

# ECO NEWS

\$1.00

## January 2023

Edmonton Central Office Society  
#205, 10544 114 St. NW  
Edmonton, AB T5H 3J7  
780-424-5900  
[www.edmontonaa.org](http://www.edmontonaa.org)  
Email. [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org)

### From the Editor

This month's issue is full of A.A. history and exciting events, Tips on Staying Sober this Holiday Season, humor, puzzles and more! Of note, in the January 2023 Delegate Report, Tami L. contrasts the triangle of recovery, unity and service, where we become more humble and embrace anonymity in greater measure, with alcoholism as a downward journey of the soul led by the ego. The Sunday Morning Open Group usually held at the Providence Center goes online New Year day only. I bring you this first edition of 2023.

In service and with gratitude, Julia J., Editor of the ECO newsletter.



### PROMISE ONE

***“We are going to know a new freedom and a new happiness.”***



## STEP ONE

**We admitted we  
were powerless  
over alcohol—  
that our lives  
had become  
unmanageable.**

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatsoever; in fact, it was a total liability. Our sponsors declared that we were the victims of a mental obsession so subtly powerful that no amount of human will power could break it. ... Relentlessly

deepening our dilemma, our sponsors pointed out our increasing sensitivity to alcohol—an allergy, they called it.

The tyrant alcohol wielded a double-edged sword over us: first we were smitten by an insane urge that condemned us to go on drinking, and then by an allergy of the body that insured we would ultimately destroy ourselves in the process. Few indeed were those who, so assailed, had ever won through in singlehanded combat. It was a statistical fact that alcoholics almost never recovered on their own resources. And this had been true apparently, ever since man had first crushed grapes.

—*Alcoholics Anonymous*, pp. 22. Copyright © 1981 by Alcoholics Anonymous World Services, Inc.

## TRADITION ONE

**“Our common welfare should come first; personal recovery depends upon AA unity.”**

When A.A. was very young, the first members clearly saw the preservation of its unity as a life-or-death matter for themselves and for the alcoholics still unrecovered. The First Tradition states this aim, and it is the common aim of all Twelve Traditions. When A.A. reached the age of 35, the aim was restated in the theme of the 1970 International Convention:

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.

—The Twelve Traditions Illustrated  
Copyright © 1971 by Alcoholics Anonymous  
World Services, Inc.

## CONCEPT ONE

***“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”***

## SPIRITUAL PRINCIPLE ONE

***Acceptance – Fairness and straight forwardness of conduct:  
adherence to the facts.***

Multiple times throughout the day, things may not go as planned. Practice acceptance when you've just missed the bus for work, or when they run out of coffee in the office.

Acceptance is by far one of the most useful principles to practice.

# Tips for staying sober over the holidays

## 1. Hatch a holiday escape plan

Holiday-themed parties and family gatherings are often soaked in alcohol, and people are likely to offer you a drink—and they might be dumbstruck when you prefer to be sober. Plan ahead for uncomfortable situations and triggering environments.

## 2. Rewrite the holiday story in your head

Speak with a sober friend or sponsor about the emotions and expectations you have wrapped up in the holidays—especially if you feel resentful, or if you replay in your mind old childhood experiences and memories. You need to investigate and challenge the internal monologue about what you are owed and what you are lacking.

## 3. Want to stay sober? Stay helpful

If you want to stay sober during the holidays, look for every opportunity to be of service. Serve a meal at a homeless shelter, reach out to a newcomer at a meeting, or spend time with an elderly loved one or neighbor. There are a million different ways to give back, pay it forward and be of service, and each opportunity guides you further away from resentment, self-pity and fear.

## 4. Be mindful of what you're drinking

At family gatherings and social events, tote around your favorite non-alcoholic drink. People won't feel so inclined to offer you a drink, and they won't get the chance to pester you about your sobriety.

## 5. Some triggers and traps are optional

If you know Cousin Sadie is going to grill you about rehab, avoid her. If Uncle Brian is going to mix you a stiff drink, stay away from him. If the office New Year's party is really all about drinking make a brief appearance or don't attend.

