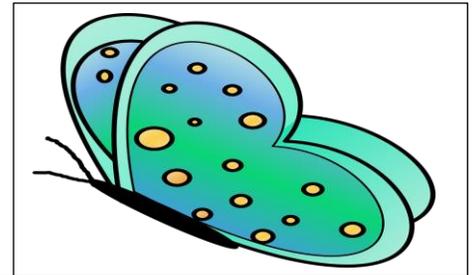


ECO NEWS

MARCH 2018

\$1.00

To Edmonton Central Office Society
#205, 11041-105 Ave. NW
Edmonton, AB T5H 3J7
780-424-5900
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DELEGATE'S CORNER

Why have a Delegate why have a General Service Conference?

For years as a member in my home group, I did not even think about these questions, let alone wonder how to answer them. Then I read ***Alcoholics Anonymous Comes of Age*** and ***The A.A. Service Manual Combined with Twelve Concepts for World Service*** – cover to cover this time, not just in spits and spurts. Preparing for the General Service Conference – for all you future Delegates out there – involves a lot of reading! Pieces of the puzzle started to come together for me.

Bill wrote about a critical time in AA's history, when he had the realization that he would not live on forever. He knew that while he and others were busy forming the structure of what we now call the General Service Office, most of the rest of our fellowship did not know or understand what they were doing or even the reasons for it. On page 210 of "AA Comes of Age" Bill describes his early thoughts:

"This situation had been a matter of great concern to me ever since the publication of the Traditions in 1946. There had been considerable discussion. At first, we had talked vaguely about a hand-picked advisory council or an elected conference of some sort. But since there was no imminent danger, no action was taken. When Dr. Bob became ill, I began to feel the serious urgency of the problem. So, did Mr. Bernard Smith and one or two of the others."

As far back as the late 1930's Bill and Bob were thinking of how to maintain AA as a world service. In the Chapter "AA Came of Age" The Service Conference was to become the Guardian of our Traditions, Custody of World services and the ***permanent successor to the founders of Alcoholics Anonymous.***

The International Convention of the General Service Conference of 1955 was designated as the ***actual voice and effective conscience of our whole Society.*** There were many who objected, thinking that it would result in politics, confusion, unnecessary expense and strife. However, ever since 1955, the approximately 93 Delegates from all over North America gather at this conference in the spirit of mutual respect and love. Our founders had faith that we would be able to take responsibility for ensuring and maintaining our vital world services.

Bill went on to say (page 61 in our Service Manual) in essence, that the Conference is actually ***"the guardian of the Traditions of Alcoholics Anonymous."*** as they outline how we may best conduct our services, in principles before personalities as well as exercising prudence, all to create harmony, unity and functioning at the highest level. This is part of our Concept 12.

And so, began those tiny seedlings of thought toward a General Service Conference, where every Area elects a representative, in the form of a Delegate, to carry the voice of their area's group conscience on all things concerned with Carrying The Message of Hope and Recovery to those of us still suffering.....

Having said all that, a great big thank you for electing me to represent you in April.

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

- Never pay a compliment as if you expected a receipt.
- In nature there are neither rewards or punishments ~ there are consequences.
- We have no axe to grind ... only a common objective.

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

Email: centraloffice@edmontonaa.org **Subject Line: Attention ECO News**

GROUP CONSCIENCE IS ...

We hear the phrase “Group Conscience” often in AA but what does it really mean?

Whenever we ask for a vote on a controversial issue in our Group, would this be called a Group Conscience vote? It can be, if it meets certain criteria. Some things to consider before calling it a Group Conscience are as follows:

- Is the Group well informed?
- This means all the facts.
- Have both sides been heard and has the issue been thoroughly discussed?
- Do we give respectful attention to the minority's point of view?

Many feel that AA should not engage in any controversy, but our Tenth Tradition speaks only about public controversy.

If it is an important decision, has there been ample time for members not present to voice their opinions? Or is some eager beaver trying to push through a quick vote before the Group becomes well informed? In AA we should be very, very slow in making changes. Except in rare cases, there should be no rush.

