

# ECO NEWS

\$1.00

March 2019

Edmonton Central Office Society  
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## DELEGATE'S CORNER

### Thank You Thank You Thank You

As we begin the second half of our Panel 68 term, I'd like to share my profound gratitude in serving as your Area 78 Delegate. I hope you will indulge me a few paragraphs to let you know of the tremendous benefits of moving down the service tree.

Service really is the Best Kept Secret ... for spiritual development and personal growth. I would not have believed this – and I did not believe this – from people saying this to me... I had to experience it for myself. It feels like I've reached a pinnacle of sorts in being Your Representative at the 69<sup>th</sup> General Service Conference. I am the vessel ... for your voice to be heard.

Moving into March, there is a lot of work ahead of us. During the upcoming Pre-Conference Assembly (March 15-17, 2019), everyone who is on a Committee will be asked to deliberate on the Conference Agenda Items assigned to your committee. During the business portion of the Assembly, we will review every agenda item, so that your delegate is informed of how the Area 78 fellowship weighs in on these issues. This was most effective last year, and I was blessed to represent our very engaged Area 78.

Again, thanks are due to YOU – every single one of you who is active in your Home Group. Just like the leaves on that Service Tree (at the top of our service structure), you show up at the business meetings of your Home Group and/or District Meetings, to listen to and discuss the Conference Agenda Items that all delegates will discuss in May. And you tell your GSR/DCM how you feel about each item. That's how this miracle of passing it on works and has worked for the last 80 years. It's the result of a LOT of hard work from a LOT of dedicated members in our fellowship ... like you.

It is an incredible gift that you give your delegate to see – from the vantage point of the bottom of the tree – how wonderfully well the message of recovery, a new life in sobriety and the miracles of this program get passed on from all directions in Area 78.

A second gift is given when you ask your delegate to come to your town, after May 31<sup>st</sup>, to hear “what happened at the Conference.” I am so blessed, it's hard to put into words... except to thank you all from the bottom of my heart for allowing me to be a part of these miracles. Thank you also for my sobriety.

Yours in Loving Service, Becky P, Panel 68, Area 78 Delegate, Alberta, NT & W. Nunavut

## THE LAW OF REVERSED EFFORT

An idea is a mental pattern of a thing to be. To think the idea is to release a force which can realize the idea. But in thinking ideas, we often “try too hard” and the harder we try, the less we succeed. This is The Law of Reversed Effort.

The essential requirement in avoiding this situation is to relax and to let the imagination rather than the concentration entertain the idea. The motion is involuntary rather than voluntary. In short, “Let go and let God.”

... Reprinted with permission, AA Grapevine Magazine, March 1967

## GRATITUDE

A few years ago, I heard a man speak at a meeting and he said something I have never forgotten! He was talking about his inner turmoil and needing to be in quiet, peaceful surroundings because he couldn't handle any more noise. Then he said, "I wish I could turn myself inside out, so I could be peaceful and quiet on the inside, and the turmoil could be outside." I could identify with his words ~ and how I wished I could turn myself inside out and feel some quiet peace ~ or what the old-timers call "serenity" ~ for a few hours, or even minutes at that time. That was an impossibility! Turmoil was the only word for how I felt ~ and emotional pain! I had allowed myself to "unfreeze" and was flooded with feelings that were all mixed up, falling over one another and they tossed me around like a leaf in a gale. They made no sense and just wore me out, leaving my body and mind aching endlessly.

I heard old-timers say they were grateful to be an alcoholic and I had absolutely no understanding of what they meant and thought they had to be lying, or crazy, or just trying to look good in front of the Group. The idea of being grateful to have this bizarre and baffling ailment was inconceivable. To me.

Nothing less than a miracle had to happen to change my way of thinking to keep me out of needy relationships long enough to deal with the turmoil inside of me, to help me trust enough to let some special people into my life who could teach me the value of friendship and true caring, to help me find some peace, as fleeting as it is sometimes.

Today when the turmoil comes, when the loneliness comes, when the memories come, when more than anything I want someone to hold me and comfort me and no one is near, I call on my Higher Power to help me and carry me through the struggle ~ and He does! I know the pain will pass. I know the bad days are part of life just as the wonderful days are part of life. I can't have one without the other ~ but somehow, I don't question the wonderful days nearly as much as I do the bad ones.

Some of the process has been just "showing up" at meetings week after week, month after month, and believing the Program will work for me too. Some of it has been learning some acceptance and stopping forever analyzing everything. Some of it has been watching the changes in people in my Group and coming to realize that changes are happening to me as well. Some of it has been the willingness to share with my sponsor, my special friends and my family what my real feelings are, and sometimes to be brave enough to say I don't know what my feelings are ~ and trusting them to keep loving me throughout this journey of recovery ~ even if I'm not always lovable! Some of it has been just doing the time ~ just hanging in there ~ 24 hours at a time, sometimes an hour or 10 minutes at a time ~ just being with people who share their experience, strength and hope ~ some of it just rubs off!

