

ECO NEWS

\$1.00

July 2022

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



From the Editor

Canada is turning 153 years old this month. What this means is that we are celebrating the 153rd anniversary of the Constitution Act of 1867, which established Canada as a country. Canada Day is Friday, July 1, 2022. July 1st is also the Celebration of Sobriety Sober Dance at the Alberta Avenue Community League. Tickets are available at the door. In this newsletter, we have an article on "Attraction rather than Promotion" previously presented by Area 78 Past Delegate Panel 56 Pat L. July being the 7th month, let us reflect on Promise 7 "We will lose interest in selfish things and gain interest in our fellows", and on Tradition 7 illustrated below.

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

TRADITION SEVEN

"Every A.A. group ought to be fully self-supporting, declining outside contributions."

As active alcoholics we were always looking for a handout - in one way or another...

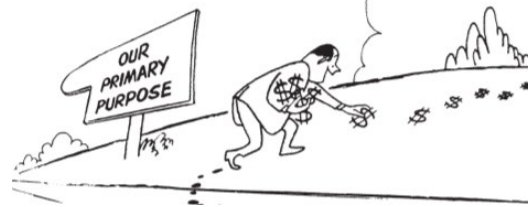


Part of our personal recovery came in making ourselves into responsible human beings



Experience has shown us, also, that A.A. as a whole needs to be self-supporting and independent

The lure of money has led many astray. It could happen to us.



(Reprinted from **The Twelve Traditions Illustrated, P. 8, a publication of A. A.**)

Please Help!

We would like to hear from you about your AA related experience, strength, and hope, keeping in mind copyright and credit concerns.

For example, write a short article about your home group, give your interpretation of a slogan, explain one of the steps or traditions, send a joke or cartoon keeping in mind the sensitivities of our readership. Any contributions will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, group, and phone number where you can be reached (of course we will protect your anonymity).

Material must be submitted no later than the 20th of the preceding month for it to print in the following month's issue.

Submit articles to AA Central Office, #205, 10544-114 St NW, Edmonton, AB T5H 3J7 Fax: (587) 523-4334

Email: centraloffice@edmontonaa.org

Subject Line: Attention ECO News

GRAPEVINE Daily Quote

July 4, 2021

“Thanks to my God, AA, and the Twelve Steps, sobriety has become the ‘easier, softer way’ for me.”

*“A Power Greater Than Compulsion,”
Magalia, California, May 1992, Voices of
Long-Term Sobriety*



VOICES OF
LONG-TERM SOBRIETY
OLD-TIMERS' STORIES
FROM AA GRAPEVINE



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 7th 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.

STEP SEVEN

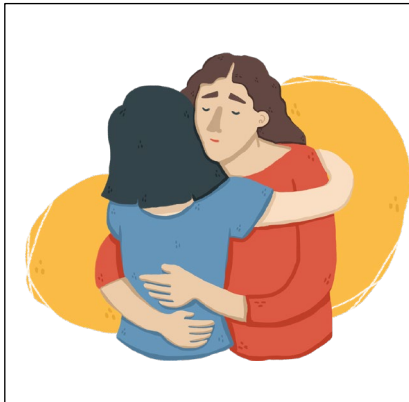
“Humbly asked Him to remove our shortcomings.”

“... the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy.”

(Reprinted from 12 X 12, P. 70.)

PROMISE SEVEN

“We will lose interest in selfish things and gain interest in our fellows.”



CONCEPT SEVEN

“The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness”.

(Reprinted from the General Service Office Service Material)

AA One Liners

Directions to AA: Just go straight to hell and make a u-turn.

AA is the only place where you can walk into a room full of strangers and reminisce.

AA romance.... the odds are good... but the goods are odd.





Group Birthdays for July 2022

60 Minutes to Sobriety

Last Sunday

None

A New Way of Life

Last Thursday

None

Back to Basics

First Thursday

July 7 Ric C. 25 yrs
15 Josh B. 4 yrs

Breathe Easy

First Friday

Elise S. 6 yrs
Steve P. 9 yrs
Pat F. 26 yrs

Fellowship Breakfast

Last Saturday

None

Gratitude group

Last Monday

None

Last Call

Last Wednesday

June 15 Gregg C. 4 yrs

Mustard Seed Group

Last Sunday

July 29 Denise L. 37 yrs

South Side Group

Third Friday

July 5 AG 12 yrs

12 Steps to Serenity

None

St. Albert Sunday Night

Last Sunday

July 28 Cole W. 1 yr

Step Sisters

Last Wednesday

None

Suit Up & Show Up

Last Saturday

None

Oilman's

First Monday

July 14 Ron R. 4 yrs

Groups: please send Birthdays in August to the editor by email

editor@edmontonaa.org or update your members list at AA Central Office. An electronic version is preferred.

St. Albert Breakfast

Last Sunday

July 1 Art P. 41 yrs
2 Wayne U. 1 yr
6 Mike W. 1 yr
16 Karen S. 14 yrs
22 Larry P. 12 yrs

West End 12 Step

First Tuesday

None

Westminster

Last Saturday

July 1 Mike C. 36 yrs
2 Preston J. 1 yr
10 Stan 40 yrs
16 Naomi S. 11 yrs
23 Dick S. 32 yrs
Rick M.

WEMG Group

First Wednesday

July 19 Gordon R. 19 yrs



AA HISTORY FOR THE MONTH OF JULY

July 1-3

1960 – 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2

1960 – Father Ed Dowling dies.

