

# ECO NEWS

# \$1.00

# October 2022

Edmonton Central Office Society  
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Edmonton, AB T5H 3J7  
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[www.edmontonaa.org](http://www.edmontonaa.org)  
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## From the Editor

Thanksgiving 2022 is Monday, October 10. As such, the theme of this month's newsletter is "gratitude". If you make a gratitude list every day, you will find that your list gets longer as the days go by.

Wishing you a long list of things for which you are grateful.

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



*"Do you ever stop and think how lucky we are to be alive?"*



## TRADITION TEN – SHORT FORM

**“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”**

## TRADITION TEN – LONG FORM

**No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.**

## STEP TEN

***“Continued to take personal inventory and when we were wrong promptly admitted it.”***

Taking a personal “inventory” in Step Ten means taking stock of our emotional disturbances, especially those that could return us to drinking. As it says in The Big Book, when we are disturbed, it is usually because we find some person, place, thing or situation – some fact in our lives – unacceptable. A typical response to disturbance is to *blame* our feelings and reactions on other people. Alcoholics have typically honed the skill of nursing resentments and finding fault into an art form! We tend to give other people control over our lives when we say that they “make us” angry, upset or afraid. The reality is that we usually say or do something that helps to create these conflicts in our lives. Step Ten of Alcoholics Anonymous suggests that it is time we take responsibility for our actions and to promptly clean up our role in all matters. This requires being willing to release selfishness, dishonesty, resentment, or fear at the very moment that they occur. Step Ten of AA puts into practice the spiritual principles of vigilance, maintenance and perseverance.

**Breaking down step 10 of Alcoholics Anonymous by Jason Wahler**  
<https://www.jasonwahler.com/12-steps-of-aa/step-ten>

## PROMISE TEN

***“Fear of people and of economic insecurity will leave us.”***



## CONCEPT TEN

***“Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.”***

(Reprinted from the General Service Office Service Material)

## ICOAA – Intergroup/Central Office/A.A. World Service/A.A. Grapevine Seminar

I would once again like to thank the Central Office Board and Edmonton and Area Intergroup for sending me to the ICOAA seminar in Denver Colorado. It was so nice to meet once again in person, meeting old acquaintances and meeting quite a few new Central/Intergroup managers from all over North America.

I flew to Denver on October 1<sup>st</sup> and met up with the host Connie from Colorado Springs and off to the registration desk to check in and meet up with fellow Office Managers. On Thursday evening and most of the day on Friday we did some sightseeing in Denver, taking in a concert, the Denver Botanical Gardens, and a Meditation and Light Show. On Friday evening, we attended a speaker meeting where we heard from the Denver Central Office Board Chair, Dawn J., and heard her journey from sobering up and her Service experience.

On Saturday morning I attended the Policy Committee Meeting as the delegate for Western Canada then off to the Chair & Recorder/Secretary Orientation. The first workshop I attended was 1 A) Getting to know your General Service Office where we heard from Bob W. who started as the general manager in June of 2021. He has served in A.A. in many capacities including Trustee at Large U.S. from 2013-2017. Bob gave us an overview of the G.S.O. located on Riverside Drive next to the Riverside Church. They occupy 40,000 sq. ft. of office space that houses 84 full time employees and 9 Grapevine Employees. They are a repository of shared experience. The employees attend 8 Board meetings per year. There are 10 departments including a record, contributions, order entry department, and employees have been cross trained in all areas. The General Service board is currently working on a 5<sup>th</sup> Edition of the Big Book, *as well as* a Plain Language Text which will be geared towards a grade 5-6 level comprehension level.

The next workshop was 2 B) Hello! What does your office say when someone walks in? Most offices stated that they were not only a bookstore but a Service Office. Most office managers stated that Coffee and goodies are now back in the office, and they are back to having Open House events. Some of the offices have a chat feature on their websites that can be turned off when they are not in the office.

Up next was 3 A) All things Internet. We talked about our websites. How do we drive people, newcomers? Can your website be drunk googled, can folks who are drunk reach our websites? We talked about the need for SEO – search engine optimizing, key words, links and optimizing our sites for a newcomer. This was very interesting considering that we are looking into getting a new website for Edmonton & Area. We also talked about Anonymity in the Digital Age. In 1942 photos in the newspaper showed members in a mask. Our service piece MG-18 gives us the shared experience about Anonymity. Putting our or another's sobriety on social media is a BIG no-no.

