

A SPRING UPDATE FROM THE CENTRAL OFFICE BOARD CHAIR

We are genuinely thrilled to have an excellent newsletter available again to keep our members up-to-date on important events, and to help the still suffering alcoholic through stories that share our experience, strength, and hope.

Here's the good news... we have an excellent team that has accomplished much in the past year.

It's been about one year since I was elected as your trusted servant to the position of Central Office Board Chair. There was much to accomplish, and I am pleased to report that we have worked diligently to ensure the successful operation of Central Office. We have reconciled our business affairs with various institutions including the Canada Revenue Agency, and registered a new society as a foundation for our operations going forward.

I am especially proud of the members that have stepped forward in the past year to take on key roles in Edmonton Intergroup. There are no vacancies in any of the key Intergroup service positions, and the members that are in the officer positions have many years of sobriety and service experience. I am grateful for their talents and dedication.

The not so good news... Central Office (still) needs money.

In my 35 years of sobriety I have heard this statement many times, and I am just as tired as anyone of hearing it again. But... Group donations in 2017 are running over 25% below budget. In April, Group donations were so low that they did not even cover our rent! Roughly 62% of groups in Edmonton have not made a financial contribution in 2017.

Some rumors persist...

Another disappointment has been the realization that a small number of members still believe that there is money missing at Central Office (i.e. that there has been some form of theft in the past few years). This is incorrect. There is no money missing at Central Office.

To increase the financial stability of Central Office, we can remind ourselves that...

- Money donated to Central Office is used to help the still suffering alcoholic, which is our primary purpose. As Bill W. in his October 1967 Grapevine article said, "Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength – and that, under our Tradition of self-support, we are all going to foot the bill."
- One drink in a typical bar now costs \$6-8, and we can ask ourselves if that is a reflection of the amount we put in the meeting basket each week. I (personally) realized last year that I had been putting the same amount (\$5) in the meeting basket for years. Five dollars doesn't buy what it used to, so I doubled my contribution.
- In reality, Central Office needs money on an ongoing basis. Like our home Groups, the office has rent and expenses to pay on a regular basis. If Groups could do their splits on a more timely basis, this would create a more consistent cash flow for the office. July and August are usually a time of lower donations, so if Groups could do a split before the end of June, this would be much appreciated.
- Central Office accepts individual donations as well. You can contribute directly to Central Office.
- Overall, Alcoholics Anonymous and our Higher Power have saved us from total ruin. For me, my financial contributions are proof of my gratitude for what has been freely given to me.

Continued on next page

HAPPY 82ND BIRTHDAY AA WORLDWIDE

June 10, 1935

HAPPY 72TH BIRTHDAY EDMONTON AA

June 18, 1945

A SPRING UPDATE FROM THE CENTRAL OFFICE BOARD CHAIR

Continued.

I also clearly recognize that some people are not in a position to contribute much financially. We are not suggesting that you forgo your rent payment to support Central Office. But all of us can keep in mind what our green card that is read at meetings states, "Although the amount of our contribution is secondary to the spiritual connection that unites all Groups around the world, we may want to remember that a dollar does not support as many services as it used to."

I hope (and pray) that I won't have to hear the same line ("Central Office needs money") for much longer, and that (together) we can create a way to provide the office with the funds it needs on an ongoing basis, to help the alcoholic who still suffers. And for that, we are responsible...

If you would like to share any comments about the financing, or the operation of Central Office, please feel free to contact me at COB.chair@edmontonaa.org

Yours in service, Webb D.

DISCLAIMER:

ECO News is published monthly on behalf of Edmonton Intergroup. All printed and mailed copies are to be paid for either by subscription or walk in. Email copies are free. There is no use of funds donated via 7th Tradition process. Minimal editing may be done. This newsletter presents the experiences and opinions of AA members and relays information received at Central Office concerning roundups, conferences, birthdays and other events that may be of interest to subscribers. Any opinions expressed should not be attributed to AA. Publication of any article does not imply endorsement.

We would like to hear from you about your AA related experience, strength and hope, keeping in mind copyright and credit concerns. Any feedback will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, Group, and a phone number where you can be reached (of course we will protect your anonymity).

Material must be submitted no later than the 20th of the preceding month for it to print in the next month's issue.

Submit articles to AA Central Office, #205, 10544 114 St NW, Edmonton, AB T5H 3J7

Fax: (587) 523-4334

Email: centraloffice@edmontonaa.org **Subject Line: Attention ECO News**

Any member wishing to share their experience, strength and hope via writing an article, please submit by the 20th of the month before, to be included. Submit with your full name, which Group you belong to and it should be approximately 250 - 300 words.

We will protect your anonymity.

You can email to: centraloffice@edmontonaa.org or drop it off at the office.

PROMISE VI

In our attempt to live a spiritual life there may be wrongs we can never right. We should be sensible, tactful, considerate and humble. Pg. 83, Big Book

Promise VI, which is probably based on the benefits of Promises # 1-5, suggests that "that feeling of uselessness and self-pity will disappear." Real continuing effort on Steps and Traditions one day at a time is required to bring us to freedom and happiness. With this freedom serenity has a role in our life (no matter how fleeting).

We find that as we are accepted into the society of AA and the Promises come true ~ we have no time to feel useless or indulge in self-pity. Active Group membership with attendance at several weekly meetings, reading the literature, and participation in Roundups and Workshops shifts our focus to OTHERS and gives the spiritual condition we need to stay sober that one more day.

If we slide down ~ take that first step: call someone, get to a meeting, or do another Step 4.

