

# ECO NEWS

# \$1.00

# AUGUST 2018

Edmonton Central Office Society  
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## DELEGATE'S CORNER

“Okay you caught me.... Bob did not write the Traditions, my apologies for that error in the July article.” Thank you, Becky P

### Why I Love the Big Book

It recently came to my attention that I rely on words from the Big Book of Alcoholics Anonymous to communicate...more each year in fact. And that feels worthy of a few more words, in my humble opinion.

I could probably write two more articles on this topic, but I will be brief. The top 6 pages references that first come to mind are enough for now: Pages 38, 417, 129, 83-86, 552, 568. These pages are from the 4<sup>th</sup> Edition of **Alcoholics Anonymous**.

When I first came into AA meetings, I remember one fellow who was constantly quoting pages. He would talk briefly, then always end with prescribing that I “**read page such-n-such**”. I would go home and read that page... he got my curiosity up. I later learned that he just pulled a number from out of his head for no particular reason: it got people reading the Big Book! I had to laugh at myself... because it worked.

- ➔ The very first time I read anything that got my attention was the story about the jaywalker. That “**foolish chap having queer ideas about fun**” actually described my insane desire to continue to drink, despite the progressively horrific consequences. That’s on page 38
- ➔ Again, my first reading of page 417 about acceptance has been the most meaningful paragraph of my sobriety. I quote it more often than any other. It explains the best way I know of achieving any kind of peace of mind and contentment: by staying focused on ‘the log in my eye and not the splinter in yours’ as one friend described it. “**Acceptance is the answer to all my problems today...Nothing, absolutely nothing happens in God’s world by mistake.**” This also helps me to let go
- ➔ Then there is the true essence of **how** Alcoholics Anonymous works for me, described on page 129, by that old goldminer. He suddenly realizes that his pick has struck an endless supply of gold but it’s only available to him if he “**mines it for the rest of his life and insists on giving away the entire product.**” I can’t give away what I don’t have. That’s another way of saying that I cannot stay still in AA, I must keep moving forward or pay the price of not doing so. One more 2x4 between my eyes, and one more lesson

## DELEGATE'S CORNER continued

- ➔ Discussing favorite passages in the Big Book wouldn't be complete without reference to the Promises on pages 83-86. I've heard sponsors tell sponsees to read those 3 pages every single day, to good effect. Reading to page 88 is also recommended.
- ➔ The Chapter called ***Freedom From Bondage*** worked wonders for me on a trip with my husband a few years back. I had just heard at a meeting that someone read that chapter every single week of his sobriety; that impressed me. During our 12-hour drive across Canada something happened to create such irritability in my mind, that by the time we reached the hotel I was furious. I recalled that chapter, so I immediately locked myself in the bathroom to read ***Freedom From Bondage***. By the time I opened the door, I couldn't remember why I was so angry. It was miraculous.
- ➔ And finally, I am so fond of Herbert Spencer's quote on page 568. I will end this by encouraging you all to "***read page 568***" and see what you think. This helps me to overcome fear.

Thank you for your time and thank you always, for my sobriety.

Becky P, Area 78 Delegate

*There are two ways to live your life.*

- *One is as though nothing is a miracle.*
- *The other is as though everything is a miracle.*

... Albert Einstein (1879 – 1955)

## CONCEPT VIII CHECKLIST:

- Do we understand the relationship between the two corporate service entities (AA World Service, Inc, The AA Grapevine and the General Service Board?)
- How can the business term "custodial oversight" apply to the Trustees' relationship to the two corporate service entities?
- Does my home Group subscribe to GSO's bimonthly newsletter *Box 4-5-9? The AA Grapevine? Do I?*  
... Reprinted with Permission of AAWS (F91)

## IN GOD'S CARE – DAILY MEDITATIONS ON SPIRITUALITY IN RECOVERY

**The goal isn't to do a successful inventory. The goal is to dig to the deepest levels of self-honesty**      Anonymous

The Fourth Step is the hardest one for many newcomers in the Program. It is so difficult, in fact, that some of us are still waiting to do it are no longer newcomers.

It's so hard to be honest with ourselves, that some of us never accomplish it. The consequences of this are a low self-esteem, which draws us toward failure.

Help is available, though. God, who knows all about us, is willing to help us get honest with ourselves. We only need to ask. Until we become honest with ourselves, we can't grow spiritually.

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Today I pledge to be honest!!