## 6. Practice self-care throughout the holidays

Celebrate the holiday season and the fullness of your sober life by taking time for yourself. Proper nutrition, gentle exercise and restorative sleep can do wonders for your well-being. The better you feel physically, the stronger you will be emotionally. Nourish your spirit, too, through personal reflection and connection with those you love.

## 7. If you need treatment for addiction, consider going to rehab over the holidays

Some families might consider the holidays an inappropriate time to help a loved one get into addiction treatment when, in fact, it could be an ideal opportunity. For many of the reasons mentioned earlier, substance abuse tends to ramp up over the holidays. Addiction treatment initiated during the holidays could be the best gift you give to your family, your friends and yourself.

## AA HISTORY FOR THE MONTH OF JANUARY

### January 1

- 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
- 1948: Columbus Dispatch reported first anniversary of Central Ohio A.A. Group.
- 1948: First A.A. meeting was held in Japan, English speaking.
- 1988: West Virginia A.A. began the first statewide toll-free telephone hotline.

### January 2

- 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
- 2003: Mid-Southern California Archives moved to new location in Riverside.

### January 3

- 1939: First sale of Works Publishing Co. stock was recorded.
- 1941: Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article on A.A.

### January 4

- 1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.
- 1940: First A.A. group was founded in Detroit, Michigan.
- 1941: Bill and Lois W. drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.

### January 5

- 1941: Bill and Lois visited Bedford Hills again.
- 1941: Bill W. told Jack Alexander that Jack was "the toast of A.A. — in Coca Cola, of course."

### January 6

- 2000: Stephen P., compiler of the Concordance to Alcoholics Anonymous, died.

### January 8

- 1938: New York A.A. split from the Oxford Group.

### January 12

- 1943: Press reported the first A.A. group in Pontiac, Michigan.

### January 13

- 1988: Jack Norris, M.D., Chairman/Trustees of A.A. for 27 yrs. died.
- 2003: Dr. Earle M., author of Physician Heal Thyself, sober 9 years, died

### January 15

- 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
- 1941: Bill W. asked Ruth Hock to get him "spook book, The Unobstructed Universe".
- 1945: First A.A. meeting held in Springfield, Missouri.
- 1948: Polk Health Center Alcoholic Clinic started operations with 14 willing subjects.

### January 17

- 1919: 18th amendment, "Prohibition," became law.

### January 19

- 1940: First A.A. group met in Detroit, Mich.
- 1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A. group.
- 1999: Frank M., A.A. Archivist since 1983, died.

(continued next page)

**January 20**

1954: Hank P., author of *The Unbeliever* in the first edition of the Big Book, died.

**January 21**

1951: A.A. Grapevine published memorial issue on Dr. Bob.

**January 23**

1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.

**January 24**

1918: Bill W. and Lois Burnham were married, days before he was sent to Europe in WW I, weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.

**January 25**

1915: Dr. Bob S. married Anne Ripley.

**January 26**

1971: *New York Times* published Bill's obituary on page 1.

**January 27**

1971: The Washington Post published an obituary of Bill W. written by Donald Graham, son of the owner of the Washington Post.

**January 30**

1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

**Other significant things that happened in January (no specific date available):**

1938: Jim B., author of *The Vicious Cycle*, a former atheist, gave A.A. "God as we understand Him."

1940: First AA meeting not in a home meets at Kings School, Akron, Ohio.

1942: *Drunks are Square Pegs* was published.

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

1984: *Pass It On*, the story of Bill W. and how the A.A. message reached the world, was published.

Thanks to Billy C. and Nancy O. of the group "AA History Buffs" for this list, used by permission.

## VACANCY FOR NON-TRUSTEE DIRECTOR OF AA GRAPEVINE, INC. BOARD IN 2023

Opening for AA Grapevine Non-trustee Director AA Grapevine's Corporate Board has started a search to fill a vacancy for one non-trustee director on the slate at the 2023 General Service Conference. Interested A.A. members are encouraged to submit a résumé. Basic qualifications for this position are: a minimum of seven years of continuous sobriety with a working knowledge of the A.A. service structure and familiarity with The A.A. Service Manual; ability to work with diverse teams in a group conscience setting; experience serving on boards of directors (nonprofit experience is most helpful); knowledge of organizational strategic planning, problem solving and implementation of change; experience with organizational management and finances; and familiarity and experience with management, legal, publishing, content production, web/app development, e-commerce and experience with new communication technologies and methodologies. Résumés should be sent to Janet Bryan, Director of Operations, AA Grapevine, Inc. at [jbryan@aa Grapevine.org](mailto:jbryan@aa Grapevine.org), by February 3, 2023.