1965 – Best of Bill and pocket-sized 12 & 12; first sold.

1965 – First La Vigne, the Canadian version of the Grapevine, is published.

1993 – 50 years of AA celebrated in Canada.

July 2-3

1955 – 5000 attend 20th Anniversary at our St Louis Convention; Bill W. turns “the fellowship over to the fellowship” at 4:00 PM

July 2-4

1965 – 10K attend 30th Anniversary of AA in Toronto, Responsibility Declaration is adopted.

July 4

1939 – First AA meeting in Flatbush, NY starts.

July 3-5

1970 – 10,900 attend 35th Anniversary of AA in Miami; Bill W. gives his last talk to AA.

July 3-6

1980 – 22.5K attend 45th Anniversary of AA in New Orleans; first marathon meeting is held.

July 4-6

1975 – 19,800 attend 40th Anniversary of AA in Denver.

July 5

1985 – AA gives Ruth Hock 5 Millionth Big Book during 50th AA Anniversary in Montreal, CND.

1990 – AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 3-6

1980 – Gay AA’s have own program at 40th AA Anniversary in New Orleans.

July 5-7

1985 – 45,000 attend 50th Anniversary of AA in Montreal; House of Seagrams flies their flags at half mast for 3 days.

July 7

1940 – Bill attends first summer session at School of Alcohol Studies at Yale University

July 5-8

1990 – 48,000 attend 55th Anniversary of AA in Seattle. 75 countries are represented as the former Soviet Union’s members attend for the first time.

July 8

1940 – First AA group formed in Dayton, Ohio.

July 10

1941 – TX newspaper publishes anonymous letter from founding member of Texas AA Group.

July 14

1939 – Blythewood Sanitarium; Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him.

1979 – Dr. Ernest Kurtz publishes Not God, a history of AA

July 16

1965 – Frank Amos AA Trustee dies.

July 20

1941 – First AA group forms in Seattle, Washington.

July 22

1877 – Willian Duncan Silkworth born in Brooklyn, NY.

1980 – Marty M. early AA woman and founder of National Council on Alcoholism and Drug Dependency (NCADD) dies.

July 23

1940 – Philly AA’s send 10% of kitty to Alcoholic Foundation, setting precedent.

July 23

1943 – Esther C.’s sobriety date; she died sober Jan 15, 2005.

July 23

1943 – New Haven Register CT reports arrival of AA’s to study with E.M.Jellinek.

AA HISTORY (CONTINUED)

July 24

1943 – L.A. press reports formation of all-Mexican AA Group.

July 28-30

1950 – First AA Convention celebrates 15th anniversary of AA in Cleveland.

July 31

1972 – Rollie H., former baseball player, dies sober in Washington DC.

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

2022 Calendar of Events



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



8 4 T H
S T R E E T
Group

**CELEBRATION OF SOBRIETY
SOBER DANCE**
Friday, July 1st, 2022

7 pm. Doors Open
7:30 pm. Speaker
9 pm. Dance

Tickets \$10
includes hotdog and drink
children under 12 are free
Hotdogs \$3
Drinks \$1

Tickets at door \$15

Brandis 780 937 3490
Leomali 403 409 3979
Hailey 780 264 6577
Sheena 587 891 6405

*"if you and I are going to stay sober,
we had better get busy with sober fun."*

Alberta Avenue Hall
9210 118 Ave
Edmonton, AB



EDMONTON AA CORRECTIONS COMMITTEE

AA/Corrections takes off

The good news first, EGSC has gone from 8 inmates reached at 1 institution to 125 inmates reached at 8 institutions and climbing to 200 a week. We have gone from 1 volunteer to 60.

Now for the bad news...we have great need for financial support to meet this success, specifically, we need the literature for the spiritual and interactive sessions on the inside. We are in urgent need of Big Books and Pamphlets. HELP!

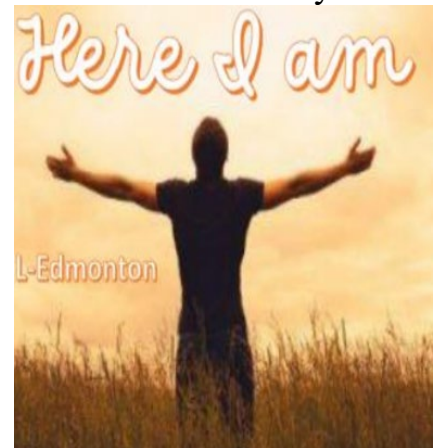
Don P. 780-973-3299

Edson and Area AA Roundup 7/16/2022

Start Time: 8:00 AM

End Time: 8:00 PM

Location: Niton Junction
Community Hall



For more information contact
Rocky 780-723-1091
Pat 780-723-1510

Registration Now Open for NAATW 2022

The Workshop is an annual event where those interested in using technology in service to Alcoholics Anonymous gather to share experience. It provides a place to share ideas, connect with other A.A.s interested in technology, and bring these ideas back to our respective local areas. Sessions are suggested by and presented by our members.

This year's workshop will be held in-person at the Hotel Interurban in the Seattle Washington area, and online via Zoom **September 9-11, 2022.**

Visit <https://naatw.org/2022-naatw-workshop/> for all the details!