Has the vote been a substantial Majority? Example: If we have 31 members present and the vote is 16 to 15 resentments walk out the door after the meeting. One of the Warranties of our Twelfth Concept states: All decisions should be reached by discussion, vote and whenever possible, substantial unanimity.

If these conditions have been met, then we can truly say we have listened to a loving God expressing Himself in our Group Conscience.

... Reprinted from Twelve Step Times, March 2002

- Not one of us is given a torch big enough to lead the drunks of the world out of the darkness and into the light. Instead, each of us has been given a candle that burns for a short while with a flickering flame. If we stand together, the light will outshine the greatest torch. If we argue and bicker and blow at each other's candle so that each of us starts shielding our own little flame, then the alcoholics of the world will continue to suffer in darkness, and so will we.

... 1995 AA World Conference Presentation



OLD TIMER'S INTERVIEW

Member interviewed: Jan D. Sober Date Aug.1, 1963

JAN D - INTERVIEW NOVEMBER 17, 2017

Q: When was your first meeting of AA?

A: February 10, 1963, that's not my sober date.

Q: You went back out after that?

A: My honey who brought me into the program and I was doing everything for him went back out and I thought it was my job to retrieve him and I had a drink and I said what am I doing I don't want to be doing this anymore. I like the AA Program. I was 24 at the time and was drinking since I was 5. Booze was the problem, but anyways he brought me there and the end of July he went out drinking and I went retrieving. It was only one drink. I came back August 1, 1963

Q: What stood out at your first meeting?

A: My first meeting I was closed minded. I came to support my honey. I came in, down the back stairs in St Agnes Church. We usually went in the back door and everything was lit up. But I came in the front, and everything was dark we came in a room of a good size and all I could see were shiny eyes and everyone was smiling I don't remember anything that was said. It was an experience.

Q: You didn't know you were alcoholic at that point?

A: I didn't accept it at that point. He told me he was taking me cause I needed to go. I never forgot that. In those days anything about me was always turned off. I didn't admit or own up to anything. It was always I'm here to help you. In my drinking days I'm here to help you and if you wanted to get to know me, I would leave and move onto a different crowd. When I got to AA I didn't want to move to a different crowd, so I had to sit down, shut up and listen. As long as they left me alone, I could smile and keep them away and at my Group things were very loosey goosey. If you're gonna sit in the corner and you're still attending that's ok, we'll get you eventually.

Q: Did you sober up in Edmonton?

A: Yes, I've been in Edmonton since 1960. Moved from Toronto.

Q: Have you been with the same Group from the beginning?

A: Exactly. I have not belonged to a different Group.

Q: Did you get a sponsor and a home Group right away?

A: I got the home Group because it was Joe's. In our Group we had Big Joe and little Joe and little Joe was the secretary, after I was around for a few months he had to move to Calgary, so he dropped it in my lap. We were an open Group, so no one asked me if I was an alcoholic and it didn't matter if I was secretary, so I did that.

Q: In my own experience the only thing that kept me coming to meeting was the "desire to stop drinking" do you feel the same for yourself?

A: From the first meeting I had the desire to stop drinking August 1, 1963.

Q: Did you get a sponsor right away?

A: No, they might get to know me.

Q: So, it took you a while to get a sponsor?

A: Yeah it wasn't until I got into a Big Book Study.

Q: When was that?

A: About 8 years later. I sat on the fence for quite a long time. I was secretary. I was secretary at the Breakfast meeting at the Alano Club. I wasn't telling anybody anything and no one was asking me questions. I think someone once said I was alcoholic. I said who said so. When I got into the Big Book Study it was an intense one. you had to do the steps each one at a time and if you couldn't do a Step, you stopped. You had a choice of sitting and listening or getting the hell out, that was it. This was the first Big Book study in the city to my knowledge. That would have been 1971 I got to Step 3 and couldn't go on all because I hadn't really done Step 2. I had this

