

# ECO NEWS

# \$1.00

# NOVEMBER 2018

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## DELEGATE'S CORNER

### BOTTOMS & FEAR ~ THREAT OR THREAD

After sharing my story several times recently, I've had a chance to reflect on concepts like fear and hitting bottom. In those last days, weeks and months of drinking, my life was full of fear. It was like some invisible blackness that surrounded me. The constant anxiety that something worse was just around the corner occupied my thoughts daily. Life felt hopeless. That was my moment of surrender. I simply gave up the idea that I had any idea of what I was doing, and I asked for help.

That was my bottom. That moment of grace – given to me by my Higher Power - saved my life. That clarity was crucial to my acceptance of the fact that 'I can't.... I began to consider that perhaps God could.... And that I would 'let Him' or in other words: Steps 1, 2 and 3 of our Alcoholics Anonymous program.

I recently misread the word "threat" to read "thread" in one of my daily readings, and that got me to thinking about those two words. "Threat," of course, is easy to understand: it's like a sign that something bad is up ahead. "Thread" may also be associated with fear, as our Big Book describes fear as an "evil and corroding thread". There are many paradoxes in this AA program. Balance can be found in looking at one side of an issue, then considering its opposite. I like to think that 'threat' and 'thread' are opposites and yet they are also somehow necessary to each other.

In literal terms, thread is about making connections. Many threads create a fabric. The beginning of a thread leads to another place at the end. For people, relationships are formed through threads of communication. In my case, **the fear I felt before I surrendered was actually my thread**, as it connected me to AA. If I hadn't felt that fear (threat of death probably) I wouldn't have experienced the thread...to my Higher Power. It was a very thin thread in the beginning, but it gave me hope.

Today I can still feel fear. The difference today is that I have the tools to ask myself "Is this a healthy fear?" ... like that of not picking up another drink, or not touching a hot stove... or is it a fear of what others may think of me because of my imperfections.

My understanding of hitting bottom is much different than it was years ago.

Today I know that hitting bottom is a Good Thing. It was the only way I could understand that my way did not work. I hope never to take another's bottom away from them. Ego deflation at depth allows one to open their mind to the possibility that there is another way. It is an invaluable personal experience for which there is no substitute. My Higher Power never presents a threat without also offering a thread.

This is just one more example of gratitude that my perspective can be changed, once more, toward the Light.

Thank you for my sobriety. Becky P, Panel 68 Delegate, Area 78

## CONCEPT XI CHECKLIST:

**“The Trustees should always have the best possible committees, corporate service director, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”**

- Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional “Right of Participation?”
- Do we practice rotation in all our service positions?

... Reprinted with Permission of AAWS (F91)

## ICOAA – INTERGROUP/CENTRAL OFFICE/A.A. WORLD SERVICE/A.A. GRAPEVINE SEMINAR

I would like to thank the Central Office Board and Edmonton and Area Intergroup for sending me to the ICOAA Seminar in Montreal, QB. My spouse joined me on the trip as we were continuing on after the seminar to tour the Maritimes, which would be another article altogether. We flew directly to Montreal and once we landed we were met by a volunteer by the name of Michael, a very friendly face in an unfamiliar city. He walked us to where we could purchase a bus ticket into the city of Montreal. The bus ride was another hour and wow, there was a lot of construction taking place on the entire route into the city. Once getting to the Hotel we were welcomed by Ginette, the Area87 Office manager, and part of her team of volunteers. I also reconnected with quite a few of the folks that I met last year and rekindled those relationships.

The first day was for touring and I had elected to take the tour of the city of Montreal and the unique underground city life. We started out taking the underground rapid transit and then to the Olympic Stadium to view the outside and repurposing of the grounds. From there we walked to the Area87 & Montreal Central Office (they are both in one location) for a tour of their office and then were treated to a gourmet lunch prepared by volunteers and their past delegate who also happens to be a chef...it was very yummy. After lunch we boarded a tour bus and went all over the three islands of Montreal. We went into the underground, used by nearly 500,000 people per day. It is the largest underground complex in the world and stretches for 32 km and its corridors link up with metro stations, bus terminals, offices, stores, restaurants, housing units, banks, movie theatres, hotels, universities, a cathedral (where we entered) the Bell Centre (home of the Montreal Canadiens), and 3 exhibition halls: the Place Bonaventure, the Convention Centre (Palais des Congrès de Montréal) and the Olympic Centre. We topped off our day by attending a local meeting where two wonderful young people shared their experience, strength and hope with us (and just a little overwhelmed by a bus load of us showing up even though they had been notified)

Friday ~ I attended the 8am Policy Committee meeting of the ICOAA as the alternate delegate for Western Canada and was then off to the first day's workshops 1) Website/On Line Stores/Apps. 2) Inclusion, not exclusion 3) Staff & Volunteers- Providing leadership as Office Manager (or equivalent title) Then we heard the report back from all the workshops that took place on Friday. The final meeting of the day was a presentation by AAWS (AA World Service) staff, we heard from David N. the G.S.O AAWS Chair, David R. G.S.O Publishing Director, Malini S. G.S.O. Publishing Operations Manager, Greg T., G.S.O. General Manager, Jeff W. G.S.O. Staff – our new Group Services Coordinator & ICO Liaison) and Albin Z. – G.S.O. Director of Administration & Services. We received lots of information, but one of the main points was that our mission is the same and with Love & Tolerance as our code then we can all succeed.

Saturday ~ I attended the 7:30 am Policy Committee meeting and then the closed meeting for Paid Workers. The workshops for Saturday started with 4) Working with the Service Structure and then 5) Hotline & 12 Step Calls. This was followed by the business meeting of the ICOAA. The evening presentation was by the AAGV (Grapevine) and we heard from Kate W. AA Grapevine Board Chair, then from Jon the Senior Editor and Jeff, the Customer Relations Coordinator.

