

ECO NEWS

\$1.00

September 2022

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

HAPPY
Labour
Day



From the Editor

Labour Day in Canada is celebrated on the first Monday of September. It originally gave workers the chance to campaign for better working conditions or pay. The day is a statutory holiday in Alberta occurring this year Monday, September 5 providing us with a long weekend. In this newsletter we have an article by Pat L. based on a presentation she made at the Western Canada Regional Forum held in Winnipeg in 2006 entitled "The Spirit of Sacrifice". We also have a follow up article by Wayne P. to one featured in last month's newsletter on staying sober while being an agnostic.

I wish you a happy and sober fall.

Yours in service,

Julia J., Editor of the ECO newsletter

TRADITION NINE

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Long form: Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations. They guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no authority from their titles; they do not govern. Respect is the key to their usefulness.

(Reprinted from 12 X 12, P. 172, 191 with permission)

STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

How to Make EFFECTIVE AMENDS

1

BE SINCERE

Don't make the amends unless you are ready. Avoid doing it by email or text which shows a lack of caring.

2

ACKNOWLEDGE THE MISTAKE

Be honest about what you said or did. Or, *what you avoided* that may have caused harm.

3

BE SPECIFIC

Saying you were wrong is great but specifically name it shows more accountability.

4

BE SINCERE

Don't make the amends unless you are in the right frame of mind. If the timing isn't right it's not worth it.

5

LISTEN AND VALIDATE

Be willing to listen. Validate their feelings by showing them you understand why they were hurt.

6

LET GO OF THE RESULT

No matter what reaction you get, you are building integrity and that will benefit you in the long run.

CounselingRecovery.com

NINTH STEP PRAYER

**Higher Power,
I ask Your help in making my list
of all those I have harmed.
I will take responsibility for my
mistakes & be forgiving to others
as You are forgiving to me.
Grant me the willingness
to begin my restitution.
This I pray.**

Alcoholics Anonymous, Cleveland

PROMISE NINE

**“Our whole attitude and outlook
upon life will change.”**

CONCEPT NINE

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by Trustees of the General Service Board of Alcoholics Anonymous.”

(Reprinted from the General Service Office Service Material)

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:

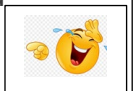
Edmonton Central Office
Suite 205
10544 114 St NW
Edmonton, AB T5H 3J7

- 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.

A member of Alcoholics Anonymous relapsed and ends up getting pulled over for a DUI. He goes to jail. He's so drunk, he's puked on himself and wet himself as he just lays on the bench in jail. His sponsor eventually comes to bail him out and asks, "Well, have you learned anything? The guy responds," Yeah, I gotta quit driving."



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 submitted before the 20th of the month will print in the following month's issue.

Submit articles to the ECO Newsletter Editor at editor@edmontonaa.org or to AA Central Office #205, 10544-114 St NW, Edmonton, AB T5H 3J7 Fax: (587) 523-4334

Western Canada Regional Forum – Winnipeg, Manitoba – February 24-26, 2006.

Presentation by Pat Long Area 78 Panel 56 Delegate Alberta /NWT

“The Spirit of Sacrifice”

This is a very broad ranging topic and one that can be interpreted differently by everyone who discusses it. If we look in the dictionary – one of the meanings of SACRIFICE is “giving something up for the sake of something else; the act of giving up” and if we look for SPIRIT we find “soul; essential character of meaning; courage, liveliness; frame of mind”.

These qualities will certainly describe many of us in this fellowship who are of strong mind, strong opinions, strong hearts and strong souls. We surrender to succeed, and make personal sacrifices for the good of Alcoholics Anonymous as a whole. Let us look at some sacrifices we make and I will refer to these in the form of the sacrifices I make because they are only suggestions.

The Seventh Tradition:

I took my lead from an article I read in Box 459 from Mel H. Panel 34 Delegate. He believes the only way we can get our fellow members to accept the responsibility for supporting AA services is to lead by example.

When I attend my regular meetings usually carrying a \$5.00 cup of Latte from my favorite coffee shop, I am reminded without AA I would not be able to purchase the coffee and I contribute to the basket accordingly. Mel relates that Concept XII Warranty Two points out that giving time for Twelfth Step work isn't a problem for most of us, giving money is a different matter.

When it comes to the actual spending of cash for AA services & overhead, many of us are apt to turn a bit reluctant. My change in attitude to contribute at least twice as much as I previously did has become a vital part of my spiritual recovery. We cannot carry the message to the Alcoholic who still suffers without sufficient funds.

Humility:

Never was I as humble as I was on a Wednesday morning in December when I made the call to ask for help. I finally sacrificed my pride, my ego, my stubborn self-centered attitude that I could control the universe and I asked for help to stop drinking. This sacrifice saved my life and continues to do so.

Many instances arise when I again make the sacrifice of my ego and pride to become humble again, become teachable again and ready to learn through the experience, strength and hope that was freely given to me.

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Anonymity:

Bill affirmed in his last message to the Fellowship in October 1970 "If I were asked which of these blessings, I felt was most responsible for our growth as a Fellowship and most vital to our continuity I would say "Concept of Anonymity".

