

ECO NEWS

\$1.00

SEPTEMBER 2018

Edmonton Central Office Society
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DELEGATE'S CORNER

MISTAKES... AND ACCEPTANCE

This month's message is generated by two errors found in the July submission. In the last half of "**Top 12 Reasons to Attend a General Service Conference**" I had written: "...to feel the love Bob had when he wrote the Traditions..." Page S8 in the Service Manual explains that Bill wrote the Traditions (with perhaps some help from Bob).

The second error is found in the correct wording of Concept II, which states that the A.A. groups made the Conference... "the **actual** [not active] voice and effective conscience for our whole Society."

I do apologize for these errors. My first reaction upon noticing these mistakes was to laugh them off; how ironic for me to make these two glaring errors, as a former secretary. I took my job very seriously. My second thought – from the old days – was to justify them.

Making mistakes as a youngster was a very serious matter. I became preoccupied with not making any.... always afraid of doing something for fear of not doing it perfectly. About 25 years ago I had a car accident. When the policeman came to write the report, I kept apologizing. Finally, he looked at me and said, "I know you didn't mean to.... that's why we call them accidents." That struck me as a very kind thing to say. A few years ago, a friend gave me a sign that says: "**Remind yourself, it's okay not to be perfect.**"

As I learn more about self-love, I realize that solutions are inherent in every problem. Mistakes allow me to learn about myself and others. To take the jagged edge from that first gut feeling when recognizing that I've made another mistake, I need to remember that I'm now working with "a loving God" as described in Tradition Two.

Our inclination to mess up is probably what generated that old saying: "To err is human, forgive divine." When I brought up 'justified anger' at a meeting in the early days, my first sponsor reminded me that "forgiveness is for God to do; people must learn acceptance" and that's when she directed me to page 449 in the 3rd edition of the Big Book.

Pointing out your mistakes to you was once an activity considered almost generous in my twisted thinking. Our Big Book described me well (p.417): "**I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did.**"

The above-quoted page in the 4th Edition is titled: "**Acceptance Was the Answer**" - how very appropriate to this human dilemma of messing things up. The last paragraph of this chapter sums it up concisely: "**I must keep my magic magnifying mind on my acceptance and off my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for A.A.!!**"

DELEGATE'S CORNER

MISTAKES... AND ACCEPTANCE

Recently it was revealed that a mistake had been made in confirming the date of our next (69th) General Service Conference. The Committee was consulted, and a vote was taken. As members of the General Service Conference body, we were able to recognize the error, plan and move forward. That teaches me about acceptance.

Mistakes will be made. It's practically a job description for being human. In a March 1962 Grapevine article, Bill W. answered the question "what is acceptance" with this: ***"Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are.... We neither ran nor fought. But accept we did. And then we began to be free."***

Thank you all for my freedom and for my sobriety. Delegate Area 78, Becky P

CONCEPT IX CHECKLIST:

Concept IX: Good Service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the Trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for Group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them"?
- Do I set a positive leadership example? ... Reprinted with Permission of AAWS (F91)

"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 a fine aftershave.
2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed. June 1997
... Reprinted with permission from AA Grapevine, "A Rabbit Walks into a Bar."

IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

"We become that which has influenced us the most! "Ethel Barrymore

Do we sometimes think that the whole house of cards will come tumbling down if we make one false move? There's nothing wrong with making mistakes. That's the way we learned in the past and that's how we're learning now. We laugh affectionately at the foibles of others, sometimes it's irresistible. We can laugh at our own with the same good humour.

Living a spiritual life doesn't mean we have to be grim. In fact, increasing joy and merriment is an unavoidable result of turning our will over to a Higher Power. Now we can relax and enjoy life, and that includes enjoying our less-than-perfect selves.

Today I will not take myself so seriously!!

... Submitted by Faye E., Oilmen's Group



NINTH STEP PRAYER

(A friend of Bill W. from Internet)

God, with regard to his amend, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping.

Amen

OLD TIMER'S CORNER

The Story of John P., Geritol Group

Sober date: December 16, 1960

Interviewed September 1996

John's first contact with Alcoholics Anonymous was in an Alberta correctional facility from which he was referred to the Belmont Rehabilitation Centre. Long term sobriety was not to be, however, at least at that stage of his life.

Just prior to his release from Belmont, a large army pension cheque arrived in the mail. After some careful consideration it was decided "someone with that much money couldn't be an alcoholic," so I carried on drinking for another year before the roof caved in.

Under duress, Prince Albert Prison was the next stop, joining NORTEL AA Group. That was in 1958 and continued to December 4, 1960, the date I consider my birthday.

Upon release I returned to Edmonton.