This was followed by a report from the Communications Committee. They meet regularly with the GSO staff and bring concerns from the Central/Intergroup offices, we then received the report backs of all the workshops for the day.

Saturday night, we heard from A.A.W.S. General manager Bob W. and the A.A.W.S. Chair Deborah K. where we heard again about the General Service Office. The office will once again be open to visitors starting October 5<sup>th</sup>; however, they are asking that folks contact them to schedule a visit and the current policy regarding the wearing of masks. We also learned that due to supply chain issues, the hard cover

(Continued, next page)

## ICOAA – Intergroup/Central Office/A.A. World Service/A.A. Grapevine Seminar

big books will be coming without dust jackets, rather that the cover will be printed directly onto the hard cover and will be available soon.

Sunday morning started with a closed meeting for Paid Special Workers and then the first workshop of the day 4 A) Gone paperless, Credit Cards, On-line Contributions, shipping Backing up etc. We discussed how not to use so much paper. Some offices email out all receipts which enable them to then have contact for the groups. Most offices find that members have a love/hate relationship with technology; love it but don't want to use it. Several of the offices have share point on their websites for their outreach committees to store minutes. The minutes are all scanned and searchable. Most offices had online contributions for groups and members.

The next workshop 5 A) D.I.S.C. What's your behavior? How to identify the behavioral styles of others and adapt your communication. We looked at four different behavior styles and how to better communicate.

We then had the business meeting of the ICOAA where I will once again sit as the delegate for western Canada at the ICOAA. We discussed the business of the seminar and elected appropriate positions.

We then had a supper break followed by a presentation from A.A. Grapevine. We heard from Jon, the Senior Editor and again he encourages members to write and submit their stories or cartoons to be published. We also met our new customer service delegate Sonia D.

Sunday morning, I attended the A.A. Meeting which was followed by an Open Forum meeting. All of us were so grateful to be there to meet with other office managers to exchange ideas of how to be the best Service Office for our members. Our closing of most of our meetings was with the **Declaration of Unity; This we owe to A.A.'s future: To place our common welfare first; To keep our fellowship united. For on A.A. unity depend our lives; And the lives of those to come.**

My full report of all the workshops with more details will be available at Central Office, so come on by, have a coffee, visit with us, and read the report.

### My Workaholism brought me to AA

I had sacrificed family, health, friends and fun for my career. I associated only with those who could further my career goals and abandoned them when they had served their purpose. I and some of my fellow workers were delighted when it rained on the weekend because it meant they could cancel family plans and work. Workaholism refers to a condition in which a person finds it almost impossible to stop working even though it is destructive to their well-being and relationships. No loss will prevent a workaholic from working except if it will affect their work. Only when my drinking began to jeopardize my work did I seek help from professionals who directed me to Alcoholics Anonymous.



*"She says family Thanksgiving is on her bucket list."*

## AA HISTORY FOR THE MONTH OF OCTOBER

### Oct 1

1941 – Local news reports 1st AA Group in New Haven, CT.

### Oct 1

1957 – Book "A.A. Comes of Age" published.

### Oct 2

1944 – Marty M. founded National Committee Education Alcoholism, later became National Council on Alcoholism.

### Oct 3

1945 – AA Grapevine adopted as national publication of AA.

### Oct 5-7

1972 – 2nd World Service meeting held in New York.

### Oct 5

1988 – Lois W. died.

### Oct 6

1941 – 900 dine at Cleveland dinner for Bill D., AA #3.

### Oct 8

1988 – Memorial Service for Lois W at Stepping Stones, NY.

### Oct. 9-11

1969 – 1st World Service meeting held in New York with delegates from 14 countries.

### Oct 10

1943 – 6 of 1st 9 AA's attend clubhouse anniv. in Toledo.

1970 – Lois reads "Bills Last Message" at annual dinner in NY.

1988 – Lois is buried next to Bill in Manchester, Vermont.

### Oct 13

1947 – The Melbourne Group held its first meeting in Australia.

### Oct 14

1939 – Journal of American Medical Association gives Big Book unfavorable review.

### Oct 15

1904 – Marty M., early AA woman, is born in Chicago.

### Oct 17

1935 – Ebby T., Bills sponsor, moves in with Bill and Lois.

### Oct 20

1928 – Bill wrote promise to Lois in family Bible to quit drinking. By Thanksgiving added second promise.