OLD TIMER'S INTERVIEW

God problem. I didn't leave I sat down and listened I was stubborn. I didn't leave. I didn't have to talk so that was a blessing. But they were getting ready to start another one in about a month or so now they had moved along in the Steps. They planned another one and I wanted to be in the other one. How am I going to do this? I checked everything I could and still wasn't finding an answer. I finally asked myself "self, what did they tell me at the first meetings that I attended". Ask for help in the morning, give thanks at night, turn it over as often as you need to during the day to a power greater than yourself." and I said ok and let's see what happens. I did that for a couple of months. One morning I was working and got up late and didn't do my prayers, didn't do anything and by this point I was working in a halfway house. I fell into that job. I tripped on a curb. I swore and got to the house feeling impatient and intolerant. Someone said something, I told them to take 2 aspirins and go to bed and I heard what I said. I stopped and said please go the other counsellor, I'm obviously having a bad day. So, I stopped and said what the hell happened. I didn't do my prayers. I did my prayer, my day smoothed right out, and I said: Ok, we're working. And that's where it's been. I suffer from a second problem. It's called lazy buggeritis. If it's working don't fix it.

Q: So as a woman in AA in Edmonton, in the sixties, you probably were one of a very, very few?

A: But I belonged to an open Group and all the wives came so it was hard to tell who was who. We were like 60 or so members attending. There were some women alcoholics, but we weren't sort of in the minority because of the other women that were there. Because you were in the day of the men against the women it would matter. The guys in our Group weren't generally anti-feminist. Ken who was the backbone he couldn't hear. He could do sign language and read lips. He called everyone buddy. He was very structured. If there were people in the room getting restless and had been for a week or two. He'd say time to go to Prince Albert. We would pack up a whole bunch of cars and off we would go to P.A. The Farm annex and the Penitentiary would have mini Round ups because Oilmen's was coming. At that time in our Group there were probably 10 or 12 ex-cons. We'd go anytime people got antsy. Ken himself had been in PA. He figured people were starting to forget where they came from. We would do that very often, about 3 or 4 times a year. Anytime anyone was in a bad mood Ken would lead the parade usually otherwise he would just send us off to do that. He would call the Farm Annex and the main Penitentiary let them know we were coming. The fellow I got involved with and later married was an ex-con, he did 19 years behind bars. He was willing to admit he was insane but not an alcoholic. He sobered up a month after me in September of 1963. He died sober. So, getting back to PA we would go and often stay with one the staff. Because the guards had houses on property, they would open their houses to us. Otherwise we would stay at a motel like the Flamingo they had big units where you could get 8 people in. One time there was 7 guys and me. The motel said only if you're married to one of them. There were a couple of girls in another room and I packed in with them. It was just some place to drop your clothes and that was it. We weren't there much. Our Group was kind of unstructured. We had our Monday night meeting. On Tuesdays we had bowling. We had dances twice a month on Saturday. We would have Christmas parties with Santa Claus and the whole bit. Then we started having Christmas day parties. It got so big and we had heard word from New York AA doesn't not get involved with issues, the members could do what they want but can't do it with the Group name. The Group was so big and it had gotten out of hand. We decided to give it up. There was a group of people that wanted to keep it and that's when KISS (Keep It Simple, Sweetheart) took it over. They moved it from the Odd Fellows Hall around the corner to the Orange Hall.

Q: When did you get a sponsor?

A: I got a sponsor after 8 years when I finally let people know I was an alcoholic. One of the guys from Kingston came up with his wife and they were both in the Program. They were the Funts and Mary was my sponsor. We stayed together for quite a while but she kept going back out. They moved back to Kingston. Then I got Joe from my Group. Joe was the second member I ever met. Because of the dances I went to the Oilmen's dance. Big Joe was my date at the time. He was living with little Joe, so I got to know them. On Monday, following the dance Joe said I needed to come with him to the meeting.



THIRD STEP PRAYER

From Friends of Bill W., Internet

"God, I offer myself to thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!" (63:2 original manuscript)

PRINCIPLE OF TRADITION THREE

Tradition Three states that; "The only requirement for AA membership is a desire to stop drinking." This, of course, is the only membership requirement for our Fellowship. This very simple membership requirement makes us different from most other organizations, which tend to set up rules for membership that can be quite restrictive.

In Alcoholics Anonymous, on the other hand, you are a member if you say you are. It is you who decides that you want to stop drinking. This is a very wise principle for, as we all know, when an alcoholic comes into the Program because someone else has decided that he or she is alcoholic, it very often doesn't work.

