

ECO NEWS

MAY 2019

\$1.00

Edmonton Central Office Society
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DELEGATE'S CORNER

ONE PERSON AT A TIME

Thinking about how miraculously our program works, I marvel at how we have reached a number like 2 million in our fellowship. How does that happen? That's when the phrase came to me: one person, one relationship, one story at a time.

We affect others, one person at a time. That is the power of sponsorship ... women with women, and men with men. Hearing a woman tell me "you can phone me **any time, night or day** really blew my socks off. I recall phoning my sponsor to ask questions that were too personal to share in meetings, or questions I was too afraid to ask within a group. Having that one person that I could count on made such a difference for me. She continues to be my lifeline; some issues will always be too personal to share beyond my sponsor who has become a trusted friend.

One relationship at a time can make a huge difference. Once I learned that I could trust another woman, I began to recover. Building trust is the result of knowing two things:

#1 - that she does what she tells me she will do. We'd make a date for coffee, and she was there. She'd suit up and show up, over and over again. My sponsors were not flaky. Consistency in word and deed was new to me in recovery. It's the result of honesty in AA and impressed me about the whole fellowship. My sponsor was not the only one who was "good for her word." What a concept.

And #2 - that she does not share my personal information, i.e. gossip about what I've told her to anyone else. It doesn't take long to figure this out. The effects of hearing tidbits from a personal share being discussed among others is absolutely devastating.

One story at a time can change lives. Identifying with another person's story tells me I am not alone. It helps us to find the strength to make a different choice. Isn't it wonderful how we come from all walks of life, all different belief systems, lifestyles and cultures? We may look different on the outside, yet somehow, we are so similar on the inside ... with the same feelings, emotions and thoughts; and all with a common desire to achieve sobriety. We're all able to find *our own personal version* of a Higher Power.

We have many ways to hear these stories: in the weekly meetings of my home town, by reading beyond the first 164 pages of the Big Book, attending online meetings and service events outside the comfort of my home Group. I can choose from district meetings, local service events (like CPC luncheons), regional forums, assemblies, conferences and conventions. If you aren't familiar with these events, ask your sponsor!

That's my story I've been truly blessed beyond measure. Thank you for your time and thank you always for my sobriety.

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

IN REMEMBRANCE OF “EBBY”

By Bill W., our co-founder

In his seventieth year, and on the twenty-first of March, my friend and sponsor “Ebby” passed away beyond our sight and hearing.

On a chilly November afternoon in 1934, it was Ebby who had brought me the message that saved my life. Still more importantly, he was the bearer of the Grace and of the principles that shortly afterward led to my spiritual awakening. This was truly a call to new life in the Spirit. It was the kind of rebirth that has since become the most precious possession of each and all of us. As I looked upon him where he lay in perfect repose, I was stirred by poignant memories of all the years I had known and loved him. There were recollections of those joyous days in a Vermont boarding school. After the war years we were sometimes together, then drinking of course.

Alcohol, we thought, was the solvent for all difficulties, a veritable elixir for good living. Then there was that absurd episode of 1929. Ebby and I were on an all-night spree in Albany. Suddenly we remembered that a new airfield had been constructed in Vermont, on a pasture near my own home town. The opening day was close at hand. Then came the intoxicating thought: If only we could hire a plane, we’d beat the opening by several days, thus making aviation history ourselves!

Forthwith, Ebby routed a pilot friend out of bed, and for a stiff price we engaged him and his small craft. We sent the town fathers a wire announcing the time of our arrival. In midmorning, we took to the air, greatly elated – and very tight. Somehow our rather tipsy pilot set us down on the field. A large crowd, including the village band and a welcoming committee, lustily cheered his feat. The pilot then deplaned. But nothing else happened, nothing at all. The onlookers stood in puzzled silence. Where were Ebby and Bill? Then the horrible discovery was made – we were both slumped in the rear cockpit of the plane, completely passed out! Kind friends lifted us down and stood us upon the ground. Whereupon we history-makers fell flat on our faces. Ignominiously, we had to be carted away. The fiasco could not have been more appalling. We spent the next day shakily writing apologies.