Today, even though alcoholism is recognized as a illness and the stigma has lessened greatly, the individual's own feelings of fear, shame and guilt are as strong as ever. AA's promise of anonymity may be the only thing that allows a sick and shaken alcoholic to feel safe enough to pick up the phone or walk into an AA meeting and take the first halting steps toward recovery. Without it, many who need AA might never enter the door.

Anonymity is our lifeline and as an individual I make the sacrifice to decide how much personal anonymity I wish to observe with my family, friends, clients & employers. I knew I would be paid accolades and compliments "for turning my life around "but none are required because the change in my life and success I have achieved is from the grace of God as I understand and the Fellowship of Alcoholics Anonymous. When the Twelve Traditions were adopted by the Fellowship as a whole AA's learned the value of sacrificing and renouncing power and prestige and living genuine humility.

Non-Affiliation:

There are many who do not know that A.A. is not affiliated with the Christian religion or any other sect. They do not know that the A.A. program is "Spiritual" and not "Religious". Spirituality in A.A. allows room for all Religions - or None. It is our responsibility to carry the message of Recovery with the correct information.

I was raised in the United Church of Canada and love The Lord's Prayer. I can say it whenever and wherever I like. My personal sacrifice is that I do not need to say the Lord's prayer at an AA meeting if it will exclude anyone from finding the warmth, love and acceptance that I found in the meeting rooms of AA. Our collective experience suggests that to get sober & stay sober, alcoholics need to accept and depend upon a spiritual entity or force that they perceive as greater than themselves.

Other sacrifices that I see as important for AAs to remember are:

- We have no response to criticism, regardless of how it is directed. We do not engage in controversy. Personally, on the advice of good sponsorship, I simply state that "you are entitled to your opinion, I respect your opinion and ask only that you respect mine".
- When speaking with someone we are often reminded that there are other ways to get sober and stay sober that have worked for many people. I really never knew how to handle this and I have been given a wonderful piece of advice from Valerie O. I will simply say "I celebrate recovery – no matter how it is achieved".

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- Even though I have very strong opinions and know that I owe my life to the Fellowship of Alcoholics Anonymous, I do not speak for AA. My responsibility is only to share my experience, strength and hope and to carry the message of recovery, service and unity whenever I can. For the ability you have given me to do this I am forever grateful.

Thank-you

Respectfully submitted Pat Long – Area 78 Panel 56 Alberta /NWT

Spiritual Agnostic

My last drink was on Boxing Day, 1980 and my first meeting a couple of days later at the Alano Club in North Vancouver. At the time I considered myself to be a happy and content Agnostic. Not a confirmed Atheist, I just didn't care enough to debate whether there was a God or not. What I did know was that I was desperate to get Sober and to quit hurting those that were close to me. I hoped beyond hope that AA might provide a solution to help me escape the insane circle of blackout drinking, outrageous behavior, and then the overwhelming guilt and despair that always seemed to follow.

The first AA speaker I heard, opened the meeting with words similar to these:

"If you're new to AA and you're wondering if you are an alcoholic, I've got bad news for you. Normal people (the non-alcoholics of the world) never end up at AA meetings with those kinds of thoughts. Odds are, you probably are an alcoholic. There is some good news here though: You are in the right place. We can show you a way to live that will get that monkey off your back, a way to stay sober on a daily basis, a way to become and stay the person you always wanted to be."

I was hooked. There was hope here. Hope that I might be able to change. That I might become a person that handles his responsibilities and can be counted on by those he loves. I remember purchasing a Big Book at that 1st meeting and leaving slightly exhilarated, wanting to know more; but also scared that it might not work for me. After all, that "**God**" word was heard numerous times during their Readings, and I had a tendency to turn off when I felt someone was trying to convert me to their religious beliefs. But behind the speaker's podium at that meeting hung this large poster listing the 12 Traditions of AA. I remember my gaze being stuck on the 3rd item down the list: "*The only requirement for AA membership is a desire to stop drinking.*". Yea, there was hope here. Maybe I too could learn how to stay sober.

So, for the next few months I routinely attended AA meetings, pretty much every day finding one in Vancouver's lower mainland. Eventually, I nervously asked that first speaker from my first meeting to be my sponsor, and with great relief I heard him say "Yes".

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Spiritual Agnostic

Mel G was his name, and eventually Mel guided me through my first Step series, advising me on critical issues that I struggled with. Learning patience and tolerance of others, particularly when their views didn't align with my own thinking was learned from Mel. He was quick to point out how my sometimes-narcissistic thinking would most likely get me back drinking if it wasn't addressed.

Wow, what a learning experience. Can't say I liked everything I discovered about myself, but over time and much to my surprise, I started to be aware that things weren't bothering me like they had before. That maybe I was getting a bit thicker skinned. That maybe some humility was finally creeping into my way of thinking.

It's interesting how the incessant craving to drink will disappear so quickly once you start going to meetings, but then suddenly reappears later on when you get caught up in the ups and downs of life. **It was paradoxical to me the way I only longed for a drink when something wasn't going well, or conversely when things were going so well that I felt I needed a drink to celebrate.**

Lucky for me, my sponsor Mel recognized what was going on with me and had the solution. He felt I spent too much time looking at my navel. That I needed to get out of myself. Mel suggested (in the manner that only sponsors do, which you know is not really a suggestion) that I should start doing service work to help others stay sober.