Borrowed from 1996, Gerry T., Active 10 Group (in remembrance)

Edmonton Central Office Society
INCOME STATEMENT 2017

	April	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 3,866.30	\$ 26,837.20	\$ 37,000.00	\$ 10,162.80
Individual/Bequeath	\$ 35.30	\$ 252.30	\$ 1,000.00	\$ 747.70
Office Supplies / Postage	\$ 38.00	\$ 238.99	\$ 75.00	-\$ 163.99
Newsletter	\$ 18.00	\$ 86.00	\$ 75.00	-\$ 11.00
Rental Income-EGSC, etc	\$ 143.55	\$ 643.55	\$ -	-\$ 643.55
Tradition Seven-meetings	\$ 496.00	\$ 2,053.45	\$ 2,000.00	-\$ 53.45
Other Inc (Interest, etc)	\$ 3.22	\$ 12.59	\$ 16.00	\$ 3.41
Total General Receipts	\$ 4,600.37	\$ 30,124.08	\$ 40,166.00	\$ 10,041.92
Literature & Medallion				
Literature	\$ 5,489.15	\$ 29,492.95	\$ 32,000.00	\$ 2,507.05
Medallion	\$ 1,532.00	\$ 6,844.00	\$ 4,000.00	-\$ 2,844.00
Total Literature and Med.	\$ 7,021.15	\$ 36,336.95	\$ 36,000.00	-\$ 336.95
Total Revenue	\$ 11,621.52	\$ 66,461.03	\$ 76,166.00	\$ 9,704.97
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 3,120.53	\$ 17,607.88	\$ 21,100.00	\$ 3,492.12
Meeting list & Greeting Cards	\$ 378.34	\$ 1,612.94	\$ 650.00	-\$ 962.94
Medallion Purch /engraving	\$ 703.28	\$ 4,105.37	\$ 3,340.00	-\$ 765.37
Freight / Brokerage	\$ 10.00	\$ 44.10	\$ 200.00	\$ 155.90
	\$ 4,212.15	\$ 23,370.29	\$ 25,290.00	\$ 1,919.71
Intergroup Expenses				
12 Step Answering	\$ 404.88	\$ 1,619.49	\$ 1,580.00	-\$ 39.49
Literature expense	\$ 1.00	\$ 10.01	\$ 170.00	\$ 159.99
Office,postage,mtg room	\$ -	\$ -	\$ 238.00	\$ 238.00
Communications & Tech	\$ -	\$ -	\$ 650.00	\$ 650.00
Other (Archive, 12 Step,Cred	\$ -	\$ -	\$ 340.00	\$ 340.00
	\$ 405.88	\$ 1,629.50	\$ 2,978.00	\$ 1,348.50
Administrative Expenses				
Accounting & Legal	\$ 250.00	\$ 1,292.23	\$ 1,100.00	-\$ 192.23
Bank Chgs & Cr Card chgs	\$ 53.75	\$ 264.09	\$ 360.00	\$ 95.91
Equipment Lease	\$ 428.66	\$ 1,710.99	\$ 1,700.00	-\$ 10.99
Insurance	\$ 300.00	\$ 1,200.00	\$ 1,200.00	\$ -
Newsletter Expenses	\$ 1.62	\$ 7.44	\$ 160.00	\$ 152.56
Office Supplies	\$ 514.36	\$ 802.77	\$ 3,545.00	\$ 2,742.23
Postage	\$ 15.71	\$ 168.01	\$ 170.00	\$ 1.99
Rent	\$ 3,394.80	\$ 13,402.08	\$ 14,000.00	\$ 597.92
Repairs & Maintenance	\$ 6.60	\$ 6.60	\$ 200.00	\$ 193.40
Salaries, Source, WCB	\$ 4,523.52	\$ 17,778.17	\$ 17,900.00	\$ 121.83
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 190.19	\$ 610.85	\$ 700.00	\$ 89.15
	\$ 9,679.21	\$ 37,243.23	\$ 41,035.00	\$ 3,791.77
Total Expenses	\$ 14,297.24	\$ 62,243.02	\$ 69,303.00	\$ 7,059.98
Income / (Loss)	-\$ 2,675.72	\$ 4,218.01	\$ 6,863.00	\$ 2,644.99