I have enormous gratitude today for the Program of Alcoholics Anonymous. It has changed my life. It has given me many answers and helped me to fill in some of the pieces of the puzzle that is me! It has given me back some dignity and wholeness. It has given me courage in many areas.:

- Courage to face my reality and stop running!
- Courage to face the issues that cause my emotional turmoil and work them through.
- Courage to learn to live a way of life I had absolutely no experience with.
- Courage to let some special people into my life, who guide me and care about me when I flounder and let fear creep in.
- Courage to trust their love ~ and to stop forever testing them.

Working with the Program, even as poorly as I do that sometimes, has stopped most of the turmoil inside of me, most of the time, and replaced it with a sense of well-being I have never known before. It is precious and very special, and I try to keep doing what I am doing because I don't want it to go away. Sometimes it feels like I'm a calm lake instead of a raging sea and on those days, I have a vision of what sobriety can be and I am truly humble and grateful.

The bottom line is that I don't have to run away today! I don't have to drink today! I don't have to take pills today! I have finally found my home and a family who has been much truer and caring of me than my childhood family ever was.

... Faye E., Oilmen's Group, Edmonton, AB

- No matter how strong the individual, if he tries to carry resentments, they will eventually cripple him.
- Trouble is a tunnel through which we pass and not a brick wall against which we must break our head.
  - ... Reprinted with permission from AA Grapevine Magazine, March 1967

## ONCE OVER LIGHTLY

Sense and nonsense on the road to recovery

From ANDY out in Glendale comes the story about the teetotaler, the horse trader, and the sot who were all in a car wreck and went to their rewards.

When they arrived at the Pearly Gates, Saint Peter said to them “Fellows, we’re kind of full right now. For a \$250 handling charge, we’ll return you to life.”

The teetotaler paid up and instantly returned to the scene of the accident. A bystander asked, “Gee, we thought you all were goners, what happened to the others.”

The last I saw of them,” replied the teetotaler, “The trader had Saint Peter to \$198.50 and the drunk was still looking for two co-signers.”

... Reprinted with permission from AA Grapevine Magazine, March 1967

## NEVER TOO YOUNG

I came on the program in California when I was seventeen. No one would have bet I’d stay a month. I was in such bad shape. I wasn’t sure I’d live that long. I am twenty now and I have almost three years of constant sobriety.

In two months, I haven’t been to a meeting because I am just completing basic training in the Women’s Army Corps. I may make Honor Trainee of my group. I have lived a happy normal life since I started applying the principles of the program to my every action.

I am being sent to a special service school for six months and eventually will be put into a job that requires security clearance.

The old-timers may scoff at young teenagers coming into the program, but here is the story of one who has done her best and is making it. As soon as I am free to, I want to get back to meetings, because I miss the atmosphere of the program very much even though I have the spirit with me. If some of you old-timers see a young girl in uniform at meetings in Baltimore, remember that young people can do it, too.

I’ve seen a lot of young people drop out of sight. We had a lot of them in California, but they come back, and they don’t look so young anymore!

Baltimore, here I come. I know the AA people there will be as wonderful as the ones I left.

... Reprinted with permission from AA Grapevine Magazine, March 1967

## CHARLIE

Charlie was out on parole. He came to our meeting on Court Order, was given a Big Book, and was encouraged to read it.

The first few weeks his head was bowed in sorrow ~ and probably shame. Charlie could barely read, and getting through page after page of the Big Book was an almost impossible task for him. But as he read, and continued to show up at meetings, his head lifted and his eyes began to shine. We even saw a grin begin to appear ~ a toothless one, no doubt the result of countless barroom brawls.

Most meetings Charlie would say, “I’m Charlie, I’m an alcoholic, and I pass.” And then we old-timers would share our comments, our tidbits of wisdom, our Big Book quotes.

One meeting, a few months later, we had chosen “serenity” as our topic. Delving into deep discussion on peace of mind, we were brought back to earth by a now—sober Charlie who grinned and grinned again. He said, “I’m Charlie, I’m an alcoholic,” and then he added this simple phrase, “Thanks to this program, my life is going all right, today!” And, you know, in all our sobriety, with all of our attempts at great wisdom, Charlie had stated what we all wanted most! We knew it by the recovery in him ~ by his uplifted head, his toothless smile, and by that statement. He had found that following a few simple suggestions ~ picking up a spiritual kit of tools ~ and leaving the results to a Power greater than ourselves gives us all a life that is going all right, today.

