

From the Editor

Merry Christmas Dear Friends. Among much other Christmas cheer, in this issue you will find a transcript of the goings on at Santa's group conscience meeting concerning the question: Does the idea of Santa violate the first spiritual principle regarding honesty. Additionally, we have member stories out of Great Britain about their first sober Christmas as well as an essay by a local member Peter J. from the Breathe Easy Group who likens AA to a lifeboat that a newcomer takes when faced with the realization that the ship they are on is sinking. Please sit back and enjoy this newsletter.

Yours in service, Julia J.



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TRADITION TWELVE

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?

STEP TWELVE

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

PROMISE TWELVE

“We will suddenly realize that God is doing for us what we could not do for ourselves.”

TWELFTH STEP PRAYER

Dear God,

My spiritual awakening continues to unfold.

The help I have received I shall pass on & give to others, both in & out of the Fellowship.

For this opportunity I am grateful.

I pray most humbly to continue walking day by day, on the road of spiritual progress.

CONCEPT TWELVE

“The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.”

- **How do we guard against becoming a “seat of perilous wealth or power”?**
- **How do we practice prudent use of our Seventh Tradition contributions and literature revenue?**
- **Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?**
- **Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?**
- **As guardians of A.A.’s traditions, are we ever justified in being personally punitive?**
- **Are we careful to avoid public controversy?**
- **Do we always try to treat each other with mutual respect and love?**

Happy Holidays 2022

From the Staff & Volunteers at

Edmonton Central Office



Merry Christmas!!
Wolke ☺
A.D.

Merry Christmas
Dad C.

MERRY CHRISTMAS
Tahuk K.

All the Best in 2023
Al

Merry Christmas
Levy.

Christie D ☺
L.P.

Wishing everyone
a Merry Christmas
and a joyful
New Year 2023
Barry J.

Rina Bazzini

Andrew Bolos
AA4Life
☺

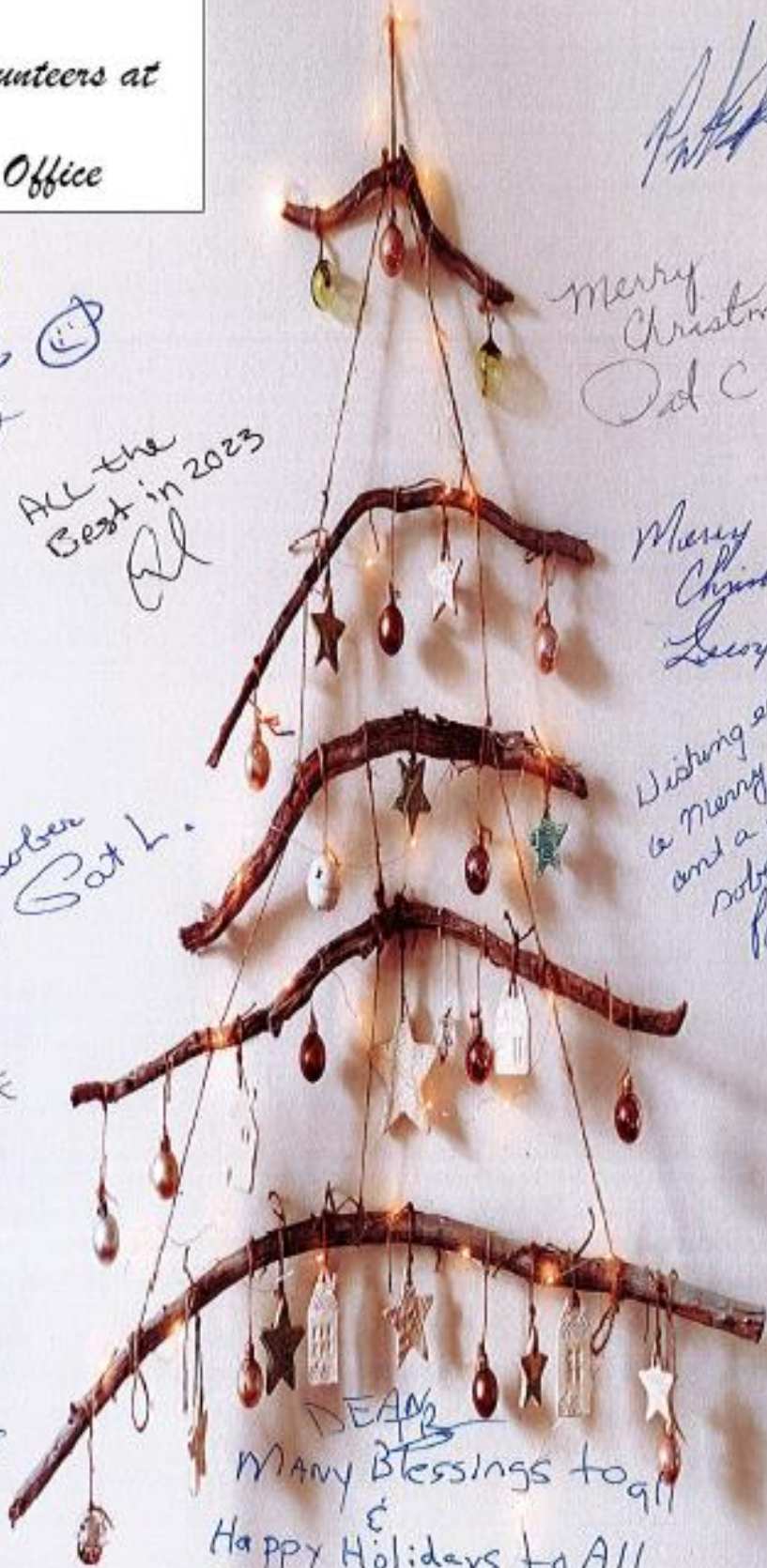
Have a wonderful sober
Holiday Season
Gat L.

