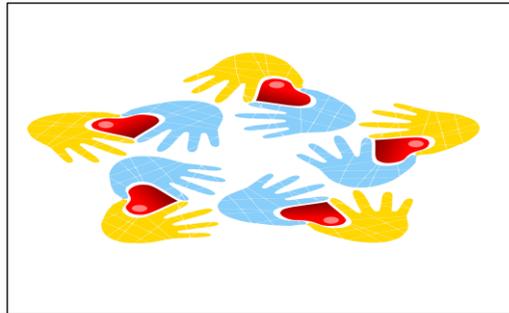


ECO NEWS

FEBRUARY 2018

\$1.00

To Edmonton Central Office Society
#205, 11041-105 Ave. NW
Edmonton, AB T5H 3J7
780-424-5900
www.edmontonaa.org
Email:
centraloffice@edmontonaa.org



DELEGATE'S CORNER

"Hello, it is my great honour and privilege to serve Area 78 for the next two years as your Delegate. I have only one thing to report - a bad news/good news item.

The General Service Representative (GSR) Kits will be delayed. There was a delay at the warehouse; you can expect them by mid-January, or early February

The Good News is that one can access much of the GSR Kit contents electronically: go to "www.aa.org" website, go to "For A.A Members", then "Information for GSRs and DCMs" and then click on the GSR webpage. There you'll find a link to the kit contents. Most items are available for download.

That's all I have for this month. Thank you all for my sobriety.

Yours in Loving Service, Becky P, Panel 68, Area 78 Delegate"

CONCEPTS CHECKLIST

From AA World Services, F91 leaflet.

A Service piece for Home Groups, Districts, Areas

Concept Two: The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

- Do we have an understanding of the history of the General Service Conference (the "Conference")?
- What is a Conference Advisory Action? Does our home Group's G.S.R., D.C.M., Area Delegate report back to the Group on the highlights of the Conference and Conference Advisory Actions?
- Is our Group meeting its wider Seventh Tradition responsibilities?

- Sister Ignatia and Dr. Bob were a team at Thomas Hospital, Akron, OH. We called her the "Angel of Alcoholics Anonymous" (but never Iggy to her face). Sr. Ignatia also started the usage of medallions as she passed them out to her patients and told them to return them if they drank again.

SECOND STEP PRAYER

From Friends of Bill W., Internet

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing.

(p. 52:2, 52:3, 53:1, 53:2)

DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7th Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning Roundups, Conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA. Publication of any article does not imply endorsement.

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

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

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

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7

Fax: (587) 523-4334

DAILY TIPS FOR OLD AND NEW MEMBERS

The unhappiest person in the world is the alcoholic who has an insistent yearning to enjoy life as he once knew it but cannot picture life without alcohol. He has a heart-breaking obsession that by some miracle of control he will be able to do so.

Sobriety is the most important thing in your life without exception. You may believe your job, or your home life, or one of many other things come first. But consider, if you do not get sober and stay sober, chances are you won't have a job, a family, sanity, or even life. If you are convinced that everything in life depends on your sobriety, you have so much more chance of getting sober and staying sober. If you put other things first you are only hurting your chances.

1. Cultivate continued acceptance of the fact that your choice is between unhappy, drunken drinking and doing without just one small drink.
2. Cultivate gratitude you have had the good fortune of finding out what was wrong with you before it was too late.
3. Expect as being natural and inevitable, that for a period, (and it may be a long one) you will recurrently experience the craving, not for a drink as such, but for the soothing glow and warmth a drink or two once gave you.
4. Don't permit yourself to think a drink or two would make some bad situation better, or at least easier to live with. Substitute the thought: "One drink will make it worse, - one drink will mean a drunk."
5. Cultivate the enjoyment of sobriety. How good it feels to be free of shame, mortification and self-condemnation. How good it is to be free of fear of the consequences of a drunk just ended, or a coming drunk you have never been able to prevent.
6. Cultivate gratitude. Gratitude that so much can be yours for so small a price. Gratitude that you don't have to drink. Gratitude that AA exists, and you found out about it in time. Gratitude that you are only a victim of a disease called Alcoholism, that you aren't a degenerate, immoral weakling, or the self-elected victim of a vice or a person of doubtful sanity.
7. Seek ways to help other alcoholics and remember the first way to help others is to stay sober yourself.
8. And don't forget that when the heart is heavy, and resistance is low, there is much comfort in true understanding friend standing by you. You have that friend in AA.