Sunday ~ I attended the 8:00 am A.A. meeting. This was followed by a meeting where many of the participants expressed their thoughts on the weekend.

It was wonderful to share ideas and build friendships with my colleagues in our Central Offices across Canada and the US, and to bring home ideas of how to best be of service to our fellowship. Also, that above all, our primary purpose is to extend our hand to help the still suffering Alcoholic.

**Thank you** for the opportunity to attend this Seminar.

~ Pam L. Edmonton Central Office Manager

## OLD TIMER'S CORNER

Don P., Crestwood Welcome Group, Sober date

December 23, 1964

Q: When was your first contact with AA?

A: I had tried to commit suicide and was sent to Alberta Hospital. While I was walking the halls one day a young lady stopped me, and I was in denial. So, she started asking me what I thought were dumb questions. She hit me with the last one "Did you ever black out when you drank?" I said only most times. She said, "Only an alcoholic blackout so why don't you join the AA meeting tonight?" So, I said, "AA found me I didn't find AA". I went to that meeting, had to ask my shrink first. For a long time, I wondered, did she sick the girl on me or did I just look like a good prospect. Now I don't care. But at that point in time I asked the shrink and she said, "No problem I wondered when you were going to ask". So, I went to that first meeting and one thing I remember when I first came in was welcome. If you ever come to Crestwood, you notice I stand there and everybody that comes in the door. I try to make them feel welcome. That's something I hadn't felt before.

I started drinking when I was 13, at 17 I was declared an alcoholic, at 20 my girlfriend turned me down when I asked her to marry me because I drank too much. So, I went out got even with her and got drunk for 2 years. Yes, I was an alcoholic. I knew it but wouldn't accept it in my life. That was August 1964. I was made to feel welcome and another thing I heard was something I was looking for. "If you want what we have and are willing to go to any length to get it" and I thought I was so desperate I was willing to commit suicide and would have if the cop didn't stop me. That's why I was in the hospital. I was in denial. I knew I was alcoholic just didn't think it affected me. So, I attended that meeting and they had visitor Groups come in, they still do, it was different then. There were 8 of us in the hospital at that time. We had our own meetings, staff would supply us with coffee. Once a month a visiting Group would come in the worst storm we had that year was in November. I asked one person to be my sponsor and he said "Sorry I'm too busy right now I can't", he said "John are you busy?" John U became my temporary sponsor and still is today. Unfortunately, he's developing Alzheimer's, but I still phone him regularly. I go out and present his card on his birthday and he used to come in and present me with mine. He doesn't drive anymore, and his wife is having trouble driving so I have to accept his condition, but I do phone him. Virtually he is still my sponsor but basically my best friend.

Q: Did you stay long in Alberta Hospital?

A: 6 months I was released December 23, 1964. That became my date of sobriety at the suggestion of my sponsor.

Q: Did you find a home Group right away did you go to meetings when you got out of there?

A: My sponsor at that time belonged to Oilmen's Group so I went there with him and stayed there for a long time and then I got a chance to go to university and get my teaching certificate and so I did. A man said he would sponsor me through school. My first teaching job was in Drumheller. I transferred down to Drumheller and joined a Group there. It was a very active little Group my wife was with me at the time and she was a member. We both joined the Group. I was very fortunate in Drumheller I was there about 4 years I made DCM for that district. In the early 80's we came back to Edmonton and I joined the Oilmen's Group again. I worked with Edmonton Public School system for many years.

My wife and I divorced, and I joined the Westend Group and shortly after that I joined the Crestwood Group. I was DCM 2x in 2 different districts. I do a lot of service work even yet. Any visitations our Group has I am there (Alberta Hospital or Henwood). I have to be involved. I have done twelve step calls as we used to do in the old days. Some reminded me of when I was drinking. I don't worry about those that don't follow through. I worked the 12 steps within the first 3 months. I worked them on my own. If I had questions or difficulties I had several friends that I could consult with. I still go out with the Group to any service responsibilities we might have.

... Interview conducted by Terry F-A., on Mar 12, 2018

## THE ALL-ENCOMPASSING PRAYER

### The Values I Learned as a Child

As I have been navigating my way through the program of Alcoholics Anonymous, with only a limited education, but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I've have been taught before. I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Brave, Clean, and, Reverent. In sports I learned of Team Work and of Disappointment.

In kindergarten, I learned to play fair in the sand box, I also heard of the Golden Rule. These things have been around long before me and even before A.A. So, where did I go wrong? I, like most of us that come into the program, had a myriad of personal problems, and at first, I believed that those life issues including; Marital, Legal, Economic, Physical, etc.; were the cause of my drinking the way I did. At that time, I wasn't sophisticated enough to understand the ins and outs of these things. I'm not sure that anyone can just drop what they have been conditioned to do just because they quit drinking.

There has to be more to it than that. If at first, we are fortunate enough to envision the wonderful life we can fully experience as the result of embracing this program, we will first, want to clear up the wreckage of the past. This we can do by thoroughly going through the Steps in the spirit that they were intended, being careful not to hold back anything.

As we approach the Twelfth Step, we are introduced to the Saint Francis prayer in the 12X12. Francis was not a saint when he wrote this prayer, but he expresses that these virtues were the answer to all of the misguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature. I myself am not affiliated with any religious organization, but I am not threatened by religious doctrines and I agree with the statement on pg. 87 BB. "Be quick to see where religious people are right. Make use of what they offer".

I am sometimes honored when a newer member of the program asks for some guidance and I will usually suggest that he/she write out this prayer in long hand, paste it on his/her mirror and read it every day for a minimum of 30 days, and I guarantee that it will influence your thinking for the rest of your life. It did for me.

I don't know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but wasn't always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us some spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding.

After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all of those things I learned as a child, in church, in the Boy Scouts, in kindergarten, the golden rule, and in childhood sports. To me, it is an ALL-ENCOMPASSING SPIRITUAL roadmap.