HAVE A GOOD ONE
WANK.

Happy Holidays
Carrie B.

Merry Christmas
ALL!
Hax

DEAN
MANY Blessings to all
Happy Holidays to All
merry Christmas
HAPPY NEW YEAR!!





Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober — an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



10 Don't start now getting worked up about all those holiday temptations. Remember — "one day at a time."



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes — postpone everything else until you've called an A.A.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts — but this year, you can give love.



4 Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



8 Worship in your own way.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

**Please direct all
communications to:**

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

November 2022

Dear A.A. Friends,

November is considered by many A.A.s as “Gratitude Month.” It is a time when A.A. groups often choose to make special contributions to their local service offices or committees and to the General Service Office (G.S.O.) We do this because it is a very direct and spiritual way to participate in Twelfth Step work. Many of us also feel more a part of A.A. and a sense of fulfillment of one of our deep spiritual needs, the desire to belong.

In the pamphlet “Where Money and Spirituality Mix,” Bill W. asks “Now, where do A.A.s services – worldwide, area, local – fit into our scheme of things?” and “Why should we provide these functions with money?” He responds, “The answer is simple enough. Every single A.A. service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or intergroup office... or the world service Headquarters... these service agencies are absolutely essential to our continued expansion – to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us”.

G.S.O. coordinates many services that help groups and members fulfill their purpose of carrying the A.A. message to the alcoholic who still suffers. Although there are many examples of these services, of particular mention is the recent development of the Language Services Department at G.S.O. It has centralized the function of translation of our literature and thousands of documents into several languages each year. This new department also coordinates essential interpretation services that allow for direct interaction and communication with other A.A. structures around the world. These services ensure full participation and help to unify our worldwide Fellowship. This is a clear example of an “A.A. service designed to make more and better Twelfth Step work possible...” and where money and spirituality mix with the services provided from G.S.O.

With gratitude for all the sacrifices you make for A.A.



Bob W.

General Manager, G.S.O.



Alcoholics Anonymous

Great Britain and English Speaking Continental Europe

Hints and Tips for a Sober Festive Period

Christmas of 2014 saw me waking up in a wet bed with the DT's, searching frantically for the bottle I'd hidden from my family, and resenting the fact that we had family visiting who I would have to entertain. I was 23 years old. My mum came up to my bedroom that morning to see if I could eat anything, and to beg me not to drink today.

A year later and my first Christmas in sobriety was a very tense time. I had completed six months in a treatment centre where I was first introduced to AA. I had continued to attend AA meetings after I left, but I didn't have a Programme or a sponsor and so I was suffering with the spiritual malady although I didn't understand this at the time. I went home for Christmas to my parents' house and I honestly expected everyone to be really happy and for everything to be great because I was sober now. I failed to recognise that I'd caused a great deal of harm to my family in my drinking which I hadn't made any amends for. I clashed a lot with my family members over the few days I was home. They weren't behaving how I expected them to, they weren't validating me for my sobriety, and they were acting a little anxious around me. There was no alcohol in the house and my family didn't drink around me and I believed that I was holding them all back from enjoying themselves. My reality was that I still wanted to run the show and arrange everyone to suit me. I hadn't had a spiritual experience through working the Twelve Steps of AA and so I would say it was a 'white knuckle' Christmas for me which I wouldn't recommend to anyone.

Shortly after this I did thankfully get myself a sponsor and we began to work through the Twelve Step Programme using the Big Book. Through this process I had an opportunity to study my resentments, and harms to others and eventually became willing to make amends to all. The next year when I went home for Christmas I had much more structure. I woke up in the mornings and said my prayers, did my readings and spent time in meditation. Christmas is often a time when all routine falls by the wayside and I have found it especially important for me to stay in routine with my spiritual practice. I even try to keep to my usual bedtimes and wake up alarms when I've got time off work because it helps for me to have structure. Having had an opportunity to make direct amends to my family members I found that my relationships were healing when I went home for my second Christmas in recovery. Although I still found myself angry or fearful at times, I was able to send inventory to my sponsor as soon as these things came up. I apologised if I needed to and I turned my attention to helping others.

None of my family are big drinkers, but this second Christmas my mum felt able to approach me and ask how I felt about other people drinking a glass of wine with dinner. Every recovering alcoholic has their own experience with being around others drinking, and my experience is that I am comfortable at a sit-down meal with family when others have a drink. I communicated this and brought along my favourite soft drink for the day. I knew I had friends in Fellowship at the end of the phone if I felt uncomfortable, and that I could remove myself from the room and go outside for some air.

(continued next page)

I have found that making myself useful helps when all else fails, and there is plenty to help with over the Christmas period be it in Fellowship, in the community, or at home. I continue to attend my meetings or visit meetings near to my parents' house. I use the telephone to keep in regular contact with other alcoholics, both to share how I'm feeling and to check-in with how they are. I've recently started to volunteer over the Christmas period, giving back to the local community and have found this not only keeps me occupied with my mind away from alcohol and or selfish things, but gives me a real feeling that I am making a difference. On Christmas day I volunteer myself for cooking, washing up, wrapping gifts and generally being useful to my family.

I avoid going out to pubs or bars over Christmas unless I have good reason to be there e.g. for a meal with friends or colleagues. I do have friends who go out drinking for Christmas and New Year's Eve but I prefer not to join them in this. Instead I will organise other fun activities such as walking, visiting Christmas markets, making decorations, watching Christmas films, and baking.