I had to reach a point in my alcoholic drinking when I could no longer stand myself as I was, in order to be ready and willing to reach out for help. Other people could not make that decision for me. I had to get to a point where I was willing to do whatever was necessary to end the pain and suffering I was causing myself and others.

As we know, the founders of our Fellowship had originally worded the Tradition" ... an honest desire to stop drinking." But when they thought it over, even this rather minor qualification on membership appeared rather presumptuous. Who are we, they wondered, to decide whether or not another alcoholic has an honest desire ~ one alcoholic judging another alcoholic's sincerity, of all things! So, they eliminated the offending word.

Some may ask, isn't the requirement of "a desire to stop drinking", in and of itself, a membership rule? It does state one requirement for membership. But who decides whether or not a newcomer meets this requirement? Why the newcomer himself/herself decides it. The rest of us have to take his or her word for it. (Pamphlet: The Twelve Traditions Illustrated", 1971)

This open principle of membership means that all who consider themselves alcoholic have equal opportunities to walk the road of sobriety in our Fellowship, without other restrictions. So, we all have a chance for sobriety in this life-saving Program; it is we ourselves who make the decision to begin the journey.

... Bob B., Serenity Group, from Twelve Step Times, March 2003

CONCEPT III

"Right of Decision"

As a traditional means of creating and maintaining a clearly defined working relationship; between the Groups, the Conference, the AA General Service Board and its several services corporations, staffs, committees and executives and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of World Service with a tradition .."Right of Decision."

This Concept is all about **TRUST**. Trust that if we learn and pass on the information on the structure of AA, then AA will continue to blossom as we have seen it do the for past 67 years. (now 83 years)

The Fellowship of AA will not survive without this Concept.

On thie other hand, Bill W. warned against using "The Right of Decision" as an excuse for failure to make the proper reports of actions taken, or for exceeding a clearly defined authority, or for failing to consult the proper people before making an important decision. But he concludes: "Our entire AA program rests squarely upon the principle of mutual trust. We trust God, we trust AA and we trust each other. (from *Twelve Concepts Illustrated*)

So, next time your Group is electing a member to do a service for the Group be sure you trust the member and give the member the support required to do the job asked of them. In other words, do NOT vote if you are only doing it so you don't have to do the job yourself ~ take responsibility for voting in a person willing and capable of doing the job.

I trust you ~ do you trust me?

... Jan D., Oilmen's Group, Twelve Step Times, March 2003

NOAH'S ARK

I am not afraid of tomorrow, ... for I have seen yesterday, and I love today.

Noah's Ark: Everything I need to know, I learned from Noah's Ark.

- ONE: Don't miss the boat.
- TWO: Remember that we are all in the same boat!
- THREE: Plan ahead. It wasn't raining when Noah built the Ark.
- FOUR: Stay fit. When you're 80 years old, someone may ask you to do something really big.
- FIVE: Don't listen to critics; just get on with the job that needs to be done.
 - SIX: Build your future on high ground.
 - SEVEN: For safety's sake, travel in pairs.
- EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.
 - NINE: When you're stressed, float awhile.
- TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN: No matter the storm, there's always a rainbow waiting.

Please pass this on to people you want to be blessed.

Give it. . . don't just get it!

*Most people walk in and out of your life,
but FRIENDS leave footprints in your heart.*

Thank you for your footprints!

Submitted by Bob J., St. Albert Breakfast



JOKES

The Minister Tried Baptizing A Drunk

A man is stumbling through the woods totally drunk when he comes upon a preacher baptizing people in the river. The drunk walks into the water and subsequently bumps into the preacher. The preacher turns around and is almost overcome by the smell of booze. Whereupon he asks the drunk, "Are you ready to find Jesus?"

"Yes, I am" replies the drunk, so the preacher grabs him and dunks him in the river. He pulls him up and asks the drunk, "Brother have you found Jesus?"

The drunk replies, "No, I haven't." The preacher, shocked at the answer, dunks him into the water again, but for a bit longer this time. He pulls him out of the water and asks again, "Have you found Jesus, my brother?"

The drunk again answers, "No, I have not found Jesus."