... Reprinted with permission from AA Grapevine Magazine, March 1991

## **NOT SO OLD TIMER'S CORNER**

**The Story of Gord L., South Side Group autobiography**

**Sober Date: January 11, 1994**

There are many gifts that I have received in recovery, and one of the most cherished is the ability to appreciate the little things that make up our lives, one day at a time. To use a baseball metaphor, whereas before coming into the program I would have only thought of trying to hit the home run that cleared the bases and won the series. I now understand the need for the base hits ~ helping to advance myself and one of my teammates one base at a time in our common purpose. Before entering AA, I would have concentrated on the home runs, to the detriment of everything else in my life. Now, maybe I have a bit better understanding of balance and the concept of "Easy Does It". My sobriety requires the daily maintenance of the principles provided for in the program, and my willingness to be there for others.

When I first came into the rooms of AA, my focus was like many others ~ getting people off my back and gaining a little breathing room. I wanted what you had as quickly as I could get it and to "graduate" as quickly as possible and get on with life. The concept of getting to know the people in the rooms was frightening ~ hadn't I been isolating from friends and family all these years through my drinking? These were the People I supposedly loved, and yet I withdrew from them. Why would I ever trust a bunch of strangers who were able to admit to a disease that I thought was just a matter of will.

Ever wanting to be apart but also to fit in to this slightly strange organization, I told you what I thought you wanted to hear. My first meeting was a Step 1 meeting, and I did Step 1 that evening. The next week was Step 2, so I told you all about my willingness to accept a Higher Power. Then, after that came Step 3 and I spoke about my turning my will over. I was proud of my progress, and I would have told you about my work on Step 4 the next week, but unfortunately, I had some valid "reasons" for missing the meeting and, well, things just kept coming up. I didn't attend other meetings, didn't talk to anybody after the meetings, didn't get a Home Group, didn't get a sponsor. I didn't get anything really.

I did hear one thing though, and that was that once you enter the rooms of AA, your drinking sure gets screwed up. And during my time back out I lived this. I was in constant fear of things getting worse, and they usually did. I became paranoid at work, thinking that my boss was always talking about my drinking if his door was closed, or if he wasn't using his speaker phone (which he normally uses). My life was little more than that of a hunted animal, and as things got worse, I found that I was more and more alone. The loneliness, guilt and despair were unbearable, and the more I attempted my resolve at not drinking, the worse I failed.

Finally, on a holiday ski vacation in Vermont and New York I hit bottom. With no intention of drinking, I found myself in the same position I had been many times before. I had made it through Christmas and New Year's without drinking, but the availability of liquor left over from a friend's New Year's Eve Party was just too tempting. The rationalization set in ~ it's just one, you're on vacation, nobody will know! Well, I do remember walking down the streets of the upper west side of Manhattan with a homeless person, after giving him my gloves and a bit of money. He was so proud of his new friend that he gave me a tour of the many restaurants which gave him food. The rest is really just a blur, as I missed appointments with the friends I had gone to visit and somehow made my way to Boston to catch a flight home.

I remember experiencing a terrible snowstorm on the way to Boston and as I woke up on the day that my flight was to leave. I was shocked to look at my watch and see that I had missed my flight. How would I explain this back home? In typical alcoholic fashion, I was to commence work in a new position in just two days. I turned on the TV at my friend's apartment and learned that the airport was closed as the result of the storm. So, I naturally kept drinking to take the edge off while I waited. I finally made my way home the next day after further weather-related delays.

Sitting alone on a plane for a number of hours does allow you to think. At this point I really did have to admit that I did have a problem with alcohol. That my life was unmanageable. That for some reason, even though my own actions led me to miss my plane, that an "Act of God" allowed me to return home without having to buy another ticket. That I couldn't lie to my employer about my drinking any more, and, more importantly, that I wouldn't lie to myself. I truly came to understand the concept of turning it over. I couldn't do it, God could, so I let him. The day after returning home, I walked into my employer's office at 8:00 am sharp and told them what happened. I finally felt relieved to tell the truth. Freedom. No more wasted energy on stories made up to cover the embarrassing facts.

Continued next month

## STEP THREE NEED NOT BE DIFFICULT

### Abandon Our Failed Ego Driven Insanity

I don't believe that any two people in the A.A. program have settled into a concept of a higher power that are identical in every respect. Alcoholics have been off the grid for such a time that their concept of everything must be recalibrated into some form of strategy that they can work with whether, anybody else understands the linguistics they use to describe it.

The taking of Step Three is deciding to abandon our failed Ego-driven insanity and to find another source of principles and behaviors to replace them. Some of us return to the religion of our choice while others may struggle with that idea and settle for an approach that is more practical in nature.

We in Alcoholics Anonymous see examples of success in a variety of different approaches when it comes to turning our will and our lives over to a power greater than ourselves. If this wasn't that way, where would the Agnostic and Atheist go to get relief from this terrible disease?