Thus started a journey that's taken me through most of the levels of service within the AA service structure. Along the way I've met and learned from so many of the best in AA, all who seem to subscribe to that same not-so-secret school of thought: **service work and helping the still suffering alcoholic is the easier, softer way to stay happy and sober.**

Looking back at my AA journey, the first decade or so seemed focused on my own personal growth and what I needed to do to stay sober. Practicing the principles learned from the 12 step study groups I participated in played a huge part in that, giving me a foundation to build on in future years where I was able to continue growing with others in the service-oriented side of AA.

Studying the AA pamphlets and the 12 traditions has helped me tremendously in working with others in the AA community. An example of this comes when suggesting a solution to a group problem. It's been my experience that when based on the readings from AA literature, a suggestion seems to work out to the satisfaction of most everyone. But pushing my own agenda which hasn't withstood the scrutiny of the group conscience has rarely worked, even when I may have been right.

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I'm retired today, which allows me to do service work on almost a daily basis. I'm a member of a team which builds and maintains software for AA, Al-anon, and other recovery organizations. Participating with others in service to carry the hope filled recovery messages of these 12 Step recovery programs to those still in need is just as important now as it was when I first looked for a way out of my alcoholic predicament.

Being sober and able to make a positive contribution to the world we live in is such a gift. Gone are the days of guilt and remorse. Just days of waking up wondering what challenges will come my way. Whatever it is, I know I'll have my AA support system to help me deal with it.

And that happy & content Agnostic that came into the program of AA more than 4 decades ago? **I now think of myself as a happy and content Spiritual Agnostic who has a toolkit of principles which help guide me in life**, something that I was sorely missing before.

Thank you all for the gift of my sobriety, and for that I am forever grateful.

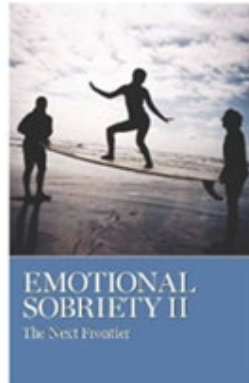
Wayne P. West End Men's Group

GRAPEVINE Daily Quote

September 17 2021

"The inner energy that is love connects all the parts of us – our emotional, mental, physical, and spiritual selves."

"Powerful Simplicity," California, March 1984, Emotional Sobriety II



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 message during the office hours.
- You will receive personal Birthday Card on your sobriety date.

No Faithful Fivers Contributors 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.

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@edmonton
aa.org

"FRIENDS OF BILL"

(Submitted by Jan A. Sober Sisters Women's AA Group, St. Albert)

The beginning of February this year, I had been out shopping and came home with a lot on my mind; put the groceries away, get something to eat; make some phone calls and go to an AA meeting. As I was heading downstairs, to the basement, I misjudged the last two steps and fell to the concrete floor, landing heavily on my left foot. In those few split seconds, I must have thought "don't take a header into the hot water tank", as I saved myself from having a concussion too! I knew immediately that I had done something more than sustain a sprain. The pain was excruciating and as I crawled back up the stairs, I thought, "what the heck just happened?" My phone call to alert my husband and then his response, was not sympathetic...."were you wearing your shoes?" Really!! He was over visiting our handicap friend, so picked up some crutches and as I waited to go to the hospital, I was thinking how stupid I was to have this happen; that I should have been more mindful...all those should, could and would haves!! Well, it did and now I have to deal with the consequences.

After a long wait in E.R. I was finally taken to an Exam Room; with 5 other patient cubicles; only separated by curtains and every one was occupied. A nurse came to take my history and one of the questions was related to pain medication. As this is not the most private of rooms and because of COVID protocol and masking, I explained, in as quiet a voice as I could, that I was a recovering alcoholic; that I was hesitant to take any strong pain pills and need to be cautious with any medications related to pain or for anti-inflammatory use., as years of alcohol abuse has left me with low kidney function.

After X-Rays, the Doctor came to see me and to review his findings. I had two fractures of my heel, however fortunate to not require surgery. Thank goodness for that!! Instructions were given to me about follow up appointments, management at home, time for recovery and then he asked me about what he could prescribe for pain. I gave him the same story that I had told the nurse and he gave me kudos for my sobriety and also for being open and honest with him about my health history.

The nurse was preparing my discharge papers and I was left to ponder this whole situation and I was not a "happy camper"! It was after midnight, by this time, and only two of us patients left in the room. I had this overwhelming feeling of being sorry for myself and how I was going to manage the lengthy healing process ahead of me. The "why me" syndrome!! And as I was thinking about all this, the curtain next to me, was pulled slightly aside and a young man, with a big smile, looked at me and said "Friends of Bill?" I looked back at him and said "yes, Friends of Bill". I couldn't believe what had just transpired.

He reached into his backpack; said he had something for me and told me his name, how long he had been sober and what meetings he attended and then gave me a bookmark with the 3rd & 7th Prayers and the Promises on it; yellow in color....my favorite! We spoke for another five minutes or so, and then he was discharged. He left with another smile. a wave and I felt a sense of calmness come over me and I knew I was going to be just fine; that I was going to be able to manage the next few weeks and months, "one day at a time"!

