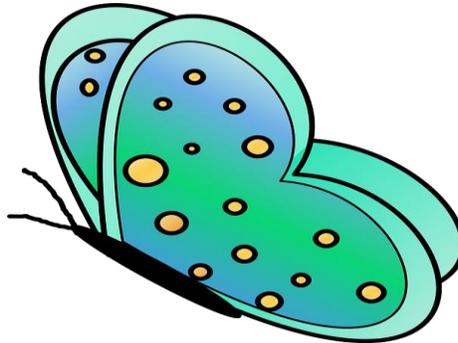


ECO NEWS

\$1.00

JUNE 2019

Edmonton Central Office Society
#205, 10544 114 St. NW
Edmonton, AB T5H 3J7
780-424-5900
www.edmontonaa.org
Email: centraloffice@edmontonaa.org



Ain't it grand the wind stopped blowin'?

Certainly, none of us wants to return to the dark days of not so long ago, when it wasn't a sure thing that the doors of Central Office would remain open to serve the still suffering alcoholic or to provide its many services to the Edmonton and Area groups. I am so thankful for all those who stepped up in the past couple of years and did the hard work it took to save our Central Office. I know we are all thankful for this. I'm also grateful to the many AA members who volunteer week-after-week so Edmonton Central Office can carry out its mandate. All these people have contributed and continue to contribute with their service to the AA fellowship in very fundamental ways.

Sure, it's grand the wind stopped blowing, but it's only the starting point of recovery. Central Office has been brought back from the brink of disaster and is still fragile. Its future is uncertain. Now's the time for all of us to pitch in.

Group contributions in the first four months of 2019 are about one third lower than expected.

It is vital that all AA members and groups contribute what they can to support Central Office operations. Without our contributions, Edmonton AA's Central Office cannot exist.

As our green card, read at meetings, reminds us:

"It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Services Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose - to help the alcoholic who still suffers."

**Your ongoing financial support is needed to ensure a healthy Central Office.
Please keep this in mind whenever the 7th tradition basket comes your way!**

Other ways to contribute:

Faithful Fivers Donations
Birthday Club Donations
Contact Central Office (780-424-5900) to find out more
The Edmonton Central Office Society is a registered charity.

Ever wonder just what Central Office does? Have a look here:

<http://edmontonaa.org/central-office-mission>

Director Position Vacancies on the Central Office Board

- Two director positions are available on the Central Office Board. An election will be held at the next Intergroup meeting to fill these positions. Here are some details:

Term of office: the remainder of 2019 (re-election is possible at the 2019 AGM).

Suggested Qualifications: ability in administration, office management, accounting, and/or communications and a variety of A.A. service experience.

Suggested sobriety preference: 5 consecutive years of sobriety.

If you are an Intergroup representative, you would have to give up that position to stand for election. Ideally, the directorship would be your only major service commitment for the term of office.

For more information, please email Ian B. at COB.chair@edmontonaa.org or phone him at 780-288-7111.

** A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees, North latitude and between 59- & 60-degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right, but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are, due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but somehow now IT'S MY FAULT"! **

MAKING MEETINGS MORE ENJOYABLE

1. **Be there!** Meetings are when we come together to learn how to maintain our sobriety while practicing our program of recovery.
2. **Come early!** Don't miss a moment of our time together.
3. **Come expectant!** If you believe it's going to be a good meeting and are willing to do your part, it will be. Pray for the meeting and watch what your Higher Power will do.
4. **Prepare your mind!** It is always appropriate to ask your Higher Power for peace of mind to receive from the meeting what He has for you.
5. **Prepare your heart!** During the preamble, open your heart to the words of the Serenity Prayer, Chapter Five, Promises and Traditions ... and particularly to words of the members who will be speaking.
6. **Sit still!** Don't wander around or leave before the meetings is over. Savor every moment. Hear all that you need to hear. Make it easy for others to do the same.
7. **Get acquainted!** Look for the visitors and the newcomers. Make them feel welcome. Offer Fellowship and friendship.
8. **Get a Home Group!** Meetings are great, but the heartbeat of AA Fellowship is the Home Group. It's where we will discover the greatest number of opportunities for love and service.
9. **Volunteer!** Support your Home Group and AA as a whole. How often have you heard, "I'm so grateful I could get to a meeting?" Real gratitude asks you for both of which will **MAKE MEETINGS MORE ENJOYABLE.**

Adapted from an article in Mobile, AL Intergroup Newsletter,

DELEGATE'S CORNER

Definitions

Reflecting recently on how amazing my life has been over the years, I thought about the many paradoxes in A.A. A paradox is defined as “an absurd statement that when investigated proves to be well founded or true.”