When I first put down alcohol I truly believed that events like Christmas and New Year would be boring and that I wouldn't be able to socialise or feel 'part of' the festivities. My experience is the complete opposite of this. I have experienced the joy of walking in the fresh snow, noticing the beautiful lights and decorations, laughing with my family as we share a joke and tasting all the flavours of Christmas dinner. I could not ask for more than these priceless gifts of recovery.

JESS

I would like to share my thoughts and experience on what helped me with my first Christmas in sobriety. Last year was my first Christmas in the Programme and my first sober Christmas for around 25 years. And this year I also had my 40th birthday in lockdown, which presented a similar challenge. I was only in a few months when my first sober Christmas rolled around and I - like I'm sure many others - began to panic. How would I cope? Christmas...without booze? Impossible!

I spoke to one of the old-timers in the Rooms and he looked at me frankly and said, "I don't even know if I'll be sober at Christmas. All I know is that I'm sober now and my life is so much better for it. I trust in my Higher Power and this Programme to work to keep me sober for today." This really stuck with me and although it's just another way of saying 'One Day at a Time', it really helped me. I prayed to my Higher Power to just help me keep it in the here and now. A day at a time. An hour at a time sometimes. And each time I say it, I feel better. Each time I can look back on a day - or an hour - and see the change in me sobriety has brought, I feel better about myself. Which in turn gives me the strength to keep staying sober. And I also focus on my gratitude, which comes from how much better my life is now that I am sober. I am able to do so much more, be there for my family, interact with people... sobriety truly is the gift that keeps on giving. Focusing on this helps me deal with the occasional wobble or stressful time when otherwise I might turn to drink.

So, for me what works is to think about what sobriety has given me so far. Focus on the day, and not obsess over the time to come. It's certainly not easy and I don't always get it right - but when I struggle my Higher Power gives me strength, my Programme provides guidance and all the wonderful people in the Fellowship offer invaluable advice. I am so grateful and proud to be sober, and it's because I keep coming back to meetings and listening to what I'm told.

ROBBIE

THE A.A. LIFEBOAT

What does it *feel* like for a newcomer when they are faced with a decision to stop drinking? For myself, it was a sudden rush of *reality* that finally jolted me awake. This was analogous to living on a 'ship of life' where we go about our daily business, not being aware (at first) that our ship may be listing to one side, or heading toward an iceberg. As often happens with alcoholics, when we finally do become aware of the potential harms associated with alcohol, it may already be too late for some of us. Fortunately, many of us still have hope and time to "recover" from our perilous predicament.

When our ship gets into trouble, we have to recognize this for what it means, and make a conscious decision to do something about it. After all, simply thinking or wishing about saving ourselves will not enhance or promote survival. At various times we may often employ defense mechanisms of all kinds to ward off the danger, i.e., "our ship is not listing that badly," or "there hasn't been an iceberg in these waters for years." Denial about the harms associated with our drinking can often be fatal for the alcoholic.

No, we must *act now*, if we are going to survive. We must listen carefully to the instructions given to us about where to proceed to reach the nearest lifeboat. We must enlist the aid of those closest to us and collectively draw up a plan to escape from our dire predicament. We must use the tools given to us to help promote survival, such as life vests, whistles, and oars, provided with each lifeboat. Other tools include a good sponsor, going to meetings, and getting actively involved in AA also promotes better living and healthier choices over time.

Many of us finally accept the condition of our stricken ship and graciously accept being lowered into the 'uncertain' waters below. Some of us will struggle to the very end; clinging on the hope that we can still survive by staying somewhere 'safe' on the ship, or jumping into the sea, alone, at the last possible moment. Those of us fortunate to heed the advice of others, drift away in our AA lifeboat from the sinking ship and row towards a new sunrise and a sober future.

-- Peter J., Breathe Easy Group



Search the first 164 pages of the Big Book and the 12 & 12 for any word at this link:

<https://www.164andmore.com/index.php>

Do you know that the words "Christmas" and "holiday" do NOT appear anywhere in those texts.

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

A.A. Group Inventory

Many groups periodically hold a “group inventory meeting” to evaluate how well they are fulfilling their primary purpose: to help alcoholics recover through A.A.’s suggested Twelve Steps of recovery. Some groups take inventory by examining our Twelve Traditions, one at a time, to determine how well they are living up to these principles.

The following questions, compiled from A.A. shared experience, may be useful in arriving at an informed Group Conscience.

1. What is the basic purpose of the group?
2. What more can the group do to carry the message?
3. Is the group attracting alcoholics from different backgrounds? Are we seeing a good cross-section of our community?
4. Do new members stick with us, or does turnover seem excessive? If so, why? What can we, as a group, do?
5. Do we emphasize the importance of sponsorship? How effectively? How can we do better?
6. Are we careful to preserve the anonymity of our group members and other A.A.’s outside the meeting rooms? Do we also leave the confidences they share at meetings behind?
7. Do we take the time to explain to all members the value to the group of keeping up with the kitchen/housekeeping chores and other essential services that are part-and-parcel of our Twelfth-Step efforts?
8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
10. Are we doing all we can to provide an attractive meeting place?
11. Does the group do its fair share toward participating in the purpose of A.A.—as it relate to our Three Legacies of Recovery, Unity, and Service?
12. What has the group done lately to bring the A.A. message to the attention of professional in the community—the physicians, clergy, court officials, educators and others who are often the first to see alcoholics in need of help?
13. How is the group fulfilling its responsibilities to the Seventh Tradition?

Santa's AA Group Conscience Meeting

Every year, any member, group, intergroup or region may submit practical and conscience related questions to the General Service Conference (GSC). These submissions may range, for example, from how to deal with new electronic payment methods of the 7th Tradition, to concerns regarding social media and anonymity. The Conference Steering Committee of the GSC selects several of the most pertinent questions for further discussion and decision by the GSC.