1939 – Cleveland Plain Dealer begins series of articles on AA by Elrick Davis.

### Oct 22

1963 – E. M. Jellinek, alcoholism educator and AA friend dies.

### Oct 24

1942 – L.A. Times reports AA groups in 14 California cities.

1943 – Bill & Lois start 1st major A.A. tour, returned Jan 19, 1944.

1973 – Trustee's Archives Committee of AA has its 1st meeting.

1994 – National Council on Alcoholism and Drug Dependence celebrates 50 years.

## AA HISTORY FOR THE MONTH OF OCTOBER (CONT.)

### Other significant events in October for which we do not have a specific date:

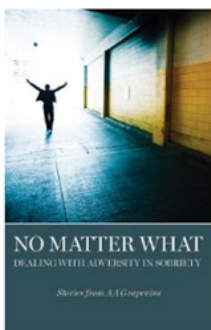
- Oct 1939 – First central committee formed in Cleveland; 1st example of A.A. rotation.
- Oct 1936 – Bill C. a Canadian alkie staying at Bill's house, committed suicide using a gas stove.
- Oct 1942 – First issue of Cleveland Central Bulletin is published.
- Oct 1944 – First non American branch started in Sydney, Australia by Father T. V. Dunlea & Rex.
- Oct 1951 – Sister Ignatia wrote "Care of Alcoholics – St. Thomas Hospital & A.A. Started Movement Which Swept Country" article in Hospital Progress the journal of Catholic Hospital Association.
- Oct 1954 – The "Alcoholic Foundation" renamed the "General Service Board of A.A."
- Oct 1958 – Playhouse 90 TV airs The Days of Wine and Roses.

## GRAPEVINE Daily Quote

October 1 2021

"We can always come up with a reason to drink. The secret is, how many reasons can we come up with to stay sober?"

*"An Important Secret," Topeka, Kansas, July 2001, No Matter What: Dealing with Adversity in Sobriety*



“What if, when you woke up tomorrow, you had only those things you had remembered to be grateful for today?”  
(anonymous)

The Thanks giving holiday season has arrived.

<https://www.thetemper.com/sober-thanksgiving/>

Whether you're excited, anxious, or a little bit of both, remember that the holiday season can be a great opportunity to flex your sober muscles and show yourself that you can survive and even thrive in situations where eating, drinking and being merry are the focal points. I made it through my first holiday season sober last year and, while I can tell you it was a lot different than years past, I can also tell you it was so much better than the previous seasons I had spent in a wine-filled haze. Spoiler alert: There were far fewer tears!

Here are some tips to bookmark for managing your upcoming holiday soirees, like Thanksgiving, while sober:

### 1. Don't show up too early if you can avoid it.

A lot of the drinking tends to happen before the meal during idle time, so if you're an invited guest, bring a dish or dessert you've prepared (or bought, like me) to the event rather than making it there. If you want to help the host, you can always offer to help with clean up after the meal, which will also keep you busy.

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## **2. Have your sober friends queued up and on speed dial.**

Chances are you're not the only one that will be sober this Thanksgiving (I know I will be!) so let your sober friends know you might be reaching out and when. They'll probably need the support, too. Letting others know you'll be forgoing booze adds a layer of accountability, which will be helpful if you feel tempted to have a drink.

## **3. Bring your favorite non-alcoholic beverage.**

Never assume, even if the host knows you're sober, that there will be something other than water for you at the event. Not to say your host is inconsiderate but a lot of drinkers just aren't aware of the delicious non-alcoholic beverage options for adults available today, so it's better to come prepared with your own.

## **4. Have a drink in your hand.**

Number three brings me to my next point, which is to have a drink in your hand. This will be especially helpful if you're not comfortable with telling others you're not drinking because they won't offer you a drink if you already have one. It will also make you feel more comfortable to be sipping on something while others are drinking. My personal favorite is seltzer with a splash of pineapple juice because it looks like a mixed drink, is low-cal, and not too sweet.

## **5. Have an escape plan.**

One of the many perks of not drinking is that you have the ability to ensure you get home safely and can leave when you're ready to go, whether it's driving yourself to and from the event or just calling yourself an Uber. Do not rely on a friend or family member you know will be drinking to be your ride home. If I know I can leave whenever I want, my anxiety is lower and I feel more comfortable going to events because I know I can always dip out if it becomes triggering.