The recovery language I heard in AA meetings that first year sounded just crazy to me. Phrases such as the following appeared nonsensical; I'd repeat them over and over, to gain understanding:

- Surrender to win
- Myself will be my downfall
- A crack in the pot is sometimes the only way the Sunlight can enter
- I'm grateful I hit bottom; it made me teachable
- There is no graduation in AA
- I no longer have a drinking problem; I do still have a thinking problem

Over time, these phrases became paradoxes because they all eventually made sense. I love the irony in these words because they prove how my faulty thinking kept me stuck for so long. Paradoxes are another example of the depth of this divinely inspired program.

Having just celebrated another anniversary in our beloved fellowship, I know one thing for sure: the longer I'm sober, the less able I am to define my Higher Power/Creator.

This is another irony because I was told in those first weeks of getting sober that I'd better have a definition of a power greater than me, if I wanted to achieve sobriety.

Defining my Creator matters less each year. For two reasons:

- 1) The scope of my Creator continues to expand...to a place where I just have to say “words do not suffice” in trying to define it
- 2) I've experienced firsthand the existence of a power greater than myself in so many instances. Times of directly knowing when my will is aligned with my Creator's... that's when I know I'm moving in the right direction.

Today I'm grateful for the paradoxes, the ironies and the freedom of my own concept of a power greater than me. Thank you all for this wonderful gift of sobriety.

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

2020 ALCOHOLICS ANONYMOUS INTERNATIONAL CONVENTION

“Love and Tolerance is our Code” - Detroit, Michigan

In less than two years – July 2 – 5, 2020 – the International Convention will celebrate AA's 85th Anniversary.

Registration forms will be mailed in August 2019, to all GSR's, Central Offices, Intergroups and Online will be available in September 9, 2019

SO, KEEP THESE DATES IN MIND, OUR LAST ONE WAS A SUPER ONE WITH LOTS OF COUNTRIES BEING PRESENTED, LOTS OF SHARING, ETC.

FAITHFUL FIVERS CLUB

“What is the Faithful Fivers Club?”

- The Faithful Fivers Club was initiated several years ago to generate funds for the Twelfth Step Work done through the staff and volunteers at your Central Office.
- **AA members pledge a donation of \$5.00 or more a month to assist this work.**
- What you receive for your support is the satisfaction of carrying the message.
- Please contact Central Office, if you want to join our **FAITHFUL FIVERS CLUB!**
- #205, 10544 – 114 St., Edmonton, AB
- T5H 3J7 780-424-5900
- Email: centraloffice@edmontonaa.org

BILL W. – FOUNDER PAYS VISIT TO CALGARY

Copy from Calgary Albertan, Feb. 12, 1948

MEMBERSHIP IN AA TERMED TOO EXPENSIVE

“I hope you don’t ever have to join this club, son” the tall gray-haired man told the reporter. “The qualifications are too expensive.”

The qualifications were indeed expensive, not in money but in reputation and health and happiness. Exclusive too. The club was Alcoholics Anonymous – drunks only. The advisor Bill W., a New York businessman who co-founded AA in 1935.

He was in Calgary Sunday speaking to members of the local Chapter of AA in the downtown house they use for club headquarters.

Bill, whose last name and photograph could not appear in this paper because of the AA principle of anonymity, devised a program for recovery from alcoholism when he was drying out in a hospital from his last bout with “John Barleycorn”. With another ex-drunk from Akron, Ohio, he began to work among other alcoholics who alone couldn’t stop drinking.

More than 16 years after that day in the hospital, Bill has seen the program spread to 38 countries and 150,000 people, all now living normal lives through AA.

Although the people he met in Calgary on Sunday generally credit him with altering their destinies from those of an early death through alcohol to happiness and prosperity. Bill dismisses the idea with a wave of his hand.

“I was able to get sober and stay sober,” he said. “I thought what worked for me might work for others, so I tried to help them.”

He admitted that AA had grown beyond his wildest dreams and expectations. In 1934 he and the Akron physician, who died on March 22, 1951, started in a small way. In five years only about 100 persons had recovered through their program, with at least as many failures. But they thought it was enough to show the program had something.

In 1941 AA had received national publicity. Groups began to mushroom throughout the country and new alcoholics are being rehabilitated at the rate of 25,000 a year.

“It’s a dream come true,” he said simply. “Back in 1934 all I was hoping for was that I could stay sober myself.”

“Bill’s program, known as the “12 Steps of Alcoholics Anonymous” is a set of simple rules for daily living by which alcoholics can stay sober. They are founded largely on the theory that an alcoholic cannot drink without getting drunk and must help other alcoholics as a constant reminder of his disease, and that some Power greater than himself has a strong hand, in his destiny and therefore he must not become over-confident of his ability.