An AA Santa's Group submitted a question about the first spiritual principle, that of **Honesty**. The question regarded whether the descent of Santa from the North Pole down the chimney and back up again violates the first principle regarding honesty (adherence to the facts). Because the Conference Steering Committee realizes that all Santa's Groups have global implications, Santa's question was selected as one of great pertinence to AA's worldwide.

Santa's AA group has a group conscience meeting in which the 13 questions from the pamphlet 'The AA Group' are discussed. Questions are discussed such as 1. What is the basic purpose of the group? and 2. What more can the group do to carry the message? Such questions help the group to reflect on its ability to fulfill its primary purpose, that of carrying the message to the alcoholic who still suffers. A full list of the 13 questions appeared on the previous page. Following are partial deliberations from the Santa's AA group conscience meeting:

The question was posed by one Santa: Does the descent of Santa from the North Pole down the chimney and back up again violate the first spiritual principle regarding **Honesty** (adherence to the facts). If so, then our group is defeating its primary purpose which is based on truth. The newcomer must face the truth about their condition and in Step 4 they must make a searching and fearless moral inventory.

Discussion ensued regarding some of the other spiritual principles. The 12 principles are listed on the next page and an abridged version appears to the right above for quick reference. Principle 2 is **Hope**, "To expect with desire something on which hopes are centered". Another Santa commented that it is important for children to believe in Santa and the narrative surrounding him. They must be able to expect with desire something on which their hopes are centered. Principle 3 is **Faith**, "complete confidence; belief and trust." Another Santa asserted that we cannot diminish Santa in the eyes of the children. They must have confidence, belief and trust in Santa. The first impression of a higher power a child may have could be that of Santa Claus. The Steering Committee concluded that in this particular case, honesty is not the best policy but, rather, that the eighth Spiritual Principle of love should guide all Santas who are practicing these principles in all their affairs."

The 12 Spiritual Principles

1. **HONESTY** – Adherence to the facts.
2. **HOPE** – To expect with desire.
3. **FAITH** – Complete confidence; belief and trust
4. **COURAGE** – Firmness of mind and will.
5. **INTEGRITY** – Completeness, soundness.
6. **WILLINGNESS** – done without reluctance.
7. **HUMILITY** – desire to become what we can be.
8. **LOVE** – Unselfish concern for another.
9. **DISCIPLINE** – To develop by instruction
10. **PATIENCE/PERSEVERANCE** – To persist.
11. **AWARENESS** – Alive and alert.
12. **SERVICE** – A helpful act.



"I can't help feeling disappointed."

<https://cluestolife.wordpress.com/2021/page/2/>

Bill W. considered each step to be a spiritual principle in and of itself. However, particularly in the 12 & 12, he outlined **the spiritual principles** behind each step.

1. **HONESTY** – Fairness and straight forwardness of conduct: adherence to the facts.
2. **HOPE** – To expect with desire; something on which hopes are centered.
3. **FAITH** – Complete confidence; belief and trust.
4. **COURAGE** –
Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear.
5. **INTEGRITY** – The quality or state of being complete or undivided; soundness.
6. **WILLINGNESS** – Prompt to act or respond; accepted and done of choice or without reluctance.
7. **HUMILITY** – Not proud or haughty; not arrogant; a clear and concise understanding of what we are, followed by a sincere desire to become what we can be.
8. **LOVE** – Unselfish concern that freely accepts another in loyalty and seeks his good to hold dear.
9. **DISCIPLINE** – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction.
10. **PATIENCE/PERSEVERANCE** – Steadfast despite opposition or adversity; able or willing to bear; to persist in an understanding in spite of counter influences.
11. **AWARENESS** – Alive and alert; vigilance in observing.
12. **SERVICE** –
A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity.

GRAPEVINE Daily Quote

December 24 2021

"By whatever name we may call it, the spirit of Christmas is in us all. How best to give and how to receive with ever more gratitude is our common aim. We'd like to practice the spirit of Christmas the year around. Therefore, we shall especially ask ourselves at this season: 'What more can we find in order that we shall have more to give?'"

AA Co-Founder, Bill W., December 1952,
"Every Day Is Christmas", AA Grapevine



*Acceptance is the answer to all
my problems today.*





Group Birthdays December 2022

60 Minutes to Sobriety

Last Sunday

Dec 1 Stan C. 18 yrs
 5 Joyce F. 25 yrs
 15 Melissa A. 34 yrs
 22 Jeff C. 6 yrs

Breathe Easy

First Friday

Dec Pat L. 42 yrs
 Doug S. 27 yrs
 Jac M. 2 yr
 Dave B. 25 yrs

Gratitude

Last Monday

Dec 1 Charles 12 yrs
 10 Corinne 5 yrs

Mustard Seed

Last Sunday

Dec 14 Ron J. 13 yrs



Oilman's

First Monday

Dec 1 Joe T. 63 yrs

South Side

Third Friday

Dec 13 Bob A. 53 yrs
 14 Brian M. 19 yrs

12 Steps to Serenity

None

Dec 11 Sheri-Lee L. 13 yrs
 25 Amand P. 2 yrs

Step Sisters

Last Wednesday

Dec 27 Barb H. 5 yrs
 30 Jenna P. 3 yrs

WEMG

First Wednesday

Dec 26 Rod C. 2 yrs
 27 Wayne P. 42 yrs
 31 Gary L. 1 yr

Westminister

Last Saturday

Dec 2 Kathy B. 46 yrs
 26 Ron R. 39 yrs

St. Albert

Breakfast

Dec 1 Jordon M. 1 yr
 12 Courtney H. 1 yr
 20 Neil T. 19 yrs
 24 Carol M. 9 yrs
 31 Bob L. 33 yrs

Sunday Night

Last Sunday

Dec 15 Georgia F. 2 yrs

Please send members lists

editor@edmontonaa.org

or update your members list
 at AA Central Office.