The old Half-way House on 106 Street, run by Tommy S. and Doug Mc. (both since deceased), became home for some time.

Doug became my sponsor.

At no time during those days did I ever think I would see 30 years of sobriety. My thoughts were, "if I could just get a couple of years in."

My wife had divorced me, of course, for reasons I couldn't understand. I used to say to Doug, "after all I did for her." One day he sat me down with pencil and paper insisting I write down everything I had done for her. It was about the shortest list I ever made. Then and there that statement ended.

She was on her own and remarried. There's no doubt I was on my own, feeling things could get better and I would end up having my own home again, a car and a job.

When Doug would suggest to me 'Easy Does It' I would laugh, until one day I screamed at him, "if you don't cool that 'Easy Does It' I'll wring your neck." It seemed a bit thick, that a man with a wife, home, car and everything else telling someone who used to have all that and blew it, until later in my sobriety a fellow just out of jail began complaining to me. My response then was, 'Easy Does It'. It dawned on me then the message Doug was trying to convey. What goes around comes around in this "funny" program.

On my first anniversary I was in amazement. It was interesting that my mother didn't believe that I was going to stick with the program, thinking instead that I was conning somebody. Only after ten years in the program did she finally decide that maybe I was serious about not taking a drink.

I realized then I had hurt a lot of people through my drinking career. Things had happened that I wasn't aware of nor had I considered. I was fully aware, as well, of the fact that I was responsible for what I had put myself through. It was self-inflicted. Nobody held a gun to my head and told me to drink.

What bothered me in the early days was I had some good times drinking. Not every day was a bad drinking day.

Over the years I have tried to consider my past and present situations. Although I can say I've had 36 years of sobriety, I would rather say I've had 36 years without a drink, or alcohol free. I have a different viewpoint on sobriety now than I had before. At one time it meant simply not taking a drink.

In my first five years I should maybe have stood and taken a birthday cake and said, "I've been dry for five years," instead of saying "I've been sober."

Looking back on life in general and living conditions I would say sobriety is 50 percent not taking a drink and the other 50 percent is one's attitude towards your Higher Power, my God as I understand Him, your own viewpoint on your behaviour during a day. There are days when I can sit back at night and honestly say I've had another day of sobriety while there are other days when I have to say, "Well, John, on a 24 hour basis you've had 20 hours sobriety and four hours of being dry" because I may have tried to take over my own boat rather than 'Turning my will and my life over to the care of God, as I understand Him.'

There are times when I decide I don't need God, I'm quick to judge and things quickly get messed up. At the end of the day and upon some consideration you realize what an idiot you've made of yourself through making silly decisions.

By the same token, I'm not going to condemn myself for making a wrong decision. Back in my drinking days I wasn't capable of making ANY decisions, so that's a helluva improvement right there.

... continued on next page.

OLD TIMER'S CORNER continued

Those moments tend to serve my memory, too, of the times when I was drinking. I recall a day in Calgary while driving a taxi when it rolled. As the car flipped I quietly prayed, "God get me out of this and I'll never drink again." At noon the next day I was sitting in the Royal beer parlour bragging to my friends of what a helluva driver I was for coming out of that accident with just a cut finger.

Sobriety is a state of mind, how I feel about myself at the end of any given day. The most important part of the AA program is 'Just for Today', unlike 'Easy Does It', that slogan I can understand. 'Today' is all I've got, come hell or high water.

There was a story making the rounds at one time that I had "found religion" or gone berserk and therefore wouldn't maintain sobriety. In fact, I had met an understanding minister who invited me to sing in his choir, or more pertinently, wanted a body in the choir. He pointed out that I was to memorize the words and move my lips. But, he never wanted to hear my voice that was said to be terrible and I couldn't hold a tune to save my life. Besides, he said, "You'll meet some nice people." I like to think he was referring to some of the young ladies in the choir.

The schedule became choir practice once a week and both services on Sunday. Eventually the minister said, "My message won't do you any harm." How true that turned out to be. Having been raised in a Christian family there was a belief in God, but not necessarily all the little stories in the Scriptures. I certainly believed there was a Power greater than myself, that being God and I had no trouble with that whatsoever.

In my recovery religion and the AA program seem to have worked hand in hand. There is a lot in Scripture. Living alone, I had lots of time to think these things over and, by following the program, everything seems to have fallen into place.

I've met some awfully good people in AA, a lot of people I disagreed with at the time but looking back I can see where they were coming from. People are people and my sponsor would tell me, "You don't have to like or love everybody in AA, but the least you can do as a human being is respect another's sobriety." I have tried to live by that.