Although AA has already enjoyed tremendous growth, Bill foresaw a steady recovery annually of thousands of alcoholics.

He was pleased with AA’s latest achievement, winning the Lasker Award, sponsored by the American Public Health Association. The award is second only to the Nobel prize for recognition of humanitarian endeavor.

“It’s the first formal acknowledgement of AA’s contribution to solving the ago-old public health and social problem of alcoholism. It marks an important step” Bill stated.

His visit here is being made on his return to the east from San Francisco where the Award was presented to him on behalf of Alcoholics Anonymous.

Then Bill began to talk of the suffering he and other alcoholics have gone through before sobering up, of days in psychopathic wards, seeing “pink elephants”, and borrowing money to buy another drink.

“Don’t ever join this club,” he repeated.

The reporter agreed it wasn’t a good idea.

Bill’s sober date is December 11 or 12, 1934.

List of Topics for Discussion with Respect to Recovery from Alcoholism/Addiction!

1. One day at a time;
2. Easy does it;
3. First things first;
4. Faith without works is dead;
5. But by the grace of God there go I;
6. Don't take yourself so seriously;
7. Daily reprieve;
8. (How) honesty, open-mindedness, willingness;
9. (Fear) Face everything and recover;
10. (Nuts) Not using the Steps;
11. (Halt) Don't get too hungry, angry, lonely, tired;
12. (Slip) Sobriety losing its priority;
13. (Fine) Frustrated, insecure, neurotic, emotional;
14. (Denial) Don't even notice that I am lying;
15. (Steps) Solutions to every problem Sober;
16. (Action) Any change to improve our nature;
17. (Program) People relying on God relaying a message;
18. (K.I.S.S.) Keep it simple, sweetheart;
19. (STAR) Steps to avoid relapse;
20. If relapse occurs, what should I do?
21. If I see someone in my A.A. Group who is stuck with respect to sobriety, what can I do to help him/her?
22. How does helping someone in your A.A. Group help you?
23. What does the prayer, "Higher Power, help me become free from the things that bind me" mean to you?



ELIMINATING SELF-PITY IS ASPIRATIONAL

“The dark moment the caterpillar calls the end is the sun-filled moment the butterfly calls the beginning” .author unknown

In meetings over the years I have heard the phrase, “Poor me, poor me, pour me another drink.” I have learned to pay attention to these little phrases and the slogans since they are both cautionary and hopeful messages as well as strategies for getting and staying sober, based on my decades of the collective experiences of those who have travelled the journey of recovery before me.

When my feelings are low, when I am worried or anxious and obsessively focused on the trials and tribulations of the past or lamenting my perceived lack of opportunities for the future, I can fall into feeling sorry for myself. Self-pity comes in part from my inability to accept people, places and situations as they are and in the Big Book, Dr. Paul O. wrote that “acceptance is the answer to all my problems today, [that] I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.” He suggested that “I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes” (Big Book p. 417).

How do I accomplish this? Well, for me inconsistently at best is how. I truly believe the promise made in the Book that if I am painstaking about working the Steps, especially through Step 9, that my feelings of uselessness and self-pity will disappear and be replaced by feelings of serenity and peace. This is my inspiration. I notice that when I go consistently to meetings, talk regularly to other alcoholics, connect daily with my Higher Power, read AA literature and take opportunities to be of service to other alcoholics, that promise comes and stays true.

Eliminating self-pity is aspirational and so I must be kind to myself when I fall short. When I slack off on my program of recovery, my character defects, including self-pity, begin to become a problem, a block to my emotional sobriety; and I must refocus. Fortunately, the author of Big Book was wise enough to remind me that I am human, and it is progress not perfection that is important!

... Mike H., borrowed from the San Diego AA Coordinator

THE MAN IN THE GLASS

When you get what you want in your struggle for self
and the world makes you king for a day.
Just go to the mirror and look at yourself
and see what that man has to say.
For it isn't your father or mother or wife
who judgment upon you must pass.
The fellow whose verdict counts the most in your life
is the one staring back from the glass.
Some people may think you a straight-shooting chum
and call you a wonderful guy.
But the guy in the glass says you're only a bum
if you can't look him straight in the eye.
He's the fellow to please never mind all the rest
for he's with you clear up to the end.
And you've passed your most dangerous difficult test
if the man in the glass is your friend.
You may fool the whole world down the pathway
of life and get pats on the back.
But your final reward will be heartaches and
tears if you've cheated the man in the glass.

- Anonymous

H. A. L. T.

H.A.L.T. stands for Hungry, Angry, Lonely and Tired. These feelings can be of danger to us.