## FAITHFUL FIVERS

None in January

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.

### JANUARY DOUBLE PUZZLE

Unscramble the letters to find the words associated with the spiritual principle of Step One: Acceptance. Then use each numbered letter you find to form the mystery phrase associated with acceptance.

LIWL

			4

PEST

12			7

AMTID

3					

HRUTT

					5

DATEFE

	2					6

FEORED

							10

TIYMULHI

								8

TENTHGRS

11		1						9	

1	2	3	4

	5	3	7	7	8	9	10	11	12		



## BIRTHDAY CLUB

Marianne C. – Patience Love & Tolerance

Jack H. – Westminster Group

Trish O.-B. – Shifters 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 Twelfth Step message during office hours.
- You will receive personal Birthday Card on your sobriety date.
- Please contact Central Office, if you want to join our **BIRTHDAY CLUB!**  
#205, 10544 – 114 St., Edmonton, AB  
T5H 3J7 780-424—5900



My sponsor and I during my first six months of sobriety.





14 Week Step Series  
January 23, 2023 at 7:00 pm

MOSAIC HOUSE (Basement)

6811 – 92A Avenue, Edmonton, Alberta

Enter on south side of building adjacent  
to the parking lot and ring door buzzer

For more Information Contact:

Larry V: 780-298-6450

Jeff B: 587-873-1982

Ken G: 780-235-6692

## 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). (Weekdays from 11:00 AM to 2:00 PM)
- 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.



# Group Birthdays January 2023

## 60 Minutes to Sobriety

Last Sunday  
 Jan 1 Carl L. 26 yrs  
 8 Johanne J. 33 yrs  
 15 Melissa A. 34 yrs  
 26 Marcel T. 43 yrs

## Back to Basics (St. Albert)

First Thursday  
 None

## Bonnie Doon

Thursday 8:00  
 Jan 11 Dan R. 41 yrs  
 19 George B. 49 yrs

## Breathe Easy

First Friday  
 None

## Fellowship Breakfast

Last Saturday  
 Jan 5 Tanya T. 1 yr  
 26 Dana W. 2 yrs

## Gratitude

Last Monday  
 Jan 1 Carl L. 27 yrs  
 27 Jordan C. 5 yrs

## Last Call

Last Wednesday  
 Jan 7 Susan M. 15 yrs

## Mustard Seed

Last Sunday  
 Jan 27 Ashley T. 2 yrs

## Oilman's

First Monday  
 None

## South Side

Third Friday  
 Jan 11 Gord L. 29 yrs  
 13 Steve W. 8 yrs

## 12 Steps to Serenity

Jan 1 Collin H. 1 yr  
 2 Linda C. 10 yrs  
 13 Duncan M. 14 yrs  
 17 Brian B. 7 yrs

## St. Albert Sunday Night

Last Sunday  
 None

## Step Sisters

Last Wednesday  
 Jan 2 Robyn B. 3 yrs  
 14 Carol A. 10 yrs

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

## St. Albert Breakfast

Jan 1 Don P. 2 yrs  
 7 Dave P. 13 yrs  
 8 Gaston J. 14 yrs  
 11 Ken B. 29 yrs  
 17 Dave T. 17 yrs  
 17 Kelly O. 4 yrs

## WEMG

First Wednesday  
 Jan 1 Dennis W. 38 yrs  
 5 Sonny V. 38 yrs  
 9 Gerry P. 9 yrs  
 21 Bob K. 3 yrs

## Westminster

Last Saturday  
 Jan 11 Roger A. 33 yrs  
 23 Manjit 5 yrs  
 25 Reg G. 4 yrs





## Upcoming Events and other Notables

### Sunday Morning Open Group (SMOG)

Meeting at 11am usually held in person will be held online as Providence Renewal Centre is going to be closed on Jan 1st. So the meeting will move to Zoom format.