OLD TIMER'S CORNER

The Story of Will B., sober August 28, 1957 – died Jan. 2, 2002

Continued from last month

In days of old Will could be found carrying the message through Jellinek House, a part of the Outreach Program of the United Church. He was helping and would later become director of the facility for a year. He succeeded Clark G. who had taken ill with a collapsed lung. Clark had run the house for nearly 17 years at that stage.

The job provided Will an opportunity to work with people from many walks of life, from the skid-row denizen upward. He said it helped him as much as it aided others. But with the advent of drugs Will found himself lacking knowledge in that area and left the Halfway House to pursue his business interests in the community.

Alcoholics Anonymous, in general, had been good.

“It’s been just great for me,” he said. “That road I went on so many, many years ago has had all kinds of coasting downhill, but without many hardships and troubles. If it was not for AA I wouldn’t be alive today.”

On 12-Step work there were prerequisites, according to Will. He firmly believed the person must have the time, proper training, and it must be done according to the book.

He was sponsor to 59 individuals, most with over 20 years sobriety. In the old days he would take them, one at a time, to the YMCA here and in Calgary. Each night Will would look after the room charge and leave the sponsee enough funds for the next day. Slowly, but surely, they were eased into the Fellowship.

The success rate was high then and continued but the cost became dearer. Despite the cost, Will considered 12-Step work a very important function of an AA member.

The absence of hospitals or treatment facilities in the early days presented some problems. The newcomer had nowhere to turn other than the member carrying the message. The members would sometimes take eight hour shifts with a newcomer to lessen the expense, yet ensure the person was getting to a Meeting and becoming acquainted with others.

On some 12-Step calls, Will would sit with a “candidate for sobriety” until four in the morning before being relieved by another member. The newcomer would be watched and escorted for up to four days, never left alone to err.

The membership then was not left wanting for 12-Step work. As Will put it, “One of the musts in Alcoholics Anonymous was to be able to turn around and use that as your Program.”

The establishment of Detox facilities lightened the load to some degree.

There was little appreciation of the work done by the Detox centres or Halfway Houses until Will was working at Jellinek. “It’s the way to go,” was his pronouncement. “It’s a chance at permanent sobriety because of staying in that environment for as long as you possibly can, working at it and absorbing what’s being offered.”

Among the many changes Will saw in the AA Program over the years was the increased amount of literature that became available. He claimed most people arrived in the Program because of an article in the *Saturday Evening Post* in 1941. That was a story of a new deal for alcoholics. Prior to that, Will said, the alcoholic was hidden away. The *Post* was the first to take that bold step to suggest maybe there was an illness to be dealt with.

“What amazed me,” says Will, “is how widespread the thing is. In Edmonton, you have Henwood, all these places that will help you, AADAC Programs as an offshoot going into Alcoholics Anonymous. In my day they were fighting each other because of jealousies on both sides. If a fellow from AA took a job with the Foundation (AADAC) it felt like he had deserted us.” Will didn’t subscribe to that theory but that’s what was happening.

“Happily,” he said, “there were enough intelligent people on both sides who realized when we fight nobody wins, so we adapted.”

... continued on next page

OLD TIMER'S CORNER

The Story of Will B., sober August 28, 1957 – died Jan. 2, 2002

Continued from previous page

Meetings have changed as well, if only in numbers. But, Will cautioned against having too many meetings. The problem is having untrained chairpersons. They have to be trained, he admonished.

“You can’t just put someone in a chair and say, ‘you’re the chairman’. It doesn’t work worth a darn, because the first thing you know that person is giving you his/her faded philosophy on life, and alcoholics are prone to that.”

Will goes back to the old days when the Public Information Committee was operational. Members took a course. Old-timers, then, were those with five or six years in the Program and they had to know the message they were carrying. Business groups, the YM and YWCA’s were regulars on the speaking circuit and the message had to be right.