2017 - Group Contributions to Central Office								
GROUP	Apr	YTD	GROUP	Apr	YTD	GROUP	Apr	YTD
60 MINUTES TO SOBRIETY		\$1,475.00	IDEAL BOOK STUDIES	\$478.85	\$478.85	SHER. PARK HAPPY HOUR GROUP		\$0.00
10 AFTER 10 GROUP		\$137.50	JASPER PLACE GROUP		\$348.33	SHER. PARK GROUP		\$0.00
84TH STREET		\$0.00	KNIGHTS OF SOBRIETY	\$300.00	\$300.00	SHER. PK IT'S 5 O'CLOCK SOMEWHERE		\$0.00
AB GROUP		\$264.00	LAMONT - BEAVERHILL GROUP		\$450.00	SHER. PARK MILLSHAVEN	\$400.00	\$400.00
ALTERED ATTITUDES GROUP		\$0.00	LANCASTER PARK TRI-SERVICE GRP		\$110.00	SHER. PARK 12 STEPS TO SERENITY		\$675.00
AS IT IS GROUP		\$0.00	LAST CALL GROUP		\$750.00	SHIFTERS GROUP		\$500.00
ATHABASCA AA GROUP		\$0.00	LIGHTHOUSE GROUP		\$250.00	SIMPLY SOBER AA GROUP		\$45.25
BACK TO BASICS		\$389.73	LIONS DEN GROUP		\$1,000.00	SLAVE LAKE AA GROUP		\$300.00
BEAUMONT HOW IT WORKS GRP		\$0.00	LIVE AND ACTIVE GROUP		\$0.00	SOBER COUNTRY - EDSON		\$0.00
BEAUMONT GROUP		\$500.00	LOVE AT WORK		\$0.00	SOUTHBOUND FELLOWSHIP GROUP		\$250.00
BEAVER LODGE AA		\$0.00	MANDATE:SOBER GROUP	\$50.00	\$250.00	SOUTH SIDE GROUP		\$200.00
BEVERLY GROUP		\$0.00	MILLET: STAIRWAY TO FREEDOM GRP		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP		\$0.00
BONNIE DOON GRP		\$0.00	MILLWOODS GROUP		\$150.45	SPRUCE GROVE AFTER 1 GROUP		\$0.00
BREATHE EASY GROUP		\$0.00	MILLWOODS SPRING STEP STUDY		\$0.00	STEPS TO SERENITY GROUP (MEN'S)	\$343.00	\$343.00
CAMEL DISCUSSION CLUB		\$1,000.00	MONDAY AT 7:30 GROUP		\$300.00	STONY PLAIN - BEYOND BELIEF		\$0.00
CAMPUS GROUP		\$0.00	MORINVILLE THURSDAY		\$50.00	STONY PLAIN - FIRST DOOR ON THE LEFT		\$200.00
CAMPUS GROUP - BLUE JEAN R/UP		\$1,013.25	MUSTARD SEED GROUP	\$500.00	\$500.00	STONY PLAIN - NEW WOMEN'S GROUP		\$20.00
CAPILANO STEP GROUP		\$400.00	NEW HOPE GROUP		\$0.00	STONY PLAIN - SUNDAY 7:30		\$0.00
CLAREVIEW BIG BOOK GROUP		\$175.00	NITON AA GROUP		\$0.00	STONY PLAIN - WEDNESDAY NITE UPSTART		\$0.00
CORNERSTONE GROUP	\$150.00	\$150.00	NO NAME HOME GROUP		\$0.00	ST. PAUL - FELLOWSHIP GROUP		\$200.00
CRESTWOOD WELCOME		\$750.00	NO SAINTS MEETING		\$0.00	ST. PAUL - YOU GO GAL MEETING		\$160.00
DAILY REFLECTIONS GROUP		\$250.00	NORTH EDMONTON GROUP		\$250.00	STRENGTH AND HOPE GROUP		\$0.00
DEVON MONDAY NIGHT GROUP		\$40.00	NORWOOD GROUP		\$300.00	SUIT UP & SHOW UP BIG BOOK STUDY		\$0.00
DISTRICT 10 UNITY ROUND UP		\$0.00	OFF THE WALL & LIVING SOBER MTG	\$250.00	\$500.00	SUNDAY MORNING OPEN GROUP (SMOG)	\$2.00	\$302.00
DISTRICE 40/41 COMMITTEE		\$0.00	OILMENS GROUP		\$0.00	SUNDAY MORNING BIG BOOK GROUP		\$0.00
DISTRICT 53		\$100.00	ONOWAY GROUP		\$0.00	SUNRISE LIGHT LUNCHEON GROUP		\$0.00
DISTRICT 57 COMMITTEE		\$0.00	OPEN DOOR GROUP		\$200.00	TA WOW GROUP		\$0.00
DISTRICT 64		\$0.00	OUR HOUSE	\$150.00	\$150.00	TERRA NOVA GROUP		\$177.50
DOLPHIN GROUP		\$395.00	OUR PLACE GROUP		\$0.00	THERE'S MORE TO THE STORY (SHER PARK)		\$0.00
DOWNTOWN DRAYTON VALLEY GROUP		\$0.00	PEACE RIVER AA GROUP		\$0.00	THE WHY GROUP		\$1,250.00
EARLY BIRDS BREAKFAST GROUP		\$0.00	POUNDMAKER'S TREATMENT CTR		\$0.00	THUS WE GROW		\$925.00
EASTWOOD GROUP		\$0.00	PROVIDENCE GROUP		\$0.00	TO SHOW OTHERS		\$0.00
EGSC & INTERGRP(FR DELEGATE REPORT)		\$25.00	RAINBOWS TO RECOVERY		\$0.00	TOWER GROUP		\$0.00
ELLERSLIE ROAD GROUP		\$200.00	RAY OF HOPE GROUP	\$125.00	\$612.50	TURNING POINT GROUP		\$0.00
FAITH WORKS STEP GROUP		\$0.00	RED ROAD TO RECOVERY		\$0.00	TUESDAY NIGHT AT 7		\$0.00
FT. SASK BIG BOOK TOOLBOX-TALK		\$30.00	RIO TERRACE GROUP		\$0.00	UNDER NEW MANAGEMENT		\$0.00
FULTON PLACE GROUP		\$564.00	RITE TRAC GROUP		\$0.00	UNITY STEP GROUP		\$0.00
GRANDIN MEETING		\$200.00	S.A. BREAKFAST GROUP		\$0.00	UP THE CREEK		\$600.00
GRATITUDE GROUP		\$0.00	S.A. BROTHERHOOD GROUP		\$500.00	VIOLET GROVE LAST CHANCE		\$0.00
GRIMSHAW SATURDAY NIGHT GROUP		\$100.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP		\$1,050.00	WABAMUN WEDNESDAY NIGHT		\$0.00
HS		\$100.00	S.A. MILLENNIUM GROUP		\$0.00	WEST END GROUP		\$400.00
HEADS UP FOR AA - VEGREVILLE		\$60.00	S.A. NOON HOUR MEETINGS	\$467.45	\$1,073.45	WESTEND 12 STEP GROUP		\$30.00
HELPING HANDS	\$150.00	\$250.00	S.A. SOBER SISTERS GROUP		\$0.00	WESTEND OASIS		\$0.00
HIGH PRAIRIE GROUP		\$250.00	S.A. STEP X STEP SATURDAY NIGHT GRP		\$0.00	WESTGROVE GROUP		\$0.00
HILLETE #2		\$65.00	S.A. SUNDAY STEP STUDY		\$200.00	WESTLOCK AA GROUP FRIDAY NIGHT		\$800.00
HOME GROUP #1		\$235.30	S.A. TUESDAY NIGHT GROUP		\$970.00	WESTLOCK WEDNESDAY GROUP		\$0.00
HOME GROUP #11		\$100.00	S.A. WED. NIGHT CLOSED MEN'S		\$0.00	WESTMINSTER GROUP	\$400.00	\$800.00
HOME GROUP #13		\$0.00	SANDY BEACH GROUP		\$0.00	WESTMOUNT GROUP		\$0.00
HOME GROUP #18		\$1,000.00	SATURDAY NIGHT LIVE MEETING		\$0.00	WHITCOURT AA GROUP		\$0.00
HOPE THROUGH FRIENDSHIP GROUP		\$0.00	SERENITY GROUP		\$0.00	WINTER ROUND UP		\$0.00
HOW IT WORKS GROUP		\$850.00	SERENITY POOL SUNDAY MEETING		\$0.00	YOUNG & OLD GROUP	\$100.00	\$200.00
						YOUR CHOICE GROUP		\$337.54
	Total	\$300.00		Total	\$2,321.30		Total	\$1,245.00
						Monthly Total		\$3,866.30
	YTD Total	\$11,068.78		YTD Total	\$10,743.58		YTD Total	\$9,115.29
						Grand Total		\$30,927.85

OLD TIMER'S CORNER

The Story of Edith Z., Sobriety date December 1, 1955

Interviewed on November 6, 1996

Retired and nestled in the bustling community of Westlock, only an hour's drive north of Edmonton is Edith Z., who in 1955, decided the Program of Alcoholics Anonymous was for her. The effervescent Edith shares her sobriety date each year on December 1. She was first exposed to the program in September of '55 but wasn't quite ready for another two months.