By this time the preacher is at his wits end so he dunks the drunk in the water again, but this time he holds him down for about 30 seconds.

When the drunk begins kicking his arms and legs, the preacher pulls him up. The preacher asks the drunk again, "For the love of God, have you found Jesus?"

The drunk wipes his eyes, catches his breath and says to the preacher, "Are you sure this is where he fell in???"

A fellow has to watch who he drinks with

A bear wonders into a bistro and sat at the bar. Then comes along a glassy-eyed drunk and sat down on the stool beside the bear. The drunk put his arm around the bear (not knowing this was a bear), whereupon it knocked him flat on the floor.

Sitting up groggily, the drunk muttered "Wow! ... give some women a fur coat and they think they own the world".

A.A. HISTORY IN MARCH

- March 1, 1939** -- Readers Digest declined to write article on AA.
1941 - Jack Alexander's Saturday Evening Post article was published, and membership jumped from 2,000 to 8,000 by year's end.
- March 3, 1947** -- Nell Wing started work at Alcoholic Foundation, 415 Lexington Avenue, NYC.
- March 4, 1891** -- Lois W. was born.
1947 -- Nell Wing met Bill W. for the first time.
- March 5, 1945** -- Time Magazine reported first of a series of Detroit radio broadcasts by AA members.
- March 7, 1940** -- Bill and Lois W. visited Philadelphia AA group.
1941 -- Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
- March 9, 1941** -- Wichita Beacon reported on an AA member from NY who wanted to form a group in Wichita, KS.
- March 10, 1944** -- New York Intergroup was established.
- March 11, 1949** -- The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in Alcoholics Anonymous, was formed in Minneapolis by five Catholic AA members.
- March 14,** -- South Orange, NJ, AA group held an anniversary dinner with Bill W. as guest speaker.
- March 15, 1941** -- First AA group in New Haven, CN, was formed.
- March 16, 1940** -- Alcoholic Foundation and Works Publishing moved from Newark to 30 Vesey St. in lower Manhattan.
- March 21, 1881** -- Dr. Bob's wife, Anne, was born.
1966 -- Ebby T., whom Bill W. called his sponsor, died sober.
- March 22, 1951** -- William Duncan Silkworth, MD, died at Towns Hospital. He helped more than 40,000 alcoholics during his lifetime.

1984 -- Clarence S., "Home Brewmeister," died at 81.
- March 23, 1936** -- Bill & Lois W. visited Fitz M., "Our Southern Friend," in Maryland.
1940 -- Lois W. paid her first visit to the office on Vesey Street in NYC.
- March 25, 1898** -- Jim B. ("The Vicious Cycle") was born.
- March 29, 1943** -- The Charleston Mail, WV, reported on Bill W.'s talk at St. John's Parish House.
- March 31, 1947** -- 1st AA group formed in London, England.
- Other March happenings with no specific date:**
1936 - AA had 10 members staying sober. At end of 1936 AA had 15 members.
1940 - Mort J. arrived in LA from Denver and helped faltering group; started custom of reading Chapter 5 Big Book at Cecil group.
1941 - 1st Prison AA Group was formed at San Quentin.
1941 - Second printing of Big Book appeared.
1946 - The March of Time film on AA was produced.
1949 - Dr. Bob considers idea of AA conference premature.
1951 - American Weekly publishes memorial article for Dr. Bob.

Thanks to Billy C. and Nancy O. for this list, used by permission.



- **DEFINITION of forgiveness:** Giving up hope for a better past.
- Hope is the feeling you have that the feeling you have isn't permanent.
- **DEFINITION if an alcoholic:** Someone who refuses to give up life of failure without a fight.

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

TRADITION THREE

“The only requirement for AA membership is a desire to stop drinking.”

When I was in active addiction, writhing at the bottom of the abyss that is my disease, I recall one predominant distressing feeling that could not be calmed no matter how much I drank ~ it was that of loneliness. It did not matter during the years that my drinking was still done socially, that I had a sufficient number of friends and acquaintances to whose company I could, to some level, enjoy myself. I still felt alone. I could not fathom any of those people possibly understanding what it was that went on inside of me, hidden from everyone: those feelings and emotions that scared and frightened me and begged to be quieted with the drink.