I have reflected on this Emergency Room experience many times over the last few months. I recently celebrated 4 years of sobriety and I am so grateful for the AA program and fellowship. If this young man reads this story, he will know that it was he who helped another AA member, in more ways than he could ever imagine. He made a difference and I am very thankful he was my "godsend" that day.



Group Birthdays September 2022

60 Minutes to Sobriety

Last Sunday
Sep 7 Ryan M. 5 yrs

A New Way of Life

Last Monday
None

Breathe Easy

First Friday
Sep 4 Star O. 8 yrs
7 Don M. 41 yrs
7 Shawn M. 26 yrs
30 Marc. R. 28 yrs

Fellowship Breakfast

Last Saturday
Sept 18 Frances B. 1yr

Gratitude

Last Monday
Sep 7 Aureole G. 4 yrs
22 Nathan P. 8 yrs

Mustard Seed

Last Sunday
Sep 21 Jolene 11 yrs
30 Carol L. 40 yrs

Oilman's

First Monday
Sep 28 Randy D. 18 yrs

Sober Sisters

Last Wednesday
None

South Side

Third Friday
Sep 1 George B. 50 yrs
14 Todd S. 4 yrs
17 Gordon M. 30 yrs

12 Steps to Serenity

Sep 1 Greg D. 9 yrs
2 Wally C. 15 yrs
13 Johnny E. 11 yrs
28 Mark P. 1 yr

Step Sisters

Last Wednesday
Sep 25 Tamera W. 3 yrs

Saturday Step by Step

Deborah F. 3 yrs

WEMG

First Wednesday
Sep 18 Dale L. 23 yrs
19 Brad F. 3 yrs
25 Stuart A. 5 yrs
26 Justin G. 1 yr
28 Drew F. 21 yrs

Please send members
lists to

editor@edmontonaa.org

Westminster

Last Saturday
Sep 1 Harry E. 38 yrs

St. Albert

Sunday Night Step Study

Last Sunday
Sep 15 David L. 15 yrs

Breakfast

Last Sunday
Sep 18 Robert D. 5 yrs
21 Cordell B. 6 yrs
25 Mike M. 26 yrs

Back to Basics

First Thursday
Sep 28
Ashlleigh C. 11 yrs



Upcoming Events and other Notables

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.)

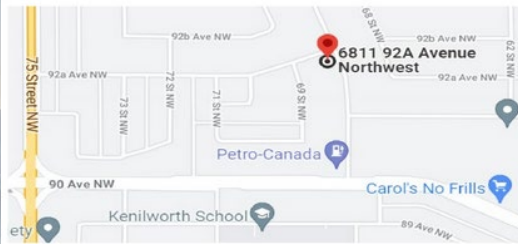
Open Meetings & Fish Derby



14 Week Step Series
September 19, 2022 at 7:00 pm

MOSAIC HOUSE (Basement)

6811 – 92A Avenue, Edmonton, Alberta



CAMPUS GROUP'S
BLUE JEAN ROUND UP
Friday, Sept. 30th – Sunday, Oct. 2nd
FULTON COMMUNITY HALL
6115 FULTON RD. NW. EDMONTON, AB
TICKETS: \$35

If you are looking for tickets or have any questions please email
aacampusgroup@gmail.com or text 647-520-6670.

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

National A.A. Technology Workshop 2022

Moving Forward
Together



September 9th - 11th, 2022

Seattle (Tukwila), WA and online

.....
For more info and to register visit NAATW.org

**Please direct all
communications to:**

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

STORY SOLICITATION FOR A.A. MEMBERS WHO GOT SOBER LATER IN LIFE DEADLINE FOR SUBMISSION: September 23, 2022

In response to a committee consideration from the Cooperation with the Professional Community-Treatment/Accessibilities Committee of the 72nd General Service Conference that the pamphlet "A.A. for the Older Alcoholic" include sharing from a broader and more diverse representation of A.A. experiences, the trustees' committee on Treatment/Accessibilities has reopened a call for recovery stories to add to the pamphlet.

A.A. member experience being requested includes the following:

- Finding recovery at the age of 60 and over
- Mental health and diverse abilities
- Attending online meetings
- Diverse ethnicities, cultures and languages (including immigrant experiences)
- LGBTQ+ communities
- Diverse spiritual pathways

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all submitters will be observed whether your story is selected for publication or not.

Instructions for submitting your story:

Deadline: Please submit on or before September 23, 2022.

Email: access@aa.org

Subject Line: A.A. for the Older Alcoholic.

Postal Mail: Attn: Access Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163.



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SEP/2022

AREA 78 2022 FALL ASSEMBLY
Calgary, Alberta Canada

Start: September 16 @ 6:00 pm
End: September 18 @ 12:00 pm

**IN-PERSON OUR 33rd
ALCOHOLICS ANONYMOUS
14-WEEK STEP SERIES**

Presented By the
"Twelve Steps to Serenity Group"

Date: Sept. 13 – Dec 13, 2022
Time: Tuesdays @ 7:00 p.m.
Location: Church of the Nazarene
1380 SHERWOOD DRIVE, SHERWOOD PARK, AB

CONTACT INFORMATION

LINDA C. 780-394-5828
DUNCAN M. 587-930-2302

Material Needed

A Big Book, Twelve Steps and Twelve Traditions Book and a highlighter

The Twelve Steps to Serenity has facilitated this series for 16 yrs.

