

# ECO NEWS

## JANUARY 2018

\$1.00

To Edmonton Central Office Society  
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### THINGS THAT GO THROUGH YOUR HEAD WHEN YOU CAN'T SLEEP!!

- \* If you attempt to rob a bank you won't have any trouble with rent/food bills for the next 10 years, whether or not you are successful.
- \* Do twins ever realize that one of them is unplanned?
- \* What if my dog only brings back my ball because he thinks I like throwing it?
- \* If poison expires, is it more poisonous or is it no longer poisonous?
- \* Which letter is silent in the word "Scent," the S or the C?
- \* Why is the letter W, in English, called double U? Shouldn't it be called double V?
- \* Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- \* Every time you clean something, you just make something else dirty
  - The word "swims" upside-down is still "swims".
  - Intentionally losing a game of rock, paper, scissors are just as hard as trying to win.
  - 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and Some of the rich own horses.
  - Your future self is watching you right now through memories.
  - The doctors that told Stephen Hawking he had two years to live in 1953 are probably dead.
  - If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
  - Many animals probably need glasses, but nobody knows it.
  - If you rip a hole in a net, there are actually fewer holes in it than there were before.
  - If 2/2/22 falls on a Tuesday, we'll just call it "2's Day". (It does fall on a Tuesday)-

... Anonymous

### CONCEPTS CHECKLIST

From AA World Services, F91 leaflet.  
A Service piece for Home Groups, Districts, Areas

#### Concept One

**Final responsibility and ultimate authority for AA World Services should always reside in the collective conscience of our whole Fellowship.**

- Does our Group have a General Service Representative (GSR)? Do we feel that our Home Group is part of AA as a whole and do our Group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the District, Area, or the local Intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my Home Group? In my Area?
- Where do we fit in the upside-down triangle of AA?
- Are we willing to do what it takes to ensure that our democracy of World Service will work under all conditions?

## 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

## SHORT QUOTES FROM AA GRAPEVINE

Reprinted from the AA Grapevine Magazine, January 1952

\*

How you use today determines how tomorrow will use you.

\*

When you get to the end of your rope, tie a knot and hang on -- to AA.

\*

It is the custom at an internationally known club to have three speakers/  
There is a short ritual of introduction by the Program Chair ...

“Please consider what you are to tell about the places you have been. Remember that no matter how far or how strange they were one of us has almost surely been there!”

Most AA Meetings have three speakers ...

\*

Every minute you are angry you lose 60 seconds of happiness.

\*

Before the entrance to Father Flanagan's Boys town, USA, there is a simple statue of a thin, frail youngster.

Over his shoulder he carries, so long as the statue shall stand, another youngster.

The inscription is simple ... “He ain't heavy. He's my brother.”

\*

A dog has many friends: he wags his tail instead of his tongue.

## FIRST STEP PRAYER

From Friends of Bill W., Internet

Dear Lord, help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism.

(This prayer is developed from the chapter; More About Alcoholism)

## BOX 459 NEWS Winter 2017

Quote from Bill W., December 1970

Gratitude is just about the finest attribute we can have, and how deeply we of AA realize this ...  
Together, we count and ponder our blessings of life, of service, of love.

## OLD TIMER'S CORNER

### The Story of Will B., sober August 28, 1957

In 1957, Will B., was a travelling salesman when the thought of being an alcoholic first entered his mind. Circumstances in his life were becoming worse each day, as he tells it, and he felt perhaps something should be done about his drinking. At the same time, came the realization of just how hard it is to stop drinking.

With that in mind, he called Alcoholics Anonymous in the old Calgary Chapter House. The contact there invited Will to the office as soon as he could make it. On arrival Will circled the block a number of times. He admitted, "I just couldn't go in." Another pass around the block and the contact was standing on the curb. "Park it there and come on in," invited the 21-Stepper.

A long conversation ensued that day after which Will went to his first meeting of Alcoholics Anonymous. He found it strange at that meeting. While the speaker shared his experience, strength and hope Will's head was nodding up and down. He couldn't help but agree, time after time, "Yes, that's been happening to me."

After due deliberation and careful consideration of his circumstances, Will concluded, "There's absolutely no doubt in my mind that I'm an alcoholic. Absolutely no doubt at all."