By and large, though, Will felt, AA is moving ahead despite itself. It’s had a bad time. In the sixties there was seldom any “bad” press. Now it’s a regular occurrence. He cited an article of a few years back that proclaimed, “Let’s stop molly-coddling these alcoholics.” He said the person writing such a story doesn’t understand. That kind of headline conjures will-power.

Will has had people say to him, “You know, Will, if your people had a little more will-power they’d be in great shape, they’d be able to fight this off.”

He quipped, “If you had to go through what we have as an alcoholic just to survive a week you couldn’t stand it. And, that’s will-power. They’ve got power like you’ve never seen before, but the problem is it’s negative and they can’t get it turned around. But to say they haven’t got any will-power is ridiculous. How do you change your socks on skid-row? When our people die, they die alone or maybe with a stranger trying to help them.” That hasn’t changed.

“Today, I said as an old-timer, you better get ready because you’re going to have a flood of people in here.” That’s based on his observations of the drinking and drugging that goes on. He felt the world had gone crazy and the only solution to it all is Alcoholics Anonymous/

Will felt his 12-Step message to the newcomer might be a bit controversial. What he’ll tell that person is, “You have to make up your mind there is absolutely nothing wrong with drinking if that’s the way you want to do it. If you want to lose your family and job over it and everything else, so be it.

“But, by the same token, if in the middle of the night you can’t stand yourself, you’re so sick of it, you turn around and say to yourself ‘OK, I’ve got to make a commitment.’ That’s a terrible word for an alcoholic but it’s the only salvation as far as we’re concerned.

“The commitment I made, I pass on to you. I said to myself, ‘I will never take another drink of alcohol as long as I live for any reason whatever. There is no excuse.’ Now, if I decide to drink, so be it but, that’s the fork in the road. From what I have seen down through the years of people coming in there’s no way you’re going to be any better.

“If you’ll practice your life the way you’re supposed to in drinking for a certain period then I’ll be the first to say you’re not alcoholic. But I reserve the right, the day you put the salad on your head, to say it’s getting a little fuzzy, isn’t?” Thirty-eight years ago, on August 28, 1957 Will’s sponsor asked him to commit to never taking another drink of alcohol as long as he lived, and he hadn’t found it necessary since.

Will said, “Once you’ve made up your mind whether you’re on alcoholic, no one cares if you’re an Ubangi with a film tin in your lip ... what’s that got to do with it? ... we drink too much. That’s what I’d say to you. The sooner you hit your own personal bottom the better off you’re going to be.

“I hope it doesn’t kill you going down, but that the way it is.” Interviewed September 17, 1996

- I came to AA to save my ass and found it was attached to my soul.
- The Foxhole Prayer: God help me!
- Help is only a phone call away.



THE SECRET OF SERENITY

In attending meetings in various Groups in our region, I am continually surprised at the number of members who are resentful because they have not acquired “serenity.” They can’t get peace of mind “no matter how they try.”

It is my opinion and it has certainly been my experience that we don’t “get” serenity by fighting for it or even by looking for it. In fact, we may even lose it by wanting it! Why? Again, in my opinion, serenity or peace of mind is not a goal in itself. It is the result of a revolution in our thinking; a revolution in our case, brought about by our efforts to apply the Twelve Steps of the AA Program to our daily life.

I heard a real old timer the other night say that the Twelve Steps are really one step, divided into twelve pieces. Of course, the First Step is essential to sobriety and without it the whole Program collapses. But the core of the Program is the Third Step. And the heart of the difficulty we have in applying it is our increasing desire to run the show in our own way. We lose our serenity in the hardship and anguish we suffer every day from the burden of our own selfishness and clumsiness and incompetence and pride. Discouraged by our own failures, we are hungry to be led and advised and directed by someone else. Who? The Third Step answers the question. *“Made a decision to turn our lives and will to the care of God, as we understand Him.”*

Our own will has become the source of so much misery and darkness, that we renounce our own will, our own ego and pride and desire and seek God’s will for us. When we do this, we find peace and serenity even during labour and conflict and trial.