Edith was hospitalized under the guise of suffering something other than alcoholism when first hearing of AA. A social worker had taken the time to explain how the Program worked before taking the patient to the Central Office, then located just north of Jasper Avenue on 100 Street (Canada Permanent Trust Building).

With a huge smile, Edith says "There were an enormous number of steps up but none going down, so I couldn't go back out." She recalls that as a pleasant experience.

That day she was paired with a sponsor, known today as a temporary sponsor. Without the aid of Lil S., who kept Edith's spirits up, there was an awfully good possibility of her returning to drink.

Although not convinced she was an alcoholic but fearful of losing her job, Edith and the sponsor attended the first meeting.

In retrospect, she says the attitude of the people was so very different from what she had grown accustomed to. "Number one," she recalls, "It was non-judgmental and Number two, they made me feel I could walk with them. The people with three to six months in the Program made a far greater impact on me than what was being said. I didn't hear much at the first meeting, but I perceived people to be open and friendly, and offering coffee whether I wanted it or not. That was just an awakening, that attitude."

Edith's idea of a sponsor was someone whom she could call on when trouble neared. But, she was seldom out of the sight of Lil.

Her early sobriety was fraught with "tough love". During a horse racing meet in Edmonton, Ms. Z. was told, not asked, that she was going because Lil was not about to leave her alone.

Oblivious at the time to the sponsor's tactic Edith recalls now that "she cared enough to take me along."

Edith still has the Big Book given her by the sponsor so many years ago and uses it regularly at meetings while reading the 12 Steps.

Meetings were the order of the day then and lots of them. Edith says she and Lil would regularly attend AA meetings in churches in the inner-city area, others at the Halfway House on 106 Street, a Women's Group at the Red Cross House and the Southside Group at the Southside Chapter House. Edith met her permanent sponsor, Pat, at the old Red Cross House meetings.

It was at the Halfway House that Edith was given her first year medallion. That was presented by Jimmy W., and the cook in the house had baked a cake for the occasion. "The best cake I've ever eaten." Edith reminisces with laughter. At the time, she had found it most amusing.

Obstacles were few for a young lady entering the Program in the late fifties. Edith was the baby among the Groups and on the receiving end of considerable support from the old-timers.

Soon after sobering up Edith's job as a public health nurse took her out of Edmonton to the northern community of Fairview. Virginia, the secretary at Central Office, also a very close and beloved friend, contacted members of the small Group there and advised that "help was on the bus."

Upon arrival, Edith found there were no women in the Group but was gleefully welcomed as the secretary and soon became friends with all, particularly Harold and Viola.

Travel throughout the Peace River country visiting other Groups was common-place for the close-knit Fellowship of Fairview. Recollections of some of the more memorable excursions brings spasms of laughter. Pushing a stalled vehicle up a hill near Fort St. John, in order to catch a ferry was not a formidable task, for instance. Touching base with so many people was a solid introduction to the AA Program.

There was considerable emphasis on the 12 Steps in those early years with the Traditions being introduced later and given equal attention at meetings.

Among the many benefits of the AA Program for Edith has been the restoration of her humanity. "It never dawned on me." Edith admits, "But, you could tell. All the guys and girls would say they were so terrible, so different and other defects, when, in fact, they weren't different at all."

.. continued on next page

OLD TIMER'S CORNER

The Story of Edith Z., Sobriety date December 1, 1955

... continued from previous page

She says it doesn't matter what you did, just keep coming back. If I had to confess everything I would never have stayed. I fully expected a list of rules on the wall, but nobody ever told me what to do."

A great relief came when asked what she was going through, for then Edith felt she was just like the rest of the members, another human being. "What a relief!"

Ms. Z. recalls a number of people who played a significant role in her recovery, but many of the names now escape her memory. Tommy S., director of the Halfway House, was a close friend. Edith's fear was allayed at an early stage by Tommy, who told her there was no need to be scared if you don't take that first drink.

The Southside Chapter House meetings were especially attractive to Edith where there was considerable laughter interspersed with the serious side of the Program. Without the frivolity, she would not likely have continued in the Fellowship.

... continued next month



SIXTH STEP PRAYER

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

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.

AMEN

FIRST TIME FOR EVERYTHING

The first time I was accused of being an alcoholic was in my early mid 20's by my grandmother. She has been sober, without our Program, for over 50 years. Don't piss her off, but sober. Won't touch the stuff. It was roughly 3:00 p.m. as I stumbled, half in the bag, into the hallway of her 2-bedroom apartment, popped in to grab something quick and back out to the bar where my usual seat was waiting for me in the presence of a shot glass and pint freshly poured as the bartender saw me coming. It was a mid-spring day, warm enough for a t-shirt, the silence that came over us was broken by the sound of chirping birds outside the balcony's open door. A cool breeze swept through as I smiled, looked at my grandma and said, "At least I'm something". Out the door and back to where I found acceptance by those who understood my pain - artists, writers and musicians and our tormented souls. Misery truly does love company.

Like Déjà vu this scenario played out many times throughout my life. The only changes were the scenery and the actors that played their part. I knew my grandmother was right deep down inside, but it didn't matter. To a degree I accepted my fate as an alcoholic and made my way back to take in any format of acceptance I could find consciously and subconsciously, systematically feeding the gaping hole in my soul, just enough to keep it at bay.