Over the following five years, I seldom saw Ebby. But of course, our drinking went on and on. In late 1934 I got a terrific jolt when I learned that Ebby was about to be locked up, this time in a state hospital. Following a series of mad sprees, he had run his father’s new Packard off the road and into the side of a dwelling, smashing right into its kitchen, and just missing a terrified housewife. Thinking to ease this rather awkward situation, Ebby summoned his brightest smile and said, “Well, my dear, how about a cup of coffee?” Of course, Ebby’s lighthearted humor was quite lost on everyone concerned. Their patience worn thin - the town fathers yanked him into Court. To all appearances, Ebby’s final destination was the insane asylum.

To me, this marked the end of the line for us both. Only a short time before, my physician, Dr. Silkworth, had felt obliged to tell Lois there was no hope of my recovery; that I, too would have to be confined, else risk insanity or death. But providence would have it otherwise. It was presently learned that Ebby had been paroled into the custody of friends who (for the time being) had achieved their sobriety in the Oxford Groups. They brought Ebby to New York where he fell under the benign influence of AA’s great friend-to-be, Dr. Sam Shoemaker, the rector of Calvary Episcopal Church. Much affected by Sam and the Oxford Group, Ebby promptly sobered up. Hearing of my serious condition, he had straightaway come to our house in Brooklyn. As I continued to recollect, the vision of Ebby looking at me across our kitchen table became wonderfully vivid.

As most AAs know, he spoke to me of the release from hopelessness that had come to him (through the Oxford Groups) as the result of self-survey, restitution, outgoing helpfulness to others, and prayer. In short, he was proposing the attitudes and principles that I used later in developing AA’s Twelve Steps to recovery.

It had happened. One alcoholic had effectively carried the message to another. Ebby had been enabled to bring me the fit of Grace because he could reach me at depth through the language of the heart. He had pushed ajar that great gate through which all in AA have since passed to find their freedom under God.

... Reprinted with permission, AA Grapevine June 1966 and from Tri-County Monthly Newsletter Tampa Fl.

GROUP IN NEED OF SUPPORT

Thur. 8:00 PM Our Place Group 10240 Kingsway Ave., Royal Alex Hospital, Auditorium, sub-bsmt.

THIS IS AA???

Alcoholics Anonymous is a Fellowship designed and administered by a bunch of ex-drunks whose only qualification for membership is that they can't hold their booze and don't want to learn how.

It has no rules, dues or fees: nothing that any sensible organization seems to require.

At meetings, the speaker starts on one subject and winds up talking about something entirely different and concludes by saying that he doesn't know anything about the program except that it works.

The Groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim AA is a selfish program but always seem to be doing something for others.

Nothing is ever planned 24 hours ahead, yet great projects are born and survive magnificently.

Nothing in AA is according to Hoyle. How can it survive?

Perhaps it is because we have learned to live and laugh at ourselves. God made man, He made laughter too. Perhaps He is pleased with our disorganized efforts and makes things run right no matter who pushes the wrong button. Maybe He is pleased, not with perfection, but because we are trying to be nobody but ourselves. We don't know how it works but it does, and members keep receiving their dividend cheque from their AA investments.

IT IS SMART TO BE SOBER. IT IS MUCH EASIER, MY FRIEND
TO STAY SOBER THAN TO GET SOBER!

... author unknown, found in Edmonton archives, 1989



"The Book doesn't say this is the crosswalk we took!" —
Paul W., Bremerton, WA

I am at the place I want to be.

I am at the place I am supposed to be.

**I am at my own point of serenity and
have found my inner self.**

As I start my third lustrum of AA life.

... Stephen W., Edmonton. May 1997
(lustrum means a period of five years)

SOMETIMES I FEEL SO ALONE

Even though I have many friends I could phone, my mind races at times, searching and wondering where is my place?

I feel kind of trapped in an empty space because nothing is happening, my progress is slow. Patience is a virtue that at times I can't grasp - you know the only thing I can think of is what would my sponsor say. He'd say something like, you'd better work on a gratitude list. Being reminded that I have everything I need nothing missed will somehow take away the feelings I'm having to deal with.