## **6. Take care of yourself first.**

Don't worry about how turning down a drink or leaving a party early will affect others. Seriously. Your sobriety comes first, ALWAYS.

## **7. Play the tape forward.**

We've all heard this one, but there's a reason we continue to hear it — it truly works. If that glass of boozy eggnog looks oh-so-tempting, reflect on past seasons when you imbibed too much and remember how those nights ended, or how you felt the next morning. Still tempted? Probably not.

## **8. Let the people you're with know in advance you won't be drinking.**

Being honest with who you'll spend the holiday with will ensure you won't be tempted if you're offered a drink at a weak moment and they will be there to support you.

## **9. Bring a sober friend with you.**

Strength in numbers, y'all. I have gotten through countless booze-heavy events with my boyfriend, who is also sober, by my side. Though I've also made it through plenty on my own, I cannot tell you how comforting it is to have someone else there who isn't drinking either.

## **10. Avoid triggers.**

Triggers can be anything — a person, place, food, smell, etc. While you don't always know what will trigger you, especially if this is your first sober Thanksgiving in a while, being prepared will help you from feeling caught off-guard.

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### **11. Accept that the holidays may look different now.**

The fall and holiday seasons always make me feel nostalgic, and sometimes that nostalgic feeling brings with it the good memories of drinking and conveniently leaves the bad ones behind. However, I've made peace with the fact that my holiday season looks different now than it did when I drank, and I don't let those fuzzy memories lure me in because I know they're not the whole truth. Different is good. Different is growth.

### **12. Remember what this day is about.**

Make a gratitude list. I seriously love a good gratitude list and do one almost daily, but they are especially handy when I find myself as the guest of honor at my own pity party. If this is you, ask yourself: What is in your life today that wasn't when you were drinking? Give thanks for what you have gained in sobriety, give thanks for your own strength. At the very least, give thanks for the pie.

### **13. Start new traditions.**

Visit a pumpkin patch, host a Friendsgiving with your sober pals, go apple-picking, or eat tacos instead of the traditional Thanksgiving fare. It is never too late to start an entirely new tradition that doesn't revolve around booze.

### **14. Give yourself something to look forward to.**

Plan a reward for yourself to celebrate making it through Thanksgiving sober. Book a workout class, a massage, a day of absolutely nothing, or whatever it is that makes you feel good. Whatever treat you pick, make it something you know you wouldn't have been able to enjoy if you drank through the holiday. This will reaffirm what you've gained by staying sober.

### **15. Bring your literal "toolbox."**

In [Tempest Sobriety School](#), we're taught to make our own toolbox a.k.a. a collection of soothing items we can reach for in anxiety-inducing situations. Mine consists of a makeup bag filled with lavender oil, teas, hand lotion, and a notebook filled with my favorite mantras.

### **16. Give yourself a breather.**

If you start feeling overwhelmed, go for a walk and breathe in some crisp fall air or step outside and call a friend. Don't be afraid to remove yourself from the situation. Again, take care of yourself first.

### **17. Don't go.**

I cannot say this enough. If you're newly sober or even if you have been sober for ages but your instinct is telling you this event won't be good for you, *remember, you absolutely do not have to go*. If your family and friends want what's best for you, they will absolutely understand. No event, no matter how big or important-seeming, is worth risking your sobriety (or your sanity).



If you remember none of these tips, then remember one thing: You are not alone.

There are many of us choosing not to drink this holiday season. And that's precisely what this is; a choice and an act of self-love. It may not feel that way while you're watching your friends and family spending the night toasting with champagne but, because you're sober, you are free from all the potential pain that comes with the clinking of those glasses. You *can* do hard things — including this.



## 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](mailto: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.

**Halloween is Monday, Oct 31, 2022**



**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 20<sup>th</sup> of the month will print in the following month's issue.***