Serenity is impossible for the member who is dominated by all the confused and changing desires of his or her own will. And even if those desires reach out for the good things of life, for peace and recollection, or the pleasures of prayer, If they are no more than natural desires, they will make serenity difficult or even impossible.

It is unlikely then that we will have perfect serenity or peace of mind unless we are detached from even the desire for serenity. We may never be able to pray perfectly unless we detach ourselves from the desire for the pleasures of prayer.

The secret of serenity then is detachment from our own will. That is worth repeating: The secret of serenity is detachment from our own will. If we attach importance to our own desires, we run the risk of losing what is essential to serenity ~ the acceptance of God’s will, no matter what our feelings happen to be.

Detachment. If we think that the most important thing in life is serenity, we become all the more disturbed when we notice we do not have it. And because we cannot directly produce serenity in ourselves when we want it, our disturbance increases with the failure of our efforts. Finally, losing patience by refusing to accept this situation which we cannot control, we climb into the driver’s seat and lose the one important reality ~ union with God’s will, without which serenity is nearly impossible.

It is important then to revolutionize our thinking about the importance of human will ~ our own human will, in particular. I heard it expressed once as the laying down of our will alongside God’s will so that the two become as one.

Just how we accomplish this is what makes the individual aspect of the AA Program. For each of us comes into AA with a different temperament, a different background and various reactions to our past experiences.

One thing I think is important in setting goals for yourself. Do not become too disturbed at failure. We all have a lot of the old Nick in us and we are all far from perfect. If we expect to achieve perfection we shall certainly be disappointed. But peace of mind and serenity does come to us in proportion as we turn our lives and wills over to the care of God, as we understand Him. But don’t look for it and crave it. If you think serenity is a great and wonderful thing and that it makes you superior to other men, then you cannot desire it as it ought to be desired. It is necessary to be abased, not to be exalted. It is not helpful to be great in your own eyes but to be little.

For it is in humility that you find the answer to all the great problems of life and the soul.

... Anonymous. Reprinted with permission, January 1952 AA Grapevine Magazine

SPONSORSHIP CHECKLIST

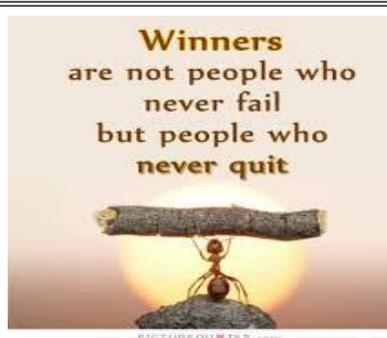
1. Am I sincerely interested in the suffering alcoholic?
2. Am I a good listener?
3. Do I look for opportunities to sincerely compliment others?
4. Is my speech free of sarcasm or prejudice?
5. Do I seek the opinions of others?
6. Do I enjoy giving credit to others?
7. Am I earnestly enthusiastic in my speech?
8. Am I a trustworthy confidant?
9. Do I interrupt others when they are talking?
10. Do I tend to argue?
11. Do I give unsolicited advice?
12. Do I criticize others openly?
13. Do I attempt to look "good" by making others look "bad"?
14. Do I have to force myself to appear positive?
15. Do I tend to exaggerate?
16. Does my voice sound threatening?
17. Do I attempt to impress others by using large and unusual words?
18. Do I use the pronoun "I" too much?
19. Do I tend to brag about my achievements?
20. Do I enjoy proving others wrong?

.... Borrowed from Pensacola, Fla newsletter

COMPASSION AND PARTNER

"Dr. Bob was my constant companion and partner in the great AA adventure. As the physician and great human being that he was, he chose work with others as his prime AA vocation and achieved a record which, in quantity and in quality, none will ever surpass. Assisted by the incomparable Sister Ignatia at St. Thomas Hospital in Akron, he ~ without charge ~ medically treated and spiritually infused five thousand sufferers.