Area 78

Remote Communities
 Committee Meeting

First Sunday of the month
 6:00 pm

Zoom ID: 942-603-2414
 PWD: billw

Open to any AA member

Area 78

DCM Rap Sessions

Monthly

Every 2nd Sunday of the Month
 7 - 8pm and the following day
 Monday 7-8pm

Zoom ID: 708 555 5414
 PWD: area78

Closed to DCM's and ADCM's

Area 78

TO's (Table Officers) Meeting
 (on months of an Area 78 Assembly or ACM it becomes
 an ACO's meeting (TO's & Committee Chairs))

Monthly
 2nd Sunday of the Month
 10am - 12 Noon

Zoom ID: 708 555 5414
 PWD: area78

Closed to Table Officers and on months of
 an Assembly, includes Committee Chairs

More Upcoming Events and other Notables

Altered Attitudes Group
40th Annual
Christmas Breakfast
Saturday December 24, 2022
7:30 am
Chateau Louis
Conference Centre

Tickets:
\$35.00

Available at
Central Office
Ph: 780-424-5900
Tom: 780-906-1750
Rick: 780-907-8890
Bob: 780-446-6289

CAMPUS GROUP
Christmas Eve Breakfast
Saturday, December 24th, 2022
Blue Chair Cafe (9624-76th Ave, Edmonton, AB)

Schedule
COFFEE @ 7:30AM
BREAKFAST @ 8:00AM
OPEN AA CALL-UP
MEETING @ 8:30AM

\$35 ADULT | \$17.50 KIDS (4-12)
CENTRAL OFFICE (780)424-5900
TOM V. (780)232-9625
MARNIE D. (780)885-6725

Seven days a week,
365 days a year, noon meetings are held at
**South Edmonton Fellowship
Centre**

St. Albert Breakfast Group's Annual

Christmas Eve Brunch Buffet

St. Albert Inn, 156 St. Albert Trail, St. Albert, AB T8N 0P5

Doors open 8:30, Breakfast 9:00, Meeting 10:00

Saturday Dec 24th, 2022

Tickets \$25.

ages 2-12 **\$15.**

phone 780-619-3776

50/50 and prizes



Be A Part Of The Grapevine Audio Project!

We are collecting stories from the Fellowship in the form of audio recordings.

AAGRAPEVINE

AA Grapevine is collecting up to 7-minute-long stories from the Fellowship in the form of audio recordings. Share as you would in a meeting—or pick a topic of your own choosing, from making amends to working a particular Step.

If your audio story is accepted by the AA Grapevine editorial staff, Grapevine will publish it as a YouTube playlist or on another media platform.

Grapevine does not collect recordings from speakers at AA meetings.

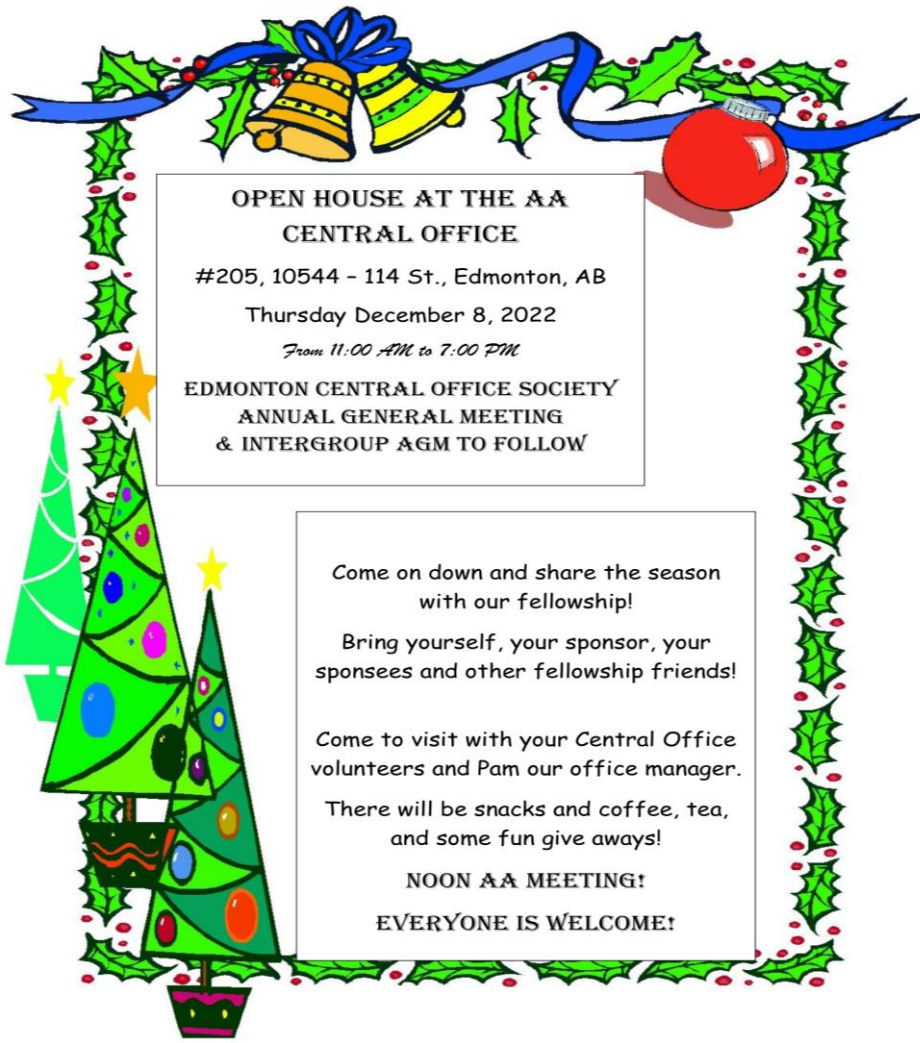
[Learn more here](#)