By Rick R., Unconditional AA, Poway, Ca.

## SOMETIMES THE ANSWER IS 'NO!'

We often ask for selfish things that we don't really need.  
But God has never promised He would satisfy our greed.  
We can't all be rich or famous and live in luxury.  
Someone must wash the dishes and plant the apple tree.

Everybody loves the winner who captures first place,  
But no one can remember the others in the race.  
Sometimes the things we pray for were never meant to be,  
And because we don't receive them, We double His love, you see.

God hears every prayer we utter wherever we may go,  
And if He doesn't answer, it could be mean the answer's "NO!"

„Linda W., Mustard Seed Group, from Nov. 1998 Twelve Step Times.

## PRINCIPLE OF TRADITION ELEVEN

### “Attraction”

Tradition Eleven states that, “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.” (Alcoholics Anonymous. 4<sup>th</sup> Edition, p. 562). Alcoholics Anonymous has never thought it appropriate to advertise itself in the sense that a commercial business does; rather, we make our program available to others, and the very nature of this program attracts to us alcoholics who still suffer.

We who have suffered from the disease of alcoholism know all too well that we often acted with anger, self-pity or defiance against anyone who tried to forcibly change us. All we wanted then was simply to be accepted as human beings, and that’s what we found in AA. (See Daily Reflections, p.341)

Instead of trying to promote themselves and their program as the only solution for drinking alcoholics, the members of AA simply talked to us about how they themselves recovered and how the program worked for them, and let the program speak for itself. They did not try to “sell” us the program, as a commercial business would sell a product, as that most surely would have driven many of us off. They let the program attract us.

As the Big Book states in the Chapter “Working with Others”, we “never talk down to an alcoholic from any moral or spiritual hilltop; [we] simply lay out the kit of spiritual tools for their inspection.” (Alcoholics Anonymous. 4<sup>th</sup> Edition, p.95)

I thank my Higher Power for making available to me the recovery program of Alcoholics Anonymous. Through working the Steps, and with the support of other AA members. I have been able to practice the AA way of life through attraction rather than through promotion.

... Bob B., Serenity Group, from Twelve Step Times Oct. 2006  
...Reprinted with permission from AA World Services Inc.

## HAM ON WRY

... Reprinted with permission from AA Grapevine, Inc., April 1990 Magazine

- How many alcoholics does it take to change a lightbulb? One. He holds the lightbulb and the entire world revolves around him!
- ... Then there was the doctor who told the lush that he had arthritis when the drunk told him he got stiff in a different joint every day.
- “When Hurricane Hugo swept through Myrtle Beach last year, we were put under curfew after 8 PM. One of our long time-members went to the police to get permission to hold our regular meetings, which are many. The police said: ‘We admire the work you people do and encourage your meetings at 8 o’clock... But you can’t go home until 7:00 AM.

The following are “reviews’ of the Big Book, kindly sent to us from Sheri W., Kona, Hawaii.

- “THE CHAPTER ON HOW IT WORKS left me breathless. “A Vision For You’ had me gripping the edge of my chair in much the way I had gripped the bottle... I, for one, can’t wait to try out this ‘trudging the road of happy destiny’ stuff for myself.
- “A HARROWING PATHOLOGICAL PORTRAIT... A work of resonance and revelation (‘Resentment is the number one offender’)... one of the most important books of our time...’
- “GRABS YOU BY THE THROAT and won’t let go... comprehensive, hard-hitting... makes you want to keep coming back...”



## ELEVENTH STEP PRAYER

(A friend of Bill W. from Internet)

“God, please direct my thinking and keep my thoughts divorced from self-pity, dishonest, or self-seeking motives. Please keep my thought life clear from wrong motives and help me employ my mental faculties, that my thought-life might be placed on a higher plane, the plane of inspiration.”

## BEGINNING LANDMARKS IN EDMONTON HISTORY OF ALCOHOLICS ANONYMOUS

- April 30, 1945 Letter from Everett C., treasurer of Vancouver AA office to George C. (back of letter shows 15 members signed in.)
- June 8, 1945 Pre-organizational meeting held at Lower Deck Café.
- June 11, 1945 Organizational meeting held at Lower Deck Café.
- June 18, 1945 First AA meeting held in Edmonton at Room 326, at Hotel Macdonald with 5 members present. (Minutes of first meeting on Hotel Macdonald letterhead.)
- July 11, 1945 Letter to New York to advise formation of Edmonton Chapter of AA.
- July 25, 1945 Letter sent to Vancouver AA office to advise are established
- August 20, 1945 Letter from Toronto AA welcoming our Group and sending some literature.
- Nov. 15, 1945 Letter from Everett C., secretary-treasurer of Vancouver AA re progress in Edmonton.
- Dec. 3, 1945 Letter to Everett C., Secretary, Vancouver AA from George C., Secretary, Edmonton Chapter AA reporting success, 35 members in Edmonton. Meetings held Sundays at Harold's M., "eating place".
- Dec. 9, 1945 Suggestion that committees be appointed (written on Royal George Hotel Letterhead).
- 1945 ... Records show 8 members and meetings were held at the Lower Deck Café, Merrick Drug Store.
- 1945 ... Proposed constitution for AA Edmonton Chapter.
- Nov. 7, 1946 Letter to office of the Inspector of Income Tax to apply for classification as charitable organization.
- Nov. 26, 1946 Letter to E.E.B. from Inspector of Income Tax, advising AA may not be a charitable organization for tax purposes.
- Dec. 5, 1946 "Revised List" of 65 members.
- Feb. 20, 1947 Insurance Policy 30366 granted to Edmonton Chapter by the Government.
- Aug. 23, 1947 Letter from AA Edmonton Chapter to the Groups in Edmonton requesting financial support to the House Committee.
- 1947 ... List of 83 members with addresses.
- Feb. 12, 1948 members and talks** **Bill W., stopped in Calgary, on his cross-country train ride and spoke to AA the media. Lois also with him and she spoke to the Calgary Ladies Club. (Copy of and media coverage in Archives.)**
- July 31, 1948 notes List of Hospital patients from October 31/46 – July 31/48 shows 95 patients and it that 35 are doing OK.
- Sept. 23, 1948 Alco Society By-Laws of Incorporation as a Society.
- Nov. 6, 1948 Letter from Department of National Revenue advising that AA is now qualified as a charitable organization and donations may be claimed as tax deductions.
- Nov. 24, 1948 List of 73 (109) members with addresses and phone nos.
- 1948 ... Alcoholics Anonymous (Edmonton) Inc. By-Laws.
- 1948 ... Province purchased house at 9823 – 108 Street and leased it to Alcoholics Anonymous for \$1.00 per year. This was known as the "8<sup>th</sup> Street House" or Chapter House and operated as a meeting place, a social club, hospital, boarding house and business office. There was a paid staff who did books, nursing and cooking. It was noted that there were 87 members.