But, he also felt that it would be a horse of another colour to expect a person to sober up under those conditions. And, difficult it was. There were weeks without a drink and then he'd have half a glass. Will admits to having had three or four slips prior to the AA Program taking hold of his life in 1957.

He had actually entered the Program in January 1953 but, as he puts it, "It didn't take very well." There were some grand people around trying to help Will but, he wasn't getting anywhere when, suddenly at a Lethbridge convention, a fellow talked to him about sobriety and such during an elevator ride. He said, "You know what your trouble is, Will? You'll have to write a journal. Not a diary, but a journal.

Well, that task was found to be a moving experience and maddening at the same time, because, "Some days I would write and there weren't enough lines on the paper, and the next day I wouldn't have anything to talk about."

Still travelling, Will maintained his sobriety for one year. One year and all that work behind him, Will decided to call his friend, whom he would later consider his sponsor. He was impressed, so far. "Good," he said, "Now read it every night for the next year." That was the clincher.

Always a student of Alcoholics Anonymous, Mr. B. felt if he was going to be part of the Program and dedicate his life to reversing what he had done. That was Will's introduction to AA and for him it's been a wonderful and marvelous experience all these years.

The first time, in California, the two were in the same room, but didn't speak until later. Apparently, the organizers of a Long Beach convention were looking for a speaker and settled on Will who, now, was relatively new to the Program. There was a mass of people, ten thousand delegates alone, attending the convention. He was directed to the back of the stage where he met another gentleman who just finished speaking. He appeared embarrassed and Will couldn't understand why until he walked on stage to a throng of four thousand which was flabbergasting.

Later, on a Sunday morning, Will had gone upstairs at the hotel and was looking out over the Pacific when he met Bill W. (our co-founder) and had a long chat with him.

The second meeting with Bill W. came during a visit to New York by Will and a friend. Will's sponsor was running a halfway house (East Ridge) in Binghamton, NY. He had set up a lunch with a number of people who were visiting to get their sobriety "flattened out" and, more importantly, to meet Bill W.

Will looks back on the occasion as a wonderful experience because, as he put it, "Some of us believe he was Divinely inspired. "I don't believe in fanaticism," explains Will, "But, I sure liked that sense of meeting."

About 1969 business pressures necessitated a move to Edmonton for Will, and he's been here since. The Central Office was located at 97 Street and 102 Avenue. Virginia was the Secretary, a lady Will describes as being a marvelous person: Provincial conferences were alternating between Edmonton and Calgary: And, there were about five Groups plus some "Hill" Groups at the time.

The Hill Groups, Will recalls, were designed by George S. who ran the Alcohol Foundation of Alberta

## OLD TIMER'S CORNER

The Story of Will B., sober August 28, 1957

### Continued...

Anonymous because they came from Stalker's halfway house. The Groups, that became very popular, were established for people who hadn't reached the bottom ... they were going to stop the situation before it got out of hand or before someone lost everything.

Will fit that mold. He says he didn't lose everything. Years earlier he had been quizzed by some older members. They asked, "Do you still have a wife?" "Yes, I have a wife," Replies Will. "Do you have a job." "Yes, I have a job." Next question, "Do you have a car." "Yes, I have a car." The inquisitors quickly responded, "You're not ready yet."

Reluctantly, Will says the older members of AA at the time seemed to worry about their existence and constantly were breaking each other's anonymity. Controversy was rampant.

The Group, along with the retreats that were part of AA, were trouble. Then AADAC was spawned with the opening of Belmont Rehabilitation Centre and other treatment facilities. It was foreseen, with the money behind the commission, that it was going to be a problem. But, as Will points out, it has not turned out to be so.

Groups in Edmonton were ever expanding, reaching 10 in a short period of time. Will calls "laughable" the reasons for expansion. The excuses bandied about, he says, included expansion because it became difficult to handle. Someone would walk out and form another Group. Nonetheless, Groups would often change and merge for one reason or another.

"It just amazes me," says Will of the number of Groups available today In Edmonton and District.

Over the years as many as five Groups have claimed Will among their membership. His last Group was Norwood prior to its short-lived demise. There were 12 members then, but, with lots of visitors along for the Fellowship. People were more reluctant to make a commitment, he says, because of work transfers while others were "going back out."