Submitted by Fave E., Oilman's Group



## EIGHTH STEP PRAYER

(from Atlanta, Georgia – World AA Conference – July 2015)

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Amen

## OLD TIMER'S CORNER

CONTINUED NEXT MONTH

### TRADITION EIGHT CHECKLIST

Reprinted from AA Grapevine Traditions Checklist

**“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

1. Is my own behaviour accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward ~ even if not money ~ for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. On my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition ~ How it Developed*?

- **Heard at Meetings:** “I asked my sponsor to tell about God. He looked at me kindly and said, “All you need to know about God is this: You are the problem, and God is the solution.
- “Only **an alcoholic** would believe that the solution to loneliness is isolation.”
- **Alcoholics** are the only people who need a pole vault to get over an anthill.  
... **A Rabbit Walks into a Bar.** Best jokes from AA Grapevine with permission

### PRINCIPLE OF STEP 8: BROTHERLY LOVE

**Brotherly:** of or like a brother: displaying characteristics of a brother, such as loyalty or steady affection.

Love: a powerful emotion felt for another person manifesting itself in deep affection, devotion or sexual desire. God's regard for his creatures. Charity (the virtue)

I didn't think Webster's would be of help this time – wrong – it is. God's participation in the wording of our literature continues to be appreciated. Also, how refreshingly lovely to see sexual desire presented here as an expression of love.

I see the WE of AA's mission in the words. “loyalty or steady affection” and love for another showing up as “devotion”, with God's regard for all of us being our ultimate power source to accomplish our mission.

Our Twelve and Twelve says, “learning how to live in the greatest place, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.

I know I certainly experienced “Sisterly Love” (couldn't resist) last week at a women's meeting where I shared my pain with very little editing. Cried, swore and even admitted I didn't trust God these days. I sensed no judgment, nor anyone wanting to box, label, or correct me. What a gift to experience safety in one of our rooms to be at the level of vulnerability and exposure.

I cringe when I think of the times I was a self-appointed member attempting to create a level of control which demanded we must all be one in a row of ducks. I know now that I'm not the AA police nor do I want the job, and some of us are. Geez.

“The first, and one of the most difficult, has to do with forgiveness.” (Quote from our 12 & 12, referring to obstacles). This sure is a key to Brotherly Love. I see how impossible this level of love is without forgiving others which I believe sets me free to forgiving myself.

Brotherly Love is a tall order. How wonderful we get to experience progress not perfection.

These days I am trusting God – even more than ever.

... Taken from August 2003 Twelve Step Times, Katie W., Terra Nova Group, now in Sask.

## ***NEGLECT, THE ELEPHANT IN THE ROOM***

When we are satisfied that we have given Steps one through five our best effort and have identified the most glaring defects of character and shortcomings, it's now time to affect the changes in the most obvious of our faulty thoughts and the behaviours that stem from those thoughts by addressing them in **Steps six and seven**.

To be successful in this endeavor, we must first get honest with ourselves and begin to *establish some credibility* and by that, I mean *always doing the things we say we are going to do*. We bring most of the basic flaws out in the open as we become aware of them. Then, if we are sure that we are committed to the Program, we will want to set, in place, principles to live by that cut off our own escape when we stumble and want to revert to that old way of thinking. Most of us do this with the help of a sponsor or a mentor, if you like, and go by the Book as best we can.

I did, what I thought was a thorough job of it, then one day, about twenty years ago, I was trying to park my car in a somewhat crowded parking lot and as I found the spot I wanted there was a shopping cart blocking my way. I got out of my car and moved the cart aside, then parked my car. I then got that shopping cart and pushed it back to the store entrance, then went about my business.

From that day on, when parking at any market, I search for a stray shopping cart and take it back to the store just to make up for all the times I shoved one into the flower bed and drove away.

After telling that story at meetings over the years, I hear people telling how it is very uncomfortable for them to leave the cart adrift in the parking lot, and we all get a big laugh out of it. As best I can tell, the word *neglect* is only mentioned two times in the Big Book (pg. 97 & 129) and two times in the 12 & 12 (pg. 81 & 151). And seldom, if ever, has it been the topic of a meeting that I can recall. It is like the proverbial, *elephant in the room*.

As I started to catch myself shirking my responsibilities, it became obvious to me that if I wanted to regain some form of self-respect and dignity, I was going to have to put the word *Neglect* on my list of shortcomings and *question my integrity*. Do I do what is right even when there's no one watching? If credibility is, *always doing what I say I'm going to do*, then *Integrity*, to me, is *a whole bunch of credibility*.