We need to eat regular meals. When we get too hungry, we get cranky. Then we say and do things we regret

We need to turn anger over to our Higher Power, or else our anger can turn into rage.

We need friends to help us in recovery. If we get too lonely, we may turn to our addictive ways for friendship. We don't stay sober by ourselves.

We need a clear mind to deal with life. If we get too tired, we tend to feel sorry for ourselves. Being tired gets us into crazy thinking.

Prayer for the Day

Higher Power, remind me to H.A.L.T. Help me to not get too Hungry, Angry, Lonely or Tired.

Action for the Day

Today, I'll review the four parts of H.A.L.T. In which areas do I practice good self-care? In which areas do I not? How can I improve?

EIGHT QUESTIONS

Eight Recovery Questions to Ask Yourself on a Regular Basis.

1. Who am I recovering for?

If it's for the spouse/partner, job, Court, a cause, or friend/associate, I may be missing the mark and have to re-think or redo the whole thing. Experience teaches that sobriety only works, or keeps working, when we do it for ourselves.

2. What am I resisting?

Wherever I find resistance, that is where the opportunity for the most growth is. If I am not sure of what I am resisting I just listen to my heart, my gut, because when it clenches that's where the opportunity for the most growth lies.

3. What is the lesson here?

I need to remain the student. As soon as I begin to think I'm the teacher I get in trouble. When I just do my work, and do it well, and leave the teaching to "The Big Guy in the Sky" I am most happy, and others may benefit from my efforts.

4. What am I not doing that needs to be done?

In not doing I may be lacking the action part of the Program. Faith without works is dead. All the knowledge and insight in the world are useless without action. Action is an absolute for us in recovery.

We have blind spots, even after double digit years of sobriety, that block us from acting. We may require a firm but loving person to help us out with this.

5. Am I losing my energy to this?

We pay a price for every negative thought we express or entertain. It's measured in decreased energy, heightened depression, indifference, anxiety disorders, insomnia, headaches, high blood pressure, chronic sometimes serious health problems.

6. Whom am I giving my power to?

This is one of my favorites ~ Is it God? If it is, I will surely get God's power back. My power is basically my actions and where my thoughts focus or repeat; that's where I am investing my energy.

For example, holding on to something I need to let go of is giving my power away; holding resentments, not letting go of attachments, (aka addictions) is giving my power away; reacting to another person's complaints or criticism or negative behaviours is giving my power away to that person; trying to control others or the outcome of my efforts (or non-efforts/non-action) or dealing with them, is giving my power away to that person or thing. The subtle and secret fact is when I don't react, I grow.

7. Who's in control?

Control is a big issue for most of us in sobriety, especially when we feel we don't have it. We want to feel in control. However, many things in life are not within our control. So, who's driving the bus? May I suggest that there is a step beyond control? It transcends egotistical and emotional bondage to the illusion of control.

If we recognize that, ultimately, we are not in control, that we are always subject to a Higher authority, and if we acknowledge that Higher Power, we can get free from the need to always be in control. I'd rather turn it over to a loving God and then accept what He brings than to waste my time and effort on trying to produce desired affects.

8. Am I at peace with myself?

As I have said before, being at peace with myself is when I can look at an issue, person, or problem and feel no subtle or sudden surge of energy/emotion. Being at peace is having closure. It's also about integrity and feeling certain that I am not touched by or swayed by another person or thing.

What do you need to do to be at peace with yourself? forwarded from Doug K., Edmonton, AB Apr. 29, 2002

STEP SIX: DEFECTS AND SHORT-COMINGS

A lot of Credibility Leads to Integrity

Sometimes the wording used in The Big Book and in The Twelve Steps and Twelve Traditions means something different to individuals, often based on how they evolved with respect to Religion, Agnosticism, Atheism and other developmental histories. This may be confusing to many of us, especially Step Six in the 12X12 as it talks of God removing these defects of character the way God removed the obsession to drink.

In simple terms I try to word the Step Six process in a way anyone can understand it and my goal is not to offend anyone by being over simplistic but just about all of our actions and behaviors stem from our thinking and if our thinking is of a fearful nature, we are bound to make bad decisions in an effort to defend ourselves. The defects we identify in the Step Four inventory, disclose in Step Five and address in Step Six, are biproducts of our fears and insecurities and are of a spiritual nature as in our inner self. The shortcomings we address in Step Seven are of a material nature (actions and behaviors) that result from those fears and insecurities.