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



# Group Birthdays October 2022

## 60 Minutes to Sobriety

Last Sunday  
None

## A New Way of Life

Last Monday  
Oct 1 Bill L. 41 yrs

## Breathe Easy

First Friday  
Oct 7 Tom A. 4 yrs  
Nancy D. 18 yrs

## Fellowship Breakfast

Last Saturday  
None

## From Gonzo to Life in Session

Last Saturday  
Oct 23 Valerie L. 7 yrs

## Gratitude

Last Monday  
Oct 1 Anthony G. 4 yrs  
17 Harvey L. 29 yrs  
30 Sherri S. 3 yrs



## Mustard Seed

Last Sunday  
None

## Oilman's

First Monday  
None

## South Side

Third Friday  
Oct 13 Emile C. 38 yrs  
28 Vee D. 5 yrs

## 12 Steps to Serenity

Oct 16 Jeff K. 1 yr

## Step Sisters

Last Wednesday  
None

## Tiger II

Oct 5 Kim M. 4 yrs  
Tom E. 16 yrs  
Charlie 16 yrs  
Pam L. 38 yrs

**Please send members lists to [editor@edmontonaa.org](mailto:editor@edmontonaa.org) or update your members list at AA Central Office.**

## WEMG

First Wednesday  
Oct 2 Alan D. 16 yrs  
5 Perry S. 23 yrs  
7 Duncan S. 47 yrs

## Westminster

Last Saturday  
Oct 4 Jack M. 52 yrs  
13 Peter H. 37 yrs  
18 Brenda F. 33 yrs

## St. Albert

## Back to Basics

First Thursday  
Oct 26 Liam C. 11 yrs

## Breakfast

Oct 10 Bob J. 48 yrs  
12 Cathy O. 1 yr  
15 Elaine M. 39 yrs  
17 Marilyn T. 43 yrs  
18 Lana W. 34 yrs  
30 Martin B. 2 yr

## Sunday Night Step Study

Last Sunday  
None



# 2022 October Calendar of Events

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](mailto:40THD10ROUNDUP@GMAIL.COM)

## Ongoing Step Studies

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



**October 29, 2022**  
Doors Open at 6:00pm  
Potluck is at 6:30pm  
Speakers Start at 7:30pm

District 40 Welcomes You to Our Annual Fall Unity Event

We are pleased to have the GSRs speak at this year's Fall Unity event. Please come and support the GSR from your Home Group!!!!

This will be a night of fellowship and recovery.

Location is at Rio Terrace Moravian Church  
15108 76 Ave  
Edmonton

## District 12 Three Legacies Workshop

Date: Saturday October 15, 2022  
Time: 10:00am - 2:00 pm  
Place: Peace Lutheran Church  
4606 48 A St, Leduc AB  
Lunch Provided

There is no registration fee but the 7th Tradition will be observed

Come join us for some fun and fellowship as we learn about service in the AA program.  
To book a spot please Text or Call:  
Colette 587-986-8417



# 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: [wildrosesoundup@gmail.com](mailto:wildrosesoundup@gmail.com)



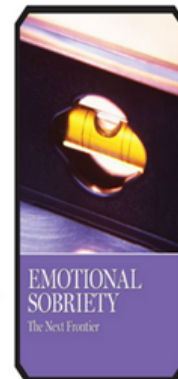
Edmonton Grapevine Committee and District 71- AAGV Present:  
**Emotional Sobriety - 6 Week Study**  
**"AA Grapevine Style"!**

Tuesdays, November 1st - December 6th, 2022  
7-8 p.m. PST 8-9 p.m. MST  
ZOOM: 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](http://aagrapevine.org)  
For more information, contact  
Michelle B: [michellebinservice@shaw.ca](mailto:michellebinservice@shaw.ca)



**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 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 – 50<sup>th</sup> Ave.**  
**Stony Plain, AB**

**\*\*Snacks provided\*\***

**Contact: [brendaj246@hotmail.com](mailto:brendaj246@hotmail.com)**



***JOIN US FOR SOME SPOOKY FUN!!***

***WHO: 84th Street Group***

***WHAT: Sober halloween dance***

***WHERE: Alberta Avenue Hall 9210-118ave***

***WHEN: Doors open @ 7:00 pm on OCT. 28<sup>th</sup>***  
***SPEAKER MEETING @ 7:30 pm FT. AL (MOOSE)***

***\*\*TICKETS \$10\*\****

***Please see Keith 587-341-6055 or Hailey***  
***780-264-6577!***

***\*\* Your dance ticket purchase will include 1 halloweenie, 1 spooky soda, & 1 chips of choice. Kids 12 & under are free! There will be fun activities for the whole family!! \*\****

