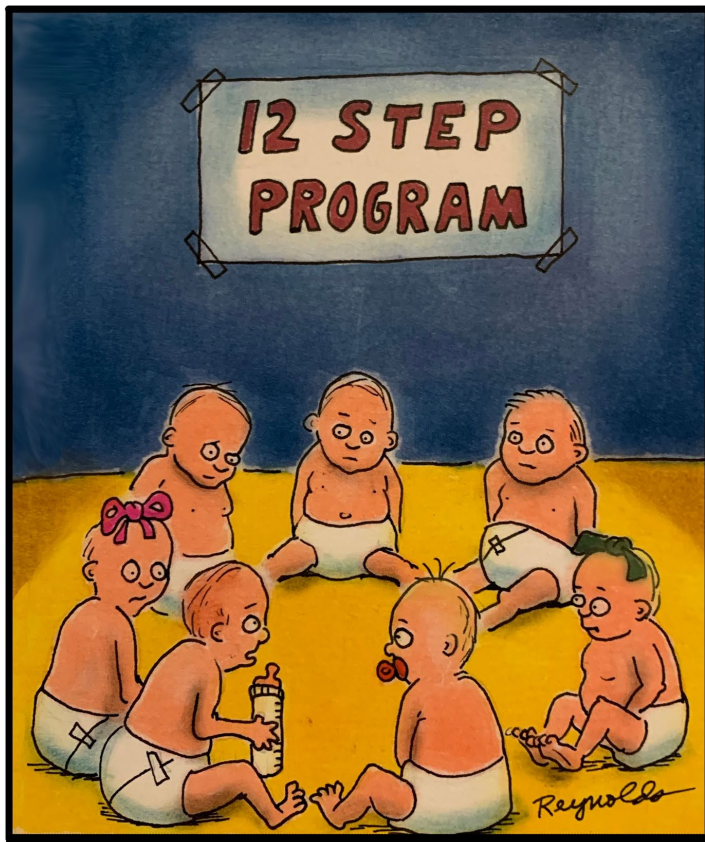
He was always getting hammered.



2010 International Convention of Alcoholics Anonymous, San Antonio, Texas

Just got back to the hotel after the Big Meeting. I heard there are almost 60,000 alxies here. The Alamodome was packed and the meeting was so great. Three speakers - all wonderful. Flag ceremony was really moving. There was a nice show of Mexican music and dancers. I've never been to a founder's day, sounds like lotza fun. Read an article in local paper about the convention. This is the biggest and most lucrative convention ever held in SA- estimate a \$65,000,000 for the city and businesses. Pretty amazing. The article spoke highly of AA. One cop told me the only trouble he has is **'all the alxies are Jaw Walking'**! Must be in our blood!!

The **Alamodome** is a 64,000-seat domed indoor multi-purpose stadium in San Antonio, Texas.



"My name is Jimmy and I'm powerless against the bottle. Oh, and I've only taken three steps."

License purchased from Cartoonstock

### Saint Francis Prayer

Lord, make me an instrument of thy peace!

That where there is hatred,  
I may bring love.

That where there is wrong,  
I may bring the spirit of forgiveness.

That where there is discord,  
I may bring harmony.

That where there is error,  
I may bring truth.

That where there is doubt,  
I may bring faith.

That where there is despair,  
I may bring hope.

That where there are shadows,  
I may bring light.

That where there is sadness,  
I may bring joy.

Lord, grant that I may seek rather to  
comfort, than to be comforted.  
To understand, than to be understood.  
To love, than to be loved.

For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.

It is by dying that one awakens to Eternal  
Life.

# May word search game

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

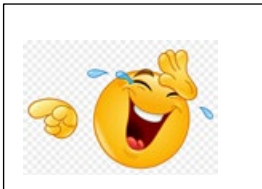
## Steps to Recovery

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

- guidance    serenity    commitment    service    inventory    sponsor    higher power
- surrender    forgiving    awakening    admitting    humility    strength    experience    halt
- share    hope    confide    willingness    counselor    gratitude    consequences    choices
- recovery    addiction    sober

Alcohol doesn't make you fat.  
It makes you lean...  
Against tables, chairs, floors and ugly people.