I get an uncomfortable feeling at a meeting when it starts going overly religious and I see a new member squirming in his seat. I was the one described in Step two in the 12x12 that had "tried Religion and found it wanting." Had I not read that line in the 12X12 I may not have stayed with the program. Having the option to come to terms with this issue has opened the gate to a path which has worked for me.

On page 34 in the 12x12, where it states "This is the way to a Faith that works" and when I simply combined that line with the line on page 27 in the 12x12 which says, "You can, if you wish, make A.A., itself, your Higher Power." When I addressed it in that way, I had no problem moving on with the rest of the steps of the program. I am not driven away by anything that I've read in The Big Book or the 12x12.

I have never wanted a drink since I entered the program and the only answer, I could come up with, was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy who has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I can't. I have researched things that I have heard concerning how the A.A. program came to be what it is today and the thing that had the most influence on me concerning this issue was the book, "The Sermon on the Mount" by Emmet Fox which highly influenced the founders of the A.A. Program as to how to address the spiritual aspects and how to apply them. The Grapevine article of February, 1996 "Emmet Fox and Alcoholics Anonymous" explains these things. I have read that book upwards of ten times and it defines and reinforces all the principles that we learn in the A.A. program.

When I pray, I simply ask God for his guidance and for the strength to carry what comes to me as the answer that I seek. When I do it in that way, I become a better listener and the answers do come to me eventually. I believe that I practice principles that are consistent with Christian teaching as well as any Christian I know but I don't consider myself a Christian as I find these principles in most historical philosophies. I've studied Plato, Socrates and Aristotle, who came three hundred fifty years before Christ and they are not unlike the values of most religions. As the result of all my Studies, I have settled into a way of life based on unselfish principles and values that govern all my motives and actions and it has led to a life of meaningful purpose and a peace of mind that I never thought possible.

By Rick R., Unconditional AA, Poway, CA

## IN GOD'S CARE – DAILY MEDITATIONS

It is not true that life is one damn thing after another –

It is one damn thing over and over.

- Edna St. Vincent Millay

If there's one thing you can say for addicted people, it's that we're hard-headed. It takes us a long time to be convinced that something is bad for us, particularly if it feels good momentarily. It's also hard to convince us that something is good for us, even when we desperately want to stop feeling bad. As a result, we've spent much of our life doing things over and over – spinning our wheels.

Luckily, there's a cure for this. It's called **turning it over**. We quit trying to figure out what is good or bad for us, or even what is in our best interest. We know that on our own, there's no sure way we can tell. Instead, we ask a higher authority to handle it for us. That authority is God.

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Instead of continually trying to control my life, I'll continually turn it over to the care of God.

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

## DISCUSSION QUESTIONS

1. Do you feel there has been any change in the general tone of talks given in your area? For example, do you feel we are talking less now about our lives as drunks and are putting more emphasis on what has happened to us since joining AA?
2. If you feel there has been a change, do you feel that this is an improvement? Do you think anything should be done about it?
3. Do you feel that more newcomers should be urged to talk at open meetings? If so, do you believe it is the responsibility of the Group as a whole, or is it up to an individual sponsor to do the urging?
4. Can you remember the most meaningful AA talk you ever heard? If you can remember it, could you explain in a few words why this particular talk was so meaningful to you?

... Reprinted with permission from AA Grapevine Magazine, March 1967

## THE WAY OF STRENGTH

We need not apologize to anyone for depending upon the Creator. For us, it is the way of strength. The verdict of the ages is that men and women of faith seldom lack courage. They trust their God.

So, we never apologize for our belief in Him. Instead, we try to let Him demonstrate, through us, what He can do.

Submitted by Elaine M., St. Albert Group

## ACRONYMS

|              |  |
|--------------|--|
| AA =         | Absolute Abstinence  |
| AA =         | Adventurers Anonymous  |
| AA =         | Altered Attitudes  |
| AA =         | Altruistic action  |
| AA =         | Attitude Adjustment  |
| ABC =        | Acceptance, Belief, Change                                   |
| ABC =        | Ashtrays, Broom, Coffee                                      |
| ABC =        | Ashtrays, Broom, Chairs                                      |
| ACTION =     | Any Change Toward Improving One's Nature                     |
| ALCOHOLICS = | A Life Centered On Helping Others Live In Complete Sobriety  |
| ANONYMOUS =  | Actions Not Our Names Yield Maintenance Of Unity and Service |
| ASK =        | Ass-Saving Kit   |

## FUNNY HA! HA!

"**NORMAN, I LIKED YOU BETTER** when you were drinking!" declared an old pal, feeling no pain.  
"That makes us even," replied Norman, "when I was drinking, I liked you better too."

**THE CHAIRMAN OF A LONG-ESTABLISHED MEETING** asked his visiting speaker, "What topic were you thinking of emphasizing?"