Looking forward to being with you all soon,

NAATW 2022 Steering Committee

Registration:
In-Person - \$75; Online - \$25

Moving Forward Together



Onsite meal options available as add-on options. Friday buffet and Saturday box lunch

Greig Lake 43rd A.A. Campout Roundup



With Al-Anon Participation
Seventh Tradition



"Self-Supporting, Declining Outside Contributions."
Everyone is Welcome @ All Functions
Enjoy the Fellowship – Bring a Lawn Chair if You Like

"The Promises"

Labour Day Weekend: 2022 September 2, 3, 4, & 5

(Greig Lake is in the Meadow Lake Provincial Park - Saskatchewan)

Campsite Reservations need to be made through Saskatchewan Parks

Don't forget to bring your bathing suit, raincoat, parka, sunscreen, bug spray, lawn chair, coffee mug, smile, yourself, and a willingness to help-out.



Bring What You Can & Join in the Fellowship

(Breakfast – Sat. & Sun.) **Potlucks** (Supper - Fri., Sat. & Sun.)

Open Meetings & Fish Derby



WANTED

The "Saturday Night Speaker Special" meeting at the Camel Club is looking for members willing to share their experience strength and hope! What it was like, what happened, and especially what it is like now for you in recovery. If you are interested in being a speaker, please E-mail Mike at miketougas1@gmail.com, or Christie at noblec@telusplanet.net. Include in your E-mail your sobriety date, your home group, telephone number and E-mail. As well, please let us know who is coming to introduce you! You will have 40-45 minutes to share. The meeting is every Saturday night at 8p.m. at the Camel Club: #201, 14567-118th Avenue.

WILDROSE Round-Up

With Al-Anon Participation

"CELEBRATING SOBRIETY"
ONE DAY AT A TIME

October 22, 2022

Ridgewood Community League Hall
3705 Mill Woods Road East NW
Edmonton

Full day: \$50/person
Speakers only - \$25/person



Canteen

- available for Sale
- Hamburgers & Hot dogs

For tickets contact:

Larry V: 780-298-6540
Ron S: 780-913-0034

Or email: wildroseroundup@gmail.com



Roundups and conferences are not AA meetings.
The cost of this roundup is paid through registration fees

District 10 Gratitude Picnic

When: Sunday, September 11th 2022

Where: Jubilee Park – 510 Grove Drive
Spruce Grove, AB

Time: 11 am to 4 pm

Burgers, hot dogs and beverages provided

Please bring salads and/or desserts

Bring your own lawn chairs, fellowship,
sports equipment, appetite!

Seventh Tradition Accepted

Contact: brendaj246@hotmail.com

46th Annual
Slave Lake Roundup
September 2-5th 2022
Widewater Community Complex

HONESTY & RECOVERY

Camping available - No Powered Sites
\$50/ person (Children 12 & under free)

Friday	2:00pm	Gates Open
	4:00-8:00pm	Registration and hot dog roast
	8:00pm	Welcome Meeting
	10:30pm	Night Owl Campfire Meeting
Saturday	8:30-10:00am	Continental Breakfast
	10:30am	AA Call Up Meeting
	12:00-1:00pm	BBQ lunch - 7th Tradition
	1:30pm	Al-Anon Speaker Meeting - Speaker TBD
	3:00pm	AA Call Up Meeting
	6:00pm	Potluck Supper - Meat Provided
		Raffle Sales close at 7:50pm
	8:00pm	Sobriety Countdown and AA Speaker Meeting
		Raffle Announcements will follow meeting
	10:30pm	Night Owl Campfire Meeting
Sunday	8:30-10:00am	Pancake Breakfast
	10:30am	AA Speaker Meeting - Speaker TBD
	12:00pm	Leftover Lunch
	6:00pm	Leftover Supper
	8:00pm	AA Call Up Meeting
	10:30pm	Night Owl Campfire Meeting
Monday	9:30am	Wrap Up Meeting
	10:30am	Cleanup

Pets are not allowed in the complex and must be kept on leash
For more info contact Bob K. 780-849-1896 or Rick A. 867-668-1519



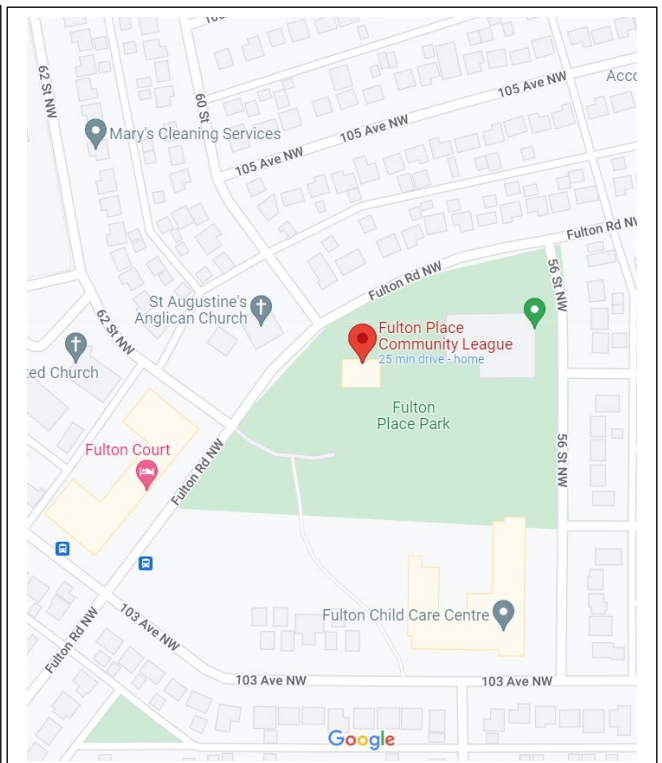
CAMPUS GROUP'S BLUE JEAN ROUND UP



Fellowship

FULTON COMMUNITY HALL
6115 FULTON RD NW, EDMONTON, AB

edmontonaa.org for more info



THANK YOU!!!