**AA Grapevine Magazine**

**Writing**  
**'Funshop'**

**Saturday October 22**

**11 am – 1 pm ET (virtual)**

**Zoom ID: 846 0565 2383**  
**Password: 124827**



# Bragg Creek Big Book Study Weekend

## 19th ANNUAL JOURNEY

JOIN US ON THE BROAD HIGHWAY  
AS WE TRUDGE THE ROAD OF HAPPY DESTINY

SPONSORED BY THE GROUP "IN THE FELLOWSHIP OF THE SPIRIT"  
A SPIRITUAL JOURNEY THROUGH THE 12 STEPS TOWARDS  
EMOTIONAL SOBRIETY

**Facilitated by:**  
**Mari G - Toronto**  
**Kelley B - Florida**

**WHEN:** November 18th, 19th & 20th, 2022  
**WHERE:** CAMP HORIZON IN BRAGG CREEK  
(35 Minutes West of Calgary)

**PRICE:** \$180 PER GUEST FOR THE WEEKEND INCLUDES:  
ACCOMMODATIONS - MENS AND WOMENS DORMS  
SOME SINGLE AND RUSTIC COUPLES PRIVATE BUNK ROOMS  
AVAILABLE ON A FIRST COME FIRST SERVE BASIS

**ALL MEALS:** FRIDAY NIGHT: SUPPER AND LATE NIGHT SNACK  
SATURDAY: BREAKFAST, LUNCH AND DINNER  
SUNDAY MORNING: BREAKFAST

- ❖ **REGISTRATION OPENS FRIDAY SEPTEMBER 9 :**  
[fellowshipbraggcreek@gmail.com](mailto:fellowshipbraggcreek@gmail.com)
- ❖ **LIMITED SEATING - RESERVATION CONFIRMED WHEN PAYMENT RECEIVED**
- ❖ **EVENT SELLS OUT - REGISTER EARLY!**
- ❖ **MEETINGS, FELLOWSHIP, NATURE WALKS, OUTDOOR FIRE**

## DISTRICT 61

### 15<sup>th</sup> ANNUAL GRATITUDE NIGHT

Dedicating November A Month of Gratitude

Bethel Lutheran Church - 298 Bethel Drive, Sherwood Park, AB

Registration opens @ 6:00 PM / Event Begins @ 7:00 PM

AA Guest Speaker: Tom M from Sherwood Park

AI-Anon Guest Speaker: Wendy P from Edmonton

Suggested donation \$1/year of sobriety, \$5 minimum

Proceeds from the evening donated to the AA  
General Service Office in New York

**Email Contributions:** [aadistrict61@gmail.com](mailto:aadistrict61@gmail.com)

**Contact information:** Hugh M @ 780-405-4754

## NO FAITHFUL FIVERS 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.

WESTERN CANADA REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

# WRAASA 2023

**"A.A.'s Three Legacies – Our Common Solution"**

February 24-26, 2023 | Edmonton, AB

WRAASA 2023 is hosted by Area 78 in Edmonton, AB with support from the Areas of the Western Canada Region.

The purpose of WRAASA is to develop greater unity among the members, groups, and areas of the Western Canada Region; to encourage the exchange of ideas and experience; and to provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous. The Assembly and the WRAASA Committee foster the legacies of Recovery, Unity and Service in Alcoholics Anonymous. *ALL members of Alcoholics Anonymous are welcome and encouraged to attend this Service Assembly.*

**\$35 Registration and/or \$25 Saturday Banquet**

## New Archivist Needed

Please forward applications to the Area 78 Committee

c/o [secretary.72@area78.org](mailto:secretary.72@area78.org), or [delegate.72@area78.org](mailto:delegate.72@area78.org)

The Archivist is appointed by the Area 78 Table Officers, and is a person with specialized skills and / or training. Their term of service is open ended, but must be reaffirmed every two years at the Election Assembly. This individual is responsible for both physical and intellectual integrity of the collection. It is important that they understand they must protect the anonymity of members whose names are included in the collected documents.

Reporting regularly, the Archivist keeps the Archives Committee informed about new material received, and gives status updates about ongoing projects (like the digitizing of Area 78 Archival materials).



## BIRTHDAY CLUB

Pam L – Tigers II



### "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
- 780-424—5900 Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)



The Fall Assembly was fantastic! A shout out to all who were able to come and especially to the groups who made it possible through their support and contributions. Some great discussions, and some good business done for the Area. Josh E – Class B Trustee for Grapevine/La Viña Inc. shared another miracle of recovery, then gave us insight into the service within the Grapevine and how we can help. Good job, done by one and all! All tolled we had 156 members come out.