Scientists got together to study the effects of alcohol on a person's walk.  
The result was staggering.







## FAITHFUL FIVERS THIS MONTH

Ian G. from Shifters

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.

# GRAPEVINE

May 26, 2021

"In the Twelve Steps, AA offers not a theory not a hypothesis, not a pious hope, not -- thank God -- wistful or wishful thinking, but historical record of how more than 25,000 [now over 2,000,000] alcoholics achieved sobriety."

"A Way of Life," Chicago, Illinois, July 1946  
AA Grapevine

## "What is the Birthday Club"

- A show of gratitude by AA members, who contribute \$1.00 or more for each year of continuous sobriety.
- These funds are used to HELP SUPPORT Central Office staff and volunteers to carry the Twelfth Step message during the office hours.
- You will receive personal Birthday Card on your sobriety date.
- Please contact Central Office, if you want to join our **BIRTHDAY CLUB!** #205, 10544 - 114 St., Edmonton, AB T5H 3J7 780-424-5900  
Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)

## BIRTHDAY CLUB

Cathy S. – Thus; We Grow Group  
Ian G. – Shifters Group.



## May 2022 Delegate's Corner

As I write this for the May article for the Delegate's Corner, I am in the middle of packing, repacking, organizing, re-organizing all things necessary (and lots that likely aren't). In a week I fly to NYC for the General Service Conference (April 24 – 30). There are many people busily getting prepared for the arrival of Delegates, Trustees, Directors and Staff who will be attending. I think of them often, sending little prayers to help them along. So grateful for all their loving dedication.

Reviewing the Conference Agenda Items, I am amazed at how AA must have changed since its humble beginnings. Although Bill W. and Dr. Bob had insight into how AA would reach world-wide membership, there was no way to anticipate the changes coming in technology, politics, world events, or social evolutions. However, they did know the importance of establishing a guiding light; a unique structure never seen before (or since).

The role of anyone in service is kind of like being part of the Pony Express, carrying information along from one to another. In this role, it carries your choices and thoughts to where a decision process happens for AA as a whole. Those, then are carried back to you. It also makes me feel like we are kind of pioneers, part of 'history in the making', small as it may be. Reviewing the past decisions, doing an initial read-through of each 'review' 'discuss' or 'consider' topic, listening to the many discussions at our own Assembly, noodling your questions and concerns, and now re-reading all the report-backs again, I find myself deepening into what Alcoholics Anonymous brings to our world. A way of living, of being, of serving humanity, one alcoholic at a time.

Now for a little Pony Express Update of what's been going on:

1. Our **Regional Forum** is quickly approaching: June 3-5 in Winnipeg.
  - o Who is coming? Still welcoming some volunteers
  - o And, we can have a display about our Area – any ideas???
2. **Final Reports** for the 72<sup>nd</sup> GSC have been ordered ☺
3. The **Safety literature** updates are complete so it is all ready to go – take a boo
4. **Stories** are now requested for the 5<sup>th</sup> Edition of the Big Book and for the pamphlet, "A.A. for the Black and African-American Alcoholic"
5. The committee is struck for **WRAASA** (our Regional Service Assembly) Feb 24 – 26, 2023
6. **CPC (Cooperating with the Professional Community)** is busy!  
Our very own Ron S, Area 78 CPC Chair is participating with GSO in a national professional conference, American Academy of Physicians Assistants (CPA 2022) in **Calgary** on **June 17 – 19, 2022**. Volunteers for the booth are needed. Contact Ron ([cpc.72@area78.org](mailto:cpc.72@area78.org)).
7. **GSO Quarterly Report** is out

Thank you to our Archives Chair, Derric F and especially Keith A from District 18's Archives Committee for providing a "Gift of our Area's History" to give to our Report and Charter Committee Secretary, Craig W.

