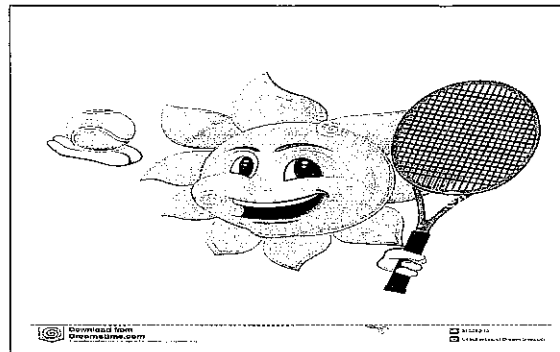
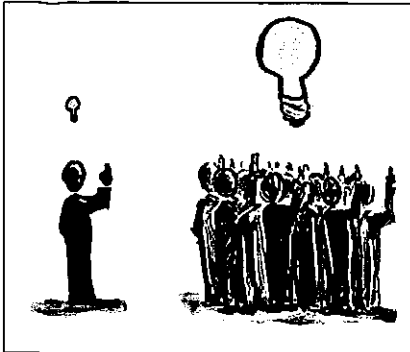


# ECONEWS

# \$1.00

Edmonton Central Office Society  
#205, 10544 114 St. NW  
Edmonton, AB T5H 3J7  
780-424-5900  
[www.edmontonaa.org](http://www.edmontonaa.org)  
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## AUGUST 2017



### DELEGATE'S CORNER

Following is an update on actions taken by the General Service Conference and the General Service Office on two topics that have generated considerable discussion and interest by our Fellowship – Anonymity and Social Media and Safety in A.A.

At the recent 67<sup>th</sup> General Service Conference an Advisory Action was approved that the pamphlet “Understanding Anonymity” be rewritten to include material from G.S.O literature covering Tradition Eleven and to expand the discussion on humility in Tradition Twelve as it relates to anonymity. There was also a Committee Consideration to develop service material to address frequently asked questions regarding anonymity and a wallet card or bookmark addressing anonymity online and in social media.

On the issue of Safety in A.A. three Advisory Actions were approved by the 67<sup>th</sup> General Service Conference. One was to include a statement on safety in the pamphlet “The A.A. Group.” A second was to add the word “safe” to inventory question #10 in the pamphlet “The A.A. Group.” The third was to develop language regarding safety to be incorporated in current and new recovery literature.

The General Service Office has also developed Service Material with the title “Safety and A.A.: Our Common Welfare”. It is Service Material item SMF-209 and is available free from the General Service Office or online using the link [http://www.aa.org/assets/en\\_US/smf-209\\_en.pdf](http://www.aa.org/assets/en_US/smf-209_en.pdf)

The General Service Office has just released a new “Safety Card for A.A. Groups” (F-211). This “Yellow Card” can be read out at A.A. meetings and is available free from the General Service Office or online using the link [http://www.aa.org/assets/en\\_US/f-211\\_SafetyCardforAAGroups.pdf](http://www.aa.org/assets/en_US/f-211_SafetyCardforAAGroups.pdf)

If you have any questions about these or any other A.A. topics please feel free to contact me. If I do not know the answer I endeavor to find someone who can. Yours in Fellowship and Service,  
Larry M. Panel 66 Delegate, Area 78 AB/NT; [delegate@area78.org](mailto:delegate@area78.org) 780-686-7438

Sending out a great big **THANK YOU** to Debby L. for her time and dedication in Central Office, organizing the meeting list (aka Willamina) and generally organizing us all in her loving way.

## 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**

**Q:** What's the difference between self-esteem and ego?

**A:** Self-esteem doesn't need an audience.

## CONCEPT VIII CHECKLIST:

- Do we understand the relationship between the two corporate service entities (AA World Service, Inc, The AA Grapevine and the General Service Board?)
- How can the business term "custodial oversight" apply to the Trustees' relationship to the two corporate service entities?
- Does my home Group subscribe to GSO's bimonthly newsletter *Box 4-5-9? The AA Grapevine? Do I?*  
... Reprinted with Permission of AAWS (F91)

## PRINCIPLE OF TRADITION VIII

From the ancient words. "Freely ye have received, freely give", we have discovered that money and spirituality do not mix. Therefore, Alcoholics Anonymous will never have a professional class.

We have no objection to professionalism in other fields, such as religion, medicine, health, and dry-out farms, but we accept the sober fact that it does not work for us.

When AA's have tried to professionalize our 12<sup>th</sup> Step, our singleness of purpose, which is "to carry the message and to practice these principles in all our affairs", has been defeated.

Some AA members, out of fear, became very critical of other members, such as cooks, caretakers, secretaries and authors, even though these jobs had nothing to do with AA's 12<sup>th</sup> Step. These members were criticized for "making money out of AA."

The members of Alcoholics Anonymous agreed that the 12<sup>th</sup> Step could not be sold for money, as it has a negative effect on both the message and the receiver.

When clubrooms had kitchens, the members had to hire cooks to prepare food and coffee and caretakers to make the rooms habitable and hospitable. It made more sense to hire personnel for these positions, because volunteers soon tire of the idea of opening up and making coffee. There was also the possibility that a member, who had had a slip, might still have a key, so these rooms had to be monitored.

Some of the projects to which AA members have attached themselves have been ill conceived, but that makes not the slightest difference with the principle involved.

Our 12<sup>th</sup> Step is never to be paid for, but those who labour in service for us, are worthy of their hire.

... TST Aug. 2007, Ron M., How it Works Group



## EIGHTH STEP PRAYER

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

Higher Power, I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

Amen

## OLD TIMER'S CORNER

The Story of Howie W., Sobriety date February 4, 1955

Interviewed on November 6, 1996

A strange beginning to a long journey to recovery from alcoholism. Howie drew attention by hanging himself on a Victoria Dockyard gate.

The sailor had been sent to do some work on a ship but was somehow diverted from that task and found about three hours later, on the gate, unable to walk, by his superior officer. He was sent home for the day.