... Taken from our 55 Anniversary Book

## PRINCIPLE OF STEP 11

### “Ever Presence of God”

I thought no Webster’s this month; however, I like what is included under the definition of presence: something (as of spirit) felt or believed to be present.

When I was new to recovery I remember what it was like not to trust anything that came from me ~ idea, thought or feeling. Now I know what it’s like to trust, listen and respond accordingly, as well as trust, not listen and no respond accordingly. The latter usually provides consequences with the initial usually being to my highest good. This for me supports the idea that God dwells within. Learning and being willing to listen and act upon this God-given intuition is the most interesting part of my recovery.

I believe that God works through people, places, things and situations. Sunsets, smiles, ... everything! To not feel the despair of being completely alone comes, I believe, from believing that God dwells within and that God is always present. I have the freedom of will to pray, chat or meditate whenever, wherever I choose. So much wonderful stuff continues to happen for me to believe that there is coincidence. I like to believe that that’s God being anonymous.

I still see what gets me into tougher learnings is the same old same old ... I want what I want when I want it and I don’t want what I don’t want when I don’t want it. Thy will be done seems so lovely and simple, however, I see how challenging it is.

One of the stories in our Big Book suggest “Nothing, absolutely nothing, happens in God’s world by mistake.”

What a beautiful belief to have.

... Katie W., Terrace Nova Group, from Twelve Step Times, Nov. 2006

## FIVE SIMPLE RULES

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

No one can go back and make a brand-new start; Anyone can start from now and make a brand-new ending.

God promised strength for the day, comfort for the tears, and light for the way.

Disappointments are like road bumps, they slow you down a bit but you enjoy the smooth road afterwards.

Don’t stay on the bumps too long. Move on!

When you feel down because you didn’t get what you want , just sit tight and be happy, because God has thought of something better to give you.

You can’t make someone love you. All you can do is be someone who can be loved; the rest is up to the person to realize your worth.

It’s better to lose your pride to the one you love, then to lose the one you love because of pride.

We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give.

Never abandon an old friend. You will never find one who can take his/her place. Friendship is like something we need to nurture.

Adapted from John and Jenn K. Oct. 2001

## A.A. HISTORY IN NOVEMBER

- Nov 1, 1947 - 1st AA Group in Anchorage, Alaska.  
1963 - Reverend Sam Shoemaker dies.
- Nov 3, 2001 - J. P. Miller who wrote screenplay for "The Days of Wine and Roses" died.
- Nov 9, 1966 - President Johnson appoints Marty M to the 1st National Advisory Committee on Alcoholism.
- Nov 10, 1940 - First AA group formed in Minneapolis.  
2001 - First of 400,000 4th Edition Big Books arrives in the mail.
- Nov 11, 1934 - Armistice Day; Bill started drinking after dry spell, beginning of Bill's last drunk.
- Nov 12, 1940 - 1st AA meeting is held in Boston.
- Nov 13, 1939 - Bill wants to go to work at Towns Hsp, NY drunks want him to stay on as head of the movement.
- Nov 14, 1940 - Alcoholic Foundation publishes first AA Bulletin.
- Nov 15, 1949 - Bill W suggests that groups devote Thanksgiving week to discussions of the 12 Traditions.
- Nov 16, 1950 - Dr. Bob died.
- Nov 18, 1946 - First Dublin Ireland group met.
- Nov 21, 1939 - AAs in San Francisco hold first California AA meeting in the Clift Hotel.  
1952 - Willard Richardson, past Treasurer/Chairman of Alcoholic Foundation, dies.
- Nov 26, 1895 - Bill W. born in East Dorsett, VT.  
1939 - Dilworth Lupton gave sermon "Mr. X and Alcoholics Anonymous". Became one of first pamphlets on AA.
- Nov 28, 1939 - Hank P. writes Bill advocating autonomy for all AA groups.
- Nov 28, 1943 - Bill guest speaker San Quentin Penitentiary (sometimes dated Dec 2, 1943).

### Other significant events in November for which we do not have a specific date:

- Nov 1934 - Ebby T. carries message to Bill.
- Nov 1936 - Fitz M leaves Towns Hospital to become 'AA #3 in NY', with Bill W and Hank P.
- Nov 1937 - Bill and Dr. Bob compare notes in Akron. Count forty cases staying sober. Meeting of the Akron Group to consider Bill's ideas for how to expand the movement ... a book, AA hospitals, paid missionaries. Passed by a majority of 2.
- Nov/Dec 1939 - Akron group withdrawals from association with Oxford Group. Meetings moved from T. Henry & Clarence Williams to Dr Bob's and other members' homes.
- Nov 1941 - "First Mass AA Meeting" in Oklahoma City, 8 in attendance, 1 was drunk.
- Nov 1945 - Bill's article called 'Those Goof Balls' published in *Grapevine*.
- Nov 1986 - Big Book published in paperback.