**URGENT REQUIREMENT:
AREA TREATMENT AND
ACCESSIBILITIES
COMMITTEE CHAIR**

Area 78 needs your help....to fill this important Committee Chair position
Please note:

1. The position will run from now till December 31, 2023 (the end of Panel 72)
2. It's an urgent requirement and the member appointed will receive support to get up to speed
3. This position requires past experience of a 2-year term as District Committee Member
4. Following is the Chair position description, and an application form
5. Please forward your completed form to Area 78 Chair, Dave S. at chair.72@area78.org



**OPEN HOUSE AT THE AA
CENTRAL OFFICE**

#205, 10544 - 114 St., Edmonton, AB

Thursday December 8, 2022

From 11:00 AM to 7:00 PM

**EDMONTON CENTRAL OFFICE SOCIETY
ANNUAL GENERAL MEETING
& INTERGROUP AGM TO FOLLOW**

Come on down and share the season
with our fellowship!

Bring yourself, your sponsor, your
sponsees and other fellowship friends!

Come to visit with your Central Office
volunteers and Pam our office manager.

There will be snacks and coffee, tea,
and some fun give aways!

**NOON AA MEETING!
EVERYONE IS WELCOME!**

District 61 Workshop January 14th, 2023

The AA Group – Where It All Begins



Facilitated by:

Area 78 Past Delegate Brad F. & Current Alternate Delegate Mike M.

WHEN:

Saturday January 14th, 2023 10:00 AM – 3:30 PM

Lunch and snacks will be provided

WHERE:

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

For more information contact Hugh M @ 780-405-4754 / ECMEnterprises@shaw.ca

2022 AGM Meeting ECOS

Edmonton Central Office Society

Notice to Members

Annual General Meeting

When: December 8, 2022 at 7 pm

Where: Edmonton Central Office

#205, 10544 114 Street NW, Edmonton, AB

Please contact your Intergroup Representative or Central Office
if you would like more information. Please plan to attend.



You are invited to a District 10

**Public Information and Cooperation with the Professional Community
Workshop**

Have you ever wondered what your PI and CPC Committee does? Have you ever wondered what the difference is between PI and CPC? Have you ever wondered how we carry the message in different settings?

Your PI and CPC committee presents to a wide variety of audiences and the need is great. The message is clear. Who is AA? What do we do? What do we not do? How do you find our literature? What is our phone number?

AA history, 12 step process, stigma, disease, and more are all on the agenda. This is a great opportunity to witness a typical presentation with zero risk. You may be motivated to join us and participate in very meaningful and rewarding 12 step work.

Date: Sunday, January 15, 2023

Time: 3:00 to 6:00 pm

Location: 4914 – 50th Avenue, Stony Plain Alberta (downstairs)

Contact: egsc.picpcchair@edmontonaa.org or brendaj246@hotmail.com

Snacks, coffee, tea will be provided

BIRTHDAY CLUB

Clarence L. from U of
AA Group

“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!**

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

FAITHFUL FIVERS

Rob C. (Terra Nova
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.

Edmonton Central Office Society			
INCOME STATEMENT 2022			
	October		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$10,374.90	\$8,115.20	\$2,259.70
Individual/Bequeath	\$695.00	\$1,193.40	(\$498.40)
Birthday Club/Faithful Fivers	\$50.00	\$236.49	(\$186.49)
Office Supplies / Postage	\$168.25	\$158.96	\$9.29
Rental Income-EGSC, etc	\$155.75	\$37.50	\$118.25
Tradition Seven-meetings	\$384.40	\$327.35	\$57.05
Fundraising			
Other Inc (Interest, etc)	\$28.17		\$28.17
Total General Revenue	\$11,856.47	\$10,068.90	\$1,787.57
Literature & Medallion			
Literature	\$6,457.95	\$5,159.15	\$1,298.80
Medallion	\$2,526.00	\$2,159.73	\$366.27
Total Literature and Med.	\$8,983.95	\$7,318.88	\$1,665.07
Total Revenue	\$20,840.42	\$17,387.78	\$3,452.64
Expenses			
AAWS & Grapevine Literature	\$3,832.58	\$3,472.68	(\$359.90)
Meeting list & Greeting Cards	\$288.46	\$201.72	(\$86.74)
Medallion Purch /engraving	\$1,302.85	\$993.53	(\$309.32)
Intergroup Expenses			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$34.10	\$42.00	\$7.90
Administrative Expenses			
Accounting & Legal	\$483.03	\$525.00	\$41.97
Bank Chgs & Cr Card chgs	\$128.33	\$150.00	\$21.67
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	\$207.60	\$175.00	(\$32.60)
Postage	\$104.20	\$200.00	\$95.80
Rent	\$4,188.15	\$3,956.00	(\$232.15)
Salaries, Source, WCB	\$5,458.96	\$5,094.00	(\$364.96)
Staff Training / Seminar			
Telephone / Internet	\$133.17	\$165.00	\$31.83
	\$17,397.15	\$16,232.93	-\$1,164.22
Total Revenue	\$20,840.42		
Total Expenses	\$17,397.15		
Income / (Loss)	\$3,443.27		