"Step Three."

"Might not be such a good idea," counselled the chairman. "If folks hereabouts want to hear about God, they go to church."

"Well, how about taking inventory and making amends?"

"Nah. Folks hereabouts like to feel good. Thinking about character defects and digging up the past and all that only makes 'em blue and starts spats between husbands and wives."

"Then, what topic can I use?" cried the exasperated speaker. "Well, we usually just talk about our AA program."



## 2019 TWELVE CONCEPTS WORKSHOP

We invite all members interested in sharing and learning about our Twelve Concepts.

Please advise if you plan to attend at:  
780-424-5900

Saturday, March 23, 2019  
10:00 AM – 4:00 PM  
#205, 10544 – 114 St. NW  
Edmonton, AB

Seventh Tradition will be collected to supply Pizza for lunch!



### DAY THREE

Witness the miracle of recovery happening for others, and you come to believe that this miracle can happen for you as well.

Look at the miracles around you, one month off alcohol, three years, 20 years or more. You are surrounded by living miracles.

• \* \* \* \* \*

**I do not believe in miracles; I rely on them.**

... Borrowed from the Pocket Sponsor Thumbnail

### I AM RESPONSIBLE

When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that; I am responsible.

\* \* \* \* \*

1. Trust God.
2. Clean House
3. Help Others

### 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**

## A.A. HISTORY FOR MARCH

- March 1: 1939: Readers Digest failed to write promised article on A.A.  
1941: Saturday Evening Post article by Jack Alexander created national sensation. A.A. membership quadrupled in one year from 2000 to 8000
- March 3: 1947: Nell Wing, Bill's secretary & first archivist of A.A., began her career @ Alcoholic Foundation Office @ 415 Lexington Avenue.
- March 4: 1891: Lois Wilson was born.
- March 5: 1945: Time Magazine reported Detroit radio broadcasts of A.A. members.
- March 7: 1940: Bill & Lois visited Philadelphia & attended A.A. group.  
1941: Boston newspaper reported that any drunk who wanted to get well was more than welcome to attend the A.A. meeting @ 115 Newbury St., 8 PM Wednesdays.
- March 9: 1941: Wichita Beacon reported on a A.A. member from NY who wanted to form a group in Wichita, Kansas.
- March 10: 1944: New York Intergroup was established.
- March 11: 1947: A Priest in St. Paul, Minnesota, founded Calix International. Alcoholics in his parish met after Saturday morning Mass to discuss the readings for the upcoming Sunday & how their faith melded with the Twelve Steps of Alcoholics Anonymous.
- March 12: 1940: Ebby Thatcher, Bill Wilson's boy-hood friend & sponsor, was reported sober again.
- March 14: 1941: South Orange, N.J., A.A. held an anniversary dinner @ the Hotel Suburban with Bill Wilson as the guest speaker.
- March 15: 1941: 1st A.A. group was formed in New Haven, Connecticut.
- March 16: 1940: Bill moved the Alcoholic Foundation office to 30 Vesey St. NY., (which was almost destroyed on September 11, 2001.)
- March 18: 1951: Cliff W. was elected 1st delegate from Southern California.
- March 21: 1881: Anne Ripley, Dr. Bob's wife, was born.  
1966: Ebby Thatcher, Bill Wilson's sponsor, died sober.
- March 22: 1951: Dr. William Duncan Silkworth died @ Towns Hospital.  
1984: Clarence Snyder, founder of Cleveland A.A. & author of "Home Brewmeister," died @ 81, 46 years sober.
- March 23: 1936: Bill & Lois Wilson visited Fitz Mayo, "Our Southern Friend," in Maryland.  
1941: Sybil C.'s sobriety date. She was the first woman to enter A.A. west of the Mississippi.
- March 25: 1898: Jim B. (The Vicious Cycle) was born  
1965: Richmond Walker, author of "Twenty-Four Hours a Day" book, died @ age 72, almost 23 years sober.  
2005: Nancy Olson, Founder of AAHL -
- March 29: 1943: The Charleston Mail, WV, reported that Bill Wilson had given a talk @ St. John's Parish House.
- March 31: 1947: 1st A.A. group was formed in London, England.