... Submitted by Rick & Bob J.

## 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**

<b>Edmonton Central Office Society</b>				
<b>INCOME STATEMENT 2018</b>				
	<b>September</b>	<b>YTD</b>	<b>YTD BUDGET</b>	<b>variance</b>
<b>-</b>				
<b>General Receipts:</b>				
Group donations	\$ 6,339.50	\$ 62,376.52	\$ 67,000.00	\$ 4,623.48
Individual/Bequeath/Birthday Club	\$ 1,025.00	\$ 8,447.57	\$ 1,475.00	-\$ 6,972.57
Office Supplies / Postage	\$ 113.80	\$ 804.73	\$ 310.00	-\$ 494.73
Newsletter	\$ 6.00	\$ 126.00	\$ 150.00	\$ 24.00
Rental Income-EGSC, etc	\$ 106.35	\$ 1,218.50	\$ 900.00	-\$ 318.50
Tradition Seven-meetings	\$ 335.20	\$ 3,229.95	\$ 3,725.00	\$ 495.05
Fundraising	\$ -	\$ 8,250.00	\$ 3,000.00	-\$ 5,250.00
Other Inc (Interest, etc)	\$ 4.73	\$ 40.62	\$ 36.00	-\$ 4.62
<b>Total General Receipts</b>	<b>\$ 7,930.58</b>	<b>\$ 84,493.89</b>	<b>\$ 76,596.00</b>	<b>-\$ 7,897.89</b>
<b>Literature &amp; Medallion</b>				
Literature	\$ 6,935.50	\$ 72,318.08	\$ 61,500.00	-\$ 10,818.08
Medallion	\$ 1,277.00	\$ 14,481.25	\$ 12,000.00	-\$ 2,481.25
<b>Total Literature and Med.</b>	<b>\$ 8,212.50</b>	<b>\$ 86,799.33</b>	<b>\$ 73,500.00</b>	<b>-\$ 13,299.33</b>
		\$ -		
<b>Total Revenue</b>	<b>\$ 16,143.08</b>	<b>\$ 171,293.22</b>	<b>\$ 150,096.00</b>	<b>-\$ 21,197.22</b>
<b>Expenses: (COS)</b>				
AAWS & Grapevine Literature	\$ 3,780.11	\$ 40,093.66	\$ 41,500.00	\$ 1,406.34
Meeting list & Greeting Cards	\$ 374.05	\$ 3,762.98	\$ 3,725.00	-\$ 37.98
Medallion Purch /engraving	\$ 1,212.27	\$ 8,574.48	\$ 7,515.00	-\$ 1,059.48
Freight / Brokerage		\$ 25.52	\$ 70.00	\$ 44.48
	<b>\$ 5,366.43</b>	<b>\$ 52,456.64</b>	<b>\$ 52,810.00</b>	<b>\$ 353.36</b>
<b>Intergroup Expenses</b>				
12 Step Answering	\$ 404.87	\$ 3,643.85	\$ 3,600.00	-\$ 43.85
Literature expense	\$ 2.40	\$ 16.66	\$ 70.00	\$ 53.34
Communications & Tech	\$ -	\$ 534.14	\$ 900.00	\$ 365.86
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ 162.50	\$ 70.00	-\$ 92.50
	<b>\$ 407.27</b>	<b>\$ 4,357.15</b>	<b>\$ 4,640.00</b>	<b>\$ 282.85</b>
		\$ -		
<b>Administrative Expenses</b>				
Accounting & Legal	\$ 156.95	\$ 2,069.00	\$ 2,565.00	\$ 496.00
Bank Chgs & Cr Card chgs	\$ 130.31	\$ 1,105.84	\$ 795.00	-\$ 310.84
Equipment Lease	\$ 359.77	\$ 3,652.32	\$ 3,850.00	\$ 197.68
Fundraising expense	\$ -	\$ 5,440.23	\$ 3,000.00	-\$ 2,440.23
Insurance	\$ 300.00	\$ 2,700.00	\$ 2,600.00	-\$ 100.00
Newsletter Expenses	\$ 0.54	\$ 10.59	\$ 70.00	\$ 59.41
Office Supplies	\$ 213.29	\$ 358.00	\$ 1,475.00	\$ 1,117.00
Postage	\$ 151.64	\$ 904.89	\$ 450.00	-\$ 454.89
Rent	\$ 2,981.52	\$ 26,822.68	\$ 32,900.00	\$ 6,077.32
Repairs & Maintenance	\$ -	\$ 3,097.80	\$ 350.00	-\$ 2,747.80
Salaries, Source, WCB	\$ 4,563.22	\$ 41,412.91	\$ 41,310.00	-\$ 102.91
Staff Training / Seminar	\$ -	\$ 816.20	\$ -	-\$ 816.20
Telephone / Internet	\$ 190.41	\$ 1,720.72	\$ 1,485.00	-\$ 235.72
	<b>\$ 9,047.65</b>	<b>\$ 90,111.18</b>	<b>\$ 90,850.00</b>	<b>\$ 738.82</b>
		\$ -		
<b>Total Expenses</b>	<b>\$ 14,821.35</b>	<b>\$ 146,924.97</b>	<b>\$ 148,300.00</b>	<b>\$ 1,375.03</b>
		\$ -		
<b>Income / (Loss)</b>	<b>\$ 1,321.73</b>	<b>\$ 24,368.25</b>	<b>\$ 1,796.00</b>	<b>-\$ 22,572.25</b>