**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**

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



Edmonton Grapevine Committee and District 71- AAGV Present:

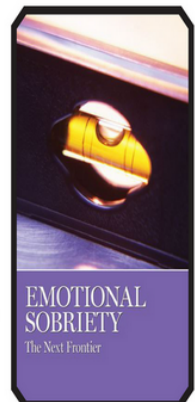
**Emotional Sobriety - 6 Week Study
"AA Grapevine Style"!**

Tuesdays, November 1st - December 6th, 2022
7-8 p.m. PST 8-9 p.m. MST
200M: 780 965 9440 (No Password)

*** Emotional sobriety? What is it? Come join us for this 6 week on-line study as we explore how members have achieved this, and how it can enhance our recovery! Invite a friend, Sponsor, Sponsee, or your whole Home Group!***

*** Make sure to buy the FIRST Emotional Sobriety Book! **

First Things First...Buy the Book!
Go to aagrapevine.org
For more information, contact
Michelle B: michellebinservice@shaw.ca



“OUR EXPERIENCE, STRENGTH AND HOPE!”

MEDICINE HAT ROUNDUP 2022 SEPTEMBER 23, 24, AND 25

HARMONY HALL, #1 1ST ST SE, REDCLIFF, AB

FRIDAY 5:00PM DOORS OPEN

7:00PM AA SPEAKER

8:30PM ICE CREAM SOCIAL

9:00PM PRESENTATION - AA HISTORY

SATURDAY 7:00AM DOORS OPEN

8:00AM CONTINENTAL BREAKFAST

9:00AM AA SPEAKER

11:00AM ALANON SPEAKER

12:00PM CHILI LUNCH

1:00PM AA SPEAKER

3:00PM ALANON SPEAKER

5:00PM AA SPEAKER

6:00PM BANQUET SUPPER

7:30PM COUNTDOWN

8:00PM BANQUET SPEAKER

9:00PM MOVIE-“MY NAME IS BILL W.”

SUNDAY 7:30AM DOORS OPEN

8:00AM CONTINENTAL BREAKFAST

9:00AM AA SPEAKER

10:30AM AA SPEAKER

11:30AM LUNCH

12:00PM CLOSE



ALL TIMES ARE APPROXIMATE

PLEASE SEE A ROUND UP COMMITTEE MEMBER FOR TICKET SALES!
OR CALL:
(403)866-1584

JOIN US FOR FELLOWSHIP AND UNITY!

TICKETS ARE ALL INCLUSIVE FOR \$60.00 EACH

District 10 invites you to an informative workshop!

“How To Be An Effective Sponsor”

Facilitated by: Erica N. and June S.

When: Sunday, November 06, 2022

Time: 3:00 to 4:30 pm

Where: Serenity Center 4914 – 50th Ave.

Stony Plain, AB

Snacks provided

Contact: brendaj246@hotmail.com

PLEASE JOIN US FOR DISTRICT 64 UNITY NIGHT! (ALL are welcome!)



WHEN: Saturday, Nov. 5th, 2022

WHERE: Christian Reformed Church
(12 Gate Ave., St. Albert)

DISTRICT 10 - AA UNITY ROUND UP
WITH ALANON PARTICIPATION



COURAGE TO change

OCTOBER 14-16 2022

LOCATION
ELKS HALL,
SPRUCE GROVE

COST

\$40 SATURDAY
EVENING BANQUET

NO CHARGE FOR GENERAL
ADMISSION & MEETINGS

Friday:

6pm - Fellowship
8pm - Speaker: Yvonne S from Los Angeles, California

Saturday:

9am - Registration & Fellowship
10 am - Speaker: Billy B. from Spruce Grove, Alberta
Noon - 7th Tradition & BBQ lunch
1pm - Speaker: Rick J. from Hamilton, Ontario
3pm - Open call up meeting
5pm - Banquet BBQ dinner
8pm - Speaker: Martin A. from Hamilton, Ontario

Sunday:

9am - Pancake & sausage breakfast
10am - Weekend wind up & Speaker TBA

FOR TICKET REQUESTS AND TO SUBMIT E-TRANSFER PAYMENTS, PLEASE CONTACT
40THD10ROUNDUP@GMAIL.COM

Groups Needing Support

Mon - Chapter-Oilmen's Group	Tue - West End 12 Step Group
Mon - Eastwood Group	Wed - Jellinek Jumpstart
Tue - Rite Trac Group	Thurs - North Edmonton Group
Tue - Jellinek Sunrise Light Luncheon	Fri - Jellinek Sunrise Luncheon

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.