Brick wall after brick wall, the school of hard knocks, the insanity of our disease was evident to everyone but yours truly, the narrator of this sick and twisted "b"-rated movie I directed. Nothing changes if nothing changes and change for me as an addict can be highly uncomfortable, but highly necessary. Easier said than done, I know, but doable. I am not alone in my struggles. I used to think, when the money runs out so do your party "friends". It's inevitable. I am not unique, or a special snowflake sent to illuminate a picture-perfect winter scenario. I am only a man, flesh and bone, and I face my struggles head on, as best I can, like many others.

One foot in front of the other, as terrifying as that may be some days, we, as recovering addicts triumph in the face of adversity every day we stay sober. It's a gift, and a privilege, not to be taken lightly. Our HP provides the rest selflessly. We may not have it all together but together we have it all. Today I can look back, smile and say, I've been sober for almost 28 months and I've triumphed in the face of adversity. I am someone!



With love Andreas

DELEGATE'S CORNER

May 17, 2017

Greetings. On behalf of the Area 78 membership, I attended the 67th annual General Service Conference of Alcoholics Anonymous from April 22-29 in Rye Brook New York. The theme of this year's Conference was "Supporting Our Future."

"The Conference is the time when the collective group conscience of U.S./Canada A.A. comes together to take actions that will guide the groups in the years to come". (Page S55 A.A. Service Manual).

The 133 voting members included the 93 Area Delegates, the 21 Class A and Class B Trustees, the directors of the Grapevine and A.A. World Services Corporate Boards and the staff of the General Service Office and A.A. Grapevine.

As part of the Conference were reports from the three corporate boards (General Service Board, Grapevine Board, A.A. World Services Board); presentations from the directors of Grapevine and A.A. World Services; a detailed financial presentation; a presentation on the World Service meeting; Delegate presentations on the three discussion topics; a workshop on Anonymity; Area highlights from the first year Delegates (Panel 67s); and elections for two Regional Trustees and the Trustee-at-Large for the U.S.

The major work of the Conference was done by the thirteen Conference Committees that thoroughly discussed the agenda items assigned to them and made recommendations to the Conference that were then discussed and voted upon. Recommendations approved by a two third vote of the Conference became Advisory Actions that are to be acted upon by the General Service Board. At this Conference, the 92 original agenda items resulted in 53 recommendations. Of those, 47 were approved and became Advisory Actions. The Committees also made 86 Considerations to the Trustees for possible future actions. Considerations are neither discussed nor voted upon.

The proceedings of the Conference will be published in the Final Conference Report which hopefully will be available for distribution to the members at the September 2017 Area 78 Election Assembly. An Advisory Action of this Conference was for a sanitized version of the Conference Report to be placed on the A.A. website - aa.org. I will keep you posted as to when the Report is available.

I left this Conference mentally and spiritually fulfilled. I am sad knowing that I rotate out at the end of December and will never be able to attend another General Service Conference. It is the many friendships I made during my two years at the Conference that I will cherish for years to come. I am so blessed and humbled that the members of Area 78 gave me the honour and privilege of representing Area 78 at the 67th General Service Conference.

Yours in Fellowship and Service. Larry M. Panel 66 Delegate Area 78 AB/Nt.
delegate@area78.org. 780-686-7438

REMINDER!

**INTERGROUP & THE GENERAL SERVICE COMMITTEES MEETINGS
DO NOT MEET IN JULY AND AUGUST.**

"Not everything that can be counted counts, and not everything that counts can be counted."

.. Albert Einstein

"Love is the only thing that we can carry with us when we go ..."

.. Louise May Alcott

"Serenity is not the absence of conflict, but the ability to cope with it." TST, June 2009

BEGINNER'S CORNER

Check of relapse symptoms or "dry drunk".

1. **Exhaustion** – Allowing one to become overly tired, usually associated with work addiction as an excuse for not facing personal frustrations.
2. **Impatience** – I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
3. **Argumentative** – No point is too small or insignificant not to be debated to the point of anger or submission.
4. **Depression** – All unreasonable unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
5. **Dishonesty** – Begins with pattern of little lies; escalates to self-delusion and making?
6. **Frustration** – Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3
7. **Self-pity** – Feeling victimized, put-upon, used and unappreciated. Convinced we are being singled out for bad luck.
8. **Cockiness** – Got it made. Know all there is to know. Can go anywhere, including bars, carry outs, booze parties.
9. **Complacency** – Like #8, no longer sees value of daily program, meetings, contact with other alcoholics (especially sponsor), feels healthy, on top off the world, things are going well. Heck may even be cured!
10. **Expecting too much from others** – Why can't they read my mind? I've changed, what holding them up? If they just do what I know is best for them. Leads to feeling misunderstood, unappreciated. See #6.
11. **Letting up on disciplines** – Allowing established habits of recovery: meditations, prayer, spiritual reading. AA contact, daily inventory, meetings – to slip out of our routines, allowing recovery to get boring and no longer stimulating for growth. Why bother?
12. **Using mood-altering chemicals** – May have a valid medical reason, but misused to help avoid real problems of impeding alcoholic relapse.
13. **Wanting too much** – Setting unrealistic goals: not providing for short-term successes, placing too much value on material success, not enough value on spiritual growth.
14. **Forgetting gratitude** – Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on #13.
15. **"It can't happen to me."** – Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. **Omnipotence** – A combination of several attitudes listed above, leads to ignoring danger signs, disregarding warnings and advices from fellow members.

Borrowed from power of sober thinks Newsletter, MY 1001

CONCEPT VI CHECKLIST:

- Are we familiar with how our General Service Board (GSB) Class A and Class B trustees serve AA?
- Are we clear about the term, "chief initiative" and "active responsibility"?
- Can we see a direct link to our home Group?