In 1995, with but three members remaining Norwood joined with the Mustard Seed Group, and now meet Sundays at the Alano Club. (The Norwood Group has since resurrected itself.)

On most things Will might be considered vociferous, but on Group sizes he's wavering. The yard stick to him is the result. But, there is something to be said for larger Groups as, he points out, an attendance of nearly 65 members at a recent Mustard Seed Sunday meeting. On the other hand, he says, "I have always found with a smaller Group you can get together with individual members which is a lot better, from my point of view. The problem with the larger Groups is you don't know if a newcomer wants to speak and maybe we don't get to know them, not even their names." ...

### SEENAGER!!! A New word – Seenager

- There is a new term for my age group! I am a Seenager ("Senior Teenager").
- I have everything that I wanted as a teenager, only 50-60 years later.
- I don't have to go to school or work. I get an allowance every month.
- I have my own pad. I don't have a curfew. I have a driver's license and my own car. And I don't have acne. Life is Good!
- The people I hang around with are not afraid of getting pregnant. They aren't afraid of anything; they have been blessed to live this long, so why be scared?
- Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing, as it puts pressure on your inner ear.
- Also, older people often go to another room to get something and, when they get there, they wonder what they came in there for. That is NOT a memory problem – it is nature's way of making older people do more exercise.
- I must have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends, since they may already be my friends too!

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



## AA HISTORY FOR JANUARY

- Jan. 1,** 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.  
1948: Columbus Dispatch reported first anniversary of Central Ohio A.A. Group.  
1948: First A.A. meeting was held in Japan, English speaking.  
1988: West Virginia A.A. began the first statewide toll-free telephone hotline.
- Jan. 2,** 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.  
2003: Mid-Southern California Archives moved to new location in Riverside.
- Jan. 3,** 1939: First sale of Works Publishing Co. stock was recorded.  
1941: Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article on A.A.
- Jan. 4** 1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.  
1941: Bill and Lois W. drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.
- Jan. 5,** 1941: Bill and Lois visited Bedford Hills again.  
1941: Bill W. told Jack Alexander that Jack was "the toast of A.A. — in Coca Cola, of course."
- Jan. 8,** 1938: New York A.A. split from the Oxford Group.
- Jan. 12,** 1943: Press reported the first A.A. group in Pontiac, Michigan.
- Jan. 15,** 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.  
1941: Bill W. asked Ruth Hock to get him "spook book," The Unobstructed Universe.  
1945: First A.A. meeting held in Springfield, Missouri.  
1948: Polk Health Center Alcoholic Clinic for Negroes started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic.
- Jan. 19,** 1940: First A.A. group met in Detroit, Mich.  
1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A. Group.
- Jan. 21,** 1951: A.A. Grapevine published memorial issue on Dr. Bob.
- Jan. 23,** 1961: Bill W. sent an appreciation letter, which he considered long-overdue, to Dr. Carl Jung for his contribution to A.A.
- Jan. 24,** 1918: Bill W. and Lois Burnham were married, days before he was sent to Europe in WW I, weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.
- Jan. 25,** 1915: Dr. Bob S. married Anne Ripley.
- Jan. 26,** 1971: *New York Times* published Bill's obituary on page 1.
- Jan. 27,** 1971: The Washington Post published an obituary of Bill W. written by Donald Graham, son of the owner of the Washington Post.
- Jan. 30,** 1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

### Other significant things that happened in January (no specific date available):

- 1938: Jim B., author of *The Vicious Cycle*, a former atheist, gave A.A. "God as we understand Him."  
1940: First AA meeting not in a home meets at Kings School, Akron, Ohio.  
1942: *Drunks are Square Pegs* was published.  
1951: The A.A. Grapevine published a memorial issue on Dr. Bob.  
1984: *Pass It On*, the story of Bill W. and how the A.A. message reached the world, was published.

## ON RESENTMENTS

If I expect God to forgive my mistakes, how can I be resentful of the actions of others? For, having forgiven my mistakes, who am I to say that He should not forgive the mistakes of His other children also?