### Other happenings in March, for which we have no exact date:

- 1936: A.A. had 10 members staying sober, @ the end of 1936 A.A. had 15 members total @ this time.
- 1938: Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc. was established to support writing & printing of the book.
- 1940: Mort J. came to LA from Denver; started the custom of reading Chapter 5 Big Book @ Cecil group.
- 1941: -Second printing of Big Book.  
-1st Prison A.A. Group formed @ San Quentin.
- 1945: March of Time film was produced & supervised by E.M. Jellinek & produced by NY A.A. office.
- 1946: The Jefferson Barracks A.A. Group in Missouri was formed. It is thought to be the first ever in a military installation.
- 1949: Dr. Bob considers idea of A.A. conference premature.
- 1951: American Weekly publishes memorial article for Dr. Bob.



| <b>Edmonton Central Office Society</b> |                      |                     |                     |                     |
|--|----------------------|---------------------|---------------------|---------------------|
| <b>INCOME STATEMENT 2019</b>           |                      |                     |                     |                     |
|  | <b>Current Month</b> |                     |                     |                     |
|  | <b>January</b>       | <b>YTD</b>          | <b>YTD BUDGET</b>   | <b>variance</b>     |
| <b>General Receipts:</b>               |                      |                     |                     |                     |
| Group donations                        | \$ 5,008.25          | \$ 5,008.25         | \$ 8,000.00         | \$ 2,991.75         |
| Individual/Bequeath                    | \$ 100.00            | \$ 100.00           | \$ 350.00           | \$ 250.00           |
| Birthday Club/Faithful Fivers          | \$ 344.00            | \$ 344.00           | \$ 200.00           | -\$ 144.00          |
| Office Supplies / Postage              | \$ 168.08            | \$ 168.08           | \$ 75.00            | -\$ 93.08           |
| Newsletter                             | \$ 8.00              | \$ 8.00             | \$ 15.00            | \$ 7.00             |
| Rental Income-EGSC, etc                | \$ 145.70            | \$ 145.70           | \$ 100.00           | -\$ 45.70           |
| Tradition Seven-meetings               | \$ 259.90            | \$ 259.90           | \$ 375.00           | \$ 115.10           |
| Fundraising                            | \$ -                 | \$ -                | \$ -                | \$ -                |
| Other Inc (Interest, etc)              | \$ 5.69              | \$ 5.69             | \$ 4.00             | -\$ 1.69            |
| <b>Total General Receipts</b>          | <b>\$ 6,039.62</b>   | <b>\$ 6,039.62</b>  | <b>\$ 9,119.00</b>  | <b>\$ 3,079.38</b>  |
| <b>Literature &amp; Medallion</b>      |                      |                     |                     |                     |
| Literature                             | \$ 10,644.20         | \$ 10,644.20        | \$ 8,475.00         | -\$ 2,169.20        |
| Medallion                              | \$ 2,717.00          | \$ 2,717.00         | \$ 1,715.00         | -\$ 1,002.00        |
| <b>Total Literature and Med.</b>       | <b>\$ 13,361.20</b>  | <b>\$ 13,361.20</b> | <b>\$ 10,190.00</b> | <b>-\$ 3,171.20</b> |
|  |                      | \$ -                |                     |                     |
| <b>Total Revenue</b>                   | <b>\$ 19,400.82</b>  | <b>\$ 19,400.82</b> | <b>\$ 19,309.00</b> | <b>-\$ 91.82</b>    |
| <b>Expenses: (COS)</b>                 |                      |                     |                     |                     |
| AAWS & Grapevine Literature            | \$ 6,317.78          | \$ 6,317.78         | \$ 5,500.00         | -\$ 817.78          |
| Meeting list & Greeting Cards          | \$ 620.81            | \$ 620.81           | \$ 425.00           | -\$ 195.81          |
| Medallion Purch /engraving             | \$ 1,590.28          | \$ 1,590.28         | \$ 1,050.00         | -\$ 540.28          |
| Freight / Brokerage                    | \$ -                 | \$ -                | \$ 10.00            | \$ 10.00            |
|  | \$ 8,528.87          | \$ 8,528.87         | \$ 6,985.00         | -\$ 1,543.87        |
| <b>Intergroup Expenses</b>             |                      |                     |                     |                     |
| 12 Step Answering                      | \$ 404.88            | \$ 404.88           | \$ 400.00           | -\$ 4.88            |
| Literature expense                     | \$ 1.68              | \$ 1.68             | \$ 10.00            | \$ 8.32             |
| Communications & Tech                  | \$ -                 | \$ -                | \$ 100.00           | \$ 100.00           |
| Other (Archive, 12 Step,Cred,Grp Ser   | \$ 237.24            | \$ 237.24           | \$ 100.00           | -\$ 137.24          |
|  | \$ 643.80            | \$ 643.80           | \$ 610.00           | -\$ 33.80           |
| <b>Administrative Expenses</b>         |                      |                     |                     |                     |
|  |                      | \$ -                |                     |                     |
| Accounting & Legal                     | \$ 156.95            | \$ 156.95           | \$ 385.00           | \$ 228.05           |
| Bank Chgs & Cr Card chgs               | \$ 169.14            | \$ 169.14           | \$ 110.00           | -\$ 59.14           |
| Computer & IT Maintenance              | \$ 133.24            | \$ 133.24           | \$ 500.00           | \$ 366.76           |
| Equipment Lease                        | \$ 359.77            | \$ 359.77           | \$ 390.00           | \$ 30.23            |
| Fundraising expense                    | \$ -                 | \$ -                | \$ -                | \$ -                |
| Insurance                              | \$ 300.00            | \$ 300.00           | \$ 300.00           | \$ -                |
| Newsletter Expenses                    | \$ 0.72              | \$ 0.72             | \$ 5.00             | \$ 4.28             |
| Office Supplies                        | -\$ 238.50           | -\$ 238.50          | \$ 262.50           | \$ 501.00           |
| Postage                                | \$ 386.30            | \$ 386.30           | \$ 100.00           | -\$ 286.30          |
| Rent                                   | \$ 2,981.52          | \$ 2,981.52         | \$ 3,330.00         | \$ 348.48           |
| Repairs & Maintenance                  | \$ -                 | \$ -                | \$ 150.00           | \$ 150.00           |
| Salaries, Source, WCB                  | \$ 4,566.78          | \$ 4,566.78         | \$ 4,700.00         | \$ 133.22           |
| Staff Training / Seminar               | \$ -                 | \$ -                | \$ -                | \$ -                |
| Telephone / Internet                   | \$ 190.41            | \$ 190.41           | \$ 200.00           | \$ 9.59             |
|  | \$ 9,006.33          | \$ 9,006.33         | \$ 10,432.50        | \$ 1,426.17         |
|  |                      | \$ -                |                     |                     |
| <b>Total Expenses</b>                  | <b>\$ 18,179.00</b>  | <b>\$ 18,179.00</b> | <b>\$ 18,027.50</b> | <b>-\$ 151.50</b>   |
|  |                      | \$ -                |                     |                     |
| <b>Income / (Loss)</b>                 | <b>\$ 1,221.82</b>   | <b>\$ 1,221.82</b>  | <b>\$ 1,281.50</b>  | <b>\$ 59.68</b>     |