Edmonton Central Office Society			
INCOME STATEMENT 2022			
	July		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$10,450.55	\$4,118.82	\$6,331.73
Individual/Bequeath	\$560.00	\$1,588.37	(\$1,028.37)
Birthday Club/Faithful Fivers	\$287.00	\$292.79	(\$5.79)
Office Supplies / Postage	\$90.16	\$25.42	\$64.74
Rental Income-EGSC, etc			
Tradition Seven-meetings	\$289.50	\$443.92	(\$154.42)
Fundraising			
Other Inc (Interest, etc)	\$14.03		\$14.03
Total General Revenue	\$11,691.24	\$6,469.33	\$5,221.91
Literature & Medallion			
Literature	\$5,317.00	\$5,514.40	(\$197.40)
Medallion	\$2,522.00	\$1,984.73	\$537.27
Total Literature and Med.	\$7,839.00	\$7,499.14	\$339.86
Total Revenue	\$19,530.24	\$13,968.46	\$5,561.78
Expenses			
AAWS & Grapevine Literature	\$3,263.40	\$3,467.44	\$204.04
Meeting list & Greeting Cards	\$290.67	\$277.71	(\$12.96)
Medallion Purch /engraving	\$1,264.63	\$971.53	(\$293.10)
Intergroup Expenses			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$30.80	\$42.00	\$11.20
Administrative Expenses			
Accounting & Legal	\$185.78	\$225.00	\$39.22
Bank Chgs & Cr Card chgs	\$108.26	\$150.00	\$41.74
Computer & IT Maintenance	\$128.13	\$175.00	\$46.87
Equipment Lease/Purchase	\$359.77	\$375.00	\$15.23
Fundraising expense			
Insurance	\$342.95	\$300.00	(\$42.95)
Office Supplies	\$245.87	\$75.00	(\$170.87)
Postage	\$401.95	\$100.00	(\$301.95)
Rent	\$3,778.56	\$3,779.00	\$0.44
Salaries, Source, WCB	\$6,103.96	\$6,454.00	\$350.04
Staff Training / Seminar	\$136.51	\$1,750.00	\$1,613.49
Telephone / Internet	\$133.09	\$165.00	\$31.91
	\$17,179.20	\$13,548.00	(\$3,631.20)
Total Revenue	\$19,530.24		
Total Expenses	\$17,179.20		
Income / (Loss)	\$2,351.04		