Many thanks to each of you for being here.

Blessings, I am humbled to serve,

Tami L.

### **DISCLAIMER:**

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

| <b>Edmonton Central Office Society</b> |                    |                    |                     |
|--|--------------------|--------------------|---------------------|
| <b>INCOME STATEMENT 2022</b>           |                    |                    |                     |
|  | <b>March</b>       |                    |                     |
|  | <b>Actuals</b>     | <b>Budget</b>      | <b>Variance</b>     |
| <b>Revenue</b>                         |                    |                    |                     |
| Group Contributions                    | \$5,951.23         | \$8,244.90         | (\$2,293.67)        |
| Individual/Bequeath                    | \$1,158.50         | \$2,442.86         | (\$1,284.36)        |
| Birthday Club/Faithful Fivers          | \$46.00            | \$45.05            | \$0.95              |
| Office Supplies / Postage              | \$135.45           | \$147.03           | (\$11.58)           |
| Rental Income-EGSC, etc                | \$60.00            | \$75.00            | (\$15.00)           |
| Tradition Seven-meetings               | \$343.30           | \$540.09           | (\$196.79)          |
| Fundraising                            |                    |                    |                     |
| Other Inc (Interest, etc)              | \$5.12             |                    | \$5.12              |
| <b>Total General Revenue</b>           | <b>\$7,699.60</b>  | <b>\$11,494.92</b> | <b>(\$3,795.32)</b> |
| <b>Literature &amp; Medallion</b>      |                    |                    |                     |
| Literature                             | \$6,865.20         | \$5,815.10         | \$1,050.10          |
| Medallion                              | \$1,763.00         | \$1,782.96         | (\$19.96)           |
| <b>Total Literature and Med.</b>       | <b>\$8,628.20</b>  | <b>\$7,598.06</b>  | <b>\$1,030.14</b>   |
| <b>Total Revenue</b>                   | <b>\$16,327.80</b> | <b>\$19,092.99</b> | <b>(\$2,765.19)</b> |
| <b>Expenses</b>                        |                    |                    |                     |
| AAWS & Grapevine Literature            | \$3,866.01         | \$4,002.10         | \$136.09            |
| Meeting list & Greeting Cards          | \$237.03           | \$218.17           | (\$18.86)           |
| Medallion Purch /engraving             | \$923.76           | \$748.91           | (\$174.85)          |
| <b>Intergroup Expenses</b>             |                    |                    |                     |
| 12 Step Answering                      | \$404.87           | \$ 408.00          | \$3.13              |
| Other (Archive, 12 Step,Cred,Grp Ser   | \$14.40            | \$ 42.00           | \$27.60             |
| <b>Administrative Expenses</b>         |                    |                    |                     |
| Accounting & Legal                     | \$179.38           | \$ 225.00          | \$45.62             |
| Bank Chgs & Cr Card chgs               | \$125.61           | \$ 150.00          | \$24.39             |
| Computer & IT Maintenance              | \$128.13           | \$ 530.00          | \$401.87            |
| Equipment Lease/Purchase               | \$359.77           | \$ 375.00          | \$15.23             |
| Fundraising expense                    |                    | \$ -               |                     |
| Insurance                              | \$321.80           | \$ 300.00          | (\$21.80)           |
| Office Supplies                        | -\$49.39           | \$ 100.00          | \$149.39            |
| Postage                                |                    | \$ 100.00          | \$100.00            |
| 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                   | \$133.09           | \$ 165.00          | \$31.91             |
| <b>Total Expenses</b>                  | <b>\$15,725.98</b> | <b>\$16,147.18</b> | <b>\$421.20</b>     |
| <b>Total Revenue</b>                   | <b>\$16,327.80</b> |                    |                     |
| <b>Total Expenses</b>                  | <b>\$15,725.98</b> |                    |                     |
| <b>Income / (Loss)</b>                 | <b>\$601.82</b>    |                    |                     |