I pick and chose my friends. Some people continue to relate to me that they have been "hit up" for 'X' number of dollars, or, "I lost this, or I've lost that." The simple answer is NO! When I say NO and the person doesn't accept it, then they've got a problem. It's out of my hands. I've been honest. I'm not going to jeopardize what I have or my family. The reason I should stay sober is, not only to be a better person within myself, but to be a better father and husband. My kids have pointed out to me quite a few times I'm a better grandfather than I was a father.

The girls remind me of the times they would be talking to me, but I would be in a state of seemingly disinterest. They knew I wasn't paying attention. But, through sobriety, being in the program, and learning how to listen when talking to my grandchildren I give them my undivided attention.

Little things like that I had to improve upon in my daily contacts with people. When you learn that for your family you tend to listen more intently and give more care to other people outside of family.

...Continued next month

QUOTES FROM "A RABBIT WALKS INTO A BAR"

- **One veteran AA** says the trouble with "Two-Stepping" is that you usually combine the wrong parts of the First and Twelfth Steps ~ i.e., "My life is unmanageable, and I'd like to share it with you."
- The **speaker at the Convention's Big Meeting** walked up to the podium, looked out at the stadium full of people and said, "My heart is beating, my knees are weak, my stomach is in knots. I used to pay a lot of money for this feeling."
Page 62

Q. How many sponsors does it take to change a lightbulb?

A. Sponsors can't light bulbs. The most they can do is offer guidance based on their experience, strength and hope. If the lightbulb wants to change and is willing to go to any lengths, then a Higher Power can change the lightbulb.
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AA works for people who believe in God.
AA works for people who don't believe in God.
AA **NEVER** works for people who believe they **ARE** God.

I changed my password to "incorrect" so whenever I forget it the computer will say,
"Your password is incorrect."

A.A. HISTORICAL EVENTS IN SEPTEMBER

- Sept 1,** 1939 – First AA group founded in Chicago.
Sept 11, 2001 – 30 Vesey St, New York. Location of AA’s first office is destroyed during the World Trade Center attack.
Sept 12, 1942 – U.S. Assist. Surgeon General Kolb speaks at dinner for ”Bill and Dr Bob”.
Sept 13, 1937 – Florence R, first female in AA in NY.
Sept 13, 1941 – WHJP in Jacksonville, FL airs Spotlight on AA.
Sept 17, 1954 – Bill D, AA #3 dies.
Sept 18, 1947 – Dallas Central Office opens its doors.
Sept 19, 1965 – The Saturday Evening Post publishes “Alcoholics Can Be Cured Despite AA”
Sept 19, 1975 – Jack Alexander, author of original Saturday Evening Post article, dies.
Sept 21, 1938 – Bill W. & Hank P. form Works Publishing Co.
Sept 24, 1940 – Bill 12th steps Bobbie V., who later replaced Ruth Hock as his secretary in NY.
Sept 30, 1939 – article in Liberty magazine, “Alcoholics and God” by Morris Markey.

Other significant events which occurred in September, but for which we do not have a specific date:

- 1930 – Bill wrote 4th (last) promise in family Bible to quit drinking
1939 – Group started by Earl T. in Chicago.
1940 – AA group started in Toledo by Duke P. & others.
1940 – Journal of Nervous and Mental Diseases gives Big Book unfavorable review.
1946 – Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M., one of the first women in AA.
1946 – First A.A. group in Mexico.
1948 – Bob writes article for Grapevine on AA, “Fundamentals In Retrospect”.
1949 – First issue of A.A. Grapevine published in “pocketbook” size.

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

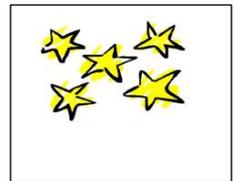
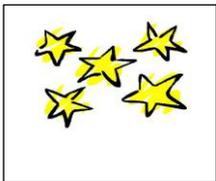
50TH ANNIVERSARY ~ HENWOOD TREATMENT CENTRE

18750 – 18 Street, Edmonton, AB

OPEN HOUSE

September 28th, 2018 from 1:00 to 3:00 PM

This invitation is for all AA members who are interested.
Especially those who attended AA meetings there in the beginning.
There will be speakers from Henwood and some AA members.



TRADITION NINE

Organized is this big word of ‘tradition’.

Organization denotes rules, control and conformity, the things that many alcoholics rebelled against in their practicing days although AA must have some semblance of cohesion, unity and flexibility as a must. There are no directions, orders or punishment met out by GSO or Edmonton GSC.

This seeming lack of organization can be quite often seen at meetings, where a chairperson or secretary is absent, and someone fills in for them. There was no vote or great decision-making process. It just happens.