January 1, 2023: Starts at 11 am

Zoom Meeting ID 835 5475 3444. Pasword:979656

### Area 78 Pre-ACM ACO's Meeting (TO's & Committee Chairs)

Sunday January 15, 2022  
10am – 12 Noon

Zoom ID:708 555 5414  
PWD: area78

Closed to Table Officers and  
Committee Chairs

For more information Contact  
Dave S. - Area Chair  
[chair.72@area78.org](mailto:chair.72@area78.org)

## 14 Week Tradition Series

Wednesday January, 18, 2023

Location: Mosaic House Church

6811-92A Avenue

TIME: 7:00pm - 8:00pm

### Suggested Materials:

Alcoholics Anonymous Comes of Age (Available at Cost)

12 Steps and 12 Traditions (Available at Cost)

Pens and Highlighters

Open To All Members

(Step Experience Recommended)

Jeff B. 587-873-1982

Brian D. 780-984-9213

## Area 78 ACM

HOSTED BY DISTRICT 75

January 20 & 21, 2023

lunch and supper to be served (7 Tradition)

Guest Speaker Saturday @ 8pm

@

Scarboro United Church

134 Scarboro Ave S.W Calgary AB

Hotel Accommodations:

Ramada Plaza by Wyndham Calgary Downtown 708  
8th Ave S.W

Call in to reserve a room under the Area 78 block

(403) 263-7600

\$117.88 per night stay and \$15 for underground  
parking

Any info needed, please contact Kathryn at 403-251-4442  
(leave a message if no answer)



Alcoholics Anonymous

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

## LADIES AA 12 STEP STUDY

Sunday Jan. 8, 2023

For 14 Weeks

6:00 pm to 7:30 pm (Mtn Time)

Coming to you from Edmonton, Alberta, Canada

Zoom ID: 458-778-3027

PW: 739610

More Info

stepstudiedm@gmail.com

JoAnn 780-903-4012

Bring a Big Book  
And an Open Mind

A new Edmonton Central Office website has been designed with primary focus “ease of use” by someone who may have a drinking problem. Most content on the landing (home) page provides visual links to topics that would assist someone to decide if they might have a problem and to understand how AA could help.

New site going live on Jan 1, 2023...



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 – 50<sup>th</sup> Avenue, Stony Plain Alberta (downstairs)

**Contact:** [egsc.picpchair@edmontonaa.org](mailto:egsc.picpchair@edmontonaa.org) or [brendaj246@hotmail.com](mailto:brendaj246@hotmail.com)

Snacks, coffee, tea will be provided





**Mark your calendars!**

District 40's Annual

## Beat the Midwinter Blues Roundup

***"I am responsible..."***

**February 3-4, 2023**

**Rio Terrace Moravian Church, 15108 76 Ave., Edmonton**

***Tickets \$40 - includes speakers, dinner Saturday night, hours of fellowship, 50/50 draw, workshops and more!***

***- Contact Trish at 780-722-8846***

**Guest speakers and panelists:**

- **Mike M., Past Delegate, Cedar Rapids, IA**
- **Dave S., Area 78 Chair**

***Stay Tuned! More details to come!***

### **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](mailto:chair.72@area78.org)

WESTERN CANADA REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

## **WRAASA 2023**

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

**February 24-26, 2023 | Edmonton, AB**

WRASSA 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**

### **Spirit of the North**

**Monday (big book study)  
Sunday and Wednesday  
7:00 PM Mountain Time**

**(Personal Meeting ID):  
942-603-2414  
Passcode: billw**

These are Open meetings, particularly for those who cannot make it to a face to face meeting. We especially welcome those located in remote areas, newcomers and also those who have limited accessibility and special needs.