On behalf of the Committee that worked SO hard for 3 years to make sure it happened, I'd like to thank everyone for helping to make the 75th Anniversary of AA in Edmonton celebration on June 11th the success that it was.

300 people enjoyed a great banquet meal, and together shared 3,781 years of sobriety! Another 60+ joined the celebration for at least part of the day. Dozens of volunteers helped get people registered, shown around the facility, and served with drinks and snacks from the concession. More volunteers helped introduce almost 20 AA members who spoke at one of the 5 panels that had been organized, or provided their drama, musical or poetry skills to a very appreciative audience, and many AA members enjoyed playing JeopardAA or cribbage.

Every Service Committee in Edmonton had tables displaying the work they do, and the tables were visited constantly by members learning more about AA in Edmonton.

The booklet prepared for the 75th Anniversary of AA in Edmonton, as well as the huge "Family Tree" showing information about AA groups in Edmonton over the past 75 years got lots of loving attention too.

Most of all, everyone who attended or participated in one way or another had the opportunity to meet and visit with old friends and make new ones, and the spirit and magic of the AA fellowship filled all of our hearts.

Together, we were certainly able to commemorate 70 years of AA in Edmonton, and to celebrate *"What it was like, what happened, and what it is like now."*

Thank you all again, and again!

Brian G.

Chair, 75th Anniversary of AA in Edmonton Committee

P.S. A couple of house-keeping reminders:

1. Anyone wanting copies of the speakers from the event should contact Danny C. at dcolecp@gmail.com
2. Anyone wanting copies of the booklet about 75 Years of AA in Edmonton should contact Central Office at centraloffice@edmontonaa.org
3. A set of eyeglasses as well as a set of (Ford) keys were left behind, and can be retrieved from the Northgate Lions Recreation Centre

Delegate's Corner – June 2022

Time passes so quickly. After the ACM it was off to the Western Canada Regional Forum in Winnipeg. (Our region has the smallest number of areas, but the largest land mass – BC/Yukon, AB/NT/NV, SK & MB). I arrived home, switched my suitcase and was off to visit friends and members at the Didsbury campout on the Friday night, the wonderful celebration for Edmonton's 75+2 anniversary on Saturday and Sunday found me with the fantastic District 40 group to share the Report about the Conference. What an incredible weekend. Back home to Calgary and the chance to share the Delegate Report on the Conference with the lovely folks at the Calgary General Service Committee. June was a whirlwind of ♥♥♥

At the Regional Forum it was great seeing new and familiar faces from our four areas, including quite a few from our own. Although I had been to one before, this one seemed even more meaningful. Irma V., our Western Regional Trustee chaired the weekend with lots of care. We had presentations about Safety, Inclusivity, Tradition 10 as it relates to Covid, and Virtual Sponsorship. There were many interesting breakout workshops. The large group workshop entitled, "Who is not in Our Rooms" was given by Area 79 Alternate Chair, Drew W. It brought many of us to tears. There is so much work for all of us to do. So much care for those who continue to suffer, yet don't yet know or understand A.A. or feel intimidated to come in the rooms. There was a panel of non-alcoholic Trustees – man, do they ever care about us and about A. A. We heard from the excitable Treasurer, the passionate Grapevine/LaViña Chair, our adorable General Service Board Chair and of course Bob W, GSO General Manager, who was full of fun, love and connection. What a great weekend where we learned, cried, rejoiced, and celebrated recovery in Alcoholics Anonymous. I'd like to do a shout out to Area 80 for an outstanding job putting this on and to our GSO Regional Committee Coordinator, James H. who went above and beyond (again) to offer us this amazing experience. A new General Service Office hire – Eileen A., Corrections Committee Coordinator – also came to Winnipeg. Being her first Forum, she was told this would be the perfect way to start cuz Western Canada rocks! She agreed wholeheartedly.

Coming up February 24-26, 2023, the WRASSA (Western Regional AA Service Assembly) is being hosted by us in Area 78, in Edmonton. We would just love to see y'all come out. Info is already on the website (www.area78.org). Irma V. (W. Canada Trustee) will be chairing the event and there will be soooooo many great take-aways for newcomers to long timers alike. In loving service, Tami

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

1. **North/South Connection** – Virtual Special Forum – July 16, 2022 11 am – 7 pm EDT
<https://www.aa.org/North-South-Connections-Forum-AA-in-Remote-Communities>
2. **The 72nd Conference Report** - Any Districts / Groups wanting to hear the Delegate's Report can email me at delegate.72@area78.org to request the report for their members
Also, The Report will be offered online twice in July: Tues, July 19 and Mon, July 25 @ 7-9pm
Zoom: 780 555 5414 password: area78
3. **Stories** are still requested for: 5th Edition of the Big Book
4. **Stories** are still requested for the following pamphlets:
 - A.A. for the Older Alcoholic
 - A.A. for the Native North American
 - A.A. for the Black and African-American
5. **Trustee-at-Large/Canada** Vacancy – interested past delegates from Area 78 may apply to chair.72@area78.org prior to the September Assembly.
6. **2025 International Convention** – Vancouver – FAQ
[https://www.aa.org/sites/default/files/literature/FAQ%202025%20International%20Convention%20\(English\).pdf](https://www.aa.org/sites/default/files/literature/FAQ%202025%20International%20Convention%20(English).pdf)
7. **Other great updates** – <https://www.aa.org/news-and-announcements>

Reprinted from a presentation done in 2006 or 2007 by Pat L.