If, in the program, we discover a defect of character and address it properly, the shortcoming diminishes and becomes irrelevant. A simpler way I try to describe this process is as follows: Suppose you purchased a new car and drove off the lot and as you reached the first Stop sign you hit the brakes, the car slowed down but did not stop as it should and drifted out into the intersection. You then returned to the car lot and explained what happened, they checked it out and discovered that the wrong brakes were installed at the factory. They agreed to correct the mistake. This time when you drove away and approached the Stop sign the car stopped as it was supposed to, and it also stopped at every other Stop sign or red light. Once the defect was identified and corrected, the shortcoming went away.

I look at defects as the unseen part of our makeup such as: thoughts, motives, fears, feelings, ego, conscience, and so on. I look at shortcomings as the results of those inner thoughts and feelings such as: gossip, lying, verbal abuse, cheating, theft, neglect, and so on. In Step four we identified our defects of character (fear and Insecurity) and in Step five we owned and exposed them. In Step Six and Seven we start to replace our selfish and shameful thoughts and motives with unselfish habits and deeds.

There's no need to overcomplicate the process. As we begin to stay on the unselfish side of the behavioral ledger, we begin to establish a new track record and if all our motives are of an unselfish spirit, we start to establish some credibility, which, in time, leads to integrity. If individuals employ the dynamics, I described in Step Six and Seven, he/she will be a different person, in Spirit, when they reach the ninth Step and it will make it much easier to make amends backed up by a mountain of integrity.

The Steps of the program are numbered in order, for a reason and if a person is struggling with one of these Steps it might be wise to back-up and be sure that they didn't skimp on an earlier Step or leave out something important. If an Alcoholic has a desire to live a happy and useful life, the Steps of the program are a pathway to achieve that goal provided they stick with the plan. Not everything will go our way in the beginning but, if we persist, in time things will go exceptionally well. In the words of Preacher Roe: "Sometimes you eat the Bear, Sometimes the Bear eats you". I say, "Perseverance will always eat the Bear"!

By Rick R., Unconditional AA, Poway, CA

QUOTE

One of the many things no one tells you about aging is that it is such a nice change from being young.
Ah, being young is beautiful, but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.
AMEN!

IN GOD'S CARE

Daily Meditations on Spirituality in Recovery

Belief consists in accepting the affirmations of the soul; unbelief in denying them

Ralph Waldo Emerson

God seems distant at times. We are all, at times, beset by doubts. Sometimes we think faith is foolish. It's only natural; it shows we still have a healthy ego that is all too eager to run the show. This is nothing to worry about; most of the world's spiritual giants have had dark nights of unbelief.

If nothing else, in life's darkest moments, we can believe in belief. There is an affirmation in each of us that tells us we are in touch with a power greater than ourselves. There are few of us who don't, at some time, believe we get help from a Higher Power. An inner voice, ever so quiet, gently guides us, assuring us we are not alone.

And a little faith is all we need. The Bible says that the smallest amount, no more than a mustard seed, is sufficient. All we need is enough to start with; God takes it from there.

Today I will have faith in my own faith. It is enough.

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

** A husband and wife (married some time) are driving down the road when the wife screams at her husband "Slow down, the speed limit is 35!". The husband screams back, "I'm not speeding". Several minutes later the wife screams out again, "You just ran a red light!". The husband (getting angrier) yells back, "The light was yellow, not red. Don't tell me how to drive!".

A few minutes later, the police stop the couple. The officer informs the husband that he was stopped for speeding. The wife exclaims "I told you that you were speeding". The husband then tells her (under his breath) to "Shut up" and is getting angrier by the minute. The officer asks the husband if he is aware that he also ran a red light. The wife then says, "I told you the light was red!". The husband then screams (even louder) at his wife to shut up again.

The officer then (concerned for the wife's safety) asks the wife if her husband always treats her this way. She then tells the officer, "No, he only acts like this when he is drunk!". **

DAY SIX

Rebellious alcoholic personalities die hard. As you receive your tokens, marking progress from one stage of recovery to the next, that little rebel in you may sabotage your triumph: "This is stupid, don't embarrass yourself, everyone is looking at me..."

● * * * * *

The token in my pocket silences the rebel in my head.

... From Pocket Sponsor Thumbnail

6TH STEP PRAYER

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery.

Help me to continue being honest with myself and guide me toward spiritual and mental health.