As might be expected, the following morning there was a call to the bosses' office for "the big lecture". For the first time Howie admitted to another that he would have just one drink and not be able to stop. "Well, if you know that, you've got it half beat," responded the boss.

Another sailor, Art, made a 12-Step call. It turned out that Art was someone Howie knew and with whom he had shared a drinking table. "I understand you want to talk to me about AA," Art says. To which Howie replies, "Not really."

Art wasn't about to waste the visit and suggested they pretend with the thought that if Howie, at some stage wanted to talk AA, he might want to do it.

That was an introduction to AA for Howie, but it didn't stop him from drinking. He practiced for another six months after arranging to get away from "that boss" and took a posting in Montreal.

The progressiveness of the alcoholism was manifesting itself with Howie into black-outs and fantasies. With his last drunk, he awoke in the morning not knowing how he got to where he was nor what had gone on the night before. His wife, Howie soon discovered, had her bags packed and was ready to leave.

Howie agreed when she admonished, "You have to do something about your drinking or I'm leaving." Almost immediately, at Howie's request, she called AA's Central Office in Montreal. Howie talked with Dan and made an appointment to meet with him.

During the two days before meeting with Dan, Howie had conjured a story, "I'll tell this guy just how bad my life is, how bad my wife is and my work is and all the rest of it. He'd drink too if he had my circumstances." However, it was only a matter of seconds before the wind was taken from Howie's sails. Immediately following an introduction Dan said, "You can quit your lying now because I've heard most of the tales."

Later that day Howie would attend his first meeting of Alcoholics Anonymous. He had finally found someone who understood what he was going through and spend time sharing with a new-found friend until the wee-hours of the next morning.

Howie remembers the speaker that night was Dave Bancroft, who would later become one of the Trustees in New York. He, too, was the first member of AA in Quebec. Dave's story, though, was one Howie couldn't relate to. He hadn't been institutionalized or incarcerated 42 times but Howie was impressed with the feelings that were brought out. Never had he talked about fears or not being able to relate with people. He was left with the impression "these people really know what I'm all about." From day one he was an active member of AA attending eight meetings a week in the first year of sobriety.

Meetings were a must if Howie was to stay sober. The environment in which he was involved included considerable drinking among his co-workers. On Friday nights, they would all adjourn to the Mess to get drink, but Howie was excluded leaving him feeling somewhat akin to a leper. Consequently, he attached himself to other people in Montreal of the sober variety.

Along with the new found friends Howie started a meeting in their District of Montreal, the name of which escapes him today. There were 12 members, all new to the Program, who made all the mistakes there are to make. They went so far as to open a Half-way House in Pointe St. Charles. Today, Howie describes the venture as a "disaster."

Continued the next page

## OLD TIMER'S CORNER

The Story of Howie W., Sobriety date February 4, 1955

Interviewed on November 6, 1996

"Jake the Snake", sober six months, was hired to run the House. One evening the owner of the building, a United Church Minister, called to summon someone down to the House. Jake was drunk and entertaining a "bunch of girls". It was that night the Half-way house was closed. Despite all the mistakes, only one of the 12 original members was lost.

Howie's first and only Sponsor is an "old" army Major now living in Victoria. The Major was deeply involved in the Program and services and a lot of that rubbed off on Howie. In the first six months, there were regular Sunday morning meetings at the St. Vincent de Paul Penitentiary, and at Christmas there was the delivery of gifts, food packages and furniture among other items to people in the district. "I never had a better Christmas," recalls Howie. "I learned the art of being able to give to somebody else." He had been taught by the Major just what service can do for a person's well-being.

There was to be a posting back to Esquimalt and a return to the sea which created a real challenge to Howie's sobriety, but he managed admirably.

Comparing today's resources with those available in 1958, Howie feels they are more bountiful. Twelve Step calls were handled a little differently. Three or four members would gather at a given spot, hold a meeting, answer the phone and respond to the still-suffering. A major difficulty then was the absence of medical facilities. If someone was extremely sick, their chances of getting into a hospital were negligible - they just weren't welcome. Emergency was available where the sufferer was given a shot and then sent on his/her way. This situation, says Howie, resulted in a lot of babysitting by the members.

Ironically, Howie recalls doing a lot of hospital work. The membership enjoyed a particularly good rapport with the Veteran's Hospital where doctors would often call to have someone speak with a patient. As Howie puts it, "It wasn't always successful, but it kept us sober."

...Continued next month.

***Any member wishing to share their experience, strength and hope via writing an article, please submit by the 20<sup>th</sup> 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](mailto:centraloffice@edmontonaa.org) or drop it off at the office.

## MYTHS & MISCONCEPTIONS

Excerpts from Spring, 2017 "About AA", A Newsletter for Professionals.

- Kenneth is a Certified Substance Abuse Counselor and sober alcoholic, as well, who as an AA member has been part of the AA service structure. "Medication-assisted therapy is big in the treatment community and there is a misconception that AA is somehow against medication," he says. "This is not true. AA, as such has no opinion on what medication is appropriate for an individual. While it is true that some people may substitute addictions - pills for alcohol, say - many AA members truly need medication, and Alcoholics Anonymous does not offer medical advice. This is spelled out in the pamphlet "The AA Member ~ Medication and Other Drugs," which clearly shares our experience of both situations - the possibility of alcoholics abusing other substances and the clear reality that some AA members need prescribed medications. It also suggests that the responsibility of our members is to be honest with their doctors about their alcoholism and how medication affects them, and that all medical advice should come from a qualified health professional.

## NOTICE

The new Central Office Board is doing a fine job of looking after the finances. Emile C. of the Southside Group, and I have gone through the books and everything is in order. It is our opinion that it is okay to send your contributions into Central Office and also, have them do your splits, if needed.

It is imperative that we support our Central Office because they need us and we need them.