Put me back in perspective cause I'm not living in a myth; my feelings are very real, so I have to initiate change as my attitude opens up to a Higher Power and lets Him arrange.

Then my fear of loneliness or whatever will gradually decrease.

This pain is part of my journey toward finding an inner peace realizing that with my Higher Power I don't ever have to be alone again is very comforting and gives me strength cause down the road there is more pain which I will face to become the person I was meant to be.

The tools were given to me, to use, so I can remain free. This in turn allows me to look to the future with hope not fear. My Higher Power, through my willingness will let me hear what I need to hear.

A.A. HISTORICAL EVENTS IN MAY

- May 1,** 1939 - Lois and Bill W. left their home at 182 Clinton St., Brooklyn.
1940 - Rollie H., Cleveland Indians, anonymity break occurred.
1941 - First Wisconsin AA meeting was held in hotel in Milwaukee.
- May 2,** 1941 - Jacksonville, FL newspaper reported the start of an AA group in Jacksonville.
1943 - *New Orleans Times* reported founding of the first Louisiana AA group with a dozen members.
- May 3,** 1941 - First AA group formed in New Orleans, Louisiana.
1941 - *Democrat Chronicle* in Rochester, NY, reported first annual AA dinner at Seneca hotel with 60 attending.
- May 4,** 1940 - *Sunday Star* reported founding of first AA group in Washington, DC.
- May 6,** 1939 - Clarence S. of Cleveland told Dr. Bob, his sponsor, he would not be back to Oxford Group meetings in Akron and would start an "AA" meeting in Cleveland.
- May 7,** 1956 - The first English AA Convention was held in Cheltenham, England.
- May 8,** 1943 - Akron AA Group celebrates 8th anniversary with 500 present and sober.
1971 - Bill W. was buried in private ceremony, in East Dorset, Vermont. Dr. Jack Norris gave the eulogy.
- May 10,** 1939 - Clarence S. announced to the Akron Oxford Group members that the Cleveland members were starting a meeting in Cleveland and calling it Alcoholics Anonymous.
1946 - Searcy W. had his last drink. (Searcy passed away September 30, 2003 with 57 years of continuous sobriety.)
- May 11.** 1935 - Bill W. called Walter Tunks from the Mayflower Hotel and was referred to Henrietta Seiberling who set up a meeting with Dr. Bob.
1939 - First meeting of the Cleveland Group.
- May 12,** 1935 - Mother's Day, Bill and Dr. Bob met for the first time, at the home of Henrietta Seiberling.
- May 15,** 1961 - Bill W.'s mother, Dr. Emily Strobell, died.
- May 16,** 1941 - Ruth Hock learned that the man credited with coming up with the name "Alcoholics Anonymous" has a "wet" brain.
- May 17,** 1942 - *Dayton Journal Herald* published pictures of AA members wearing masks to protect their anonymity.
- May 18.** 1939 - The first group to call itself A. A. meets in Cleveland, OH.
1950 - Dr. Bob told Bill W. "I reckon we ought to be buried like other folks." He wanted no memorial.
- May 19.** 2000 - Dr. Paul O. died at the age of 83. He was author of "Acceptance Was the Answer" in the 4th edition of the Big Book. This story was titled "Doctor, Alcoholic, Addict" in the 3rd edition.
- May 29,** 1980 - "Dr. Bob and the Good Old-timers" was published.
- May 31,** 1938 - Bill W. and another AA's began writing the Big Book.

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

Other significant events in May for which we do not have a specific date:

- 1942 - Richmond W., author of "Twenty-Four Hours a Day," had his last drink.
- 1946 - The long form of the 12 Traditions was published in AA Grapevine for the first time.
- 1946 - The A.A. Grapevine announced, "A.A. has 6,000 members in 180 groups."
- 1948 - The A.A. Grapevine reported \$2.00 was sent to the General Service headquarters of A.A. in New York, asking for "a bottle of Alcoholics Anonymous".
- 1950 - Nell Wing became Bill W.'s secretary.
- 1951 - Al-Anon was founded by Lois W. and Anne B.
- 1962 - The A. A. Grapevine published the first "Victor E." cartoon.