# 43rd Annual District 64 Round-Up

Circles of Love and Service



With Al-Anon participation

March 31<sup>st</sup> and April 1<sup>st</sup>, 2023

## CIRCLES OF LOVE AND SERVICE\*



### Friday, March 31st, 2023

- 6:30p Doors Open / Registration  
Fellowship/Refreshments
- 7:30 **AA Speaker:**  
**Kevin O. (Calgary, AB)**
- 8:45 Ice Cream Social

### Saturday, April 1st, 2023

- 8:30a Doors Open / Registration
- 9:00 Open AA Call-Up Meetings  
Open Al-Anon Meeting
- 10:30 **Founders (AA History)**  
*Interactive Presentation: Kevin O.*
- 12:00 Luncheon by Donation  
(Hosted by Al-Anon)
- 1:00 **Al-Anon Speaker:**  
**Donna J (Oneway)**
- 2:00 Break
- 2:30 **AA Speaker:**  
**Don M. (Winnipeg, MB)**
- 4:00 **Entertainment:**  
**Danny Floyd Cole**
- 6:00 Buffet Dinner  
Countdown – AA & Al-Anon
- 7:30 **Keynote AA Speaker –**  
**Martin A. (Hamilton, ON)**
- 8:30 50-50 /Raffle draws

### **St. Albert United Church**

**20 Green Grove Drive**

**St. Albert, AB**

### **TICKETS (2023):**

**\$40.00**

**Available now!**

Coffee/Tea – 7<sup>th</sup> Tradition

Beverages and snacks available

### **FOR TICKETS OR MORE INFORMATION:**

Chantal M (780) 953-0617

Arlene B (780) 604-0472

Danielle A (780) 445-0127

**\*RECOVERY/UNITY/SERVICE\***

**THIS IS A SCENT FREE EVENT!**

**My AA sponsor told me to stay away from places where I used to drink. So I just sold my car.**

**Q: Why did the accountant do so well in AA?**

**A: He was already a friend of bills.**

**Q: Why aren't sober AA's good dancers?**

**A: They lose interest after twelve steps.**



## Service Opportunities

### Trusted Servants Needed for the 2023/2024 Rotation



The Intergroup Committee is looking for a couple of AA members in our area who would like to perform one of the vital service positions (listed below) to help us carry the message to the Alcoholic who still suffers. The next service rotation will start on January 1st, 2023. The following positions will be open and need to be filled by our membership:

⦿ Archives Committee Chair

⦿ Group Services Committee Chair

Area 78

Remote Communities  
Committee Meeting

Sunday January 8, 2023  
6:00 pm

Zoom ID: 942-603-2414  
PWD: billw

Open to any AA member

## January 2023 Delegate's Corner

A new year dawns...yet, not so different than the day just before it 😊 Kinda like a birthday. We don't feel much different until in retrospect we see the growth, the overcoming of challenges and the gifts the year has offered. Noodling about our upcoming ACM (Area Committee Meeting), I realized both alcoholism and recovery progress in a downward direction. Alcoholism fueled by the ego and recovery fueled by our spirit. One plummets us into self-centeredness while the other creates humility by serving others. In a sense, we grow in being anonymous – of humbly doing from a place of grace. The more we do, the more our Higher Power builds us into the person we can become if we are so bold as to abandon ourselves to this process.

The process is what our 73<sup>rd</sup> General Conference theme – “A.A.’s Three Legacies: Our Common Solution” – is all about. It offers a focus for the year to reflect on how our three legacies are our common solution from a baffling, powerful and cunning disease. I’ve often heard how our three legacies are like a three-legged stool. If all legs are the same length, we are balanced. If one is too long, we aren’t. If any are too short...same! Before we can truly evolve, we must be sober. Then, we need one another in a way to become, and stay connected. Then, we deepen into that humility, where our twelfth tradition bears its fruit where “anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”



All four Area meetings each year are open to all members of Alcoholics Anonymous. Although the DCMs &/or GSRs make up the Area Committee, all of us are invited to go, learn, share, enjoy and grow our personal program by ensuring A.A. is here for our future – for our children, grandbabies, family and all the friends we are yet to meet.

With love in the Spirit, 💜

Tami L. [delegate.72@area78.org](mailto:delegate.72@area78.org)

### PS: AREA NEWS

- **Area Committee Meeting (ACM)** on January 20 & 21, 2023 in Calgary. *Please come!* <https://area78aa.org/event/area-78-2023-area-committee-meeting/>
- **Welcoming Susan G**, newly appointed Treatment & Accessibilities Chair for the remaining of Panel 72
- **72<sup>nd</sup> Conference Final Reports**. Please note the reports are confidential because they are not anonymity protected. Please shred if not wanted and please refrain from

leaving it in any public spaces. They are available at the Calgary & Edmonton Central Office and will also be available at the ACM in January. Or you can contact me directly.