“Our Primary Purpose : Attraction Rather Than Promotion”

I came into the Fellowship of Alcoholics Anonymous after watching my Mother for 3 years. In the opinion of the family; she was a “Hopeless Alcoholic” and as much as we loved her; we could not help her.

She went to an AA meeting one evening and met some ladies who were almost exactly like her, and to our surprise (in spite of all our efforts) she stopped drinking and stayed stopped through many traumatic experiences in her life.

Her sister was very attracted by what she saw and asked her to help her daughter. My cousin joined AA and in spite of all her family’s cajoling she too stopped drinking. I watched this with great interest and 2 years later made the telephone call to my cousin that saved my life.

I was very attracted by the life I had seen these two women achieve in sobriety and “wanted what they had”. We need to carry this idea of attraction to many levels in our Fellowship, particularly when we refer to our Primary Purpose.

Tradition 5 and Tradition 11 must be our guidelines when we speak about “Carrying the Message” to the alcoholic who still suffers and “Attraction Rather than Promotion” at the level of Press, Radio and Film- but what about our Communities?

When I am out and about in the community in which I function and attend social gatherings, many people are very aware that I do not drink. I am a business women who is active in my professional community and am often asked why? My response is always the same “I have found a way to live without drinking alcohol and if you would like to talk more about it– here is my number, please call me”

With all the notoriety we are receiving today from celebrities who are searching for what we have – I believe we must be compassionate, kind and understanding because they do not know any different and are only looking for help.

Our Public Information Committees at all levels must continue their work in sharing the proper information about our Fellowship and our 11th. Tradition that states the importance of our anonymity. As Bill Sees It Page 255 says “To reach more alcoholics, understanding of AA and public good will towards AA must go on growing everywhere”.

Our Cooperation with the Professional Community Committees must be available to provide assistance to professionals who do not know who we are and who we are not”. We need to be on still better terms with medicine, religion, employers, governments, courts, prisons, mental hospitals and all enterprises in the field of alcoholism” and what a wonderful resource we can be for someone they see who has a *Drinking Problem*.

(continued, next page)

Each and every one of us must be an example of sobriety in action and many of those who do not want to be labeled as “an alcoholic” will be attracted by what they see. In our communities we should strive for the ideals that we review each and every day in our books and literature.

If we are to carry the message to the alcoholic who still suffers – what message are we carrying? Are we carrying a message of recovery from a seemingly hopeless state of mind and body into a place of usefulness or are we carrying a message of selfish and self-centered egotism?

“Nothing matters more to AA’s future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination. Should we handle this great instrument badly, we shall be shattered by the ego manifestations of our own people”.

My family, friends and some business associates know that I am a member of AA. I have stressed to them the importance of my anonymity and that I am available to them at anytime, anywhere to assist anyone who has a drinking problem. Personally, I would like those who are in recovery to be kind, considerate, non-judgemental and open minded. Love and Tolerance are our guides. With these traits foremost in our minds who could help not be attracted to what we have.

Are these extravagant expectations?Likely Yes!Shall we strive for them? Why Not?

As you will note, As Bill Sees It is one of my favorite books. Below its title it simply says the AA Way of Life and I truly subscribe to that.

Page 278 refers to speaking up without fear. This was a major accomplishment in my life because of the connotation that went along with that of a woman who drinks too much. She was of low moral character and an embarrassment to those around her.

Today I can tell anyone that I have met the most courageous women in my life around the meeting rooms of AA and that I am proud to be a member of AA.

We have had the courage to change our lives and the lives of those who were affected by our drinking. Who would not be attracted to us?

When I speak before semi-public gatherings, I wish to convince audiences that our alcoholism is a sickness we no longer fear to discuss with anyone.

Page 316 talks about the spirit of anonymity and giving up our natural desires for personal distinction as AA members.

Our 12th. Step Responsibility is to carry the message to the alcoholic who still suffers and we should go to any length that is required.

(continued, next page)

That means attending meetings and welcoming the newcomer (even when we are not having a great day) answering the telephone (even when we are busy) doing a twelfth step call (even when it is inconvenient) and being an example of Hope and Sobriety.

We will attract those who wish recovery by watching us. Please don't stop carrying the message, you may be the only example of the Big Book that someone in despair, reaching out for help and stumbling in the darkness may ever see!!

Thank you all for making the gift of RECOVERY ATTRACTIVE TO ME.

Stay well, stay safe and stay connected ...

In love and service Pat L. Area 78 Past Delegate Panel 56.

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)
- Check 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.



Despite my material and external gains or losses, I simply did not stop drinking. I often would attend church services on Sunday, getting drunk at the church brunch afterwards. By Monday, I would be in a state of confusion on where my spiritual juice went that I had received at church. It was covered by alcohol. I still was not putting a dependence on God, even when I desired to seek God. Naturally, I stopped going to church. God was not there. Ironically, many years later, my first AA meeting was in that very same church.