QUOTE OF THE MONTH

If you're willing to admit you're wrong when you ARE all wrong, you're all right.

... anonymous

PASS IT ON

“This I have come to understand!”

I am beginning to understand the meaning of “you can’t change the past!” What was, was; What is, is; and what’s gonna be, is gonna be.

I truly have no control over the people of this world, then, now or those yet to come. I can only perform to the best of my ability, on a daily basis – watching not to become a victim of my life, past, now or after. That is why I need to surrender to you, God, on a daily basis and allow “Thy will to be done” through me in any given situation. However, this is a program of “Spiritual Progress” not perfection; so, I realize I will stumble along the way.

When I do become aware of these times, I am to pick myself up, let you, God, direct and guide me and carry on one day at a time. After all life’s daily outcomes are truly up to you, God, anyways, so why I ask you, do I continue to try and run the show in my life.

You, God, gave us brains to use and feet to do the footwork. As long as I do whatever is in front of me and leave the results up to you, God, it will all work out sooner or later.

Nothing happens in God’s world by mistake; however, it does happen in God’s time. Whenever I choose not to accept my past for what it was, I fall hostage to my own insane mind. That’s when I should and will become aware to turn it over to the only one who has all power – “That one is you, God, of my own understanding.”

When I fall victim to nothe4r human being in my past, I am giving that person power over me and I turn into an emotional cripple. Then my spiritual life is being challenged because of my mind and my emotions (sickness). Then I know that I’m completely powerless in my life. That is the reason to surrender to you, God, that I understand and plead for your mercy, Grace and forgiveness in my life as it is today. When I “thought” during my life I was a survivor or my demons, I have come to realize my whole person was victimized. I became an emotional cripple, hostage to my mind, and quite spiritually sick, in trying to control my life. I need to accept life on life’s terms, if I am looking to be happy, joyous and free from bondage of self.

God only knows I know how to be restless, irritable and discontent. It’s time to be at peace in my life. Thank you to the Fellowship of Alcoholics Anonymous. Thanks for listening and being in my life today, God. Amen

... Rose P., Rite Trac Group

LET GO LET GOD

Let go of fear, it’s nothingness.
Take hold of good, it’s here to bless.
There’s only love for you to share.
The love is yours if you would dare.
Let go of doubt, you are not alone.
Take hold of good, it’s yours to own.
There’s only faith to see you through.
Let go, let God express through you!

Let go of regret, and yester year.
Let go and see, your life is here.
There’s only God, a whole new view.
Let go to see it come through you.
Let go of strain and toil and care.
Let go and see the wholeness there.
There’s only God to live as you.
Let go to let God live as you!

... Dave J., Edmonton Apr. 1997

JOKE

OLD HABITS ARE HARD TO BREAK:

There was a group of AA members driving to a conference in a distant city. About halfway there, they stopped for a coffee break. The restaurant was near a botanical garden, and they decided to walk around there to stretch their legs before going on. As they admired the beautiful beds of flowers, a sweet little old woman, approached them and asked, "Are you members of the Wild Life Society?"

"No madam"... answered one. "We used to be, but then we joined AA."

QUOTE

Buying a Big Book and not reading it,
Is like buying a beer and not drinking it!

... Damian A., 84 St., 2002

THE STEP FIVE BALL AND CHAIN

Freedom and Peace of Mind

I don't think I've ever witnessed an alcoholic that came to Alcoholics Anonymous that loved themselves or that wasn't riddled with guilt and shame. It's hard to understand why alcohol affects some people differently than others. I've observed members that came from good family environments that ended up on the streets and others that came from alcohol-infested families that turned out normal as can be. In either case, the alcoholic seems to have something missing in their mental state that engender the need to find a way to neutralize this negative self-image and that first drink of alcohol does something that gives them the relief which makes them feel somewhat normal. I've heard it said that once a person starts to drink to cover up these feelings, especially in adolescent years, they stop growing emotionally and when they finally show up in A.A. they have the emotional state consistent with the age they were when they started drinking, absent of the coping skills of a normal person. They'll have to revisit all those under-developed behavioral patterns and replace them with mature and healthy thoughts and actions. Easier said than done!