### Edmonton Central Office - 2018 Group Contributions

GROUP	District	Sep	YTD	GROUP	District	Sep	YTD	GROUP	District	Sep	YTD
60 MINUTES TO SOBRIETY	53		\$650.00	JELLNICK JUMPSTART	46	66.85	\$214.60	SHER. PARK MILLSHAVEN	61	\$200.00	\$200.00
			\$0.00	LAC LA BICHE TRI SOBRIETY	3		\$150.00	SHER. PARK 12 STEPS TO SERENITY	61	\$240.00	\$1,656.00
10 AFTER 10 GROUP	46		\$72.25	KNIGHTS OF SOBRIETY	40		\$0.00	SHER. PARK SISTERS IN SOBRIETY	61		\$0.00
84TH STREET	46		\$500.00	LAMONT - BEAVERHILL GROUP	20		\$0.00	SHER. PARK TUESDAY NIGHT AT 7	61		\$680.00
AB GROUP	57		\$1,759.80	LANCASTER PARK TRI-SERVICE G	64		\$0.00	SHER. PARK THERE'S MORE TO THE ST	61		\$804.87
ALANO WOMENS DISCUSSION	46	\$54.15	\$54.15	LAST CALL GROUP	40		\$400.00	SHIFTERS GROUP	57		\$1,000.00
ALTERED ATTITUDES GROUP	46	\$500.00	\$1,000.00	LEDUC HOW IT WORKS	12		\$50.00	SIMPLY SOBER AA GROUP	40	\$115.00	\$315.00
AS IT IS GROUP	55		\$0.00	LEDUC SATURDAY	12		\$200.00	SLAVE LAKE AA GROUP	7		\$250.00
ATHABASCA AA GROUP	8		\$157.75	LEDUC SUNDAY BEGINNERS	12		\$0.00	SOBER COUNTRY - EDSON	5		\$0.00
BACK TO BASICS	64		\$220.00	LIGHTHOUSE GROUP	53	\$30.00	\$640.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$500.00
BEAUMONT HOW IT WORKS GRP	60		\$250.00	LIONS DEN GROUP	57		\$2,000.00	SOUTH SIDE GROUP	57		\$0.00
BEAUMONT GROUP	60		\$400.00	LOVE AT WORK	60	\$100.00	\$400.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEAVERLODGE AA	4		\$600.00	MANDATE:SOBER GROUP	40	\$50.00	\$450.00	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00
BEVERLY GROUP	53		\$0.00	MILLET: STAIRWAY TO FREEDC	12		\$0.00	STEPS TO SERENITY GROUP (MEN'S)	55	\$246.00	\$571.00
BONNIE DOON GROU	55		\$125.00	MILLWOODS GROUP	60		\$0.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
BREATHE EASY GROUP	40	\$500.00	\$1,000.00	MILLWOODS SPRING STEP STUD	60		\$0.00	STONY PLAIN - FIRST DOOR ON THE I	10		\$0.00
CAMEL DISCUSSION CLUB	40	\$1,000.00	\$1,260.00	MONDAY AT 7:30 GROUP	46		\$100.00	STONY PLAIN - NEW WOMEN'S GRO	10		\$0.00
CAMPUS GROUP	57		\$675.00	MORINVILLE THURSDAY	9		\$50.00	STONY PLAIN - SUNDAY 7:30	10		\$200.00
CAMPUS GROUP - BLUE JEAN R/U	57		\$0.00	MUSTARD SEED GROUP	46		\$500.00	STONY PLAIN - WEDNESDAY NITE UP	10		\$225.00
CAPILANO STEP GROUP	55	\$500.00	\$1,000.00	NEW HOPE GROUP	62		\$0.00	ST. ANDREW'S MEETING STEP STUDY			\$0.00
CLAREVIEW BIG BOOK GROUP	53		\$0.00	NITON AA GROUP			\$0.00	ST. PAUL - FELLOWSHIP GROUP	3		\$200.00
CORNERSTONE GROUP	46	\$200.00	\$350.00	NO NAME HOME GROUP	63		\$0.00	ST. PAUL - YOU GO GAL MEETING	3		\$0.00
CRESTWOOD WELCOME	40		\$1,000.00	NO SAINTS MEETING	46		\$600.00	STRENGTH AND HOPE GROUP	46		\$0.00
DAILY REFLECTIONS GROUP	55		\$0.00	NORTH EDMONTON GROUP	53		\$100.00	SUIT UP & SHOW UP BIG BOOK STUD	46		\$0.00
DAYSLAND	12		\$0.00	NORWOOD GROUP	46		\$0.00	SUNDAY MORNING OPEN GROUP (S)	57		\$1,350.00
DEVON MONDAY NIGHT GROUP	12		\$40.00	OFF THE WALL & LIVING SOBER	55		\$550.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00
DISTRICT 7 SLAVE LAKE R/U	7	\$400.00	\$400.00	OILMENS GROUP	57		\$50.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$127.55	\$490.75
DISTRICT 10 UNITY ROUND UP	10		\$0.00	ONOWAY GROUP	57		\$100.00	TA WOW GROUP	46		\$10.00
DISTRICE 40/41 COMMITTEE	40		\$1,000.00	OPEN DOOR GROUP	55		\$350.50	TERRA NOVA GROUP	46		\$558.00
DISTRICT 53	53	\$100.00	\$100.00	OUR HOUSE	40		\$200.00	THE WHY GROUP	46		\$700.00
DISTRICT 57 COMMITTEE	57		\$0.00	OUR PLACE GROUP	46		\$0.00	THORSBY GROUP			\$150.00
DISTRICT 64	64		\$880.00	PEACE RIVER AA GROUP	2		\$0.00	THUS WE GROW	57		\$500.00
DOLPHIN GROUP	40	\$142.95	\$1,861.30	PONOKA THURSDAY NIGHT			\$0.00	TO SHOW OTHERS			\$0.00
DOWNTOWN DRAYTON VALLEY	6		\$0.00	POUNDMAKER'S TREATMENT CT	64		\$0.00	TOWER GROUP	46		\$0.00
EARLY BIRDS BREAKFAST GROUP	53		\$500.00	PROVIDENCE GROUP	57		\$1,500.00	TURNING POINT GROUP	46		\$0.00
EASTWOOD GROUP	53		\$50.00	RAINBOWS TO RECOVERY			\$0.00	UNDER NEW MANAGEMENT	57		\$800.50
ELLERSLIE ROAD GROUP	60		\$898.00	RAY OF HOPE GROUP	46	\$110.00	\$985.00	UNITY STEP GROUP	55		\$339.10
FAITH WORKS STEP GROUP	53		\$170.00	RED ROAD TO RECOVERY	46		\$0.00	U OF AA GROUP	57	\$70.00	\$120.00
FRIENDS OF BILL GOLF TOURN	60		\$395.00	RIO TERRACE GROUP	40		\$100.00	UP THE CREEK	55		\$1,000.00
FT MCMURRAY BACK TO BASICS	21		\$1,500.00	RITE TRAC GROUP	53		\$0.00	VIOLET GROVE LAST CHANCE	6		\$0.00
FT. SASK BIG BOOK TOOLBOX-TAL	62		\$480.00	S.A. BREAKFAST GROUP	64		\$1,534.91	WABAMUN WEDNESDAY NIGHT	10		\$0.00
FULTON PLACE GROUP	55		\$806.00	S.A. BROTHERHOOD GROUP	64		\$500.00	WEST END GROUP	40		\$0.00
GRANDIN MEETING	57		\$235.00	S.A. FRI. NIGHT OFF THE TRAIL G	64		\$500.00	WACYPA-XX1			\$274.32
GRATITUDE GROUP	53		\$360.00	S.A. MILLENNIUM GROUP	64		\$0.00	WEST END GROUP		\$162.00	\$162.00
GRIMSHAW SATURDAY NIGHT GR	2		\$100.00	S.A.NOON HOUR MEETINGS	64		\$1,382.80	WESTEND 12 STEP GROUP	40		\$200.00
H5	57		\$150.00	S.A. SOBER SISTERS GROUP	64		\$120.00	WEST END MEN'S GROUP	40		\$2,938.79
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	S.A. STEP X STEP SATURDAY NIG	64	\$100.00	\$100.00	WESTGROVE GROUP	40		\$300.00
HELPING HANDS	60		\$1,650.00	S.A. SUNDAY STEP STUDY	64		\$560.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$0.00
HIGH PRAIRIE GROUP			\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$0.00	WESTLOCK FRIDAY GROUP	9	\$450.00	\$450.00
HILLETE #2	40		\$50.00	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTMINSTER GROUP	46		\$600.00
HOME GROUP #1	63		\$269.13	SANDY BEACH GROUP	9		\$0.00	WESTMOUNT GROUP	40		\$0.00
HOME GROUP #11	63	\$300.00	\$401.00	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WETASKIWIN SUNDAY MORNING			\$100.00
HOME GROUP #13	63		\$559.00	SERENITY GROUP	46	\$300.00	\$300.00	WHITECOURT AA GROUP	6		\$0.00
HOME GROUP #18	63		\$0.00	SERENITY POOL SUNDAY MEETIN	60		\$0.00	WINTER ROUND UP			\$0.00
HOPE THROUGH FRIENDSHIP GRO	40	\$75.00	\$75.00	SHER. PARK HAPPY HOUR GROU	61		\$250.00				\$0.00
HOW IT WORKS GROUP	55		\$700.00	SHER. PARK GROUP	61		\$2,000.00	YOUNG & OLD GROUP	53		\$0.00
IDEAL BOOK STUDIES	63		\$1,690.00				\$0.00	YOUR CHOICE GROUP	53		\$701.10
INTO ACTION GROUP	40		\$200.00	SHER. PK IT'S 5 O'CLOCK SOMEV	61		\$0.00	Total			\$0.00
JASPER PLACE GROUP	40		\$498.90					Monthly Total		\$1,610.55	
Total		\$3,772.10		Total		\$756.85					\$18,346.43
			\$27,092.28				\$16,937.81	Grand Total			\$62,376.52