Edmonton Central Office - 2022 Group Contributions

GROUP	District	Jul	YTD	GROUP	GSO Number	District	Jul	YTD	GROUP	GSO Number	District	Jul	YTD
60 MINUTES TO SOBRIETY	53		\$0.00	HEADS UP FOR AA - VEGREVILLE	712925	20		\$0.00	SHER. PARK GROUP	114752	61		\$500.00
10 AFTER 10 GROUP	46	\$97.00	\$147.00	HELPING HANDS	143615	60	\$200.00	\$600.00	SHER. PARK MILLSHAVEN	119605	61		\$0.00
75th Anniversary AA Edmonton	46	\$3,776.30	\$3,776.30	HIGH PRAIRIE - HI GROUP		7		\$250.00	SHER. PARK NEW AT TWO		61		\$811.25
84TH STREET	46		\$200.00	HOME GROUP #1	114687	63		\$0.00	SHER. PARK 12 STEPS TO SERENITY	684045	61		\$606.00
84TH STREET ZOOM	46		\$400.00	HOME GROUP #11		63		\$0.00	SHER. PARK SISTERS IN SOBRIETY		61		\$221.32
AB GROUP	57	\$500.00	\$500.00	HOME GROUP #13	114615	63		\$595.00	SHER. PARK TUESDAY NIGHT AT 7	688638	61		\$0.00
ALANO WOMENS DISCUSSION	46		\$0.00	HOME GROUP #18	123079	63	\$930.00	\$930.00	SHER. PARK THERE'S MORE TO THE STORY	717525	61		\$320.00
AB BEACH - SONS OF THE BEACH	10		\$0.00	HOME GROUP #25		63		\$0.00	SHIFTERS GROUP	114699	57		\$20.00
ALTERED ATTITUDES GROUP	46		\$0.00	HOPE THROUGH FRIENDSHIP GROUP	150938	40		\$0.00	SIMPLY SOBER AA GROUP		40		\$0.00
AMAZING GRACE	46		\$551.48	HOW IT WORKS GROUP	139837	55		\$300.00	SLAVE LAKE AA GROUP	114753	7		\$250.00
AS IT IS GROUP	55		\$0.00	IDEAL BOOK STUDIES		63		\$0.00	SOBER COUNTRY - EDSON		5		\$0.00
ATHABASCA AA GROUP	8		\$0.00	INTO ACTION GROUP	648134	40		\$0.00	SOUTHBOUND FELLOWSHIP GROUP	716914	60		\$250.00
BEAUMARIS LAKE GROUP	53		\$0.00	JASPER PLACE GROUP	114690	40		\$280.50	SOBER SOULS OF EDMONTON		46	\$636.00	\$736.00
BEAUMONT HOW IT WORKS GRP	60		\$200.00	JELLNICK JUMPSTART		46		\$415.70	SOUTH SIDE GROUP	114700	57		\$100.00
BEAUMONT GROUP	60		\$0.00	LAC LA BICHE TRI SOBRIETY	717868	8		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP		57		\$0.00
BEAVER HILL CREEK	9		\$0.00	LAMONT - BEAVERHILL GROUP	122788	20		\$0.00	SPRUCE GROVE AFTER 1 GROUP	663568	10		\$0.00
BEAVERLODGE AA	4	\$360.00	\$360.00	LAST CALL GROUP	721414	40		\$371.34	SPRUCE GROVE - SPEAK EASY		10		\$0.00
BEVERLY GROUP	53		\$0.00	LEDUC HOW IT WORKS		12		\$0.00	SPRUCE GROVE FIRST DOOR ON THE LEFT		10		\$0.00
BONNIE DOON GROU	55		\$0.00	LEDUC MONDAY NGHT LADIES 12 X 12		12		\$50.00	STEP SISTERS	114686	40	\$297.50	\$568.45
BONNYVILLE SAT NIGHT GRP	3		\$0.00	LEDUC SATURDAY	120350	12		\$0.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	717950	55		\$0.00
BONNYVILLE NEW LIFE GRP	3		\$0.00	LEDUC TUESDAY BEGINNERS	689115	12		\$400.00	STONY PLAIN - BEYOND BELIEF	712385	10		\$0.00
BREATHE EASY GROUP	40	\$500.00	\$500.00	LEDUC TUESDAY NOON MEETING		12		\$60.00	STONY PLAIN - DISPLACED MALL RATS		10		\$0.00
CAMEL DISCUSSION CLUB	40		\$0.00	LIGHTHOUSE GROUP	682611	53		\$1,000.00	STONY PLAIN - FIRST DOOR ON THE LEFT	704869	10	\$500.00	\$500.00
CAMPUS GROUP	57		\$450.00	LIONS DEN GROUP	655067	57		\$1,750.00	STONY PLAIN - NEW WOMEN'S GROUP	706136	10		\$0.00
CAMPUS GROUP - BLUE JEAN R/U	57		\$0.00	LOVE AT WORK	161470	60		\$0.00	STONY PLAIN - 12 BY 12 TUESDAY NIGHT GR		10		\$0.00
CAMROSE CITY GROUP	12	\$50.00	\$50.00	MANDATE:SOBER GROUP	150723	40	\$100.00	\$300.00	ST. PAUL - FELLOWSHIP GROUP	114750	3		\$150.00
CAPILANO STEP GROUP	55		\$200.00	MILLETT: STAIRWAY TO FREEDOM GRP	169395	12		\$200.00	ST. PAUL - YOU GO GAL MEETING		3		\$0.00
CHAPPELLE GROUP	60		\$140.00	MORINVILLE BY THE BOOK GROUP		9		\$0.00	STRENGTH AND HOPE GROUP	114697	46		\$0.00
CLAREVIEW BIG BOOK GROUP	53	\$135.00	\$135.00	MORINVILLE THURS NITE STEP & TRADITION	114617	9		\$0.00	STRENGTH IN NUMBERS		57		\$250.00
COMMON WELFARE GROUP	40	\$75.00	\$75.00	MUSTARD SEED GROUP	107237	46		\$800.00	SUIT UP & SHOW UP BIG BOOK STUDY	679626	46		\$200.00
CORNERSTONE GROUP	46		\$150.00	NEIGHBOR CENTER GROUP		57		\$0.00	SUNDAY MORNING OPEN GROUP (SMOG)	123630	57		\$250.00
COURAGE TO CHANGE	46		\$0.00	NEW FOUND HOPE GROUP		53	\$25.00	\$75.00	SUNDAY MORNING BIG BOOK GROUP		40		\$0.00
CRESTWOOD WELCOME	40		\$500.00	NEW HOPE GROUP	123290	62		\$0.00	SUNDAY NO NAME GROUP		40		\$0.00
DAILY REFLECTIONS GROUP	55		\$0.00	NITON AA GROUP	114594	6		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	114702	46		\$1,328.95