... friendsofbillw.net/twelve_step_prayers

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 350 and 500 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**

A.A. HISTORICAL EVENTS IN JUNE

- June 1,** 1949 – Anne S., Dr. Bob’s wife, died.
- June 4,** 2002- Caroline K., author of “Drinking: A Love Story” died sober of lung cancer.
- June 5,** 1940 – Ebby T. took a job at the NY World’s Fair.
- June 6,** 1940 – The first AA Group in Richmond, VA, was formed.
1979 – AA gave the two-millionth copy of the Big Book to Joseph Califano, then Secretary of Health, Education, and Welfare. It was presented by Lois W., Bill’s wife, in New York.
- June 7,** 1939 – Bill and Lois W. had an argument, the first of two times Bill almost slipped.
1941 – The first AA Group in St. Paul, Minnesota, was formed.
- June 8,** 1941 – Three AA’s started a group in Kalamazoo, Michigan.
- June 10,** 1935 – The date that is celebrated as Dr. Bob’s last drink and the official founding date of AA.
- June 11,** 1945 – Twenty-five hundred attend AA’s 10th Anniversary in Cleveland, Ohio.
1969 – Dr. Bob’s granddaughter, Bonna, daughter of Sue S. and Ernie G. (The Seven Month Slip in the First Edition) killed herself after first killing her six-year-old child.
1971 – Ernie G. died.
- June 13,** 1945 – Morgan R. gave a radio appearance for AA with a large audience. He was kept under surveillance to make sure he didn’t drink.
- June 15,** 1940 – First AA Group in Baltimore, MD, was formed.
- June 16,** 1938 – Jim B., “The Vicious Cycle” in Big Book, had his last drink.
- June 17,** 1942 – New York AA groups sponsored the first annual NY area meeting. Four hundred and twenty-four heard Dr. Silkworth and AA speakers.
- June 18,** 1940 – One hundred attended the first meeting in the first AA clubhouse at 334-1/2 West 24th St., New York City.
- June 19,** 1942 – Columnist Earl Wilson reported that NYC Police Chief Valentine sent six policemen to AA and they sobered up. “There are fewer suicides in my files,” he commented.
- June 21,** 1944 – The first Issue of the AA Grapevine was published.
- June 24,** 1938 – Two Rockefeller associates told the press about the Big Book “Not to bear any author’s name but to be by ‘Alcoholics Anonymous.’”
- June 25,** 1939 – The New York Times reviewer wrote that the Big Book is “more soundly based psychologically than any other treatment I have ever come upon.”
- June 26,** 1935 – Bill D. (AA #3) entered Akron’s City Hospital for his last detox and his first day of sobriety.
- June 28,** 1935 – Dr. Bob and Bill W. visited Bill Dotson at Akron’s City Hospital.
- June 30,** 1941 – Ruth Hock showed Bill W. the Serenity Prayer and it was adopted readily by AA.
2000 – More than 47,000 from 87 countries attended the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

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

- 1948 – A subscription to the AA Grapevine was donated to the Beloit, Wisconsin, Public Library by a local AA member.
- 1981 – AA in Switzerland held its 25th Anniversary Convention with Lois W. and Nell Wing in attendance.

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

FUNNY ONE-LINERS

- Hospitality is the art of making guests feel like they’re at home when you wish they were.
- Television may insult your intelligence, but nothing rubs it in like a computer.
- Who laughs last – thinks slowest?
- Change is inevitable, except from a vending machine.
- I changed my password to “incorrect” so whenever I forget it the computer will say, “Your password is incorrect.”
- Artificial intelligence is no match for natural stupidity.