"In all stress and strain of AA's pioneering time, no hard word ever passed between us. For this, I can thankfully say that the credit was all his." ... Letter from Bill, 1966



JOKES

From "A Rabbit walks into a bar" Best jokes from AA Grapevine

- On New Year's Eve, **Judy stood up at the local pub** and said that it was time to get ready. "At the stroke of midnight," she said, "I want everybody to be standing next to the one person who has made your life worth living." The bartender was nearly crushed to death. ... Dave S., March 2000
- A **normal drinker** finds a fly in his beer and asks the bartender to pour him a fresh drink. A **heavy drinker** finds a fly in his beer, pulls it out by the wings, and continues drinking. An **alcoholic** finds a fly in his beer and yells, "Spit it out! Spit it out!" ... Dan B., September 1997
- After spending the evening at a bar; a **woman was in no shape to drive**, so she left her car in front of the bar and headed home. Stumbling along the street, she was stopped by a police officer. "What are you doing out here at 3 AM?" "Going to a lecture," slurred with woman. "And who is giving a lecture at this hour?" the cop asked. "My husband," said the woman. ... Shirlene R., January 2008
- "A **hangover** is whiskey that thinks the party is still going on." ... March 1998
- You **might be an alcoholic** if:
 1. The vodka you're drinking reminds you of the taste of fine aftershave.
 2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed.... June 1997

AA HISTORY FOR FEBRUARY

- Feb. 1, 1918** – Original date set for Bill W.'s marriage to Lois Burnham. The date was moved up because of the war.
- Feb 2, 1942** – Bill W. paid tribute to Ruth Hock, AA's first paid secretary, who resigned to get married. She had written approximately 15,000 letters to people asking for help
- Feb 5, 1941** – Pittsburgh Telegram ran a story on the first A.A. group's Friday night meeting of a dozen "former hopeless drunks."
- Feb. 8, 1940** – Bill W., Dr. Bob, and six other A.A.s asked 60 rich friends of John D. Rockefeller, Jr. for money at the Union Club, N Y. They got \$2,000.
1940 – Houston Press ran first of 6 anonymous articles on A.A. by Larry J.
- Feb. 9, 2002** – Sue Smith Windows, Dr. Bob's daughter died.
- Feb. 10, 1922** - Harold E. Hughes was born on a farm near Ida Grove, Iowa. After his recovery from alcoholism, he became Governor of Iowa, a United States Senator, and the leading dark horse for the Presidential Democratic nomination in 1972, until he announced he would not run. He authored the legislation which created the National Institute on Alcohol Abuse and Alcoholism, and other legislation to help alcoholics and addicts.
- Feb. 11, 1938** – Clarence S. ("Home Brewmeister" in 1st, 2nd & 3rd editions) had his last drink.
- Feb. 12, 1945** – World War II paper shortage forced reduction in size of the Big Book.
- Feb. 13, 1937** – Oxford Groups "Alcoholic Squadron" met at the home of Hank P. ("The Unbeliever" in the 1st edition of the Big Book) in New Jersey.
1940 – With about two years of sobriety, Jim B. ("The Vicious Cycle") moved to the Philadelphia area and started the first Philadelphia A.A. group.
- Feb 14, 1971** – AA groups worldwide held a memorial service for Bill Wilson.
2000 – William Y., "California Bill" died in Winston Salem, NC.
- Feb. 15, 1946** – AA Tribune, Des Moines, IA, reported 36 new members since Marty M. had been there.
- Feb. 16, 1941** – Baltimore Sunday Sun reported city's first AA group begun in 1940 had grown from 3 to 40 members, with five being women.
- Feb. 18, 1943** – AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.
- Feb .19, 1967** –Father "John Doe" (Ralph P.), 1st Catholic Priest in AA, died.
- Feb. 20.1941** – The Toledo Blade published first of three articles on AA by Seymour Rothman.
- Feb. 21,1939** – 400 copies of the Big Book manuscript were sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book.
- Feb. 22, 1842** – Abe Lincoln addressed the Washington Temperance Society in Springfield, IL.
- Feb. 24,2002** ---Hal M., "Dr. Attitude of Gratitude," died. He had 37 years of sobriety. Hal testified, anonymously, before the U.S. Senate Subcommittee on Alcoholism and Drug Abuse on Dec. 3, 1970.
- Feb. 26,1999** –Felicia G., author of "Stars Don't Fall," died. Born Countess Felicia G. in 1905, she was the daughter of Count Josef G. and Eleanor Medill Patterson. She married Drew Pearson in 1925 and divorced him three years later. She married Dudley de Lavigne in 1934, but the marriage lasted less than a year. In 1958 she married John Kennedy Magruder and divorced him in 1964. For most of her professional career, she went by the name Felicia G.