DAYSLAND	12		\$0.00	NO NAME HOME GROUP	178337	63		\$0.00	SURVIVORS GROUP		53		\$0.00
DEVON MONDAY NIGHT GROUP	12		\$0.00	NO SAINTS MEETING	721636	46		\$390.00	TA WOV GROUP	114703	46		\$17.00
DISTRICT 7 SLAVE LAKE R/U	7		\$0.00	NORTH EDMONTON GROUP	114693	53		\$0.00	TERRA NOVA GROUP	114604	46		\$0.00
DISTRICT 9	9		\$0.00	NORWOOD GROUP	114695	46		\$1,284.91	THE WHY GROUP	167589	46		\$850.00
DISTRICT 10 UNITY ROUND UP	10		\$0.00	OFF THE WALL & LIVING SOBER MTG	224807	55		\$0.00	THORSBY GROUP	136887	12		\$0.00
DISTRICT 10	10		\$400.00	OILMENS GROUP	114696	57	\$150.00	\$1,250.00	THUS WE GROW	657945	57	\$200.00	\$450.00
DISTRICT 12 GSR BODY	12		\$230.00	ONOWAY GROUP	114696	57		\$0.00	TO SHOW OTHERS		57		\$188.25
DISTRICT 20	20		\$100.00	OPEN DOOR GROUP	607230	55		\$450.00	TOWER GROUP		46		\$0.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OUR HOUSE		40		\$0.00	UNDER NEW MANAGEMENT	696671	57	\$200.00	\$600.00
DISTRICT 53	53		\$0.00	OUR PLACE GROUP	125679	46		\$0.00	UNITY STEP GROUP		55		\$320.00
DISTRICT 57 COMMITTEE	57		\$0.00	PEACE RIVER AA GROUP	11473	2		\$0.00	U OF AA GROUP	718909	57		\$100.00
DISTRICT 64	64		\$0.00	PONOKA THURSDAY NIGHT		12		\$0.00	UP THE CREEK	663735	55		\$500.00
DOLPHIN GROUP	53	\$355.55	\$1,821.30	POUNDMAKER'S TREATMENT CTR		64		\$0.00	UP THE CREEK ANNIVERSARY DINNER		55		\$0.00
DRAYTON VALLEY A.A. GROUP	6		\$0.00	PRIMARY PURPOSE GROUP-ONLINE		61		\$200.00	UP THE CREEK GRATITUDE MONTH		55		\$0.00
EARLY BIRDS BREAKFAST GROUP	53		\$0.00	PRINCIPLES GROUP		53		\$0.00	VALLEYVIEW A.A. GROUP		7		\$100.00
EASTWOOD GROUP	53		\$70.00	PROVIDENCE GROUP	129667	57		\$0.00	VIOLET GROVE LAST CHANCE	123000	6		\$0.00
ELLERSLIE ROAD GROUP	60		\$0.00	RAINBOWS TO RECOVERY		57		\$0.00	VIKING WEDNESDAY NIGHT GROUP	114564	20		\$0.00
EVANSBURG GROUP	6		\$150.00	RAY OF HOPE GROUP	680905	46		\$950.00	VIRTUAL STUDY GROUP		40		\$0.00
EYEOPENER GROUP	40		\$20.00	RITE TRAC GROUP	119330	53		\$100.00	WABAMUN WEDNESDAY NIGHT	611199	10		\$0.00
FAITH WORKS STEP GROUP	53		\$340.00	S.A. BACK TO BASICS	168017	64		\$850.00	WABASCA GROUP		7		\$0.00
FELLOWSHIP GROUP	57		\$0.00	S.A. BREAKFAST GROUP	114607	64	\$400.00	\$800.00	WEST END GROUP	114704	40		\$0.00
FIRST DAY GROUP	46		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	114586	64		\$0.00	WE AGNOSTICS		46		\$0.00
FRIENDS OF BILL GOLF TOURN	60	\$171.20	\$171.20	S.A. GRACE AT NOON		64		\$800.00	WEST END GROUP	114704	46		\$0.00
FRIENDS OF BILL W AT THE HUB	40		\$0.00	S.A. MILLENNIUM GROUP	643837	64		\$500.00	WESTEND 12 STEP GROUP	688457	40		\$0.00
FT MCMURRAY BACK TO BASICS	21	\$300.00	\$550.00	S.A. ON THE HILL GROUPS		64		\$0.00	WEST END MEN'S GROUP	172091	40		\$0.00
FT. MCMURRAY NOONERS	21		\$0.00	S.A. SISTERHOOD GROUP		64		\$343.00	WESTGROVE GROUP	114705	40		\$0.00
FT. MCMURRAY WOMENS RECOV	21		\$0.00	S.A. SOBER SISTERS GROUP	721596	64		\$218.85	WESTLOCK AA GROUP FRIDAY NIGHT	114764	9		\$0.00
FT. MCMURRAY ROUND UP	21		\$200.00	S.A. STEP X STEP SATURDAY NIGHT GRP	129542	64		\$640.00	WESTLOCK SUNDAY BACK TO BASICS	691440	9		\$0.00
FT. MCMURRAY SUNDAY DETOX	21		\$200.00	S.A. SUNDAY STEP STUDY	605303	64		\$200.00	WESTLOCK WEDNESDAY	706329	9		\$0.00
FT. SASK BIG BOOK TOOLBOX-TAU	61		\$0.00	S.A. TUESDAY NIGHT GROUP	114701	64	\$375.00	\$555.00	WESTLOCK WEDNESDAY BREAKFAST		9		\$0.00
FT. SASK TOWN GROUP	61		\$0.00	S.A. WED. NIGHT CLOSED MEN'S	704318	64		\$0.00	WESTLOCK WINNERS CIRCLE		9		\$0.00
FULTON PLACE GROUP	55		\$0.00	SANDY BEACH GROUP	610511	9		\$0.00	WESTMINSTER GROUP	145451	46		\$1,726.00
GIBBONS SOBER RIDERS	61		\$0.00	SATURDAY NIGHT LIVE MEETING		57		\$177.00	WESTMOUNT GROUP	122145	40		\$0.00
GRANDIN MEETING	57		\$0.00	SEDGEWICK A.A. GROUP	1198881	20		\$0.00	WETASKIWIN SUNDAY MORN B.BOOK DISC	142527	12		\$200.00
GRATITUDE GROUP	53		\$0.00	SERENITY POOL SUNDAY MEETING		60		\$0.00	WHITCOURT AA GROUP	114766	6		\$250.00
GRIMSHAW SATURDAY NIGHT GR	2		\$0.00	SHER. PARK HAPPY HOUR GROUP	121626	61		\$550.00	YOUNG & OLD GROUP	124191	53		\$0.00
HS	57		\$0.00						YOUR CHOICE GROUP		53		\$385.00
Total		\$6,320.05		Total			\$2,180.00					\$1,833.50	\$12,748.22
		YTD Total	\$12,587.28					\$18,636.30	Grand Total				\$43,971.80