... Lawrence L., 84<sup>th</sup> Street Group & District 46 DCM



## TRADITION EIGHT CHECKLIST:

Reprinted from AA Grapevine Traditions Checklist

**“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

1. Is my own behaviour accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward ~ even if not money ~ for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. On my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition ~ How it Developed*?

- Smile ~ It increases your “face value”.
- My husband and I divorced over religious differences. He thought he was God and I didn’t.
  - The gene pool could use a little chlorine.
  - Consciousness: That annoying time between naps.
    - Procrastinate NOW!
    - I’m outta Hell and getting well.
  - Don’t count the years of sobriety ~ make the years count.
- I didn’t come here to find the Light ~ I came here to escape darkness.

## BOB’S 90 TOOLS FOR SOBRIETY

49. Stay sober for you ~ not someone else ~ otherwise it won’t work.
50. Practice rigorous honesty with yourself and others.
51. Progress is made ONE DAY AT A TIME, not 10 years in one day!
55. Make no major decisions the first year.
56. Get a Sponsor and use him/her. (Not just selectively share).
57. Know that no matter what your problems, someone’s had them before.
58. Strive for progress not perfection.
59. When in doubt ask questions. The only stupid question is the one not asked. You weren’t afraid to speak before, so why start now.
60. Use prayer and meditation ... not just pillow talk, get on those knees. Put your shoes under the bed, just in case someone’s looking.
61. Maintain a balance: spiritual, physical, emotional and mental.
62. Don’t use other substances as a maintenance program.
63. Learn to take spot check inventories.
64. Watch out for the RED FLAGS ... things that give excuses for poor behaviour and inevitable relapse.
65. Know that it’s okay to be human ... just don’t drink over it.
66. Be kind to yourself; it’s about time, don’t you think?

Continued next month

AA works for people who believe in God.  
AA works for people who don’t believe in God.  
AA **NEVER** works for people who believe they **ARE** God.

**NEW MEETING**  
We Agnostics Meeting  
Fri. 7-8 PM 10728 – 124 Street (Alano Club)

## SICK & TIRED

Worry is a form of fear, and all forms of fear produce fatigue. A man/woman who has learned not to feel fear will find the fatigue of daily life enormously diminished. ... Bernard Russell

- I'm sick and tired of worrying about things that don't really matter.
- I'm sick and tired of having unreasonable expectations of myself.
- I'm sick and tired of worrying about things over which I have no control.
- I'm sick and tired of worrying about what other people are thinking.
- I'm sick and tired of taking my emotional temperature.
- I'm sick and tired of using my energy foolishly by regretting what happened yesterday and worrying about what might happen tomorrow.
- I'm sick and tired of comparing my insides to other people's outsides.
- I'm sick and tired of being so hard on myself.
- I'm sick and tired of waiting until the last minute, and causing myself problems by putting things off.
- I'm sick and tired of feeling sorry for myself.
- I'm sick and tired of living in the problem instead of the solution.
- I'm sick and tired of being sick and tired.

### False Evidence Appearing Real

... Anonymous

## WACYPAA IS COMING TO EDMONTON!

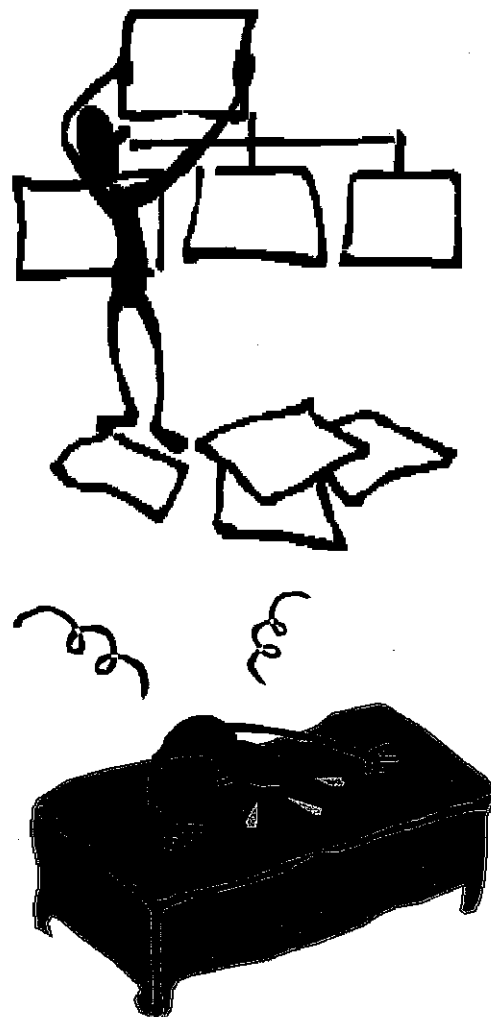
WACYPAA is the Western Area Conference of Young People in Alcoholics Anonymous. The purpose of WACYPAA is to build and strengthen unity in Young Peoples Groups in Alcoholics Anonymous in the western area of North America and Hawaii. The focus is especially to reach those areas which historically had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



## STEP EIGHT

**“Made a list of all persons we had harmed and became willing to make amends to them all.”**

As with many of the other Steps the key word here is willingness. Are we really willing to face the people we harmed and admit our wrongdoing? Until we are willing to put their names on our list and accept responsibility for our actions, we will not know peace. The thing I wanted most when I came to the Program was peace of mind. It was the catalyst that made me willing to do the work involved in the Steps. If we don't have the willingness then we earnestly pray until it comes.

Procrastination and pride are luxuries we can ill afford to indulge in when making our list. I was told that when I willingly put someone's name on my list, God would arrange to bring him or her into my life when the time is right.