... Reprinted with permission AA Grapevine Magazine, January 1952

## BILL W.

(taken from Special, Fall edition of Life Magazine, 1990  
This special edition was for the 100 most influential people  
of the century)

Article was called "For a Disease of the Body, a Treatment of  
the Soul"

"Men of genius conceive their best projects when drunk," he once told his anxious wife. The William Griffith Wilson's best idea came to him six months into hard-won sobriety, when the Wall Street analyst kept himself from "slipping" back into alcoholism by confiding in a fellow Vermonter who was fighting the same battle.

From the simple encounter in 1935 ~ two drunks confessing themselves "powerless over alcohol" but resolving to stay dry one day at a time ~ the organization known as Alcoholics Anonymous was launched. And in the wake of its success came a flotilla of self-supporting self-help groups intended to combat gambling, drug using, overeating and personal demons of all kinds.

\*Note: Bill passed away on January 27, 1971 at the age of 75, from Emphysema.



## CORRECTIONS COMMITTEE

The Corrections Committee needs all types of volunteers. They need people to attend meetings in the facilities, people to help spread the word about this type of service work.

It is okay if you have never been to jail yourself! You can still carry AA's message of hope to an alcoholic who is incarcerated.

Let's face it: many of us who have never been arrested just never got caught!

Corrections Committee meets the 4<sup>th</sup> Wednesday of each month (except for July & August) at 6:30 PM at the Alano Club, 10728 - 124 St. Edmonton, AB.

## INVENTORY ... SLIGHTLY THIRD PERSON

There is one fellow in my Group who gives me a considerable amount of concern. He's not having any slips, understand, but he worries me day and night.

He came into the Program about three years ago and has been sober continuously ever since. He needed the Program badly, he was ripe when he first came into the hall. He saw what he wanted, and he clutched at it like a drowning man clutching at a straw.

It was all so ridiculously easy for him. He got sober and he liked it. He admits that whiskey is no longer a problem. He keeps it at home and never gives it a thought. He has been the recipient of all those wonderful changes that continuous sobriety usually brings.

He has taken an active part in all Group activities, he talks here, there and everywhere, whenever he is asked. He makes Twelfth Step calls and by the Grace of God he helped bring many new members into the Group. He's been a regular eager beaver. He loves his sobriety, he loves all AA activities. Off hand, you might say he is doing all right but still he worries me.

In his flitting around on AA business he has been seriously neglecting the most important man of all. Sure, he has given some more or less general thought to the Steps. He has straightened out a lot of his moral defects and he lives honestly and morally before God and man. He is living every day to the best of his ability and yet... deep down inside he still has much of his old pride, much of his old egotism, much of his old impatience, and a whale of a lot of his old tendencies to try to run things.

Maybe you say, "what of it, he's sober isn't he?" but still it bothers me a lot because, you see, I'm the guy.

... Reprinted with permission AA Grapevine Magazine, January 1952

## ALCOHOLISM IS A FAMILY DISEASE

I grew up with an alcoholic mom and my younger brothers had never known her sober. She drank heavily, on a daily basis, as did her mother when she was growing up. We all know the insanity and sacrifices when growing up in an atmosphere ruled by alcoholism.

My first exposure in AA was in the mid 1970's when we pressured mom to go to AA meetings. She went but was never stone cold sober nor was she falling-down drunk. She was going to get us off her back, not to save her own life. The seed was planted so in 1976 when she hit her bottom she went into treatment and dove into AA.

A few years prior her mother literally drank herself into a stroke and nearly died. The prognosis was not good. She would never walk, speak or feed herself again the doctors said. But they didn't know our Maggie. She returned to a very normal quality of life. She was told that to drink was to die, so she abstained on her own until she began to join mom at some of her regular AA meetings.

They both loved and appreciated AA and our family became the family unit that it had never been before. My younger brothers had a mom not a sister raising them now. The youngest was a toddler and grew up going to AA meetings, shaking hands and learning the prayers. He is a very spiritual man today and although he is not afflicted with alcoholism, he knows what a gift AA is to those who need and want it. I believe the AA principles make an impression on anyone exposed to them.

Mom got involved in service work at our local Intergroup office and gradually worked her way up to Office Manager and held that position until cancer took her from us in 2000. She maintained her sobriety despite tragedies like my alcohol/addict sister taking her own life and grandma dying of cancer. I know that AA survives and prospers on the effort of many dedicated servants and there are some who raise the bar for the rest of us. Mom was one of them. She had a capacity to love and an ability to help drunks that was amazing.