To cut off my own escape I do routine things every day, that cost me nothing and the result of that is a clear conscience. If I am doing the little things that I should, I find it much easier to give the big things that same sort of attention. I pick up after myself, I never walk away from my bed in the morning without making it, and I liken that to being an unspoken prayer saying, I will be responsible, I will be orderly, I will be neat and I will not be neglectful, I will be respectful, I will stay on the unselfish side of the ledger in all of my decisions, I sometimes revisit those pages in the Big Book and the 12 & 12 and I try my best not to ignore *the elephant in the room*.  
...Rick R. ... borrowed from The San Diego AA

\* \* \* \* \*

## **CONCEPT VIII**

***“The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all directors of these entities.”***

I couldn't understand this Concept on a corporate level per say, so I broke it down to something I think I can understand.

The General Service Board's job is to make sure the house of AA (***as set down by the rules made by AA members***) keeps to these rules and within the budget they are given by us (“***by own donations***”).

The other part of the General Service Board's job is to make sure the World Service Office and the Grapevine, which are run as separate businesses, keep within their own budget but maintain the rules set by AA (***us, the members***) and the policies we set down.

Therefore, the World Service Office and the Grapevine are businesses run separately from the General Service Board so that the Board can oversee AA.

... Taken from the Twelve Step Times, August 2003

## **AA HISTORY FOR AUGUST**

**August 1, 1946** - Washington Times-Herald (DC) reports on AA clubhouse, to protect members anonymity, withholds address

**August 3, 1954** - Brinkley S. gets sober at Towns Hosp after 50th detox

**August 3, 1989** - Liberty Bell Group founded in Lake Elsinore, CA - August 3, 1989

**August 8, 1879** - Dr Bob S. is born in St Johnsbury, Vermont

**August 9, 1890** - After Annual Picnic for 400, LA groups announce 1000 members in 11 groups

**August 11, 1938** - Akron & NY members begin writing stories for Big Book

**August 15, 1890** - E. M. Jellinek is born, author of The Disease Concept of Alcoholism and the Jellinek Curve.

**August 16, 1939** - Dr Bob and Sister Ignatia admit 1st alcoholic to St Thomas Hospital, Akron, Ohio

**August 18, 1988** - 1st Canadian National AA Convention in Halifax, Nova Scotia

**August 19, 1941** - 1st AA Meeting in Colorado is held in Denver

**August 25, 1943** - AA group donates Big Book to public library in Quincy, MA

**August 26, 1941** - Bill writes Dr Bob to tell him Works Publishing has been incorporated

**August 28, 1954** - 24 Hours a Day is published by Richmond Walker

Other significant events in **August** for which we have no specific date:

**1934:** Rowland H and Cebra persuade court to parole Ebby T. to them.

**1939:** Dr. Bob wrote & may have signed article for Faith magazine.

**1941** - 1st meeting in Orange County, California held in Anaheim

**1981** - Sales of the Big Book passes 3,000,000

## **LAUGHTER IS GOOD MEDICINE**

Happiness is a thing to be praised, like a violin.

A drunk was staggering across a bridge one night when he ran into a friend. The two of them leaned on the bridge railing and began chatting for a while.

“What’s that down there?” asked the drunk suddenly. “That’s the moon,” said his friend.

The drunk looked again, shook his head in disbelief and said, “Okay, okay, but how in hades did I get way up here?”

- AA delivers everything alcohol promised!
- Courage is fear that has said its prayers.
- The shortest sentence in the Big Book is “It Works.”
- Having a resentment is like drinking poison and expecting someone else to die.
- It’s more important to be loved by the people you know than adored by those you don’t.
- You cannot save your ass and your face at the same time.
- A mistake is evidence that someone actually tried to do something.
- The difference between a grave and a rut is the depth.
- A closed mouth gathers no foot.

## IS YOUR GROUP LINKED TO AA AS A WHOLE?

Part one

Most Groups in the United States and Canada choose to be linked to AA, as a whole, by listing the Group with the General Service Office (G.S.O.) as well as with the Area Assembly, District and local Central/Intergroup office.

Groups listed with G.S.O. have either General Service Representatives (G.S.R.s) or “Group contacts,” who act as channels for two-way information and shared experience. Once a Group is listed with G.S.O., the Group information is shared with the Area Assembly via the Delegate. Group information may be first received by the Area, which then shares the information with G.S.O.

**What ‘s the point?** Each Group linked to the local General Service structure is automatically a part of the “Group conscience” of AA in Canada and the US through their G.S.R.s participation in District meetings and Area Assembly. Each GSR communicates his or her Group’s “conscience” on important matters of policy considered by the District and Area Assembly. During the Annual General Service Conference, the Area’s Groups are represented by their elected Delegate. Groups in our listings are included in the **confidential** domestic directories published annually, which provide contact information for traveling AA members.