My list consisted of four different columns, similar to my Fourth Step. In the first column, I listed the person that I was willing to make the amend to. The second column, I listed the harm I had inflicted on them, listing incidents. The third column, I listed how I had harmed them (i.e. financially, physically, mentally or spiritually). The final column, I listed how I was to do the amend which I explain under distinct categories as follows:

- **Family Members** – This is undoubtedly where the greatest damage was done and I knew it would take a long time to facilitate these amends. Initially I would have to do my indirect amends. I would show them that I am trying to change and, by example, show them that I was sincere about sobriety and my new way of life. This was done long before the direct amend was ever contemplated, so by the time it came to do the direct amend they would take it seriously. Many times, in the past I had said, “I'm sorry”, but this time I had to demonstrate the change.
- **Friends and Employers** – These were people that I didn't have quite as big an impact on, nevertheless I had harmed them through things I did and did not do. Both can be equally damaging.
- **The Deceased** – I had to include these people even though I would not be able to make a direct amend to them. I found that writing a letter and doing a graveside reading could be listed on my list. I could also pray for them.
- **God** – The Big Book tells me that the reason we sober up is to be of maximum use to God and our fellows. The way I make amends to God is to try and do exactly that. Service and 12<sup>th</sup> Step work are two of the many ways to do this.

Some of these amends could be done relatively soon while others would take the rest of my life but making the list helped to solidify my resolve to continue with the rest of the Steps.

... TST August 2007 – Verna H., Clareview Big Book Study

## IRISH PHILOSOPHY

There are only two things to worry about. Either you are well or you are sick.

**If you are well,**

Then there is nothing to worry about.

**If you are sick,**

there are two things to worry about. Either you will get well or you will die.

**If you get well,**

There is nothing to worry about.

**If you die,**

There are two things to worry about. Either you will go to heaven or hell.

**If you go to heaven,**

There is nothing to worry about.

**But if you go to hell,**

You'll be so damn busy shaking hands with your friends ..

You won't have time to **WORRY!!**

... Anonymous

## TRUDGER'S PRAYER

God, please put in front of me that which you would have me do:  
Give me clarity of mind and freedom from self to see it;  
The willingness and faith to pick it up;  
The courage and strength and to carry my share;  
The patience, tolerance and forgiveness for the obstacles that seem to be in my path;  
The wisdom to set it down when my turn is through,  
And the humility to quietly walk on.

Anonymous

**"What do you think of God?" the teacher asked. After a pause,  
the young pupil replied, "He's not a think, he's a feel!"**  
... Paul Frost

If our approach to God rested on how much brain power we could summon, a lot of us would be in trouble. We can't think our way to God. We have to feel our way there. We have to need God so much, love God so much (or love the idea of God so much) that we just find ourselves in communion with God. It's our feelings that bring us there.

Our reaching out to God usually comes as a last resort. It's the result of finally realizing that everything else we've tried has failed to bring us peace of mind. It doesn't say much for our good sense that we have a tendency to approach God only when we're desperate, but then it isn't intellectual power that brings us to our knees. Let's face it, we need God, not in our head, but in our gut.

---

I don't have to use my intelligence to get to God.  
I only have to want God in my life.

... In God's Care - Daily Meditations on Spirituality in Recovery

- **Sign in a bar:** "Those drinking to forget please pay in advance."
- You know **it's time to sober up** when: Those fluttering things that keep scaring you are your hands.
- You realize the last time you were sober you didn't have kids.
- An **anonymous drunk** was heard to remark, "I feel sorry for AA members. They feel just as good when they get up in the morning as they're going to feel all day."
- You might be an alcoholic if: 1. The vodka you're drinking reminds you of the taste of a fine aftershave. 2. You're lying in your waterbed all warm and comfy when you remember you don't have a waterbed.

... From "A Rabbit Walks into a Bar, AA Grapevine - Best jokes & cartoons



## EASY DOES IT

"You know, Dan, he told me, "many people coming into AA get the wrong conception of "Easy Does It", and I hope you don't. It doesn't mean that you sit on your fanny, stay home from meetings, and let other people work the Program for you. It doesn't mean you have an easy life without drinking.

"Easy Does It" means you take it one day at a time.