By: Anonymous

“Some of us have taken very hard knocks to learn this truth: Job or no job- wife or no wife—we simply do not stop drinking so long as we place dependence upon other people ahead of dependence on God” (Big Book of Alcoholics Anonymous 98).



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



FAITHFUL FIVERS THIS MONTH

Doug Q., The Simply Sober 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.

BIRTHDAY CLUB

Jim R., The Why Group

Grace N., A New Way of Life Group

Gabrielle K. of Westminster Group



BIRTHDAY CLUB

“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



Edmonton Central Office Society			
INCOME STATEMENT 2022			
	May		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$5,428.49	\$3,607.53	\$1,820.96
Individual/Bequeath	\$1,665.00	\$1,282.59	\$382.41
Birthday Club/Faithful Fivers	\$50.00	\$113.74	(\$63.74)
Office Supplies / Postage	\$169.50	\$50.50	\$119.00
Rental Income-EGSC, etc	\$60.00	\$37.50	\$22.50
Tradition Seven-meetings	\$321.40	\$473.77	(\$152.37)
Fundraising			
Other Inc (Interest, etc)	\$5.12		\$5.12
Total General Revenue	\$7,699.51	\$5,565.63	\$2,133.88
Literature & Medallion			
Literature	\$7,457.70	\$4,305.23	\$3,152.47
Medallion	\$1,604.00	\$1,533.84	\$70.16
Total Literature and Med.	\$9,061.70	\$5,839.07	\$3,222.63
Total Revenue	\$16,761.21	\$11,404.70	\$5,356.51
Expenses			
AAWS & Grapevine Literature	\$4,422.88	\$2,998.13	(\$1,424.75)
Meeting list & Greeting Cards	\$157.07	\$51.22	(\$105.85)
Medallion Purch /engraving	\$966.25	\$677.83	(\$288.42)
Intergroup Expenses			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$195.12	\$42.00	(\$153.12)
Administrative Expenses			
Accounting & Legal	\$449.72	\$225.00	(\$224.72)
Bank Chgs & Cr Card chgs	\$136.69	\$150.00	\$13.31
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	\$658.45	\$100.00	(\$558.45)
Postage	\$97.26	\$100.00	\$2.74
Rent	\$3,778.56	\$5,546.00	\$1,767.44
Salaries, Source, WCB	\$5,302.96	\$5,004.00	(\$298.96)
Staff Training / Seminar			
Telephone / Internet	\$133.09	\$165.00	\$31.91
	\$17,512.62	\$16,317.18	(\$1,195.44)
Total Revenue	\$16,761.21		
Total Expenses	\$17,512.62		
Income / (Loss)	(\$751.41)		