Reprinted with Permission of AAWS (F91)



THE IMPORTANCE OF THE HOME GROUP

Spring Edition April 1, 2017

SERVICE - Giving Back

- Others begin to trust you! You have the opportunity to become more responsible. Your opportunities increase to be of help. You can make coffee, be a door greeter, or open the doors for meetings.
 - We learn our small actions are valuable!
 - We get out of our own heads and our self-respect increases
 - We become connected and our sense of belonging is solidified
 - We learn that recovery & service is Spiritual.
 - We learn that we must continue to grow and we must not rest on our laurels. Every day we must live a Spiritual program of action and carry the vision of our Higher Power's will. The benefit is our own continued sobriety.
 - "... It gives us release from care, boredom and worry. It is joyous intimacy with friends, and a feeling that life is good" (*Alcoholics Anonymous*, pg 85 & pg 151)
- Dr. Bob said, "I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:
1. Sense of duty
 2. It is a pleasure
 3. Because in so doing, I am paying my debt to the man who took time to pass it on to me.
 4. Because every time I do it I take a little more insurance for myself against a possible slip.

(*Alcoholics Anonymous*, page 181).

RECOMMENDED READINGS

- Alcoholics Anonymous 'Big Book', Working with Others, and Dr. Bob's Nightmare.
 - The Home Group: Heartbeat of AA, Selected Stories from the AA Grapevine Vol 1 & 2. (Book or cd)
 - The Language of the Heart, AA approved literature
 - March 2017 Grapevine "CONNECTED" - Grapevine in your home
- Group will be out for 3 months, MARCH, APRIL, and MAY.

The home group is called the heartbeat of AA, where we are loved until we can love ourselves
Grapevine "Home Group" - Why Have a Home Group, Sept. 1986

Please feel free to print, or electronically share this Newsletter for others

MAY 26 & 27

AREA 78 ACM OLDS ALBERTA

- Area Committee Meeting

DISTRICT 9 GSR MEETING

- Every second Sunday of the month, at 2 pm Lutheran Church, Westlock, Alberta. - ALL ARE WELCOME

DISTRICT 64 GSR MEETING

- Second Tuesday of every month at 7 pm, Salvation Army except April 11th will be held at the Next Church Village Landing. - ALL ARE WELCOME

WACYPA - Western Area Conference of Young People of AA - <http://wacypaaxxi.weebly.com/>

USEFUL INFORMATION:

EDMONTON CENTRAL OFFICE www.edmontonaa.org

AREA 78 - www.area78.org

ALCOHOLICS ANONYMOUS - www.aa.org

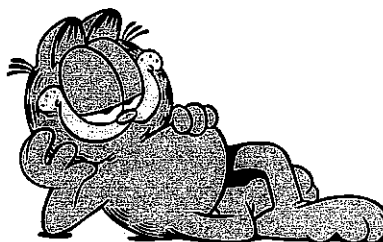
QUESTIONS? COMMENTS? WANT YOUR EVENT POSTED IN THE JULY 2017 QUARTERLY REPORT

district9wendy@gmail.com

BOB'S 90 TOOLS FOR SOBRIETY

25. Avoid all mood-altering drugs, read labels on all medicines.
26. Turn loose of old ideas.
27. Avoid drinking situations/occasions.
28. Replace old drinking buddies with new AA buddies.
29. Read the Big Book.
30. Try not to be dependent on another (sick relationship).
31. be grateful and when not, make a GRATITUDE list.
32. Get off the "Pity Pot" ... the only thing you'll get is a ring around your bottom if you don't.
33. Seek knowledgeable help when troubled and /or otherwise.
34. Face-it: You are powerless over alcohol, people and things.
35. Try the 12 and 12, not just 1 and 12 or 1, 12 and 13.
36. Let go and Let God.

... continued next month



STEP SIX

"Were entirely ready to have God remove all these defects of character."

Does this mean the defects will be lifted by God? Well, was I willing to change?

This is my beginning to grow spiritually one day at a time. I started by letting go of old habits that interfered with positive action.

I meditated on new ways of thinking getting ready each day for God to remove the things that kept me from changing my habits.

Willingness is the essence of this step ~ not perfection. I had to keep an open mind and let my Higher Power, my Higher Logic, and my Universal Hand prevail.

... past part-time staff and editor of TST~ Irene Q-B, 1996

TRADITION SIX CHECKLIST:

Reprinted from AA Grapevine Traditions Checklist

"An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and orestige divert us from our primary purse."

1. Should my fellow Group members and I go out and raise money to endow several AA beds in our local hopsital?
2. Is it good for a Group to lease a small building?
3. Are all the officers and members or our local club for AAs familiar with "Guidelies on Clubs," which is available free from GSO?
4. Should the secretary of our Group serve on the Mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

WACYPAA IS COMING TO EDMONTON!

WACYPAA is the Western Area Conference of Young People in Alcoholics Anonymous. The purpose of WACYPAA is to build and strengthen unity in Young Peoples Groups in Alcoholics Anonymous in the western area of North America and Hawaii. The focus is especially to reach those areas which historically had little exposure to such conferences.

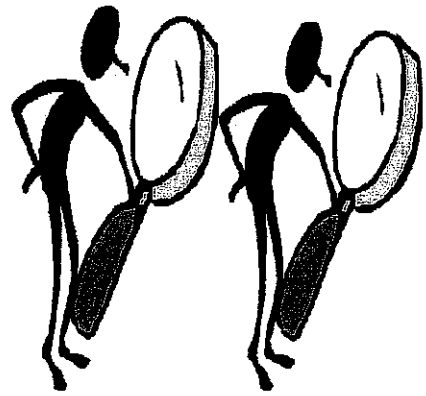
The 21st iteration of this event will be held December 28-31, 2017 at the Chateau Lacombe Hotel downtown and our theme is 'Sunlight At Last.' This will be only the second time that it's taken place in Canada and we are the northernmost city to host it so far. The last time WACYPAA occurred in Canada was 11 years ago in Vancouver.

While the focus of WACYPAA is on connecting young people in AA, alcoholics of any age or experience are welcome to attend. You can pre-register for the conference by clicking on the Register button at <http://wacypaaxi.weebly.com/> and filling out the form.

We are also looking for volunteers to help with planning this landmark event. If you are available to do service and help WACYPAA carry the message of recovery please click on the Be of Service button on the WACYPAA XXI website listed above.

We hope to see you there!