It was nice to share a bit about what I saw, heard, and felt in April at the Conference in NYC. Anyone interested in hearing what happens there, I would love to share the experience and outcomes with you, your group, or your district. Just drop me an email [delegate.72@area78.org](mailto:delegate.72@area78.org).

Conference Advisory Actions and Committee Considerations are on our website: [area78.org](http://area78.org) / Information / Downloads / Delegate Reports / 2022 (<https://area78aa.org/area-downloads/#1660524956354-cc1e2e5b-985e>). The digital, anonymity protected, Final Report was emailed out to all the DCMs and all the GSRs who attended the Assembly. The paper version will be out toward the end of the month. Copies will be distributed to the Edmonton and Calgary Central offices. Any DCMs wanting copies for their districts, or GSRs for their groups in outlying areas – email me pls.

A little note about our spiritual principles. Something we may want to discuss a little more these days, given social media, is the spiritual foundation of all our traditions – anonymity. I was noodling lately, wondering how anonymity is a ‘spiritual’ principle. I understand a guiding principle, something that tells me right from wrong. How would being anonymous actually be spiritual? I think we would agree that our sobriety is a gift. We reach and maintain our sobriety by getting and being humble. Where does this humbleness come from? It comes from being anonymous to the outside world and humbly unified in our inside AA world. If our anonymity is what keeps us humble and humility is what keeps us sober, then it most definitely is a spiritual foundation to this gift.

Wishing one and all a beautiful Thanksgiving as we have so much to be grateful for.

In love and service,

Tami (Serving you as your Area 78 Delegate)



#### 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 Seventh 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>August</b>		
	<b>Actuals</b>	<b>Budget</b>	<b>Variance</b>
<b>Revenue</b>			
Group Contributions	\$5,574.36	\$6,651.46	(\$1,077.10)
Individual/Bequeath	\$890.00	\$946.23	(\$56.23)
Birthday Club/Faithful Fivers		\$439.19	(\$439.19)
Office Supplies / Postage	\$52.60	\$59.65	(\$7.05)
Rental Income-EGSC, etc			
Tradition Seven-meetings	\$269.05	\$330.27	(\$61.22)
Fundraising			
Other Inc (Interest, etc)			
<b>Total General Revenue</b>	<b>\$6,786.01</b>	<b>\$8,426.79</b>	<b>(\$1,640.78)</b>
<b>Literature &amp; Medallion</b>			
Literature	\$7,305.45	\$5,583.56	\$1,721.89
Medallion	\$2,584.00	\$2,234.88	\$349.12
<b>Total Literature and Med.</b>	<b>\$9,889.45</b>	<b>\$7,818.45</b>	<b>\$2,071.00</b>
<b>Total Revenue</b>	<b>\$16,675.46</b>	<b>\$16,245.24</b>	<b>\$430.22</b>
<b>Expenses</b>			
AAWS & Grapevine Literature	\$4,496.39	\$3,693.62	(\$802.77)
Meeting list & Greeting Cards	\$275.35	\$199.43	(\$75.92)
Medallion Purch /engraving	\$1,212.08	\$930.58	(\$281.50)
<b>Intergroup Expenses</b>			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$14.30	\$42.00	\$27.70
<b>Administrative Expenses</b>			
Accounting & Legal	\$185.78	\$225.00	\$39.22
Bank Chgs & Cr Card chgs	\$130.20	\$150.00	\$19.80
Computer & IT Maintenance	\$128.12	\$175.00	\$46.88
Equipment Lease/Purchase	\$359.77	\$375.00	\$15.23
Fundraising expense			
Insurance	\$342.95	\$300.00	(\$42.95)
Office Supplies	\$20.44	\$75.00	\$54.56
Postage	\$26.05	\$100.00	\$73.95
Rent	\$4,188.15	\$3,956.00	(\$232.15)
Salaries, Source, WCB	\$5,458.96	\$6,454.00	\$995.04
Staff Training / Seminar			
Telephone / Internet	\$133.10	\$165.00	\$31.90
	\$17,376.51	\$17,248.62	-\$127.89
<b>Total Revenue</b>	<b>\$16,675.46</b>		
<b>Total Expenses</b>	<b>\$17,376.51</b>		
<b>Income / (Loss)</b>	<b>-\$701.05</b>		