As stated in the Tradition, Service Boards and committees serve the Fellowship. Our GSO office in New York has a great store of knowledge and history but whenever questions arise, and I quote: “It has been our experience, etc.

The Twelve Steps are a suggested way of recovery. The Twelve Traditions are a suggested way of keeping the Fellowship functioning. We must remember that suggestions can be every bit as important as a direct order. It has been suggested that when you jump out of a plane, that you wear a parachute. Good idea!

... Mike V., Edmonton, August 1997

IS YOUR GROUP LINKED TO AA AS A WHOLE?

Part two

A New Group: When a new Group forms, the members usually take time to decide on the name of the new Group (Group conscience), elect trusted servants, plan the time and format of meeting(s), and obtain AA literature from the nearby Central / Intergroup office.

A new Group may first ask to be listed with the local District and Area, or through direct contact with GSO. Either way works well. When GSO receives an *Alcoholics Anonymous New Group Form*, a copy is forwarded to the Delegate of the Area where the Group is located, so that the Delegate may communicate the good news to the DCM and Area registrar/secretary. Thirty (30) days after Group information is sent to the Delegate, the Group is assigned an ID number for GSO's records, and a "Group Handbook" is mailed to the GSR or Group contact.

Your District: Regardless of how new Group information is received, the DCM will make contact and welcome the Group to "general service."

Whether a Group is "new" or has existed for years, the DCM is the primary contact through the GSR or Group contact. Group representatives attend District meetings where they are kept up-to-date on AA activities and topics of interest. GSR's attending District meetings are an excellent resource for addressing Group problems and concerns. In matters affecting AA as a whole, a Group's "conscience" is communicated to the Area Assembly by their GSR.

If you do not know how to contact your Group's DCM, Area registrar/secretary, and Delegate, staff members in the GSO can often provide that information.

Mailing Address:

General Service Office
PO Box 459
Grand Central Station
New York, NY 10163

Telephone: (212) 870-3400

Location:

475 Riverside Drive
11th Floor
New York, NY 10115

Website: www.aa.org

GSO staff members are always happy to hear from AA members and Groups. GSO has two primary purposes: 1) to serve as a resource to better enable Groups to carry the AA message of experience, strength and hope to the still-suffering alcoholic; 2) to provide services to AA as a whole which individual Groups cannot usually manage, such as the publication of AA literature. The AA Group is the fundamental unity supporting AA recovery.

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**

2018 Birthdays

in – SEPTEMBER

60 Minutes to Sobriety

Last Sunday
 Sep. 30 Kelly S. 16 yrs.
 Ryan M. 1 yr.

Breathe Easy

First Friday
 Oct. 5 Kathleen O. 4 yrs.
 Annette F. 10 yrs.
 Don M. 37 yrs.

Capilano Step

Last Thursday
 Sep. 27 Guy B. 44 yrs.

Crestwood Welcome

Last Monday
 Sep. 24 Bob E. 36 yrs.
 Karen S. 3 yrs.

Eastwood

Third Monday
 Sep. 17 Amanda P. 10 yrs.

Fulton Place

Last Friday
 Sep. 28 Al C. 20 yrs.
 Braden G. 2 yrs.

Jasper Place

Sep. 25 Michael A. 26 yrs.

Last Call

Last Wednesday

Lion's Den

Last Wednesday
 Sep. 26 Bob T. 25 yrs.
 Carmen L. 5 yrs.
 Jody L. 2 yrs.
 Megan J. 3 yrs.

Lighthouse

Sep. 28 Mike R. 17 yrs.
 Mark E. 16 yrs.
 Steven B. 3 yrs.

Mustard Seed

First Sunday
 Oct. 7 Viola. 27 yrs.
 Linda. 25 yrs.
 Jolene. 7 yrs.

Oilmen's Group

First Monday
 Oct. 1 Randy D. 14 yrs.

Providence

Last Wednesday
 Sep. 26 Jessica B. 3 yrs.

Serenity

Oct. 5 Ray E. 4 yrs.

South Side

3rd Friday
 Sep. 31 George B. 46 yrs.
 Donna Y. 10 yrs.

Shifters

Last Saturday
 Sep. 29 Miles P. 17 yrs.
 Liz W. 9 yrs.

Terra Nova

Last Sunday
 Sep. 26 Darren W. 4 yrs.

The Why Group

Last Saturday
 Sep. 29 Jay B. 17 yrs.
 June S. 18 yrs.
 Mitch H. 2 yrs.
 Mary C. 4 yrs.
 Richard M. 6 yrs.

West End Men's

First Wednesday
 Oct. 3 Drew F. 17 yrs.
 Stuart A. 1 yr.