And so, I was alone, and the loneliness of feeling as though I was the only person in the world with that much fear and terror and apprehension of the future nearly drove me to suicide. It was never in my wildest imagination that somewhere nearby there met a group of people from every walk of life who knew, who truly knew, exactly what I was feeling. Yet that is what I have discovered through AA.

I hold Tradition Three dear to my heart, for when I was in the pit of addiction, that desire to stop drinking was so powerful; I yearned, craved and longed to stop, yet I could not do it alone.

I now know that I do not have to worry, ever again, about being alone, or misunderstood, or afraid of what it is that I am feeling inside of me. I have found countless others who truly know the hell of addiction and have shared with openly how to find happiness and freedom. This simple Tradition, that of AA welcoming those with the desire to stop drinking, has saved my life.

Shannon F., from Twelve Step Times March 2000

The closed fist locks up heaven, but the open hand is the key of mercy.

- Hindu proverb

Remembering how we were once driven by compulsions that would not let us go, we view our present progress with gratitude. There is not one of us who can truly say, "I did it myself". We received help to get where we are today, whether we deserved it or not. Recalling our past behavior, most of us no doubt would say we didn't deserve another chance. Yet, mercifully, we were given a new start in life.

If we owe this miraculous turnaround to the mercy of a Higher Power, do we not also owe mercy to the people around us? How often do we harden our heart when someone does us wrong? How often do we hold grudges? Waiting for each of us is someone in need of our understanding. Each of us knows people about whom we cherish thoughts of revenge, people whose behavior begs for our mercy. Do they deserve mercy? Did we?

I can show gratitude to my Higher Power by offering mercy to others.

IN GOD'S CARE – Daily Meditations on Spirituality in Recovery

AFTER TWENTY YEARS

It is more than twenty years since I had my last drink. I joined AA on March 29, 1947, on my fiftieth birthday. Reflecting upon these years of day-to-day sobriety, the most important thing that comes to my mind is change. I was willing to accept a Higher Power to direct me. A prayer every night became a habit after I made up my mind to accept a Higher Power of my own understanding.

I acknowledged that I was extremely unimportant all by myself. I took the Third Step in all sincerity. My values changed. Instead of finding relaxation in visiting beer joints and mixing with my old cronies, who did not want to quit drinking, I quit their company and found greater relaxation – and spiritual values – in the company of my newly found friends, the members of Alcoholics Anonymous.

I was willing to help others. I was willing to combat my shortcomings and my character defects. I cleaned up my speech. It seemed (to me) incongruous to use God's name in vain, and to pray to Him for guidance every day. I was willing to put all that is good in me ahead of the bad and to combat the bad. Temptation to drink got less and less. I know now that the task of self-improvement will never end, but if we work at it one day at a time with never a letup, we will find sobriety a sure adjunct to the effort.

ANONYMOUS, San Angelo, Tex. (from the AA Grapevine, February 1968.)

Birthdays

in – MARCH 2018

60Minutes to Sobriety

Last Sunday
 Mar. 25 Jim M. 8 yrs.
 Kim M. 14 yrs
 Sharry H. 3 yrs.

Breathe Easy

First Friday
 Apr. 6 Hank M. 8 yrs.
 Linda S. 1 yr.

Capilano Step

First Thursday
 Apr. 5 Ross S. 8 yrs.
 Pierre S. 35 yrs.
 Connor F. 2 yrs

Crestwood Welcome

Last Monday
 Mar. 26 Jack D. 38 yrs.
 Jane B. 37 yrs.

Eastwood

Last Monday
 Mar. 26 Brian M. 31 yrs.

Ellerslie

Last Thursday
 Mar. 29 Dean M. 17 yrs.

Fulton Place

Last Friday
 Mar. 30 Ray L. 36 yrs.
 Richard W. 20 yrs.
 Brian L. 31 yrs.
 Dave C. 7 yrs.
 Jordan D. 1 yr.

Hillettes #2

Last Wednesday
 Mar. 28 Cathy C. 8 yrs.

Jasper Place

Last Tuesday
 Mar. 27 David C. 4 yrs.
 Ken C. 7 yrs.