Edmonton Central Office - 2022 Group Contributions

GROUP	District	Oct	YTD	GROUP	GSO Number	District	Oct	YTD	GROUP	GSO Number	District	Oct	YTD
60 MINUTES TO SOBRIETY	53		\$0.00	HS	114683	57		\$0.00	SERENITY POOL SUNDAY MEETING		60		\$0.00
10 AFTER 10 GROUP	46		\$247.00	HEADS UP FOR AA - VEGREVILLE	712925	20		\$0.00	SHER. PARK HAPPY HOUR GROUP	121626	61	\$500.00	\$1,050.00
75th Anniversary AA Edmonton	46		\$3,776.30	HELPING HANDS	143615	60	\$100.00	\$1,000.00	SHER. PARK GROUP	114752	61	\$622.00	\$1,122.00
84TH STREET	46		\$200.00	HIGH PRAIRIE - HI GROUP		7		\$250.00	SHER. PARK MILLSHAVEN	119605	61		\$0.00
AB GROUP	57		\$500.00	HOME GROUP #1	114687	63		\$0.00	SHER. PARK NEW AT TWO		61		\$811.25
ALANO WOMENS DISCUSSION	46		\$0.00	HOME GROUP #11		63		\$0.00	SHER. PARK 12 STEPS TO SERENITY	684045	61		\$606.00
AB BEACH - SONS OF THE BEACH	10		\$0.00	HOME GROUP #13	114615	63		\$595.00	SHER. PARK SISTERS IN SOBRIETY		61		\$221.32
ALTERED ATTITUDES GROUP	46	\$1,000.00	\$1,000.00	HOME GROUP #18	123079	63		\$930.00	SHER. PARK TUESDAY NIGHT AT 7	688638	61		\$0.00
AMAZING GRACE	46	\$279.40	\$830.88	HOME GROUP #25		63		\$0.00	SHER. PARK THERE'S MORE TO THE STORY	717525	61		\$320.00
AS IT IS GROUP	55		\$0.00	HOPE THROUGH FRIENDSHIP GROUP	150938	40		\$0.00	SHIFTERS GROUP	114699	57	\$150.00	\$170.00
ATHABASCA AA GROUP	8		\$0.00	HOW IT WORKS GROUP	139837	55		\$650.00	SIMPLY SOBER AA GROUP		40		\$142.00
BEAUMARIS LAKE GROUP	53		\$0.00	IDEAL BOOK STUDIES		63		\$0.00	SLAVE LAKE AA GROUP	114753	7	\$200.00	\$450.00
BEAUMONT HOW IT WORKS GRP	60		\$200.00	INTO ACTION GROUP	648134	40		\$0.00	SOBER COUNTRY - EDSON		5		\$0.00
BEAUMONT GROUP	60		\$0.00	JASPER PLACE GROUP	114690	40		\$280.50	SOUTHBOUND FELLOWSHIP GROUP	716914	60		\$250.00
BEAVER HILL CREEK	9		\$0.00	JELLNICK JUMPSTART		46		\$638.15	SOBER SOULS OF EDMONTON		46		\$736.00
BEAVERLODGE AA	4		\$360.00	LAC LA BICHE TRI SOBRIETY	717868	8		\$0.00	SOUTH SIDE GROUP	114700	57		\$100.00
BEVERLY GROUP	53	\$500.00	\$500.00	LAMONT - BEAVERHILL GROUP	122788	20		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP		57		\$0.00
BONNIE DOON GROU	55		\$0.00	LAST CALL GROUP	721414	40		\$371.34	SPRUCE GROVE AFTER 1 GROUP	663568	10		\$0.00
BONNYVILLE SAT NIGHT GRP	3		\$0.00	LEDUC HOW IT WORKS		12		\$0.00	SPRUCE GROVE - SPEAK EASY		10		\$0.00
BONNYVILLE NEW LIFE GRP	3		\$0.00	LEDUC MONDAY NGHT LADIES 12 X 12		12		\$50.00	SPRUCE GROVE FIRST DOOR ON THE LEFT		10		\$0.00
BREATHE EASY GROUP	40		\$500.00	LEDUC SATURDAY	120350	12		\$0.00	STEP SISTERS	114686	40		\$693.45
CAMEL DISCUSSION CLUB	40		\$0.00	LEDUC SUNDAY BEGINNERS	689115	12		\$400.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	717950	55		\$0.00
CAMPUS GROUP	57		\$1,050.00	LEDUC TUESDAY NOON MEETING		12		\$110.00	STONY PLAIN - BEYOND BELIEF	712385	10		\$0.00
CAMPUS GROUP - BLUE JEAN R/U	57		\$0.00	LIGHTHOUSE GROUP	682611	53		\$1,500.00	STONY PLAIN - DISPLACED MALL RATS		10		\$450.00
CAMROSE CITY GROUP	12		\$50.00	LIONS DEN GROUP	655067	57	\$500.00	\$2,750.00	STONY PLAIN - FIRST DOOR ON THE LEFT	704869	10		\$500.00
CAPILANO STEP GROUP	55		\$600.00	LOVE AT WORK	161470	60		\$0.00	STONY PLAIN - NEW WOMEN'S GROUP	706136	10		\$0.00
CENTER CITY ONLINE	46		\$1,197.00	MANDATE:SOBER GROUP	150723	40	\$100.00	\$500.00	STONY PLAIN - 12 BY 12 TUESDAY NIGHT GR		10		\$0.00
CHAPPELLE GROUP	60		\$240.00	MILLET: STAIRWAY TO FREEDOM GRP	169395	12	\$200.00	\$400.00	ST. PAUL - FELLOWSHIP GROUP	114750	3		\$150.00
CLAREVIEW BIG BOOK GROUP	53	\$180.00	\$315.00	MORINVILLE BY THE BOOK GROUP		9		\$0.00	ST. PAUL - YOU GO GAL MEETING		3		\$0.00
COMMON WELFARE GROUP	40		\$75.00	MORINVILLE THURS NITE STEP & TRADITION	114617	9		\$0.00	STRENGTH AND HOPE GROUP	114697	46		\$0.00