Westminister

Last Saturday
 Sep. 30 Harry E. 34 yrs.
 Emma S. 3 yrs.

SURROUNDING AREAS

SHERWOOD PARK

Sherwood Park Group

Sep. 24 Dale D. 2 yrs.
 Scott B. 2 yrs.
 Jody T. 3 yrs.
 Don N. 3 yrs.
 Will F. 5 yrs.
 Greg D. 5 yrs.

ST. ALBERT

S.A. Breakfast

Last Sunday
 Sep. 30 Robert D. 1 yr.
 Mike M. 22 yrs.
 Kevin S. 4 yrs.
 Lyle Z. 3 yrs.
 Cordell B. 2 yrs.
 Kevin B. 2 yrs.

S.A. Sunday Night Step Study

Last Sunday
 Sep. 30 Mike P. 2 yrs.
 Derek B. 5 yrs.
 David L. 11 yrs.
 Stan T. 31 yrs.

TRADITION NINE

“AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program ~ even if no one makes me do so ~ with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA Group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully ~ and profit thereby ~ when the time comes?
8. What has rotation to do with anonymity? With humility?

These questions were originally published in the **AA Grapevine** in conjunction with a series on the Twelve Traditions.

MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines are missing from our Archives.
 July 1944 – December 1949 –
 1949 All except May
 1950 All
 1951 All except January, February & Oct.
 1952 All
 1953 All except July
 1954 All except March, August & Nov.
 1955 Only January, February & March
 1956 Only Jan., February, April & Nov.
 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

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Greig Lake, SK

Aug.31-Sep. 3 **39th Annual Campout R/U** Trad 7
Meadow Lake Provincial Park
Reservation thru Sask. Parks
Contact: 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: 780-318-4240 or 780-849-1896

Medicine Hat, AB

Sept. 7 – 8 **Annual Roundup** \$35.00
2055 Saamis Dr. NW
Union Hall

Grande Prairie, AB

Sept. 7 – 9 **60th Annual Roundup** \$?
Sexsmith Civic Center
99 Avenue, Sexsmith, AB
Contact: 780-831-7658, 814-0041, 832-1966

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

Edmonton, AB

Sept. 10 **12 Step Study for Ladies**
4PM-5:30 PM @205, 10544 – 114 St.,
Edmonton Central Office
Contact; 780-424-5900 for more info.

Red Deer, AB

Sept. 14-16 **Area 78 Fall Assembly** Regist. \$15.00
* 3310 – 50 Avenue
* Red Deer Sheraton Hotel
* ****Special Election**** Area Chairperson
And Western Canada Trustee bid

Kelowna, BC

Sept. 14-16 **Kelowna Annual Roundup** \$40.00
4409 Lakeshore Rd.
Okanogan Mission Comm. Hall
Contact: 259-869-2919

Claresholm, AB

Sept. 22 **45th AA Family Roundup** \$25.00
10.15 AM Claresholm Community Centre
West of Agriplex
Contact: 403-801-1473

ROUNDUPS & FUNCTIONS

Edmonton, AB

Sept. 28-30 **35th Annual Blue Jean R/U** #45.00
6115 Fulton Rd., sponsor by Campus Grp.
Fulton Place Community League
Tickets @ Central Office 780-44-5900

Morinville AB

Sept 29 **43rd AA Anniversary** \$25.00
2:30-9:30PM 9610 Morinville Dr.
United Church
Contact: 780-498-0034, 780-932-2163,
780-939-2797, 780-905-0414

Calgary, AB

Sept. 29 **District 73 Chili Cookout** Potluck
4:30-9:30 PM 1423 – 8 Ave. SE
St. John's Catholic Church
Area 78 Delegate is the Speaker

Drumheller, AB

Oct. 6 **15th Annual AA Roundup** \$25.00
10 AM 627 – 6 St. E.
Church of the Nazarene Hall

Stony Plain, AB

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

Sherwood Park, AB

Nov. 3 **District 61 Gratitude Night**
5:00 PM 298 Bethel Drive
Bethel Lutheran Church

Note: Suggested donation is \$1. A yr. for sobriety
Minimum \$5.00

BIRTHDAY CLUB MEMBERS

Grace N. Shifters Group

A FEW SMILES

- If you don't pay your exorcist, you get repossessed.
- A reporter from the local newspaper was interviewing a 103-year old great-grandmother during her birthday celebration. "And what do you think is the best thing about being 103?" the reporter asked. "No peer pressure," she replied.
- You feel stuck with your debt if you can't budge it.
- Local Area Network in Australia: the LAN down under.
- Every calendar's days are numbered.