# 2019 Birthdays

in - MARCH

## 60 Minutes to Sobriety

Last Sunday

Mar. 31 Kim M. 15 yrs.  
Jim M. 9 yrs.

## Breathe Easy

First Friday

Apr. 5 Hank M. 8 yrs.  
Linda S. 2 yrs.

## Capilano Step

First Thursday

Apr. 4 Al M. 3 yrs.  
Gene B. 4 yrs.  
Mike M. 3 yrs.

## Clareview Big Book

Last Wednesday

Mar. 27 Chelsea F. 3 yrs.

## Crestwood Welcome

Last Monday

Mar. 25 Jack D. 39 yrs.  
Jane B. 38 yrs.

## Eastwood

Third Monday

Mar. 18 Brian M. 32 yrs.

## Ellerslie Group

Last Thursday

Mar. 28 Dean M. 18 yrs.

## Fulton Place

Last Friday

Mar. 29 Ray L. 37 yrs.  
Richard W. 21 yrs.  
Brian L. 32 yrs.  
Dave C. 8 yrs.  
Jordan D. 2 yrs.

## Jasper Place

Last Tuesday

Mar. 26 Rebekah S. 6 yrs.

## Last Call

Last Wednesday

Mar. 27 Bryan H. 7 yrs.  
Marty S. 2 yrs.

## Lion's Den

Last Monday

Mar. 25 Bill L. 35 yrs.  
Garnett S. 18 yrs.  
Jim G. 9 yrs.

## Lighthouse

Last Friday

Mar. 29 Leanne H. 2 yrs.  
Jane. 2 yrs.

## North Edmonton

Last Thursday

Mar. 28 Don S. 27 yrs.

## Oilmen's

First Monday

Apr. 1 Ron G. 40 yrs.

## Providence

Last Wednesday

Mar. 27 Mary Jo W. 32 yrs.  
Mykola S., 2 yrs.

## Shifters

Last Saturday

Mar. 30 Ron G. 40 yrs.  
Jolene H. 1 yr.

## South Side

Third Friday

Mar. 15 Lisa R. 1 yr.  
Douglas P. 1 yr.  
Aime V. 7 yrs.  
Dan S. 12 yrs.  
Jordan T. 2 yrs.  
Andy R. 14 yrs.

## Step Sisters

Last Wednesday

Mar. 27 Cathy C. 9 yrs.

## The Why Group

Last Saturday

Mar. 30 Jane Z. 31 yrs.  
Lon R. 32 yrs.  
Ron R. 3 yrs.  
Daren B. 26 yrs.  
David K. 3 yrs.

## Thus, We Grow

Last Tuesday

Mar. 26 Ron S. 6 yrs.  
Maybeth D. 10 yrs.  
Cathy S. 17 yrs.