...Printed with permission from AAWS, Inc., Dr. Bob & the Good Timers, pg. 282



Edmonton Central Office Society  
INCOME STATEMENT 2017

	June	YTD	YTD BUDGET	variance
<b>General Receipts:</b>				
Group donations	\$ 7,862.23	\$ 40,988.98	\$ 55,000.00	\$ 14,011.02
Individual/Bequeath	\$ 560.42	\$ 1,018.72	\$ 1,000.00	-\$ 18.72
Office Supplies / Postage	\$ 20.00	\$ 281.49	\$ 105.00	-\$ 176.49
Newsletter	\$ 19.00	\$ 118.00	\$ 105.00	-\$ 13.00
Rental Income-EGSC, etc	\$ 190.25	\$ 1,014.55	\$ -	-\$ 1,014.55
Tradition Seven-meetings	\$ 387.05	\$ 2,902.30	\$ 3,050.00	\$ 147.70
Other Inc (Interest, etc)	\$ 3.03	\$ 18.74	\$ 24.00	\$ 5.26
<b>Total General Receipts</b>	<b>\$ 9,041.98</b>	<b>\$ 46,342.78</b>	<b>\$ 59,284.00</b>	<b>\$ 12,941.22</b>
<b>Literature &amp; Medallion</b>				
Literature	\$ 7,242.50	\$ 46,597.15	\$ 46,500.00	-\$ 97.15
Medallion	\$ 1,502.00	\$ 9,892.00	\$ 6,000.00	-\$ 3,892.00
<b>Total Literature and Med.</b>	<b>\$ 8,744.50</b>	<b>\$ 56,489.15</b>	<b>\$ 52,500.00</b>	<b>-\$ 3,989.15</b>
<b>Total Revenue</b>	<b>\$ 17,786.48</b>	<b>\$ 102,831.93</b>	<b>\$ 111,784.00</b>	<b>\$ 8,952.07</b>
<b>Expenses: (COS)</b>				
AAWS & Grapevine Literature	\$ 4,510.15	\$ 28,065.88	\$ 30,600.00	\$ 2,534.12
Meeting list & Greeting Cards	\$ 874.58	\$ 3,031.69	\$ 975.00	-\$ 2,056.69
Medallion Purch /engraving	\$ 733.89	\$ 5,535.76	\$ 5,010.00	-\$ 525.76
Freight / Brokerage		\$ 44.10	\$ 290.00	\$ 245.90
	\$ 6,118.62	\$ 36,677.43	\$ 36,875.00	\$ 197.57
<b>Intergroup Expenses</b>				
12 Step Answering	\$ 404.87	\$ 2,429.24	\$ 2,370.00	-\$ 59.24
Literature expense	\$ 5.74	\$ 17.65	\$ 250.00	\$ 232.35
Office,postage,mtg room		\$ -	\$ 350.00	\$ 350.00
Co mmunications & Tech		\$ 435.30	\$ 850.00	\$ 414.70
Other (Archive, 12 Step,Cred		\$ -	\$ 500.00	\$ 500.00
	\$ 410.61	\$ 2,882.19	\$ 4,320.00	\$ 1,437.81
<b>Administrative Expenses</b>				
Accounting & Legal	\$ 250.00	\$ 1,792.23	\$ 1,700.00	-\$ 92.23
Bank Chgs & Cr Card chgs	\$ 73.64	\$ 414.99	\$ 530.00	\$ 115.01
Bad Debt	\$ 553.10	\$ 553.10	\$ -	-\$ 553.10
Equipment Lease	\$ 425.00	\$ 2,564.66	\$ 2,500.00	-\$ 64.66
Insurance	\$ 300.00	\$ 1,800.00	\$ 1,750.00	-\$ 50.00
Newsletter Expenses	\$ 1.71	\$ 10.32	\$ 240.00	\$ 229.68
Office Supplies	-\$ 189.19	\$ 314.46	\$ 5,295.00	\$ 4,980.54
Postage	\$ 44.09	\$ 225.30	\$ 250.00	\$ 24.70
Rent	\$ 3,394.80	\$ 20,191.68	\$ 21,200.00	\$ 1,008.32
Repairs & Maintenance	\$ -	\$ 6.60	\$ 300.00	\$ 293.40
Salaries, Source, WCB	\$ 4,469.40	\$ 26,806.14	\$ 26,800.00	-\$ 6.14
Staff Training / Seminar		\$ -	\$ -	\$ -
Telephone / Internet	\$ 231.83	\$ 982.90	\$ 1,050.00	\$ 67.10
	\$ 9,554.38	\$ 55,662.38	\$ 61,615.00	\$ 5,952.62
<b>Total Expenses</b>	<b>\$ 16,083.61</b>	<b>\$ 95,222.00</b>	<b>\$ 102,810.00</b>	<b>\$ 7,588.00</b>
<b>Income / (Loss)</b>	<b>\$ 1,702.87</b>	<b>\$ 7,609.93</b>	<b>\$ 8,974.00</b>	<b>\$ 1,364.07</b>