My grandma Maggie, as I called her, had subscribed to the Grapevine and evidently shortly before she died she paid for the multiple year subscription. I was blessed with the opportunity to buy her house out of her estate. For the first four years that I lived there I was a full-blown alcoholic and grandma's Grapevine kept coming. I kept them all, reading them occasionally. I had been to meetings with mom and grandma and knew AA worked for "older people" who "needed" to stop drinking. In 1982 I was sick of myself and my life but was sure that all my problems stemmed from everything other people had done to me. So, I began to go to Al-Anon meetings and soon found out that I was my problem and it was suggested to me that my drinking may have more to do with my unhappiness and unmanageability than I was willing to admit. Grandma Maggie 12-stepped me from the grace with the Grapevine magazine.

I surrendered in May of 1983 and began to make my own way in AA. I worked hard to stay sober and not feel as though I was living in mom's shadow. She and I were not close at the time and found that it was going to take a lot of effort on both our parts to build a loving, special relationship. We received help from other folks in AA and our respective sponsors and especially from a Higher Power. A Higher Power that I have questioned a lot over the years. Mom was my best friend, my confidant and my heart.

When mom died I was devastated. I never considered leaving AA, but had trouble going to meetings and encountering people who wanted to talk to me about mom. I am grateful for those that began to understand this and for the love and care that I received from my fellow AA members, my God, and my family.

It has been 12 years since mom went to the big meeting and recently my dear friend and mom's sponsor June informed me that our Central Office manager is leaving the job and that applications are being taken for his replacement. I didn't respond except maybe to say good for them. June pursued it and suggested that I apply. In response, I told her that I never saw myself doing that job because it was mom's job not mine. After more conversation and serious consideration, speaking with my partner and my sponsor I applied just under the deadline. Knowing that there had to be more qualified people in AA than me, I simply assumed that I would never be hired. Much to my surprised within a month of applying, I had my first interview, a second interview and was offered the position. This is another example of how I never know what God has in store for me. I was told that I had trained for the job for many years.

The office is in a different building that mom worked in which made it easier for me when I first got here. On the wall across from my desk is a picture of mom at her desk with the phone in her ear. It has been almost a year and I am still learning the job. But I am forever amazed at the love, help and support that I have received from so many. Some of the same volunteers are here. Every day that I drive to work I am blown away that I get to do this job.

... continued next page

## ALCOHOLISM IS A FAMILY DISEASE

... Continued from previous page

For many years I was envious of my parents for having jobs that they had so much passion for and now I have such a job. The many trusted servants who have had this job before me did the job with the best interest of AA and the still suffering alcoholic uppermost in their minds. I pray to be able to do the same. I am humbled by God's many Blessings in my life.

... Patti, Columbus OH, Reprinted from the AA Grapevine. 2002

This was from a member of the Central Office Seminar

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:

(Sing It!) - If you sing it, it's especially hysterical!!!

*Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.*

*Cadillacs and cataracts, hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.*

*When the pipes leak, When the bones creak,  
When the knees go bad,*

*I simply remember my favorite things,  
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.*

*Back pain, confused brains and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short-shrunken frames,  
When we remember our favorite things.*

*When the joints ache, When the hips break,  
When the eyes grow dim,*

*Then I remember the great life I've had,  
And then I don't feel so bad.*

>>>>>>>>>> > >>>>>>>>>> >>>>>>>

(Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores. Please share Ms. Andrews' clever wit and humor with others who would appreciate it.)



## STATEMENTS

- **There's no harm** in having nothing to say. Just try not to say it out loud. 09/1962
- They say that **alcoholics** have three kinds of memory loss: short-term, long-term and convenient. 08/2000
- There are no losers in AA, just slow winners. 10/2002
- **When it comes to gratitude**, my mind is like Teflon. When it comes to resentments, my mind is like flypaper. 08/2005  
Used with permission, AA Grapevine "A Rabbits Walks into A Bar"



# Birthdays

in – JANUARY 2018

## 60 Minutes to Sobriety

Last Sunday

Jan. 28 Carl L. 11 yrs.  
Carly T. 1 yr.  
Johanne J. 28 yrs.  
Len M. 37 yrs.  
Marcel T. 38 yrs.  
Randy W. 32 yrs.