# 2018 Birthdays

in – NOVEMBER

## 60 Minutes to Sobriety

Last Sunday  
Nov. 25 Adam B. 5 yrs.

## Breathe Easy

First Friday  
Dec. 7 Jordy S. 4 yrs.  
Nada Z. 3 yrs.  
Diane S. 14 yrs.  
Tracy M-T. 19 yrs.  
Alex W. 6 yrs.

## Capilano Step

Last Thursday  
Nov. 29 Doug A. 23 yrs.  
Todd H. 6 yrs.  
Rick L. 6 yrs.

## Clareview Big Book

Last Wednesday  
Nov. 2 Keith G. 1 yr.

## Crestwood Welcome

Last Monday  
Nov. 26 Gary L. 2 yrs.

## Eastwood

Third Monday  
Nov. 19 Mallory P. 2 yrs.

## Ellerslie

Last Thursday  
Nov. 29 Mike T. 4 yrs.

## Fulton Place

Last Friday  
Nov. 30 Cathy K. 23 yrs.

## Step Sisters

Last Wednesday noon-1:30 PM  
Nov. 28 Rita W. 3 yrs.

## Jasper Place

Last Tuesday  
Nov. 27 Alex M. 5 yrs.

## Last Call

Last Wednesday  
Nov. 28 Steve N. 2 yrs.

## Lion's Den

Last Wednesday  
Nov. 28 Anna E. 2 yrs.  
Charles P. 2 yrs.  
Jason C. 4 yrs.  
Neil G. 2 yrs.  
Shawn J. 8 yrs.  
Ty K. 2 yrs.

## Lighthouse

Last Friday  
Nov. 30 Greg K. 9 yrs.  
Charlotte B. 9 yrs.  
Nicky. 2 yrs.

## Oilmen's

At Touchmark – Sunday 2 PM  
Dec. 2 Joe T. 59 yrs

## First Monday

Dec. 3 Faye E. 18 yrs.  
Dale B. 32 yrs.