**2017 - Group Contributions to Central Office**

GROUP	SO Num	District	Jun	YTD	GROUP	SO Num	District	Jun	YTD	GROUP	SO Num	District	Jun	YTD
60 MINUTES TO SOBRIETY	605529	53		\$1,475.00	IDEAL BOOK STUDIES		63		\$476.85	SHER. PARK GROUP	114752	61	\$500.00	\$500.00
10 AFTER 10 GROUP	698015	46		\$197.50	JASPER PLACE GROUP	114690	40		\$348.35	SHER. PK IT'S 5 O'CLOCK SOMEWHERE		61		\$0.00
84TH STREET	138626	46		\$0.00	KNIGHTS OF SOBRIETY	684247	40		\$300.00	SHER. PARK MILLSHAVEN	115605	61		\$400.00
AB GROUP	608916	57	\$232.50	\$496.50	LAMONT - BEAVERHILL GROUP	122788	20		\$450.00	SHER. PARK 12 STEPS TO SERENITY	684045	61		\$875.00
ALTERED ATTITUDES GROUP	164577	46		\$0.00	LANCASTER PARK TRI-SERVICE GRP	114682	64		\$110.00	SHER. PARK SISTERS IN SOBRIETY		61	\$660.00	\$660.00
AS IT IS GROUP	114673	55		\$0.00	LAST CALL GROUP		40		\$750.00	SHIFTERS GROUP	114699	57		\$500.00
ATHABASCA AA GROUP	114628	8		\$0.00	LIGHTHOUSE GROUP	682611	53		\$299.10	SIMPLY SOBER AA GROUP		40		\$45.25
BACK TO BASICS	168017	64		\$389.73	LIONS DEN GROUP	695067	57		\$1,000.00	SLAVE LAKE AA GROUP	114753	7		\$300.00
BEAUMONT HOW IT WORKS GRP		60		\$0.00	LIVE AND ACTIVE GROUP				\$0.00	SOBER COUNTRY - EDSON		5		\$0.00
BEAUMONT GROUP	127545	60		\$500.00	LOVE AT WORK	161470	60	\$200.00	\$200.00	SOUTHBOUND FELLOWSHIP GROUP		60	\$250.00	\$500.00
BEAVERLODGE AA	160144	4		\$300.00	MANDATE:SOBER GROUP	150723	46	\$50.00	\$300.00	SOUTH SIDE GROUP	114700	57		\$200.00
BEVERLY GROUP	114674	53		\$0.00	MILLET: STAIRWAY TO FREEDOM GRP	169895	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP		57		\$0.00
BONNIE DOON GRP	114583	53		\$0.00	MILLWOODS GROUP	117394	60		\$150.45	SPRUCE GROVE AFTER 1 GROUP	669568	10		\$0.00
BREATHE EASY GROUP	174614	40		\$0.00	MILLWOODS SPRING STEP STUDY		60		\$0.00	STEPS TO SERENITY GROUP (MEN'S)		55		\$343.00
CAMEL DISCUSSION CLUB	666161	40		\$1,000.00	MONDAY AT 7:30 GROUP	135319	46		\$300.00	STONY PLAIN - BEYOND BELIEF	712385	10		\$0.00
CAMPUS GROUP	125166	57		\$0.00	MORINVILLE THURSDAY	114617	9		\$50.00	STONY PLAIN - FIRST DOOR ON THE LEFT	704869	10		\$200.00
CAMPUS GROUP - BLUE JEAN R/UP	125165	57		\$1,013.25	MUSTARD SEED GROUP	107237	46	\$100.00	\$600.00	STONY PLAIN - NEW WOMEN'S GROUP		10		\$20.00
CAPILANO STEP GROUP	148631	55		\$400.00	NEW HOPE GROUP	123290	62		\$0.00	STONY PLAIN - SUNDAY 7:30		10		\$0.00
CLAREVIEW BIG BOOK GROUP	610932	53	\$200.00	\$375.00	NITON AA GROUP	114594			\$0.00	STONY PLAIN - WEDNESDAY NITE UP-START		10		\$0.00
CORNERSTONE GROUP		46	\$175.00	\$325.00	NO NAME HOME GROUP	178337	63		\$0.00	ST. PAUL - FELLOWSHIP GROUP	114750	3	\$250.00	\$450.00
CRESTWOOD WELCOME	114676	40		\$750.00	NO SAINTS MEETING		46	\$540.00	\$540.00	ST. PAUL - YOU GO GAL MEETING		3		\$160.00
DAILY REFLECTIONS GROUP		55		\$250.00	NORTH EDMONTON GROUP	114693	53		\$250.00	STRENGTH AND HOPE GROUP	114697	46		\$0.00
DEVON MONDAY NIGHT GROUP	114589	12		\$40.00	NORWOOD GROUP	114695	46		\$300.00	SUIT UP & SHOW UP BIG BOOK STUDY	679626	46		\$0.00
DISTRICT 10 UNITY ROUND UP		10		\$0.00	OFF THE WALL & LIVING SOBER MTG	224807	55		\$500.00	SUNDAY MORNING OPEN GROUP (SMOG)	123633	57	\$300.00	\$602.00
DISTRICT 40/41 COMMITTEE		40		\$0.00	OILMENS GROUP	114696	57	\$50.00	\$50.00	SUNDAY MORNING BIG BOOK GROUP				\$0.00
DISTRICT 53		53		\$108.00	ONWAY GROUP	114696	57		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	114702	46		\$0.00
DISTRICT 57 COMMITTEE		57		\$0.00	OPEN DOOR GROUP	607230	35		\$200.00	TA WOW GROUP	114703	46		\$0.00
DISTRICT 64		64		\$0.00	OUR HOUSE		40		\$150.00	TERRA NOVA GROUP	114604	46	\$401.33	\$578.33
DOLPHIN GROUP	712035	40		\$395.00	OUR PLACE GROUP	125679	46		\$0.00	THERE'S MORE TO THE STORY (SHER PARK)		61		\$0.00
DO WINTOWN DRAYTON VALLEY GROUP	114669	6		\$0.00	PEACE RIVER AA GROUP	11473	2	\$10.00	\$10.00	THE WHY GROUP	167589	46	\$700.00	\$1,950.00
EARLY BIRDS BREAKFAST GROUP	605477	53		\$0.00	FOUNDMAKER'S TREATMENT CTR		64		\$0.00	THUS WE GROW	657945	57		\$925.00
EASTWOOD GROUP	114578	53		\$0.00	PROVIDENCE GROUP	129667	57	\$200.00	\$1,200.00	TO SHOW OTHERS				\$0.00
EGSC & INTERGRP (FR DELEGATE REPORT)				\$25.00	RAINBOWS TO RECOVERY				\$0.00	TOWER GROUP		46		\$0.00
ELLERSHIE ROAD GROUP		60		\$400.00	RAY OF HOPE GROUP	680905	46		\$612.50	TURNING POINT GROUP		46		\$0.00
FATH WORKS STEP GROUP	171793	53		\$0.00	RED ROAD TO RECOVERY	712109	46		\$0.00	TUESDAY NIGHT AT 7	688638	61		\$0.00
FT. SASP BIG BOOK TOOLBOX-TALK	692901	62	\$300.00	\$60.00	RIO TERRACE GROUP	178383	40		\$0.00	UNDER NEW MANAGEMENT	698671	57		\$400.00
FURSTON PLACE GROUP	114681	55		\$564.00	RITE TRAC GROUP	119930	53		\$0.00	UNITY STEP GROUP		55		\$0.00
GREENWICH MEETING	608211	57		\$200.00	S.A. BREAKFAST GROUP	114667	64	\$940.00	\$940.00	U OF AA GROUP		57	\$50.00	\$50.00
GRATITUDE GROUP	134873	53		\$0.00	S.A. BROTHERHOOD GROUP	138225	64		\$500.00	UP THE CREEK	663735	55	\$500.00	\$1,100.00
GRIMSIAW SATURDAY NIGHT GROUP	114718	2		\$100.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	114586	64		\$1,090.00	VIOLET GROVE LAST CHANCE	123000	6		\$0.00
HSE	114583	57		\$100.00	S.A. MILLENNIUM GROUP	649857	64		\$0.00	WABAMUN WEDNESDAY NIGHT	611199	10		\$0.00
HEADS UP FOR AA - VEGREVILLE	712925	20		\$60.00	S.A. NOON HOUR MEETINGS		64		\$1,973.45	WEST END GROUP	114704	40		\$400.00
HELPING HANDS	143515	60	\$500.00	\$750.00	S.A. SOBER SISTERS GROUP		64	\$116.00	\$116.00	WESTEND 12 STEP GROUP		40		\$30.00
HILLSH PRAIRIE GROUP				\$250.00	S.A. STEP X STEP SATURDAY NIGHT GRP	129542	64		\$0.00	WESTEND OASIS	172091	40		\$0.00
HILLLET #2	114586	40	\$65.00	\$130.00	S.A. SUNDAY STEP STUDY	605303	64		\$700.00	WESTGROVE GROUP	114705	40		\$0.00
HONEY GROUP #1	114687	63		\$235.30	S.A. TUESDAY NIGHT GROUP	114701	64		\$970.00	WESTLOCK AA GROUP FRIDAY NIGHT	114764	9		\$800.00
HONEY GROUP #11		63		\$250.00	S.A. WEB. NIGHT CLOSED MEN'S	704318	64		\$0.00	WESTLOCK WEDNESDAY GROUP	706329	9		\$0.00
HONEY GROUP #13	114615	63	\$542.40	\$542.40	SANDY BEACH GROUP	610511	9		\$0.00	WESTMINSTER GROUP	145451	46		\$800.00
HONEY GROUP #18	123079	63		\$1,090.00	SATURDAY NIGHT LIVE MEETING		57		\$0.00	WESTMOUNT GROUP	122146	40		\$0.00
HOPE THROUGH FRIENDSHIP GROUP	150938	40		\$0.00	SERENITY GROUP	114698	46		\$0.00	WHITCOURT AA GROUP	114766	6		\$0.00
HOW IT WORKS GROUP	199337	55		\$850.00	SERENITY POOL SUNDAY MEETING		60		\$0.00	WINTER ROUND UP				\$0.00
					SHER. PARK HAPPY HOUR GROUP	121626	61		\$100.00	YOUNG & OLD GROUP	124131	53		\$200.00
										YOUR CHOICE GROUP		53	\$300.00	\$637.54
				\$1,744.90					\$2,206.00					\$3,911.33
				\$13,463.68					\$14,038.68	Monthly Total				\$7,862.23
										Grand Total				\$40,988.88