Knights of Sobriety

First Wednesday
 Apr. 4 Ken C. 7 yrs.
 Don F. 12 yrs.

Last Call

Last Wednesday
 Mar. 28 Bryan H. 6 yrs.
 Marty S. 1 yr.

Lighthouse

Last Friday
 Mar. 30 Sherry R. 11 yrs.
 Leanne H. 1 yr.
 Jane. 1 yr.

North Edmonton

Last Thursday
 Mar. 29 Don S. 26 yr.

Oilmen's

First Monday
 Apr. 2 Ron G. 39 yrs.
 Ron D. 37 yrs.

Providence

Last Wednesday
 Mar. 28 Mary Jo W. 31 yrs.
 Mykola S. 1 yr.

Sherwood Park

SP Friday Night Happy Hour

Last Friday
 Mar. 30 Milt C. 38 yrs.

SP Twelve Steps to Sobriety

Last Monday
 Mar. 26 Adam B. 1 yr.
 Dwaine B. 1 yr.
 Lenhard B. 1 yr.
 Roy P. 3 yrs.
 Michele T. 4 yrs.
 Karen A. 7 yrs.

Shifters

Last Saturday
 Mar. 31 Ron G. 39 yrs.
 Don C. 1 yr.
 Kelly S. 1 yr.

South Side

3rd Friday
 Mar 16 Amie V. 5 yrs.
 Dan S. 11 yrs.
 Jordan T. 1 yr.
 Andy R. 13 yrs.

St. Albert

S.A. Sunday Breakfast

Last Sunday
 Mar. 25 Moira O. 1 yr.
 Simone H. 6 yrs.
 Dianne N. 23 yrs.
 Brian M. 33 yrs.
 Andreas A. 3 yrs.

S.A. Brotherhood

Last Wednesday
 Mar. 28 Ben C. 4 yrs.
 Bill S. 35 yrs.

The Why Group

Last Saturday
 Mar. 25 Jane Z. 30 yrs.
 Lori R. 31 yrs.
 Ron R. 2 yrs.
 Daren B. 25 yrs.
 David K. 2 yrs.



Thus We Grow

Last Tuesday
 Mar. 27 Ron S. 5 yrs.
 Maybeth D. 9 yrs.
 Cathy S. 16 yrs.

MOVING

Breathe Easy Group

is moving on

March 2, 2018

Because they need more space.

Time: Fridays 8:00 PM

New Address:

Trinity United Church
8810 Meadowlark Rd NW,
Edmonton, AB T5R 5W6



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)

Sobriedad - 2 hour Spanish Meeting

Fri-Sun 6:00 PM 10728 – 124 St.
 (Alano Club)

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

2018

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

Edmonton, AB

Apr. 14 **District 46 Speaker & Dinner \$5.00**
10728 – 124 St.
(Edmonton Alano Club)
Contact: 780-720-9157

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@aaask.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

Edmonton, AB

June 22-24 **Cardiff AA Roundup Complete \$35.00**
Cardiff Hall, Sat. Supper & Dance \$25.00
21 Discovery Way Kids 12 – 18 \$25.00
2 mi. E & ½ mi. S 12 & unde r~ FREE
Contact: 780-0871 or 780-660-6895
Or Central Office 780-424-5900



IN MEMORIAM

A member of the Beverly Group, Don S. has passed away. He had 26 years of sobriety. His family wanted this notice so he would not be forgotten.



A RABBIT WALKS INTO A BAR

Best Jokes from AA Grapevine

Intro: If you can stay sober in AA, am old-timer once quipped, you can stay anywhere. If you’ve ever attended a business meting, observed resentment flare up suddenly in a home Group or heard someone tell the same story for the hundredth time, you know just what this means. Sometimes the whole amazing proess of staying sober requires laughter so that we don’t start taking ourselves or others too seriously.

Humor tends to puts everything in healthy perspective. The AA Grapevine has from its beginning pubished humor in the form of cartoons amd jokes. Some of our readers have told us they turn to the magazine’s humar pages first. Maybe that’s because a good laugh clears the mind for more serious mattrs, or maybe it’s simply that everybody needs a does of fun in life.



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