## North Edmonton

Last Thursday  
Nov. 29 Denise G. 17 yrs.  
Bill B. 23 yrs.

## Providence

Last Wednesday  
Nov. 28 Anna L. 2 yrs.  
Warren G. 12 yrs.  
John. 3 yrs.

## Shifters

Last Saturday  
Nov. 24 Anne L. 37 yrs.  
David M. 29 yrs.  
Friedemann P. 24 yrs.  
Barb C. 19 yrs.  
David D. 5 yrs.  
Malkit S. 3 yrs.  
Cody K. 1 yr.

## South Side

3<sup>rd</sup> Friday  
Nov. 16 Betty S. 30 yrs.

## Terra Nova

Last Sunday  
Nov. 25 Mike D. 4 yrs.  
Laura C. 19 yrs.  
Sonja F. 15 yrs.

## The Why Group

Last Saturday  
Nov. 24 Ernie G. 10 yrs.  
Gayle L. 29 yrs.  
Carmen K. 2 yrs.  
Lisa G. 2 yrs.  
Debbie H. 13 yrs.  
Alan A. 3 yrs.  
Mary G. 12 yrs.  
Sam K. 3 yrs.

## Thus, We Grow

Last Tuesday  
Nov. 27 Trevor B. 4 yrs.

## West End Men's

First Wednesday  
Nov. 28 Adam B. 5 yrs.  
Clinton F. 1 yr.  
John B. 34 yrs.  
Jon D. 2 yrs.  
Kelly K. 1 yr.  
Perry B. 8 yrs.

## Westminster

Last Saturday  
Nov. 24 Jack H. 47 yrs.  
Tom R. 35 yrs.  
Marilyn W. 34 yrs.  
Lil C. 28 yrs.  
Patrick M. 20 yrs.

## \*\*Sherwood Park\*\*

## Friday Happy Hour

Last Friday  
Nov. 30 Chet B. 36 yrs.

## Twelve Steps to Serenity

Last Monday  
Nov. 26 Dan M. 2 yrs.  
Ken G. 5 yrs.  
Ron S. 8 yrs.  
John W. 33 yrs.

## \*\*St. Albert\*\*

## Sunday Night Step Study

Last Sunday  
Nov. 25 Richard S. 17 yrs.  
Jesse M. 1 yr.  
Matt R. 1 yr.

## VOICES FROM OUR LONG-TIMERS!

Do you, or anyone you know have  
50+ years in AA?

We would love to hear from you!

We are setting up for interviews  
with such people to help carry the  
history of AA in Edmonton.

Contact:

Central Office: 780-424-5900 or  
Terry: 780-909-8881



# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

### Sherwood Park, AB

Nov. 3 **District 61 11<sup>th</sup> Annual Gratitude Night**  
 5:00 PM 298 Bethel Drive  
 Bethel Lutheran Church  
 Note: Suggested donation is \$1. A yr. for  
 sobriety. Minimum \$5.00

### Edmonton, AB

Dec. 24 **37<sup>th</sup> Annual Christmas Brkft.** \$25.00  
 7:30 AM Chateau Louis Conference Centre  
 Tickets: Central Office 780-424-5900

Dec. 24 **St. Albert Christmas Brunch** \$22.00  
 8:30 AM Brkft a 9:00 - Meeting 10:00 AM  
 156 St. Albert Rd., St. Albert Inn  
 Contact: 780-884-0977 or 780-619.8600

Dec. 24 **Campus Group Christmas Brkft.**  
 7:30 AM to be announced later  
 Contact: Central Office 780-424-5900

Dec. 31 **District 53 New Year's Eve** \$15.00  
 \*\* Pot Luck Dinner at 6:00 PM  
 5:00 PM 6770 – 129 Ave., Enter off 129 Ave.  
 \*\* Bosco Homes – Large Hall  
 \*\* Contact: 780-909-3797 or Central Office  
 At 780-424-5900

## ALKATHONS:

Need Members to chair meetings

### Edmonton, AB

Dec. 24 **Alano Club** 8:00 am - Midnite  
 10728 – 124 St. every 2 hours or so

Dec. 24-25 **84<sup>th</sup> Street Groups** Noon to Noon  
 #1 8406 -118 Ave. bsmt. E side in alley

Dec. 24-25 **South Side Group.** 6PM to 6PM  
 8318 – 104 St. bsmt. Strathcona Church

Dec. 24 **Camel Groups** 6AM to 1 AM  
 8240 – 175 St. Thorncliff Mall

Dec. 25 **Camel Groups** 6AM to 1 AM  
 8240 – 175 St. Thorncliff Mall

Dec. 31 **Alano Club** 8:00 am - Midnite  
 10728 – 124 St. every 2 hours or so

Dec. 32 - 1 **84<sup>th</sup> Street Group.** Noon to Noon  
 #1 8406 -118 Ave. bsmt. E side in alley

Dec. 31 - 1 **South Side Group.** 6PM to 6PM  
 8318 – 104 St. bsmt. Strathcona Church

Dec. 31 **Camel Groups** 6AM to 1 AM  
 8240 – 175 St. Thorncliff Mall

**2018**

Jan. 1 **Camel Groups** 6AM to 9PM  
 8240 – 175 St. Thorncliff Mall

## 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 Jan., Feb. & 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

## BIRTHDAY CLUB MEMBERS

For October / November

Eileen C.  
 Walter S.  
 Patrick F.



## 12<sup>TH</sup> STEP LIST

If you have put your name on the 12<sup>th</sup> Step List, you MUST be prepared to follow through! Please honour your commitment.

Also, please ensure that those volunteering from your Group have a good grasp of what that commitment involves! The most important thing we do is carry the message to the still suffering alcoholic.

We are charged with this responsibility as members of this wonderful Fellowship! We are falling down miserably!

**WHO WAS HERE FOR US WHEN WE CAME AROUND???**