Edmonton Central Office - 2022 Group Contributions

GROUP	District	May	YTD	GROUP	GSO Number	District	May	YTD	GROUP	GSO Number	District	May	YTD
60 MINUTES TO SOBRIETY	53		\$0.00	HIGH PRAIRIE - HI GROUP		7		\$250.00	SHER. PARK MILLSHAVEN	119605	61		\$0.00
10 AFTER 10 GROUP	46		\$50.00	HOME GROUP #1	114687	63		\$0.00	SHER. PARK NEW AT TWO		61		\$811.25
84TH STREET	46		\$200.00	HOME GROUP #11		63		\$0.00	SHER. PARK 12 STEPS TO SERENITY	684045	61		\$369.00
84TH STREET ZOOM	46		\$100.00	HOME GROUP #13	114615	63		\$595.00	SHER. PARK SISTERS IN SOBRIETY		61		\$221.32
AB GROUP	57		\$0.00	HOME GROUP #18	123079	63		\$0.00	SHER. PARK TUESDAY NIGHT AT 7	688638	61		\$0.00
ALANO WOMENS DISCUSSION	46		\$0.00	HOME GROUP #25		63		\$0.00	SHER. PARK THERE'S MORE TO THE STORY	717525	61		\$320.00
AB BEACH - SONS OF THE BEACH	10		\$0.00	HOPE THROUGH FRIENDSHIP GROUP	150938	40		\$0.00	SHIFTERS GROUP	114699	57		\$20.00
ALTERED ATTITUDES GROUP	46		\$0.00	HOW IT WORKS GROUP	139837	55		\$300.00	SIMPLY SOBER AA GROUP		40		\$0.00
AMAZING GRACE	46	\$290.00	\$551.48	IDEAL BOOK STUDIES		63		\$0.00	SLAVE LAKE AA GROUP	114753	7		\$250.00
AS IT IS GROUP	55		\$0.00	INTO ACTION GROUP	648134	40		\$0.00	SOBER COUNTRY - EDSON		5		\$0.00
ATHABASCA AA GROUP	8		\$0.00	JASPER PLACE GROUP	114690	40		\$280.50	SOUTHBOUND FELLOWSHIP GROUP	716914	60		\$250.00
BEAUMARIS LAKE GROUP	53		\$0.00	JELLNICK JUMPSTART		46	\$107.15	\$415.70	SOBER SOULS OF EDMONTON		46	\$100.00	\$100.00
BEAUMONT HOW IT WORKS GRP	60		\$200.00	LAC LA BICHE TRI SOBRIETY	717868	8		\$0.00	SOUTH SIDE GROUP	114700	57	\$100.00	\$100.00
BEAUMONT GROUP	60		\$0.00	LAMONT - BEAVERHILL GROUP	122788	20		\$0.00	SOUTHIDE YOUNG PEOPLE'S GROUP		57		\$0.00
BEAVER HILL CREEK	9		\$0.00	LAST CALL GROUP	721414	40	\$371.34	\$371.34	SPRUCE GROVE AFTER 1 GROUP	663568	10		\$0.00
BEAVERLODGE AA	4		\$0.00	LEDUC HOW IT WORKS		12		\$0.00	SPRUCE GROVE - SPEAK EASY		10		\$0.00
BEVERLY GROUP	53		\$0.00	LEDUC MONDAY NGHT LADIES 12 X 12		12		\$50.00	SPRUCE GROVE FIRST DOOR ON THE LEFT		10		\$0.00
BONNIE DOON GROU	55		\$0.00	LEDUC SATURDAY	120350	12		\$0.00	STEP SISTERS	114686	40		\$270.95
BONNYVILLE SAT NIGHT GRP	3		\$0.00	LEDUC SUNDAY BEGINNERS	689115	12		\$400.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	717950	55		\$0.00
BONNYVILLE NEW LIFE GRP	3		\$0.00	LEDUC TUESDAY NOON MEETING		12		\$60.00	STONY PLAIN - BEYOND BELIEF	712385	10		\$0.00
BREATHE EASY GROUP	40		\$0.00	LIGHTHOUSE GROUP	682611	53		\$1,000.00	STONY PLAIN - DISPLACED MALL RATS		10		\$0.00
CAMEL DISCUSSION CLUB	40		\$0.00	LIONS DEN GROUP	655067	57	\$750.00	\$1,750.00	STONY PLAIN - FIRST DOOR ON THE LEFT	704869	10		\$0.00
CAMPUS GROUP	57		\$450.00	LOVE AT WORK	161470	60		\$200.00	STONY PLAIN - NEW WOMEN'S GROUP	706136	10		\$0.00
CAMPUS GROUP - BLUE JEAN R/U	57		\$0.00	MANDATE:SOBER GROUP	150723	40	\$100.00	\$200.00	STONY PLAIN - 12 BY 12 TUESDAY NIGHT GR		10		\$0.00
CAMROSE CITY GROUP	12		\$0.00	MILLET: STAIRWAY TO FREEDOM GRP	169395	12		\$200.00	ST. PAUL - FELLOWSHIP GROUP	114750	3		\$150.00
CAPILANO STEP GROUP	55		\$200.00	MORINVILLE BY THE BOOK GROUP		9		\$0.00	ST. PAUL - YOU GO GAL MEETING		3		\$0.00
CLAREVIEW BIG BOOK GROUP	53		\$0.00	MORINVILLE THURS NITE STEP & TRADITION	114617	9		\$0.00	STRENGTH AND HOPE GROUP	114697	46		\$0.00
CORNERSTONE GROUP	46		\$150.00	MUSTARD SEED GROUP	107237	46		\$800.00	STRENGTH IN NUMBERS		57	\$250.00	\$250.00
COURAGE TO CHANGE	46		\$0.00	NEIGHBOR CENTER GROUP		57		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	679626	46		\$100.00
CRESTWOOD WELCOME	40		\$500.00	NEW FOUND HOPE GROUP		53	25	\$50.00	SUNDAY MORNING OPEN GROUP (SMOG)	123630	57		\$250.00
DAILY REFLECTIONS GROUP	55		\$0.00	NEW HOPE GROUP	123290	62		\$0.00	SUNDAY MORNING BIG BOOK GROUP		40		\$0.00
DAYSLAND	12		\$0.00	NITON AA GROUP	114594	6		\$0.00	SUNDAY NO NAME GROUP		40		\$0.00
DEVON MONDAY NIGHT GROUP	12		\$0.00	NO NAME HOME GROUP	178337	63		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	114702	46	\$425.00	\$1,328.95
DISTRICT 7 SLAVE LAKE R/U	7		\$0.00	NO SAINTS MEETING	721636	46		\$0.00	SURVIVORS GROUP		53		\$0.00