New Groups listed with the General Service Office are assigned an identifying service number (ID), receive a “Group Handbook” (through their GSR or Group contact), and are included in mailing sent to all listed AA Groups. For instance, Groups receive our quarterly newsletter **Box 4-5-9** that keeps them informed on policies being considered by the Conference, changes to AA literature, and when and where their Regional Forums will be held (Forums are weekend gatherings where current experience is shared). Additionally, GSRs or Group contacts for listed Groups receive registration details for each International Convention, held every five (5) years.

**How?** To participate in services provided by GSO to AA Groups, it is vital to furnish simple information to GSO through the **Alcoholics Anonymous New Group Form**. To notify GSO when Group information changes, i.e. the Group contact or GSR moves or resigns, and a new GSR or contact is elected, or when there is a change in the Group’s location or meeting day(s) and time, please use the **Alcoholics Anonymous Group Information Change Form**. Group changes should also be given to the Area registrar/secretary, to the District Committee Member (DCM) and to the local Intergroup/Central Office.

..to be continued

SMF-104

### 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 7<sup>th</sup> 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 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**

# 2018 Birthdays

in - AUGUST

## 60 Minutes to Sobriety

Last Sunday  
Aug. 26 Khan K. 1 yr.

## Breathe Easy

Sept. 7 Kathleen O. 4 yrs.  
Annette F. 10 yrs.  
Don M. 37 yrs.

## Capilano Step

Last Thursday  
Aug. 30 Denis S. 3 yrs.

## Crestwood Welcome

Last Monday  
Aug. 27 Barbara A. 44 yrs.  
Larry S. 25 yrs.  
Jackie M. 15 yrs.  
Patsy T. 14 yrs.  
Derek T. 10 yrs.  
Jim J. 8 yrs.

## Eastwood

Third Monday  
Aug. 20 Sylvia T-R. 3 yrs.

## Fulton Place

Last Friday  
Aug. 25 Doug B. 29 yrs.  
Dwayne H. 1 yr.

## Hillette's 2

Last Wednesday  
Aug. 30 Dee B. 15 yrs.

## Last Call

Last Wednesday  
Aug. 30 Ashleigh. 4 yrs.  
Paul 18 yrs.

## Lion's Den

Last Wednesday  
Aug. 29 Carol J. 22 yrs.  
Courtney G. 4 yrs.  
Karen K. 27 yrs.  
Kevin M. 15 yrs.  
Shelby S. 4 yrs.

## Mustard Seed

First Sunday  
Aug. 26 James. 25 yrs.

## Oilmen's Group

First Monday  
Aug. 7 Jan D. 55 yrs.

## Providence

Last Wednesday  
Aug. 29 Rob B. 2 yrs.

## South Side

3<sup>rd</sup> Friday  
Aug. 17 Keith O. 30 yrs.

## Shifters

Last Saturday  
Aug. 25 Rick G. 33 yrs.  
Marcel P. 2 yrs.

## Terra Nova

Last Sunday  
Aug. 27 Damian A. 13 yrs.

## The Why Group

Last Saturday  
Aug. 25 Courtney G. 4 yrs.

## Thus We Grow

Last Tuesday  
Aug. 28 Jim B. 46 yrs.

## West End Men's

First Wednesday  
Sept. 5 Don B. 11 yrs.  
Paul B. 35 yrs.

## Westminster

Last Saturday  
Aug. 25 Diane L. 33 yrs.  
Kevin S. 16 yrs.

## SURROUNDING AREAS

### SHERWOOD PARK

#### Happy Hour

Last Friday  
Aug. 24 Dave H. 18 yrs.

#### Twelve Steps to Serenity

Last Monday  
Aug. 27 Mike D. 3 yrs.  
Sharon M. 3 yrs.  
Alice S. 5 yrs.  
Gord S. 21 yrs.

### ST. ALBERT

#### S.A. Breakfast

Last Sunday  
Aug. 26 Moe. 13 yrs.  
Elmer M. 33 yrs.  
Shirley M. 41 yrs.  
Eileen B. 42 yrs.

#### S.A. Sunday Night Step Study

Last Sunday  
Aug. 26 Bryce M. 15 yrs.  
Russell B. 12 yrs.  
Jackie M. 15 yrs.  
Tony B. 1 yr.

## BIRTHDAY CLUB

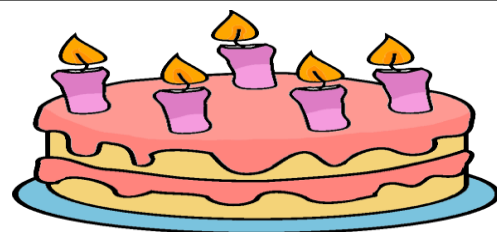
### "What is the Birthday Club?"