# Birthdays

in - AUGUST

## 60 Minutes to Sobriety

Last Sunday

Aug. 27 Darlene H. 4 yrs.  
Barb M. 9 yrs.  
Gord R. 42 yrs.

## Breathe Easy

Sept. 1 Kathleen O. 3 yrs.  
Annette F. 9 yrs.  
Don M. 36 yrs.  
Jonathan H. 1 yr.

## Campus

Last Monday

Aug. 28 Kris G. 2 yrs  
Tom V. 21 yrs.

## Capilano Step

Last Thursday

Aug. 31 Denis S. 2 yrs.

## Crestwood Welcome

Last Monday

Aug. 28 Barbara A. 43 yrs.  
Larry S. 24 yrs.  
Jackie M. 14 yrs.  
Patsy T. 13 yrs.  
Derek T. 9 yrs.  
Jim J. 7 yrs.

## Dolphin

Closest Monday

## Eastwood

Third Monday

Aug. 21 Sylvia T-R.. 2 yrs.

## Fulton Place

Last Friday

Aug. 25 Mike B. 30 yrs.

## Hillette's 2

Last Wednesday

Aug. 30 Deborah A. 2 yrs.  
Dee B. 14 yrs.

## Knights of Sobriety

First Wednesday

Sept. 6 Grzegorz L. 2 yrs.

## Last Call

Last Wednesday

Aug. 30 Ashleigh. 3 yrs.  
Matt S. 1 yr.

## Mustard Seed

First Sunday

Aug. 27 James . 24 yrs.

## Oilmen's Group

First Monday

Aug. 7 Jan D. 54 yrs.

## Providence

Last Wednesday

Aug. 30 Glenn Q. 4 yrs.  
Rob B 1 ys.

## Serenity

First Friday

Sept. 1 Larry R. 3 yrs.  
Lew R. 47 yrs.

## Shifters

Last Saturday

Aug. 26 Amanda R. 13 yrs.  
Bernie C. 27 yrs.  
Scott Y. 8 yrs.  
Michael F. 4 yrs.  
Ruth B. 15 yrs.

## South Side

3<sup>rd</sup> Friday

Aug. 18 Aaron Z. 1 yr.

## South Side Young People

Last Sunday

Aug. 27 Troy D. 4 yrs.  
Bri B. 3 yrs.  
Vee D. 3 yrs.  
Jack R. 3 yrs.

## Terra Nova

Last Sunday

Aug. 27 Damian A. 12 yrs.  
John E. 5 yrs.

## The Why Group

Last Saturday

Aug. 26 Oliver. 3 yrs  
Terri S. 3 yrs.

## Thus We Grow

Last Tuesday

July 11. Kevin V. 2 yrs.  
Jim B. 46 yrs.

## West End 12 Step

First Tuesday

Sept. 5 Daniel S. 2 yrs.  
Lynne H. 4 yrs.  
Dan H. 2 yrs.

## Westgrove

Last Sunday

Aug. 27 Jo K. 5 yrs.  
Rod C. 8 yrs.

## Westminster

Last Saturday

Aug. 26 Diane L. 33 yrs.  
Val C. 5 yrs.

## SPECIAL MEETING

@ Kipness Vet Centre. 4470 McCrae Ave.

Check in at Reception Desk

Aug. 26 10:30 AM  
Scott R. 64 yrs.

## SURROUNDING AREAS

### SHERWOOD PARK

#### Happy Hour

Last Friday

Aug. 25 Dave H. 17 yrs.

## SURROUNDING AREAS

### SHERWOOD PARK

#### Sherwood Park Group

Third Thursday

Aug. 17 Don F. 41 yrs.  
Sandy T. 33 yrs.  
Terry P. 32 yrs.  
Brandi T. 12 yrs.  
Jerry E. 12 yrs.  
Paul V. 7 yrs.  
Jeremy M. 6 yrs.  
Chuck S. 4 yrs.  
Jim P. 2 yrs.  
Chad V. 2 yrs.  
Randy B. 2 yrs.  
Dan W. 1 yr.  
Chad VM. 1 yr.  
Theresa H. 1 yr.