DISTRICT 9	9		\$0.00	NORTH EDMONTON GROUP	114693	53		\$0.00	TA WOW GROUP	114703	46		\$17.00
DISTRICT 10 UNITY ROUND UP	10		\$0.00	NORWOOD GROUP	114695	46		\$1,284.91	TERRA NOVA GROUP	114604	46		\$0.00
DISTRICT 10	10		\$400.00	OFF THE WALL & LIVING SOBER MTG	224807	55		\$0.00	THE WHY GROUP	167589	46		\$850.00
DISTRICT 12 GSR BODY	12		\$230.00	OILMENS GROUP	114696	57	\$200.00	\$650.00	THORSBY GROUP	136887	12		\$0.00
DISTRICT 20	20	\$100.00	\$100.00	ONOWAY GROUP	114696	57		\$0.00	THUS WE GROW	657945	57		\$250.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OPEN DOOR GROUP	607230	55		\$200.00	TO SHOW OTHERS		57		\$188.25
DISTRICT 53	53		\$0.00	OUR HOUSE		40		\$0.00	TOWER GROUP		46		\$0.00
DISTRICT 57 COMMITTEE	57		\$0.00	OUR PLACE GROUP	125679	46		\$0.00	UNDER NEW MANAGEMENT	696671	57		\$400.00
DISTRICT 64	64		\$0.00	PEACE RIVER AA GROUP	11473	2		\$0.00	UNITY STEP GROUP		55		\$320.00
DOLPHIN GROUP	53	\$240.00	\$1,165.75	PONOKA THURSDAY NIGHT		12		\$0.00	U OF AA GROUP	718909	57		\$100.00
DRAYTON VALLEY A.A. GROUP	6		\$0.00	POUNDMAKER'S TREATMENT CTR		64		\$0.00	UP THE CREEK	663735	55	\$500.00	\$500.00
EARLY BIRDS BREAKFAST GROUP	53		\$0.00	PRIMARY PURPOSE GROUP-ONLINE		61		\$200.00	UP THE CREEK ANNIVERSARY DINNER		55		\$0.00
EASTWOOD GROUP	53		\$70.00	PRINCIPLES GROUP		53		\$0.00	UP THE CREEK GRATITUDE MONTH		55		\$0.00
ELLERSLIE ROAD GROUP	60		\$0.00	PROVIDENCE GROUP	129667	57		\$0.00	VALLEYVIEW A.A. GROUP		7		\$100.00
EVANSBURG GROUP	6		\$150.00	RAINBOWS TO RECOVERY		57		\$0.00	VIOLET GROVE LAST CHANCE	123000	6		\$0.00
EYEOPENER GROUP	40		\$20.00	RAY OF HOPE GROUP	680905	46		\$750.00	VIKING WEDNESDAY NIGHT GROUP	114564	20		\$0.00
FAITH WORKS STEP GROUP	53		\$170.00	RIO TERRACE GROUP	178383	40		\$0.00	VIRTUAL STUDY GROUP		40		\$0.00
FELLOWSHIP GROUP	57		\$0.00	RITE TRAC GROUP	119330	53		\$100.00	WABAMUN WEDNESDAY NIGHT	611199	10		\$0.00
FIRST DAY GROUP	46		\$0.00	S.A. BACK TO BASICS	168017	64	\$850.00	\$850.00	WABASCA GROUP		7		\$0.00
FRIENDS OF BILL GOLF TOURN	60		\$0.00	S.A. BREAKFAST GROUP	114607	64		\$400.00	WEST END GROUP	114704	40		\$0.00
FRIENDS OF BILL W AT THE HUB	40		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	114586	64		\$0.00	WE AGNOSTICS		46		\$0.00
FT MCMURRAY BACK TO BASICS	21		\$250.00	S.A. GRACE AT NOON		64	400	\$800.00	WEST END GROUP	114704	46		\$0.00
FT. MCMURRAY NOONERS	21		\$0.00	S.A. MILLENNIUM GROUP	643837	64		\$500.00	WESTEND 12 STEP GROUP	688457	40		\$0.00
FT. MCMURRAY WOMENS RECOV	21		\$0.00	S.A. ON THE HILL GROUPS		64		\$0.00	WEST END MEN'S GROUP	172091	40		\$0.00
FT. MCMURRAY ROUND UP	21	\$200.00	\$200.00	S.A. SISTERHOOD GROUP		64		\$343.00	WESTGROVE GROUP	114705	40		\$0.00
FT. MCMURRAY SUNDAY DETOX	21		\$200.00	S.A. SOBER SISTERS GROUP	721596	64		\$218.85	WESTLOCK AA GROUP FRIDAY NIGHT	114764	9		\$0.00
FT. SASK BIG BOOK TOOLBOX-TAL	61		\$0.00	S.A. STEP X STEP SATURDAY NIGHT GRP	129542	64		\$240.00	WESTLOCK SUNDAY BACK TO BASICS	691440	9		\$0.00
FT. SASK TOWN GROUP	61		\$0.00	S.A. SUNDAY STEP STUDY	605303	64		\$0.00	WESTLOCK WEDNESDAY	706329	9		\$0.00
FULTON PLACE GROUP	55		\$0.00	S.A. TUESDAY NIGHT GROUP	114701	64	\$180.00	\$180.00	WESTLOCK WEDNESDAY BREAKFAST		9		\$0.00
GIBBONS SOBER RIDERS	61		\$0.00	S.A. WED. NIGHT CLOSED MEN'S	704318	64		\$0.00	WESTLOCK WINNERS CIRCLE		9		\$0.00
GRANDIN MEETING	57		\$0.00	SANDY BEACH GROUP	610511	9		\$0.00	WESTMINSTER GROUP	145451	46	\$110.00	\$1,476.00
GRATITUDE GROUP	53		\$0.00	SATURDAY NIGHT LIVE MEETING		57	\$30.00	\$112.00	WESTMOUNT GROUP	122145	40		\$0.00
GRIMSHAW SATURDAY NIGHT GR	2		\$0.00	SEDGEWICK A.A. GROUP	1198881	20		\$0.00	WETASKIWIN SUNDAY MORN B.BOOK DISC	142527	12	\$100.00	\$200.00
H5	57		\$0.00	SERENITY POOL SUNDAY MEETING		60		\$0.00	WHITECOURT AA GROUP	114766	6		\$250.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	SHER. PARK HAPPY HOUR GROUP	121626	61		\$550.00	YOUNG & OLD GROUP	124191	53		\$0.00
HELPING HANDS	60		\$400.00	SHER. PARK GROUP	114752	61		\$500.00	YOUR CHOICE GROUP		53		\$385.00
Total		\$830.00		Total			\$3,013.49					\$1,585.00	\$9,827.72
			\$5,757.23					\$14,601.30	Grand Total				\$30,186.25