- **WRAASA** (Western Regional AA Service Assembly) in Edmonton on February 24 – 26, 2023. Hope to see you there. To register <https://wraasa.org/registration/>
- **7<sup>th</sup> Contributions report:** in the 3<sup>rd</sup> quarter of 2022, 48 Groups (out of ~450) within 27 Districts contributed to our General Service Board. Many many thanks to those who were able to give.

There were some contributions that didn't have a group # associated but did say Area 78. If you need to find your Group #, please contact [grouprecords.72@area78.org](mailto:grouprecords.72@area78.org).

(PS: If it goes in without a group or area, it is included as an individual contribution – and appreciated)

### **PPS: News from our General Service Office (GSO)**

- **OPENING (ASAP): NON-TRUSTEE DIRECTOR (NTD) FOR GRAPEVINE BOARD**  
<https://www.aagrapevine.org/vacancy-NTD-AAGV-Board-2023>  
Any member can apply – please see what is required and an application form
- **Stories from our young members!** There's a call out to hear your stories....  
<https://www.aa.org/young-peoples-video-project>
- **Grapevine News!!** <https://www.aagrapevine.org/important-updates> Some important updates!
- **International A.A. Convention:** Make plans to join members from around the world at the next International A.A. Convention in Vancouver July 3 – 6, 2025. First time ever in our Region! Share the info! <https://www.aa.org/international-convention> Stay tuned for Registration and hotel info.
- **Great reads on Box 4-5-9.** Can sign up to get it sent to your email.  
[https://www.aa.org/sites/default/files/newsletters/F-36\\_Box\\_4-5-9\\_Fall\\_2022.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Fall_2022.pdf)
- **Literature update** <https://www.aa.org/sites/default/files/literature/EN%20-%20Nov%20update%20on%20printing%20delays%20and%20backorders.pdf>
- **Jobs at G.S.O** [https://www.aa.org/sites/default/files/literature/EN%20-%20GSO%20Staff%20Recruitment%20Announcement%20October%202022\\_0.pdf](https://www.aa.org/sites/default/files/literature/EN%20-%20GSO%20Staff%20Recruitment%20Announcement%20October%202022_0.pdf)
- **New cover for our Big Book** – now with a new jacket cover which makes it possible to get them printed and printed quicker...  
<https://www.aa.org/sites/default/files/literature/Jacketless%20BB%20-%20EN.pdf>
- Reminder of the contributions address:  
Box 2407  
James A Farley Station  
New York, NY 10116-2407  
or online: <https://www.aa.org/aa-contributions-self-support>

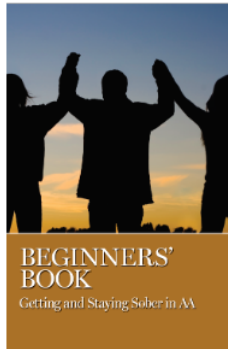
And more.... <https://www.aa.org/news-and-announcements>

# GRAPEVINE Daily Quote

January 25, 2022

"Perhaps for some, 'How It Work' has become a tired, overworked bit of dogma, an opportunity to daydream. But not for this alcoholic. I get more out of those words with each passing day. The words don't change, but I do."

*"How It Work' Works for Me," Paradise, California, October 2003, Beginners' Book: Getting and Staying Sober in AA*



## Groups Needing Support

Mon - AB Group in Belgravia  
Mon - Chapter-Oilmen's Group  
Mon - Eastwood Group  
Tue - Jellinek Sunrise Light Luncheon Meeting  
Tue - West End 12 Step Group  
Wed - Jellinek Jumpstart  
Thurs - North Edmonton Group  
Fri - Jellinek Sunrise Light Luncheon Meeting  
Fri - Beaumaris Lake Group