## Breathe Easy

First Friday

Feb. 2 Karianne K. 1 yr.  
Carl S. 13 yrs.

## Campus

Last Monday

Jan. 29 Dave M. 6 yrs.  
Jason D. 4 yrs.  
Steve D. 5 yrs.

## Clareview Big Book

Last Wednesday

Jan. 31 Verna H. 28 yrs.  
Rayy K. 50 yrs.  
Chris M. 1 yr.

## Crestwood Welcome

Last Monday

Jan. 29 Kevin Mc. 27 yrs.  
Julie S. 7 yrs.  
Kurt S. 5 yrs.

## Dolphin Group

Closest Monday

Jan. 8 Donna L. 24 yrs.  
Trevor J. 2 yrs.  
Jan. 15 Tracy B. 2 yrs.  
Jan. 29 Donna M. 33 yrs.

## Eastwood

Last Monday

Jan. 29 Harold S. 36 yrs.

## Ellerslie

Last Thursday

Jan. 25 Patty. 3 yrs.

## Fulton Place

Jan. 25 PJ P. 22 yrs.  
Earl B. 8 yrs

## Hillettes #2

Last Wednesday

Jan. 31 Carol A. 5 yrs.  
Karyn G. 2 yrs.  
Sonny V. 33 yrs.

## Last Call

Jan. 31 Lianne M. 22 yrs.  
Susan M. 11 yrs.

## Knights of Sobriety

Last Wednesday

Jan. 31 Dennis W. 33 yrs.  
John F. 4 yrs.  
Gerry P. 4 yrs.  
Mike JB. 5 yrs.  
Stephen M. 1 yr.

## Lighthouse

Last Friday

Jan. 26 Matty M. 18 yrs.  
Jim M. 37 yrs.

## Lion's Den

Jan. 31 Bob W. 45 yrs.  
Mike B. 23 yrs.  
Philomam B. 5 yrs.

## Mustard Seed

Last Sunday

Jan. 28 Sonny H. 5 yrs.  
Vaughn Z. 9 yrs.  
Quinn. 1 yr.  
Jessie. 1 yr.  
Elka. 1 yr.

## Serenity

First Friday

Feb. 2 Clayton M. ?  
Rose Mc. 11 yrs.  
Mike J. 3 yrs.

## Sherwood Park

### SP Friday Night Happy Hour

Last Friday

Jan. 26 Glenn P. 2 yrs.

### SP Twelve Steps to Sobriety

Last Thursday

Jan. 25 Scotty O. 1 yr.  
Brian B. 3 yrs.  
Frank D. 3 yrs.  
Shane M. 4 yrs.  
Duncan M. 10 yrs.

EDMONTON

## Shifters

Last Saturday

Jan. 27 Cliff S. 15 yrs.  
Ann W. 30 yrs.  
Ian G. 36 yrs.  
Maikit. 10 yrs.  
Ian U. 8 yrs.  
Karen. 4 yrs.  
Chantel. 4 yrs.

## South Side

3<sup>rd</sup> Friday

Jan. 19 Gord L. 24 yrs.

## South Side Young People

Last Sunday

Jan. 28 Jason H. 4 yrs.  
Deane Z. 3 yrs.  
Jeremy R. 3 yrs.

## St. Albert

### S.A. Sunday Breakfast

Last Sunday

Jan. 28 Chris B. 3 yrs.  
Ken B. 24 yrs.

EDMONTON

## The Why Group

Last Saturday

Jan. 27 Avril C. 12 yrs.  
Bill M. 35 yrs.  
Cara A. 3 yrs.  
Catherine B. 23 yrs.  
Coralie C. 6 yrs.  
Holly. 35 yrs.  
Irene K. 27 yrs.

## Westminster

Last Saturday

Jan. 27 Ross E. 28 yrs.  
Natalie N. 11 yrs.  
Kelley B. 2 yrs.  
Tony M. 2 yrs.



## NEW GROUPS

### New Awakenings 8318 – 104 St. bsmt.

Mon. 7:00 AM Strathcona Church

### Sherwood Park

New at Two 4 Raven Dr.

Sun. 2:00 PM St. Thomas Church

84 St. Ladies #1 8406 -118 Ave. bsmt.

Wed. 8:00 PM E side in alley

We Agnostics 10728 – 124 St.