CORNERSTONE GROUP	46		\$430.00	MUSTARD SEED GROUP	107237	46		\$800.00	STRENGTH IN NUMBERS		57		\$500.00
COURAGE TO CHANGE	46		\$0.00	NEIGHBOR CENTER GROUP		57		\$200.00	SUIT UP & SHOW UP BIG BOOK STUDY	679626	46		\$200.00
CRESTWOOD WELCOME	40		\$500.00	NEW FOUND HOPE GROUP		53		\$75.00	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		\$2,524.85
DISTRICT 7 SLAVE LAKE R/U	7		\$0.00	NO SAINTS MEETING	721636	46	\$340.00	\$730.00	SURVIVORS GROUP		53		\$0.00
DISTRICT 9	9		\$0.00	NORTH EDMONTON GROUP	114693	53		\$0.00	TA WOW GROUP	114703	46	\$58.00	\$127.00
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	\$260.00	\$1,660.00	THORSBY GROUP	136887	12		\$0.00
DISTRICT 20	20		\$100.00	ONOWAY GROUP	114696	57		\$0.00	THUS WE GROW	657945	57		\$450.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OPEN DOOR GROUP	607230	55		\$697.31	TO SHOW OTHERS		57	\$141.00	\$329.25
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		\$600.00
DISTRICT 64	64		\$0.00	PEACE RIVER AA GROUP	11473	2		\$0.00	UNITY STEP GROUP		55		\$836.00
DOLPHIN GROUP	53		\$2,521.70	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		\$1,000.00
EARLY BIRDS BREAKFAST GROUP	53	\$603.50	\$1,639.90	PRIMARY PURPOSE GROUP-ONLINE		61	400	\$1,000.00	UP THE CREEK ANNIVERSARY DINNER		55		\$0.00
EASTWOOD GROUP	53	\$100.00	\$265.00	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 - ALANO	680905	46	\$500.00	\$920.00	VIKING WEDNESDAY NIGHT GROUP	114564	20		\$0.00
FAITH WORKS STEP GROUP	53	\$170.00	\$510.00	RAY OF HOPE GROUP - ONLINE	680905	46	\$2,406.00	\$3,156.00	WABAMUN WEDNESDAY NIGHT	611199	10		\$0.00
FELLOWSHIP GROUP	57	\$50.00	\$50.00	RITE TRAC GROUP	119330	53		\$100.00	WABASCA GROUP		7		\$0.00
FIRST DAY GROUP	46		\$0.00	S.A. BACK TO BASICS	168017	64		\$850.00	WE AGNOSTICS		46		\$0.00
FRIENDS OF BILL GOLF TOURN	60		\$171.20	S.A. BREAKFAST GROUP	114607	64		\$800.00	WEST END GROUP		114704	46	\$0.00
FRIENDS OF BILL W AT THE HUB	40		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	114586	64		\$0.00	WESTEND 12 STEP GROUP	688457	40		\$0.00
FT MCMURRAY BACK TO BASICS	21		\$550.00	S.A. GRACE AT NOON		64	\$400.00	\$1,200.00	WEST END MEN'S GROUP	172091	40		\$0.00
FT. MCMURRAY NOONERS	21		\$0.00	S.A. MILLENNIUM GROUP	643837	64		\$500.00	WESTGROVE GROUP	114705	40		\$0.00
FT. MCMURRAY WOMENS RECOV	21		\$0.00	S.A. ON THE HILL GROUPS		64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	114764	9		\$0.00
FT. MCMURRAY ROUND UP	21		\$200.00	S.A. SISTERHOOD GROUP		64	\$365.00	\$708.00	WESTLOCK SUNDAY BACK TO BASICS	691440	9		\$0.00
FT. MCMURRAY SUNDAY DETOX	21		\$200.00	S.A. SOBER SISTERS GROUP	721596	64		\$218.85	WESTLOCK WEDNESDAY	706329	9		\$0.00
FT. SASK BIG BOOK TOOLBOX-TAL	61		\$0.00	S.A. STEP X STEP SATURDAY NIGHT GRP	129542	64		\$640.00	WESTLOCK WEDNESDAY BREAKFAST		9		\$0.00
FT. SASK TOWN GROUP	61		\$0.00	S.A. SUNDAY STEP STUDY	605303	64		\$600.00	WESTLOCK WINNERS CIRCLE		9		\$66.00
FULTON PLACE GROUP	55		\$0.00	S.A. TUESDAY NIGHT GROUP	114701	64		\$555.00	WESTMINSTER GROUP	145451	46		\$1,906.00
GIBBONS SOBER RIDERS	61		\$0.00	S.A. WED. NIGHT CLOSED MEN'S	704318	64		\$0.00	WESTMOUNT GROUP	122145	40		\$0.00
GIRL TALK GROUP	40	\$200.00	\$200.00	SANDY BEACH GROUP	610511	9		\$0.00	WESTSKIWIN SUNDAY MORN B.BOOK DISC	142527	12		\$200.00
GRANDIN MEETING	57		\$0.00	SATURDAY NIGHT LIVE MEETING		57		\$247.00	WHITECOURT AA GROUP	114766	6		\$250.00
GRATITUDE GROUP	53		\$0.00	SEDGEWICK A.A. GROUP	1198881	20	\$50.00	\$50.00	YOUNG & OLD GROUP	124191	53		\$0.00
GRIMSHAW SATURDAY NIGHT GR	2		\$0.00						YOUR CHOICE GROUP		53		\$780.00
Total		\$3,082.90		Total			\$5,621.00					\$1,671.00	\$18,841.12
			\$19,778.98					\$27,417.06	Grand Total				\$66,037.16