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	April	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 3,927.18	\$ 21,324.49	\$ 30,500.00	\$ 9,175.51
Individual/Bequeath	\$ 100.00	\$ 500.00	\$ 1,300.00	\$ 800.00
Birthday Club/Faithful Fivers	\$ 139.00	\$ 772.00	\$ 830.00	\$ 58.00
Office Supplies / Postage	\$ 216.58	\$ 776.36	\$ 337.50	-\$ 438.86
Newsletter	\$ 8.00	\$ 50.00	\$ 75.00	\$ 25.00
Rental Income-EGSC, etc	\$ 132.50	\$ 624.15	\$ 400.00	-\$ 224.15
Tradition Seven-meetings	\$ 329.60	\$ 1,176.10	\$ 1,500.00	\$ 323.90
Fundraising	\$ 200.00	\$ 200.00	\$ -	-\$ 200.00
Other Inc (Interest, etc)	\$ 5.25	\$ 21.89	\$ 16.00	-\$ 5.89
Total General Receipts	\$ 5,058.11	\$ 25,444.99	\$ 34,958.50	\$ 9,513.51
Literature & Medallion				
Literature	\$ 8,610.35	\$ 38,355.70	\$ 37,045.00	-\$ 1,310.70
Medallion	\$ 2,008.00	\$ 8,463.00	\$ 6,800.00	-\$ 1,663.00
Total Literature and Med.	\$ 10,618.35	\$ 46,818.70	\$ 43,845.00	-\$ 2,973.70
		\$ -		
Total Revenue	\$ 15,676.46	\$ 72,263.69	\$ 78,803.50	\$ 6,539.81
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,846.37	\$ 23,182.19	\$ 20,500.00	-\$ 2,682.19
Meeting list & Greeting Cards	\$ 484.10	\$ 1,893.99	\$ 1,700.00	-\$ 193.99
Medallion Purch /engraving	\$ 788.35	\$ 4,449.30	\$ 4,025.00	-\$ 424.30
Freight / Brokerage		\$ -	\$ 40.00	\$ 40.00
	\$ 6,118.82	\$ 29,525.48	\$ 26,265.00	-\$ 3,260.48
Intergroup Expenses				
12 Step Answering	\$ 404.88	\$ 1,619.51	\$ 1,600.00	-\$ 19.51
Literature expense	\$ 5.76	\$ 15.60	\$ 40.00	\$ 24.40
Communications & Tech		\$ -	\$ 400.00	\$ 400.00
Other (Archive, 12 Step,Cred,Grp Ser	\$ -	\$ 285.24	\$ 400.00	\$ 114.76
	\$ 410.64	\$ 1,920.35	\$ 2,440.00	\$ 519.65
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 156.95	\$ 627.80	\$ 1,240.00	\$ 612.20
Bank Chgs & Cr Card chgs	\$ 145.84	\$ 587.52	\$ 510.00	-\$ 77.52
Computer & IT Maintenance	\$ -	\$ 133.24	\$ 2,000.00	\$ 1,866.76
Equipment Lease	\$ 359.77	\$ 1,439.08	\$ 1,630.00	\$ 190.92
Fundraising expense	\$ -	\$ 2,624.37	\$ 5,000.00	\$ 2,375.63
Insurance	\$ 300.00	\$ 1,200.00	\$ 1,200.00	\$ -
Newsletter Expenses	\$ 0.72	\$ 4.34	\$ 20.00	\$ 15.66
Office Supplies	\$ 10.60	\$ 214.70	\$ 1,050.00	\$ 835.30
Postage	\$ 96.35	\$ 826.93	\$ 400.00	-\$ 426.93
Rent	\$ 4,204.75	\$ 13,852.25	\$ 13,320.00	-\$ 532.25
Repairs & Maintenance	\$ -	\$ -	\$ 600.00	\$ 600.00
Salaries, Source, WCB	\$ 4,640.28	\$ 18,561.12	\$ 19,300.00	\$ 738.88
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 190.42	\$ 819.73	\$ 800.00	-\$ 19.73
	\$ 10,105.68	\$ 40,891.08	\$ 47,070.00	\$ 6,178.92
		\$ -		
Total Expenses	\$ 16,635.14	\$ 72,336.91	\$ 75,775.00	\$ 3,438.09
		\$ -		
Income / (Loss)	-\$ 958.68	-\$ 73.22	\$ 3,028.50	\$ 3,101.72

2019 Birthdays

in - JUNE

60 Minutes to Sobriety

Last Sunday
Jun. 30 Bill L. 20 yrs.

Breathe Easy

First Friday
July 5 Peter J. 25 yrs.

Capilano Step

First Thursday
July 4 Ken S. 4 yrs.

Clareview Big Book

Last Wednesday
Jun. 26 Don M. 6 yrs.
Lance K. 2 yrs.

Crestwood Welcome

Last Monday
Jun. 24 Peter J. 25 yrs.
Val K. 4 yrs.

Eastwood

3rd Monday
Jun. 17 George H. 38 yrs.
Don M. 25 yrs.

Ellerslie Group

Last Thursday
Jun. 27 Julian G. 4 yrs.
Rob B. 8 yrs.

Last Call

Last Wednesday
Jun. 26 Gregg C. 2 yrs.

Lion's Den

Last Monday
Jun. 24 Don J. 30 yrs.
Leslie M. 3 yrs.
Paul T. 9 yrs.
Rob A. 7 yrs.

Lighthouse

Jun. 28 John F. 10 yrs.
Roxanne W. 9 yrs.
Sam W. 3 yrs.

Oilmen's

First Monday
Jun. 3 John C. 8 yrs.

Providence

Last Wednesday
Jun. 26 Stan V. 39 yrs.
Tonya. 3 yrs.
Denise M. 3 yrs.

South Side

Third Friday
Jun. 21 Sylvia M. 16 yrs.
Michelle. 1 yr.
Jim S. 21 yrs.
Bonnie G. 39 yrs.

The Why

Last Saturday
Jun. 29 Christine D. 10 yrs.
Jim R. 37 yrs.
Richard J. 2 yrs.
Jo-Anne H. 2 yrs.
Linda P. 20 yrs.
Renee O. 4 yrs.