WACYPAA XXI Host Committee



WE ARE NOT A GLUM LOT

- ❖ I am hereby officially tendering my resignation as an adult! I have decided I would like to accept the responsibilities of an 8-year-old again.
- ❖ I want to go to McDonald's and think that it's a four-star restaurant.
- ❖ I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.
- ❖ I want to think M & M's are better than money because you can eat them
- ❖ I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer day.
- ❖ I want to return to a time when life was simple: when all you knew were colours, multiplication tables, and nursery rhymes, but that didn't bother you, because you didn't know what you didn't know and you didn't care.
- ❖ All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.
- ❖ I want to think the world is fair. That everyone is honest and good.
- ❖ I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.
- ❖ I want to live simple again. I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness and loss of loved ones.
- ❖ I want to believe in the power of smiles, hugs, a kind word, truth, justice, and peace, dreams of the imagination, mankind, and making angels in the snow.
- ❖ So... here's my cheque book and my car keys, my credit card bills and my bank statements. I am officially resigning to my childhood.
- ❖ And if you want to discuss this further, you'll have to catch me first, cause ...
- ❖ "Tag! You're it."

Pass this to someone and brighten their day by helping them remember the Simple things in Life.

((((HUGS))))

Hope ya'll join me!

THE SIXTH CONCEPT STATES:

On behalf of AA, as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

This Concept states that the General Service Conference, made up of elected delegates from Canada and the US, have the authority and responsibility of maintaining and protecting AA's purpose and structure while furthering our ability to reach the still suffering alcoholic and other functions as defined by the convention, the Board of Trustees and the Conference itself.

It also states that the Trustees have the authority and responsibility of running the day to day affairs of AA World Services, the General Service Office in New York and the Grapevine. The General Service Board Members also may serve on any number of Committees with Trustees and Staff, to better deliver the services required by AAs everywhere. These committees include Corrections, Literature, Archives, Public Information, Grapevine and more!

While Final Authority and responsibility remain with the Groups and their Members, this structure allows the day to day operation of our organization to carry on efficiently and keeping with the Traditions.

“Concepts VI, VII & VIII have to do with the balance of power and the relationship between the General Service Board, the Corporations, and the Conference. The Trustees are invested with full legal and practical responsibility for the management and oversight of our two Corporate Boards—AAWS and the Grapevine, Inc.—in addition to GSO. In this they are responsible for carrying our message around the world to other countries, for our Public Information activities and for overseeing our budget and operating funds. While the Groups have final responsibility and ultimate authority through the Conference, they delegate the day-to-day operations and oversight of our World Services to their elected trustees. Bill likens this relationship to a large, publicly-held corporation, in which the Trustees are the directors of a “holding company” (the General Service Board) with the Groups acting as “stockholders” and the delegates as “proxy holders” who represent the groups at its annual meeting. Bill purposely chose this corporate model for our entire Service Structure over an institutional or government model because in his words, “it is a far superior vehicle when it comes to the administration of policy and business.”” Source: AA Service Manual, Pg. 28

Other resources: <https://www.amethystrecovery.org/twelve-concepts-world-service-concept-vi/>

Submitted by Randy B., Norwood Group

LAUGHS, LAUGH, LAUGHS

- AA is the only place where you can walk into a room full of strangers and reminisce.
 - An AA Group will be judged by the worst behaviour of its members.
 - In AA, there are no losers ... just winners.
- An Alcoholic is:
- Someone who wants to be held while isolating.
 - Someone who refuses to give up a life of failure without a fight.
 - Someone who finds something that works and then stops doing it.
 - Someone who can be in the gutter and still look down on people.
 - Someone who keeps doing the same thing over and over expecting different results.
- Three of the most dangerous words for an alcoholic: “I’ve been drinking”.
 - Ten out of ten people die so don’t take life too seriously.
 - Three things can happen to an alcoholic who doesn’t stop drinking: They get screwed up, locked up or covered up.
 - Want to hear God laugh? Tell Him your plan.

.. Borrowed from AA Meeting in a Pocket

Birthdays

in - June

60 Minutes to Sobriety

Last Sunday
 June 25 Ayla P. 3 yrs.
 Bill L. 18 yrs.
 Cheryl W. 30 yrs.
 Ken P. 3 yrs.

Breathe Easy

July 7 Peter J. 23 yrs.
 John A. 9 yrs.
 Tyler P. 2 yrs.

Campus

Last Monday
 June 26 Ashley B. 2 yrs.
 Laurence J. 3 yrs.
 Randy M. 37 yrs.
 Sasha R. 2 yrs.
 Shelley M. 2 yrs.
 Sherry Y. 32 yrs.

Capilano Step

Last Thursday
 June 29 Ken S. 2 yrs.

Crestwood Welcome

Last Monday
 June 26 Peter J. 23 yrs.
 Val K. 2 yrs.

Dolphin

Closest Monday
 June 12 Valerie S. 1 yr.

Eastwood

Third Monday
 June 19 George H. 36 yrs.
 Don M. 23 yrs.

Ellerslie

Last Thursday
 June 29 Rob B. 6 yrs.
 Julian B. 2 yrs.

Hillette's 2

Last Wednesday
 June 28 Carrie G. 11 yrs.

Knights of Sobriety

First Wednesday
 July 5 Calvin G. 12 yrs.
 Ciaran O. 3 yrs.
 Karl W. 9 yrs.
 Ron B. 2 yrs.

Mustard Seed

First Sunday
 June 25 Charity. 2 yrs.

Lighthouse

Last Friday
 June 30 John F. 8 yrs.
 Roxanne W. 17 yrs.
 Tammy S. 10 yrs.
 Sam W. 1 yrs.

North Edmonton

Last Thursday
 June 29 Bill D. 30 yrs.

Oilmen's Group

First Monday
 June 5 Colin G. 29 yrs.

Providence

Last Wednesday
 June 28 Stan V. 37 yrs.

Shifters

Last Saturday
 June 24 Ron C. 14 yrs.
 Bob B. 14 yrs.
 Janet P. 31 yrs.
 Albert M. 41 yrs.
 Scott M. 9 yrs.
 Todd B. 8 yrs.
 Michelle. 5 yrs.
 Dana. 4 yrs.
 Trish O-B. 29 yrs.