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

CONCEPT WORKSHOP - Concept II:

- As early as 1945, it became evident to Bill and Bob that the operation and ultimate responsibility should reside with the Fellowship as a whole, through the General Service Conference and the elected GSR's and DCM's and Trustees. Final decisions will come from all groups and members of AA. This became a reality un 1955 at the General Service Conference.
- Advisory Actions represent recommendations made by the standing committees and approved by the Conference body, as a whole, or recommendations discussed and voted on by all Conference members, during the general sessions. The Group conscience of the United States and Canada are expressed in Advisory Actions which are available from your Area Delegate and always printed in the Final Report of the General Service Conference each year.
- Yes, we contribute according to the 50-30-10 and 10 suggestion.

Pat L., Past Delegate

TRADITION TWO

“For our Group purpose there is but one ultimate authority ~ a loving God as He may express Himself in our Group conscience. Our leaders are but trusted servants; they do not govern.”

When the Traditions were being developed, Bill W., was coming out of one war as a soldier and had been entering another world war. The forward of the Big Book was printed in 1939, the beginning of World War Two. He had seen along with other people, the destruction in Europe with one individual wanting to rule the world. Group conscience of the world and nations let him know their resolve in ending the conflict in 1945.

So, as it goes, Bill W. had spoken to an individual named Charlie who was the proprietor of a hospital. He offered Bill to recoup some of his losses in trying to sober up drunks, by setting an office, a drawing account, a healthy cut of the profit all within doing what he was now but in a hospital setting. He brought the idea back to the Group. A Group spokesperson told Bill what he proposed bothered them. He stated you can't become "professional". Bill admitted he was wrong. "I listened and thank God I obeyed."

Now comes to other matters of the Group as stated in the "Twelve Steps and Twelve Traditions" there are elder statesmen and bleeding deacons. The elder statesman is the individual who volunteer to rotate from his position with the Group through election, to take a back seat, is the type of individual who holds no resentment and waits patiently for things to develop. Or perhaps to be of service again. There is also the Bleeding Deacon or individual who thinks the Group can't run without him or her.

As with chairing meetings with some individuals who like to offer opinions and suggestions many a time an alcoholic has been before the Court and listened to a Judge offer his opinion he paid as a servant of the government to do so. An alcoholic listening to this will instinctively have a deaf ear to that chairperson.

I have also seen quality in chairing where the Chairperson picks a newcomer to share at some point and has an old-timer to follow. The old-timer, in a round-about way, will offer a suggestion to the newcomer's dilemma. There is also the chairperson who picks friends because they believe they carry the best message and the newcomer has no chance to share.

As stated "the ultimate authority ~ a loving God as He may express Himself in our Group Conscience.

... John C., Oilmen's Group, Edmonton

- Rule 62 – "Don't take yourself too damn seriously".
- Only **an alcoholic** would believe that the solution to loneliness is isolation."
- **Alcoholics** are the only people I know who need a pole vault to get over an anthill.
- **Heard at meetings:** "A meeting is like an orgy. When it's over you feel better, but you're not sure who to thank.
- **Definition of forgiveness:** Giving up hope for a better past.

... Reprinted with permission AA Grapevine "A Rabbit Walks into a Bar

SUBJECT: A SPECIAL NOTE ABOUT HUGGING!!

A SPECIAL NOTE ABOUT HUGGING - see picture below....

Hugging is healthy. It helps the body's immune system. It cures depression.

It reduces stress. It's rejuvenating. It has no unpleasant side effects.

It is God's miracle drug! It is all natural, it contains no chemicals, artificial ingredients, no pesticides, and no preservatives!

Hugging is practically perfect. There are no parts to break down, no monthly payments, it is non-taxable, non-polluting, and of course - fully returnable!

Here is your hug for the day, ENJOY~ Have a great day



Birthdays

in - FEBRUARY 2018



84th Street Group
 First Saturday 8:30 PM
 Apr. 7 Lawrence 35 yrs.