#### Twelve Steps to Serenity

Last Monday

Aug. 28 Mike D. 2 yrs.  
Sharon M. 2 yrs.  
Alice S. 4 yrs.  
Gord S. 20 yrs.

### ST. ALBERT

#### S.A. Breakfast

Last Sunday

Aug. 27 Moe. 12 yrs.  
Elmer M. 32 yrs.  
Shirley M. 40 yrs.  
Duwayne W. 2 yrs.

#### S.A. Sunday Night Step Study

Last Sunday

Aug. 27 Bryce M. 14 yrs.  
Russell B. 11 yrs.

## MEETING ROOM SPACE AVAILABLE

Meeting space at the Camel Club as follows:

Sun. 4:30 - 7:00PM  
out no later than 7 PM

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

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

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Contact: Marianne at 780-918-3885 or

Email: [mjchildrey@shaw.ca](mailto:mjchildrey@shaw.ca)

# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

- Busby, AB**  
**Aug. 18-20** District 9 Annual Roundup \$25.00  
 Busby Community Hall ~ Pot Luck  
 N. on Hwy 44 W of Busby turnoff
- Wainwright, AB**  
**Aug. 18-20** Annual Wainwright Roundup \$?  
 Riverdale Mini Park  
 Hwy 41 (Buffalo Trail)
- Trochu, AB**  
**Aug. 19** 3<sup>rd</sup> Annual Unity Day & BBQ \$20.00  
 Trochu Lions Campground  
 Contact: Calgary Central Office 403-444-1212
- Edmonton, AB**  
**Aug. 20** Dist. 53 1<sup>st</sup> Annual Unity Barbecue! \$15.00  
 10:30AM -2:30PM 10955 - 50 Street, Gold Bar Park  
 Picnic Site #2 12 & Under FREE  
 Contact: Central Office 780-424-5900  
 587-335-7776 or 780-200-2726
- St. Paul, AB**  
**Aug. 25-27** 55<sup>th</sup> Annual R/U & Campout \$?  
 4112 - 53 Ave. Iron Horse Trail  
 Reunion Station Camp Site  
 Contact: 780-573-9589, 614-8106, 645-8590
- Innisfail, AB**  
**Aug. 25-27** 3<sup>rd</sup> Annual Innisfail Campout R/ U \$20.00  
 Antler Hill Community Hall  
 Contact: 403-227-6717 587-877-4692  
 Email: [innisfailroundup@gmail.com](mailto:innisfailroundup@gmail.com)
- Writing On Stone Prov. Park, AB**  
**Aug. 25-27** 51<sup>st</sup> International Corn Roast Trad 7  
 (41K East of Milk River)  
 Contact: 403-328-8791 / 403-327-2025  
 403-38-1664
- Greig Lake, SK**  
**Sept. 1-4** Greig Lake 38 AA Campout R/U Trad 7  
 Meadow Lake Provincial Park  
 Contact: 780-274-3503, 587-252-3639  
 780-209-1955  
 Email: [greiglakeroundup@hotmail.com](mailto:greiglakeroundup@hotmail.com)
- Calgary, AB**  
**Sept. 2** Steps, Stories & Beyond R/U Trad 7  
 7:30AM 9 PM  
 6100 - 8 Ave. SE-If able to do chilli or stew  
 Contact: 403-875-9894 / 403-617-6151
- Grande Prairie, AB**  
**Sept. 8-10** 58<sup>th</sup> Annual Grande Prairie R/U \$?  
 Sexsmith Civic Centre  
 Contact: 780-832-1966 / 780-831-7814  
 780-296-3940 / 780-814-0041

## ROUNDUPS & FUNCTIONS

- Irricana, AB**  
**Sept. 8** Irricana Hope & Unity R/U Trad 7  
 1<sup>st</sup> & 2 Ave, Irricana Lions Hall  
 Contact: 403-37-7376  
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- Red Deer, AB**  
**Sept. 15-17** AREA 78 ASSEMBLY  
 310 - 50 Ave., Sheraton Hotel  
 ..... THIS IS AN ELECTION - attendance is critical .....
- Edmonton, AB**  
**Sept. 20** Edmonton CPC Luncheon  
 11:30pm The Derrick Golf & Winter Club  
 3500 - 119 St. NW  
 NOTE: If you know someone that would like to attend  
 pls extend an invitation **RSVP by September 5<sup>th</sup>**.
- Morinville, AB**  
**Sept. 23** Morinville 40<sup>th</sup> Anniversary \$25.00  
 2:30 PM -10 PM 9610 Morinville Drive,  
 United Church
- Winnipeg, MN**  
**Sept.28-Oct.1** 21<sup>st</sup> National AA Archives Workshop  
 1445 Portage Ave., Clarion Hotel  
[www.aanationalarchivesworkshop.com](http://www.aanationalarchivesworkshop.com)
- Drumheller, AB**  
**Oct. 7** District 15 Annual AA Roundup \$25.00  
 10 AM - 9PM 627 6 St./ Church of the Nazarene  
 Contact:| [area78dist15@gmail.com](mailto:area78dist15@gmail.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  
[goodenoughgina@gmail.com](mailto:goodenoughgina@gmail.com)/[laughy6@hotmail.com](mailto:laughy6@hotmail.com)
- Edmonton, AB**  
**Oct. 22** Twelve Concepts Workshop Trad 7  
 1-4 PM 205, 10544 - 114 St.  
 Edmonton Central Office
- Edmonton, AB**  
**Dec. 28-31** WACYPA21 Sunlight At Last \$35.00  
 Chateau Lacombe Hotel \$105.00  
 Email: [WACYPAAXXIWEBLY.COM](mailto:WACYPAAXXIWEBLY.COM)

## BIRTHDAY CLUB MEMBERS

In June 2017

Webb D.	June 5, 1981
Sonny C.	May 11, 1987
Walter S.	Oct. 2, 1986
Barry B.	Feb. 18, 1991
Doug O.	Dec. 1980
Breathe Easy Group	