Fri. 7:00 PM (Alano Club)

## BIRTHDAY CLUB FOR DECEMBER

Breathe Easy Group

Jessica C. 4 yrs.



How come if alcohol kills **millions of brain cells**, it never killed the ones that made me want to drink?

Used with permission, AA Grapevine "A Rabbits Walks into A Bar"

# CALENDAR OF EVENTS

## ROUNDUPS & FUNCTIONS

2018

### Edmonton, AB

Jan. 11 **Lancaster Park Tri Service** facilitating  
7-9 PM Joe and Charlie Big Book Study  
For 8 wks. Our lady of Loretto Chapel, Mons Ave.  
Edmonton Garrison

### Calgary, AB

Jan. 19-20 **Area 78 Committee Meeting**  
1316 – 23 St. NE  
Calgary Coast Plaza Hotel  
Contact: Area8.org

### Edmonton, AB

Feb. 2 & 3 **Beat the Midwinter Blues R/I** \$40.00  
8523 – 182 St., Aldergrove Community  
Tickets 780-668-9015 or Central Office

### Banff, AB

Mar. 2-4 **Banff Roundup** Regist. \$ 37.00  
(or 3-5) Calgary Intergroup Banq. & Reg. \$104.00  
Banff Park Lodge, 222\lynx St.  
www.BanffRoundup.com

### Red Deer, AB

Mar. 16 – 18 **Area 78 Assembly**  
3310 – 50 Avenue  
Sheraton Hotel

### Cold Lake, AB

Apr. 20-22 **District 3 Cold Lake Roundup**  
4420 – 50 Street  
Cold Lake Senior's Centre

### Golden, British Columbia

May 4-6 **51<sup>st</sup> Annual Golden Roundup WE** \$40.00  
1401 – 9 Street Banq. \$25.00

### Regina, Saskatchewan

Jun. 8 -10 **Western Canada Regional Forum**  
1818 Victoria Ave. No Registration  
Ramada Plaza Reginal Hotel  
Contact: [chair@aaask.org](mailto:chair@aaask.org)

### Edmonton AB

June 15-17 **A Big Book Weekend** \$40.00  
8532 – 1821 St. NW  
Aldergrove Community Hall  
Contact: 780-668-9015 or 780-686-8743  
[abigbookweekend@gmail.com](mailto:abigbookweekend@gmail.com)

**One Veteran AA** says the trouble with “Two-Stepping” is that you usually combine the wrong parts of the First and Twelfth Steps -i.e., “My life is unmanageable, and I’d like to share it with you.”  
With permission, AA Grapevine “A Rabbits Walks into A Bar”

## SINGLENESS OF GOAL

Peace of mind as our single goal is the most potent motivating force we can have. To have inner peace ne need to be consistent in having peace of mind as our single goal.

Instead of having a single goal, we are all tempted to try to juggle multiple goals. Juggling can only serve to deflect our focus and increase our conflict.

We can achieve consistency in keeping this single goal in mind by reminding ourselves of the singleness of purpose we would have if we suddenly found ourselves drowning in the ocean.

We would, in that situation, put all our attention into the single goal of staying afloat and breathing for survival.

Borrowed from “Love is Letting Go of Fear”



## IN MEMORIAM

Maureen, daughter of Gerry T. brought in a cheque from his estate, as his Will requested.  
Gerry T., sober since Aug. 14, 1972 was previously our Central Office Manager, PIC & CPC Chairs for many years. His memory keeps on giving. Thanks a bunch, big guy.

## GROUPS/ MEETING IN NEED OF SUPPORT

**Sunrise Light Lunch.** 11229-100 Ave. (Jellinek)  
Tues & Fri. Noon

**Oilmen's Group** 11223 – 51 Ave. Holy Spirit Lutheran  
Mon. 8:00 PM

**First Day Group** 10528 – 98 St. (Marion Centre)  
Mon. 8:00 PM

**Active 10 Group** 9009 - 163 St. (Hosanna Lutheran)  
Mon. 8:00PM

**West End 12 Step Grp.** 18345 – 62B Ave. (Our Savior)  
Tues. 8:00 PM

**NEED NEW MEMBERS AS WELL AS SUPPORT**

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