Breathe Easy
 First Friday
 Mar. 2 Andre G. 3 yrs.
 Matthew F. 21 yrs.
 Bruce M. 5 yr.
 Genevieve M. 1 yr.

Capilano Step
 Mar. 1 Bob B. 11 yrs.
 Ken B. 4 yrs.
 Stan B. 31 yrs.

Clareview Big Book Study
 Last Wednesday
 Feb. 28 Gary N, 22 yrs.
 Mary R. 5 yrs.

Crestwood Welcome
 Last Monday
 Feb. 26 Don A. 30 yrs.
 Stuart S. 20 yrs.
 Janet M. 16 yrs.
 Dianne H. 16 yrs.
 Darlene P. 18 yrs.

Eastwood
 Last Monday
 Feb. 26 Allie M. 29 yrs.

Fulton Place
 Last Friday
 Feb. 23 Sharyn C. 2 yrs.

Hilletes #2
 Last Wednesday
 Feb. 28 Kim W. 6 yrs.
 Michelle K. 3 yrs.

Knights of Sobriety
 Last Wednesday
 Feb. 28 Mike B. 3 yrs.
 James H. 14 yrs.
 Michael B. 5 yrs.
 Randy W. 1 yr.
 Ravi S. 6 yrs.

Last Call
 Last Wednesday
 Feb. 28 Wayne R. 29 yrs.
 Jamie C. 2 yrs.

Lighthouse
 Last Friday
 Feb. 23 Cherish G. 4 yrs.
 Lowell G. 1 yr./

North Edmonton
 Last Thursday
 Feb. 22 Sheila V. 32 yrs.
 Ken R. 23 yrs.

Oilmen's
 First Monday
 Mar. 5 Devon B. 3 yrs.

Serenity
 First Friday
 Mar. 2 Jan B. 25 yrs.
 Derick B. 1 yr.
 Wayne P. 38 yrs.

Sherwood Park
SP Friday Night Happy Hour
 Last Friday
 Feb. 23 Frankie S. 26 yrs.
SP Twelve Steps to Sobriety
 Last Monday
 Feb. 26 Jeff B. 4 yrs.
 Barry H. 1 yr.
 Todd K. 22 yrs.
 Larry V. 31 yrs.

South Side
 3rd Friday
 Feb. 16 Mike B. 10 yrs.
 Karen W. 13 yrs.

South Side Young People
 Last Sunday
 Feb. 25 Daniel C. 4 yrs.
 Rob D. 9 yrs.
 John C. 3 yrs.
 Andrew P. 3 yrs.
 Phil H. 3 yrs.
 Mark D. 3 yrs.

Steps to Serenity (Edm.)
 Last Wednesday
 Feb. 28 Jeff L. 4 yrs.

St. Albert

S.A. Sunday Breakfast
 Last Sunday
 Feb. 25 Ken M. 22 yrs.
 Walter H. 40 yrs.
 Fay D. 47 yrs.
 Shivon V. 2 yrs.

S.A. Brotherhood
 Last Wednesday
 Feb. 28 Tom H. 17 yrs.
 Janice B. 6 yrs.
 Clarke S. 6 yrs.
 Carolyn J. 13 yrs.
 Corry W. 12 yrs

S.A. Sunday Night Step Study
 Last Sunday
 Feb. 25 Janice B. 6 yrs.
 Tucker T. 15 yrs.

The Why Group
 Last Saturday
 Feb. 24 Grant K. 5 yrs.
 Debra M.C. 2 yrs.
 Ole I. 35 yrs.
 Marty G. 3 yrs.

Thus We Grow
 Last Tuesday
 Feb. 27 Kevin V. 2 yrs.
 Gord G. 33 yrs.

Westminster
 Last Saturday
 Feb. 24 Rick V. 46 yrs.
 Linda V. 42 yrs.
 Steve K. 43 yrs.
 Brenda B. 21 yrs.
 Kelly W. 3 yrs.

TRUE AMBITION - AND FALSE

We have had a much keener look at ourselves and those about us. We have seen that we were prodded by unreasonable fears or anxieties into making a life business of winning fame, money, and what we thought was leadership. So false pride became the reverse side of that ruinous coin marked "Fear." We simply had to be Number One people to cover up our deep-lying inferiorities.