South Side

3rd Friday
 June 16 Lisa R. 4 yrs.
 Sylvia M. 14 yrs.
 Jim S. 19 yrs.
 Bonnie G. 37 yrs.

South Side Young People

Last Sunday
 June 25 Virginia H. 13 yrs.

The Why Group

Last Saturday
 June 24 Calvin G. 12 yrs.
 Christine D. 8 yrs.
 Jim R. 35 yrs.
 Linda P. 19 yrs.

Westgrove

Last Sunday
 June 25 Dave Mc. 18 yrs.
 Peter K. 44 yrs.

Westminster

Last Saturday
 June 24 Lindsay S, 30 yrs.



SURROUNDING AREAS

SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
 June 26 Elise L. 1 yr.
 Erin P. 38 yrs.

Happy Hour

Last Friday
 June 23 Jay S. 5 yrs.

ST. ALBERT

S.A. Breakfast

Last Sunday
 June 25 Cam M. 12 yrs.
 Melanie P. 22 yrs.

S.A. Sunday Night Step Study

Last Sunday
 June 25 Edna B. 8 yrs.
 Danielle A. 7 yrs.

GROUPS IN NEED OF SUPPORT

Mon. 8:00pm Oilmen's Group (O)
 11223 - 51 Ave., back dr.
 (Holy Spirit Lutheran Church)

Tues 8:00pm Rite Trac Group
 13111 - 79 St.
 (Lutheran Church)

Tues. 8:00pm Young & Old Mtg.
 6329 - 118 Ave. (O)
 (Recovery Acres)

Tues. 8:00pm Hope Through Friend.
 16940 - 87 Ave., Rm. 016
 (Misericordia Hosp) (O)

Tues. 7:30 pm Southbound Fellowship
 10603 Ellerslie Rd.
 (Ellerslie Baptist Church)

Thu. 7:00 pm AA Group (O)
 11325-89 Ave.
 (St. Joseph's College)

Sun. 7:00 pm Phoenix Fireside
 22210 Stony Plain Rd.
 (Our House Centre)

Need new members & support

Oldie but goodie:

A penniless drunk sees a sign in a bar:
"Free Drinks Tomorrow!"
 He returns the next day to claim his
 drinks. The barman stops polishing a
 glass and points at the sign.
 So, the drunk comes back the next day!

"Going to meetings and not doing the Steps is like going to work and not collecting a paycheque. -borrowed from Hawaii meetings

CALENDAR OF EVENTS

ROUNDUPS & FUNCTIONS

Winnipeg, MB

June 1 **History to Celebrate 75 Hrs. of AA**
In Canada. Please submit by June 1 stories
To ADHOC COMMITTEE dmo75aa@gmail.com
Regular email www.aa75canada.ca

Athabasca, AB

June 2-4 **Annual AA R/U PIG ROAST SUPPER** \$30.00
Grosmont Hall, N end of Baptiste Lake
Contact: 587-989-2327 or 780-675-5665

Note: Help save the planet Bring YOUR COFFEE CUP

Hay River, NT

June 2-4 **4th Annual Hay River Campout** 7th Trad.
Escarpmnt Creek Group Campground
Contact: 867-875-7248

Edmonton, AB

June 9 **Serenity Group Gratitude Night**
7PM - 9:30PM 8420 - 145 Street
St. Timothy Church

Calgary, AB

June 9-11 **38th Annual Gratitude R/U** ?
2720 Glenmore Trail SE
Contact: www.gratituderoundup.com

Cardiff, AB

June 23-25 **Cardiff AA Roundup** \$35.00
Cardiff Hall, *21 Discovery Way
Hwy 2 & Cardiff Rd., Morinville,
10 min. N of Edmonton

Stettler, AB

July 7-9 **38th Annual Campout R/U** \$30.00
Nevis Community Hall
Contact: 403-74-1887 or 916-5361

Edson, AB

July 14-16 **Annual Edson R/U** \$50.00
Pinegrove Community Hall

Cayley, AB

July 14-16 **1st Keeping the Spirit Campout R/U** ?
Cayley Campgrounds

Consort, AB

July 21-23 **Annual Campout R/U** \$20.00
Gooseberry Lake Prov. Park

Crowsnest Pass, AB

July 21-23 **Crowsnest Pass Campout R/U**
Island Lake Prov. Campground

St. Paul, AB

Aug. 25-27 **55th Annual R/U & Campout** \$?
4112 - 53 Ave. Iron Horse Trail
Reunion Station Camp Site
Contact: 780-573-9589, 614-8106, 645-8590

ROUNDUPS & FUNCTIONS

Greig Lake, SK

Sept. 1-4 **Greig Lake 38 AA Campout R/U** Trad 7
Meadow Lake Prov. Park
Contact: 780-274-3503, 587-252-3639
780-209-1955
Email: greiglakeroundup@hotmail.com

Stony Plain, AB

Oct. 13-15 **District 10 *34 Annual Unity R/U** -\$30.00
Blueberry Hall, 5 Min. west on RR 15
Contact: 780-257-7085, 220-7466
Email: goodenoughgina@gmail.com
laughy6@hotmail.com

Edmonton, AB

Dec. 28-31 **WACYPA A21 Sunlight At Last** #35.00
Chateau Lacombe Hotel \$105.00
Email: WACYPAAXXIWEBLY.COM
2018

Regina, SK

June 8 **Western Canada Regional Forum**
6 PM-Mid. 1818 Victoria Avenue
Ramada Plaza Regina Hotel

MEETING CHANGES

Capilano Step Group held on **Thursdays** will change their meeting time to 7:00 pm

● *****

Campus Group held on **Mondays** will change their meeting time to 7:00 pm effective immediately.

● *****

Rite Trac Group - **Saturday** meetings are discontinued. Tuesday is alright but needs members

MEETING ROOM SPACE AVAILABLE

Meeting space at the Camel Club as follows:

Sun. 4:30 - 7:PM
out no later than 7 PM

Mon to 6:30 - 11:30 AM
Fri. out no later than 11:30AM

Mon to 1:30 - 7:00 PM
Fri. out no later than 7:00 PM

Contact: Marianne at 780-918-3885 or
Email: mjchildrey@shaw.ca