**Check meeting list for time and location**

## Edmonton Central Office Society

Suite 205, 10544 114 Street NW, Edmonton, AB

### WHAT DOES CENTRAL OFFICE DO?

**Central Office is a vital service that assists us in carrying out our primary purpose of helping the alcoholic who still suffers. What critical services does Central Office provide using group donations?**

1. Central Office receives hundreds of phone calls each year from people looking for a solution to their drinking problem. There are many people who have found sobriety as a result of these twelve step calls.
2. Central Office houses and maintains a web site that provides information on meetings, events, and other valuable information.
3. Central Office purchases and distributes literature and medallions to groups within the Edmonton Intergroup area.
4. Central Office hosts a noon AA meeting from Monday to Friday.
5. Central Office produces a monthly newsletter that informs members of news and events, and contains stories to help the alcoholic who still suffers.
6. Central Office provides a physical meeting space for Edmonton Intergroup, the Edmonton General Services Committee (EGSC), and various intergroup committees.
7. Central Office maintains and prints meeting lists for groups located from Red Deer to the Arctic Circle.
8. Central Office maintains the "Bridging the Gap Volunteers List" and the "12 Step Calls List".
9. When requested, Central Office sends the requested amount of group donations to the various AA organizations (e.g. GSO, EGSC, Area).
10. Central Office stores records from intergroup committees and the AREA 78 archives.
11. Central Office provides an outlet for members wanting to volunteer their time in service.
12. Central Office makes the Bridging the Gap calls to assist people coming out of treatment centers.
13. Central Office is the administrative hub of AA in Edmonton. It maintains financial and administrative records for the Edmonton Central Office Society.
14. Central Office provides administrative support for intergroup and EGSC committees (e.g. photocopying, etc.).

<b>Edmonton Central Office Society</b>			
<b>INCOME STATEMENT 2022</b>			
	<b>November</b>		
	<b>Actuals</b>	<b>Budget</b>	<b>Variance</b>
<b>Revenue</b>			
Group Contributions	\$9,015.25	\$6,748.36	\$2,266.89
Individual/Bequeath	\$5,325.00	\$1,384.51	\$3,940.49
Birthday Club/Faithful Fivers	\$180.00	\$653.15	(\$473.15)
Office Supplies / Postage	\$101.50	\$40.67	\$60.83
Rental Income-EGSC, etc	\$97.35	\$37.50	\$59.85
Tradition Seven-meetings	\$409.60	\$408.04	\$1.56
Fundraising			
Other Inc (Interest, etc)	\$27.28		\$27.28
<b>Total General Revenue</b>	<b>\$15,155.98</b>	<b>\$9,272.24</b>	<b>\$5,883.74</b>
<b>Literature &amp; Medallion</b>			
Literature	\$5,981.30	\$5,957.98	\$23.32
Medallion	\$2,490.00	\$2,409.88	\$80.12
<b>Total Literature and Med.</b>	<b>\$8,471.30</b>	<b>\$8,367.87</b>	<b>\$103.43</b>
<b>Total Revenue</b>	<b>\$23,627.28</b>	<b>\$17,640.11</b>	<b>\$5,987.17</b>
<b>Expenses</b>			
AAWS & Grapevine Literature	\$3,528.02	\$4,088.66	\$560.64
Meeting list & Greeting Cards	\$229.70	\$161.86	(\$67.84)
Medallion Purch /engraving	\$1,189.05	\$1,071.56	(\$117.49)
<b>Intergroup Expenses</b>			
12 Step Answering	\$404.87	\$408.00	\$3.13
Other (Archive, 12 Step,Cred,Grp Ser	\$33.00	\$42.00	\$9.00
<b>Administrative Expenses</b>			
Accounting & Legal	\$185.78	\$225.00	\$39.22
Bank Chgs & Cr Card chgs	\$165.74	\$150.00	(\$15.74)
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	\$70.87	\$175.00	\$104.13
Postage	\$128.72	\$100.00	(\$28.72)
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	\$133.09	\$165.00	\$31.91
	\$16,546.79	\$16,487.08	-\$59.71
<b>Total Revenue</b>	<b>\$23,627.28</b>		
<b>Total Expenses</b>	<b>\$16,546.79</b>		
<b>Income / (Loss)</b>	<b>\$7,080.49</b>		