Edmonton Central Office - 2022 Group Contributions

GROUP	District	Aug	YTD	GROUP	GSO Number	District	AUG	Dec	YTD	GROUP	GSO Number	District	AUG	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	\$50.00	\$197.00	HELPING HANDS	143615	60	\$200.00		\$800.00	SHER. PARK MILLSHAVEN	119605	61		\$0.00
75th Anniversary AA Edmonton	46		\$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	\$800.00	HOME GROUP #11		63			\$0.00	SHER. PARK SISTERS IN SOBRIETY		61		\$221.32
AB GROUP	57		\$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	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	\$142.00	\$142.00
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		\$736.00
BEAUMONT HOW IT WORKS GRP	60		\$200.00	JELLNICK JUMPSTART		46	114.2		\$529.90	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	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		\$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 SUNDAY BEGINNERS	689115	12			\$400.00	STONY PLAIN - BEYOND BELIEF	712385	10		\$0.00
BREATHE THE EASY GROUP	40		\$500.00	LEDUC TUESDAY NOON MEETING		12	\$50.00		\$110.00	STONY PLAIN - DISPLACED MALL RATS		10		\$0.00
CAMEL DISCUSSION CLUB	40		\$0.00	LIGHTHOUSE GROUP	682611	53	\$500.00		\$1,500.00	STONY PLAIN - FIRST DOOR ON THE LEFT	704869	10		\$500.00
CAMPUS GROUP	57	\$600.00	\$1,050.00	LIONS DEN GROUP	655067	57	\$500.00		\$2,250.00	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	MANDATE-SOBER GROUP	150723	40			\$300.00	ST. PAUL - FELLOWSHIP GROUP	114750	3		\$150.00
CAPILANO STEP GROUP	55	\$400.00	\$600.00	MILLET: STAIRWAY TO FREEDOM GRP	169395	12			\$200.00	ST. PAUL - YOU GO GAL MEETING		3		\$0.00
CHAPPELLE GROUP	60	\$100.00	\$240.00	MORINVILLE BY THE BOOK GROUP		9			\$0.00	STRENGTH AND HOPE GROUP	114697	46		\$0.00
CLAREVIEW BIG BOOK GROUP	53		\$135.00	MORINVILLE THURS NITE STEP & TRADITION	114617	9			\$0.00	STRENGTH IN NUMBERS		57		\$250.00
COMMON WELFARE GROUP	40		\$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	\$200.00		\$200.00	SUNDAY MORNING OPEN GROUP (SMOG)	123630	57		\$250.00
COURAGE TO CHANGE	46		\$0.00	NEW FOUND HOPE GROUP		53			\$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	\$753.75	\$2,082.70
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 WOW GROUP	114703	46	\$52.00	\$69.00
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			\$1,250.00	THUS WE GROW	657945	57		\$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	\$247.31		\$697.31	TOWER GROUP		46		\$0.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OUR HOUSE		40			\$0.00	UNDER NEW MANAGEMENT	696671	57		\$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	\$280.95	\$2,102.25	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	\$400.00		\$600.00	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	\$95.00	\$165.00	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	\$200.00		\$1,150.00	VIRTUAL STUDY GROUP		40		\$0.00
EYEPENER 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			\$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	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		\$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-TAL	61		\$0.00	S.A. TUESDAY NIGHT GROUP	114701	64			\$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	\$66.00	\$66.00
FULTON PLACE GROUP	55		\$0.00	SANDY BEACH GROUP	610511	9			\$0.00	WESTMINSTER GROUP	145451	46	\$125.00	\$1,851.00
GIBBONS SOBER RIDERS	61		\$0.00	SATURDAY NIGHT LIVE MEETING		57	\$70.00		\$247.00	WESTMOUNT GROUP	122145	40		\$0.00
GRANDIN MEETING	57		\$0.00	SEDGEWICK A.A. GROUP	1198881	20			\$0.00	WETASKWIN SUNDAY MORN B.BOOK DISC	142527	12		\$200.00
GRATITUDE GROUP	53		\$0.00	SERENITY POOL SUNDAY MEETING		60			\$0.00	WHITECOURT 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		\$1,925.95		Total			\$2,281.51	\$0.00					\$1,138.75	\$13,886.97
			\$14,513.23						\$21,117.81	Grand Total				\$49,518.01