- A show of gratitude by AA members, who contribute \$1.00 or more for each year of continuous sobriety.
- These funds are used to HELP SUPPORT Central Office staff and volunteers to carry the Twelfth Step message during the office hours.
- You will receive personal Birthday Card on your sobriety date.
- Please contact Central Office, if you want to join our **BIRTHDAY CLUB!**

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

T5H 3J7 780-424-5900

Email: centraloffice@edmontonaa.org



## FAITHFUL FIVERS CLUB

### "What is the Faithful Fivers Club?"

- The Faithful fivers Club was initiated several years ago to generate funds for the Twelfth Step Work done through the staff and volunteers at your Central Office.
- **AA members pledge a donation of \$5.00 or more a month to assist this work.**
- What you receive for your support is the satisfaction of carrying the message.
- Please contact Central Office, if you want to join our **BIRTHDAY CLUB!**

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

T5H 3J7 780-424-5900

Email: centraloffice@edmontonaa.org

# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

### Edson, AB

Aug. 10-12 **EDYPAA Campout R/U** \$20.00  
15229 TWP Rd. 534  
Pinedale Hall

### Edmonton, AB

Aug. 19 **District 53 2<sup>nd</sup> Annual BBQ** \$15.00  
Gold Bar Park Site #2 kids 6-12 \$5.00  
10955 50 St. NW 10:30 am-2:30 pm  
Tickets at Central Office, Cassandra 780-909-3797 or Dave S. 780-909-7883

### Wainwright, AB

Aug. 17-19 **Annual District 20 Roundup**  
Riverdale Mini Park  
Hwy. 41  
Contact: 780-261-0104 or 780-842-7242

### Busby, AB

Aug. 17-19 **District 9 Roundup** \$20.00  
Busby Community Hall  
Camping avail. NO hook ups  
Contact: 780-284-0127 or 204-771-0983

### Innisfail, AB

Aug. 24-26 **4<sup>th</sup> Annual Innisfail Campout** \$25.00  
Antler Hill Community Hall  
Weekend or \$15 Sat. Pot Luck  
Contact: 403-227-6717 or 403-392-3538

### Mundare, AB

Aug 25-26 **Mundare Roundup w/Vegreville** \$20.00  
Zhoda Hall TWP 552  
Sat. free camping – no hookups  
Bring salad or desert for Sat Supper  
Contact Bob F 780-632-1308  
Bob K 780-656-5829

### Greig Lake, SK

Aug.31-Sep. 3 **39<sup>th</sup> Annual Campout R/U** Trad 7  
Meadow Lake Provincial Park  
Reservation thru Sask. Parks  
Contact: [grelglakeroundup@hotmail.com](mailto:grelglakeroundup@hotmail.com)

### Slave Lake AB

Aug 31-Sept 3 **45 Annual Slave Lake Roundup** \$40.00  
Widewater Community Complex  
Plenty of camping but no power sites  
Contact Marlee C 780-318-4240 or  
Bob k. 780-849-1896

### Sherwood Park, AB

Sept.10 **14 Week Step Series**  
7:00 PM 1380 Sherwood Drive  
Church of the Nazarene  
Contact: 780-235-6692 or 780-913-0034

## ROUNDUPS & FUNCTIONS

### Morinville AB

Sept 29 **43<sup>rd</sup> AA Anniversary** \$25.00  
2:30-9:30PM 9610 Morinville Dr.  
United Church  
Contact Roger C. 780-498-0034  
Dale M. 780-932-2163,  
Gerald C. 780-939-2797 or Gina C. 780-905-0414

### Stony Plain, AB

Oct. 12-14 **35<sup>th</sup> District 10 Unity Roundup** \$35.00  
Blueberry Hall, 53109 RR 15  
West of Stony Plain  
Contact: 780-257-7085



## MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.

July 1944 – December 1949 – All except May 1949

1950 All  
1951 All except January, February & October  
1952 All  
1953 All except July  
1954 All except March, August & November  
1955 Only January, February & March  
1956 Only January, February, April & November  
1957 Only February, June & July  
1958 Only January  
1959 Only August  
2004 Only March  
2015 Only January  
**2016 we now have all of them**  
2017 - Only February & November  
2018 - Only March

## BIRTHDAY CLUB MEMBERS

In July & August 2018  
Jan D. (Oilmen's Group)  
David B. (Sherwood Park Group)  
\*\*\*\*\*

## FAITHFUL FIVERS

David B.  
Clarence Y.