## West End Men's

First Wednesday

Apr. 3 Brett M. 12 yrs.  
Grzegorz I. 1 yr.  
Ken C. 8 yrs.

## Westminster

Last Saturday

Mar. 30 Mike L. 3 yrs.  
Roger B. 43 yrs.

## St. Albert Sunday Night

Last Sunday

Mar. 31 Scott C. 3 yrs.

## SHERWOOD PARK

### Fri. Nite Happy Hour

Last Friday

Mar. 29 Milt C. 39 yrs.

### Twelve Steps to Serenity

Last Monday

Mar. 25 Adam B. 2 yrs.  
Dwayne B. 2 yrs.  
Lenhard B. 2 yrs.  
Roy P. 4 yrs.  
Michele T. 5 yrs.  
Karen A. 8 yrs.



New Locations for groups on the move:

**Into Action Group** effective Mar. 4/19  
Westmount Presby. Church  
13830 109A Avenue, Edmonton

**Oilmen's Group** effective Apr. 1/19  
Strathcona Baptist Church  
8318-104 Street, Edmonton

## A DRUNK'S PRAYER

- A drunk man was staggering home with a pint of booze in his back pocket when he slipped and fell heavily. Struggling to his feet, he felt something wet running down his leg. "Please God," he thought. "Let it be blood!"
- Being in a relationship is like being in A.A. My friends ask me, 'How's it going with that girl?' 'One day at a time, man.'
- "One irate woman called the other day and said, 'How long does it take to join your club anyway? My husband has been trying to get in for months, and he keeps telling me you're full-- his name is STILL on the waiting list!' "

### PLEASE NOTE:

ECO News requires more up-to-date Group Birthday lists. Some of the ones we have are more than 2 years old.

# CALENDAR OF EVENTS

## 2019 ROUNDUPS & FUNCTIONS

### Banff, AB

**Mar. 1-3**     **AA Banff Roundup**     **Reg. \$37.00**  
 Banff Park Lodge **Banq & Reg. \$110.**  
 Contact: 403-777-1212  
[www.banffroundup.com](http://www.banffroundup.com)

### St. Albert, AB

**Mar 9**     **District 64 Traditions Workshop** Trad. 7  
 10am – 3 pm     12 Gate Ave.  
 Christian Reform Church  
 \* \* \* \* \*

### Red Deer, AB

**Mar. 15-17**     **Area 78 Pre-Conference Assembly**  
 3310- 50 Ave.  
 Sheraton Hotel  
 \* \* \* \* \*

### Edmonton, AB

**Mar. 23**     **Twelve Concepts Workshop** Trad. 7  
 10 - 4     205, 10544 – 114 St.  
 Central Office  
**All members welcome.**

### Edmonton, AB

**April 6**     **42 Annual District 64 R/U**     \$30.00  
 8:30 am     14025 – 167 Ave.  
 North Pointe Community Church  
 Coffee & tea Trad. 7  
 Contact: 780-239-7317, 604-0472 &  
 458-5069

### Cape May, New Jersey

**April 12-14**     **52 Annual Sepia Roundup**     \$25. - \$30.  
 Ocean & Philadelphia Avenues  
 The Grand Hotel  
[www.aasepia.org/roundup](http://www.aasepia.org/roundup)

### Ardrossan, AB

**Apr. 26-27**     **Annual Sherwood Park R/U**     \$45.00  
 80 – 1<sup>st</sup> Avenue,  
 Ardrossan Community Hall

### Edmonton, AB

**May 11<sup>th</sup>**     **District 46 Roundup**     ?  
 5:30 pm     10528 – 98 Street,  
 Marian Centre  
 Contact: Central Office - 780-424-5900

### Edmonton, AB

**May 4**     **District 40 Dinner**  
 6-9 PM     8420 - 145 Street  
 St. Timothy's Anglican Church

### Cardiff, AB

**June 21-23**     **Cardiff AA Roundup**     **\$25.00**  
 21 Discovery Way  
 Cardiff Community Hall

## AA QUOTES

- From Bill W.: “We found that each of us had to make willing sacrifices .. for the common welfare.”  
 ..Reprinted from Language of the Heart, Jan., 1955
- “We are alcoholics. Even though now recovered, we are never too far removed from the possibility of fresh personal disaster. Each knows he must observe a high degree of honesty, humility, and tolerance, or else drink again”  
 ....Reprinted from Language of the Heart, Oct. 1947

## ANOTHER AA QUOTE

- “The fellowship in AA is unique. Ties are made overnight that it would take years to develop elsewhere. No one needs a false front. All barriers are down. Some who have felt outcasts all their lives now know they really belong. From feeling as if they were dragging anchor through life, they suddenly sail free before the wind.”  
 .Reprinted - Best of the Grapevine Vol.2, Lois W., Feb 1950



## 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