West End Men's

First Wednesday
Jul. 3 Karl W. 11 yrs.
Rod M. 30 yrs.

Westminster

Last Saturday
Jun. 29 Lindsay S. 32 yrs.

SHERWOOD PARK

Happy Hour

Last Friday
Jun. 28 Jay S, 7 yrs.

Twelve Steps to Serenity

Last Monday
Jun. 24 Elise S. 3 yrs.
Erin P. 40 yrs.

ST. ALBERT

St. Albert Sunday Night

Last Sunday
Jun. 30 Danielle A. 9 yrs.
Edna B. 10 yrs.



NEW GROUPS

Little Rascals Recovery O
Fri. 7:30pm 11229-100 Ave. side dr.
Jellinek House

Southside Agnostics O
Wed. 8:15pm 8318-104 St., N dr.
Basement
Strathcona Baptist Church

Recovery 101 C
Sun. 7:00pm 15108-76 Ave.
Rio Terrace Church



I have some good news and some bad news. The good news is, the judge ruled court orderd AA is inhumane. The bad news is, he reduced your sentence to waterboarding.

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



CALENDAR OF EVENTS

2019 ROUNDUPS & FUNCTIONS

Didsbury, AB

June 7-9 **21 Annual Campout R/U** \$20.00
Rosebud Community Hall
Contact: 403-335-9990 / 335-9525

Calgary, AB

June 7-9 **38th Annual Gratitude R/U** \$75.00
2720 Glenmore Trail SE
The Glenmore Inn
Contact: www.gratituderoundup.com

Edmonton, AB

June 8 **District 46 Roundup** \$20.00
5:00 pm 12116 – 102 Ave.
Christ Church
Contact: 587-341-254 / 780-802-7702

Fort Saskatchewan, AB

June 15 **District 61 Sponsorship W/S** Trad. 7
10 – 4 10409 – 100 Ave.
F.S. United Church
Contact: 587-873-1982 or 587-784-3945

Edmonton, AB

June 19th **Edmonton PI/CPC Luncheon**
11:30 AM 11727 Kingsway Ave., St. Michael Rm.
Chateau Louis, in the back annex
Presentation & lunch 12 Noon – 1:00 PM
Members: buy a ticket for yourself \$25.00
Professionals are free.

Cardiff, AB

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

Edmonton, AB

June 23rd **District 57 Summer Workshop** Trad. 7
1:30-6:30 PM 8318 – 104 St. Potluck Lunch
SSCH- Strathcona Baptist Church

Stettler, AB

July 12-14 **Annual Stettler Roundup** ?
5106 46 Avenue
Nevis Community Hall

Edmonton, AB

July 13, 2019 **Suite Up & Show Up Group**
7 PM-10 PM 1st Annual Campfire Meeting
Emily Murphy Park site #3
Contact: redwolf71471@hotmail.com

Edson, AB

July 21-23 **59th Annual District R/U**
15229 TWP Rd 534
Pinedale Hall

Consort, AB

July 26-28 **31 Annual Consort Campout R/U** \$20.00
Gooseberry Lake Prov. Park
8 mi. N of Consort on HWT 31
And I mile East
Contact: 403-575-5623

Delisle Pike Lake, SK

Aug. 9 **39th Annual Campout R/U** Trad. 7
Pike Lake Ukrainian Park
20 km SW of Saskatoon, W.
on 22 St., Take Hwy. #7

Wainwright, AB

Aug. 9-11 **17th Annual Campout R/U** \$20.00
Riverdale Mini Park
20km N of Wainwright on Hwy 41
Contact: 780261-0104 / 780-386-2337

Legal, AB

Aug. 16-18 **Annual District 9 R/U** \$25.00
5320A – 46 Street
Club 60 Roses

Innisfail, AB

Aug. 23-25 **5th Annual Innisfail R/U** \$25.00
Antler Hill Community Hall
East on RR274 / HWY 791
Contact: 403-350-6467 / 392-3538

Greig Lake, SK

Aug. 30-Sep.2 **40th Annual AA Campout R/U** Trad. 7
Meadow Lake Prov. Park
:greiglakeroundup@hotmail.com

Red Deer, AB

Sept. 13-15 **Area 78 Election Assembly**
3310 – 50 Avenue
Red Deer Sheraton Hotel

Grande Prairie, AB

Sept. 13-15 **Annual Grande Prairie R/U** \$50.00
Sexsmith Civic Centre
9917-99 Ave., Sexsmith

Spruce Grove, AB

Oct. 25-27 **36th Annual District 10 R/U** \$35.00
400 Diamond Ave.
Elks Hall
Contact: 780-818-5070