True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.
 ... As Bill Sees it. Pg. 46

NEW GROUPS

12 Traditions Study for Ladies
 Mon. 4:00 PM #205, 10544 - 114 St.,
 -5:30 PM (Central Office)

New Awakenings 8318 - 104 St. bsmt.
 Mon. 7:00 AM Strathcona Church

Sherwood Park

New at Two 4 Raven Dr.
 Sun. 2:00 PM St. Thomas Church

84 St. Ladies #1 8406 -118 Ave. bsmt.
 Wed. 8:00 PM E side in alley

Safe Harbor Meeting
 Thurs. 6:30 PM 10025 - 105 St., S side
 -7:30 PM (First Presb. Church)

We Agnostics 10728 - 124 St.
 Fri. 7:00 PM (Alano Club)

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

2018

Edmonton, AB

Feb. 2 & 3 **Beat the Midwinter Blues R/I** \$40.00
8523 – 182 St., Aldergrove Community
Tickets 780-668-9015 or Central Office

Edmonton, AB

Feb. 19th **62nd Anniversary Oilmen's Group**
8:PM And Bean Supper Dinner will follow mtg.
11223 – 51 Ave. (Holy Spirit Church)

Banff, AB

Mar. 2-4 **Banff Roundup** Regist. \$ 37.00
(or 3-5) Calgary Intergroup - Banq. & Reg. \$104.00
Banff Park Lodge, 222\lynx St.
www.BanffRoundup.com

Red Deer, AB

Mar. 16 – 18 **Area 78 Assembly**
3310 – 50 Avenue
Sheraton Hotel

Ardrossan, AB

Apr. 27 -28 **District 61 10th Annual AA R/U** \$45.00
80 – 1st Ave. (Ardrossan Comm. Hall)
Contact: 780-298-6540 or 780-868-5777

Cold Lake, AB

Apr. 20-22 **District 3 Cold Lake Roundup**
"AA – A Solution for All Generations"
4420 – 50 Street
Cold Lake Senior's Centre

Golden, British Columbia

May 4-6 **51st Annual Golden Roundup WE** \$40.00
1401 – 9 Street Banq. \$25.00

Regina, Saskatchewan

Jun. 8 -10 **Western Canada Regional Forum**
1818 Victoria Ave. No Registration
Ramada Plaza Reginal Hotel
Contact: chair@asask.org

Edmonton AB

June 15-17 **A Big Book Weekend** \$40.00
8532 – 1821 St. NW
Aldergrove Community Hall
Contact: 780-668-9015 or 780-686-8743
abigbookweekend@gmail.com



THE MASK

Tough and hard and always sure
But deep inside you're insecure
Cool and mean, You're so bad
People ever see you sad.

Always right or on defense
Cause you're hurt and pain is no intense
Never showing your imperfection
You're so scared of rejection
So aggressive, full of wit
When given love, you can't handle it.

Face of stone, not shedding tears,
Yet your mind is full of fears.
Acting proud, and oh so smart,
Trying to hide your broken heart.

Living a life of mass confusion
Never knowing it's an illusion.

... Paul G., Edmonton, TST Nov. 1997

BIRTHDAY CLUB FOR JANUARY

BREATHE EASY



FAITHFUL FIVERS

CLARENCE Y.

Remember your
humanity and
forget the rest
— Albert Einstein

GROUPS/ MEETING IN NEED OF SUPPORT

Sunrise Light Lunch. 11229-100 Ave. (Jellinek)
Tues & Fri. Noon

Oilmen's Group 11223 – 51 Ave. (Holy Spirit Luther.)
Mon. 8:00 PM

First Day Group 10528 – 98 St. (Marion Centre)
Mon. 8:00 PM

Active 10 Group 9009 - 163 St. (Hosanna Lutheran)
Mon. 8:00PM

West End 12 Step Grp. 18345 – 62B Ave. (Our Savior)
Tues. 8:00 PM

We Agnostics 10728 – 124 St.
Fri. 7:00 PM (Alano Club)

NEED NEW MEMBERS AS WELL AS SUPPORT