When I look around the room at an A.A. meeting we all seem to look about the same in the way we dress and in our outside appearances. The only thing that makes us different is what is going on in between our ears. If we all woke up this morning with amnesia, we would all be the same. It's the tortures of the past that torments us and therein lies the problem and the solution. If we can understand and accept this well-established approach to our mental condition, we can take actions that will restore our self-esteem and we can live an incredibly happy and peaceful life.

We cannot change one moment of the past, but we can resolve the issues in our lives that brought about the need to escape from those horrible memories of the things that we regretted having done. The habits and deeds that triggered the guilt and shame that led us to seek relief in the bottle can be reined in and if we are fortunate enough to believe this you may want to revisit the fourth and fifth Steps, identify those deeds that we drag around like a ball and chain, and keep us from actuating the rest of the program. 12x12 pg. 56 "Even A.A. Oldtimers, sober for years, often pay dearly for skimping this Step." Those things will not go away but the mental and emotional pain that we drank to nullify can be arrested and we can finally put it all behind us and live a wonderful life. I know this from experience.

When I revisited my fourth and fifth Steps, I was stronger and talked to someone about those deeds from the past that plagued me and realized that most people who abuse alcohol have them, to one degree or another, and if they are willing to address them, they can be free from that *Ball and Chain* and my experience is that it freed me up to continue the rest of the Step with pleasure. From the day I entered A.A. to the day I mustered the strength to do this, I had no comprehension of the effect it would have on me, for if I did, I would have cut to the chase much sooner and avoided several years of discontent. As long as those deeds were in the past and not habits of the present, this process worked exactly as it was intended as per the program. I hope that this encourages at least one person to find someone they trust and find the relief that I have experienced as the result of cleaning the slate and I wish them a happy life. It worked for me. ... Rick R., Unconditional AA, Poway, CA

2020 ALCOHOLICS ANONYMOUS INTERNATIONAL CONVENTION

"Love and Tolerance is our Code"

Detroit, Michigan

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

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

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

CONCEPT V:

“Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that the minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered”

AA has an established tradition of careful decision making (after all, why rush to change things that work so well). Therefore, we should listen to EVERY side of an issue before taking action. Simple majority rule has never been the AA way. Even after a vote has been taken showing substantial unanimity, anyone opposed must be given the chance to restate their objections and so ensure every viewpoint is carefully considered.

“The Rights of ‘Appeal’ and ‘petition’ of course aim at the total problem protecting and making the best possible use of minority feeling and opinion.” In Alcoholics Anonymous individual freedom is of enormous importance. “We believe that the spirit of democracy in our Fellowship and in our world service structure will always survive despite the counter forces which will no doubt continue to best us.” “We shall never be subjected to the tyranny of the majority or minority as long as we follow the principles in our Twelve Steps, our Twelve Traditions, and our Conference Charter, harmoniously and well.” ...Irene Q-B., Terra Nova, Edmonton, AB

FORGETTER BE FORGOTTEN?

My forgetter's getting better, but my rememberer is broke
To you that may seem funny but, to me, that is no joke.
For when I'm 'here' I'm wondering if I should be 'there'
And, when I try to think it through, I haven't got a prayer!
Oft times I walk into a room, say 'what am I here for?'
I wrack my brain, but all in vain! A zero, is my score.
At times, I put something away where it is safe, but, Gee!
The person it is safest from is, generally, me!
When shopping, I may see someone, say 'Hi' and have a chat,
Then, when the person walks away, I ask myself, 'who the heck was that?'
Yes, my forgetter's getting better while my rememberer is broke,
And it's driving me plumb crazy and that isn't any joke.

CAN YOU RELATE???

DAY FIVE

As our addiction struggles to maintain its power over us, it presents many false claims, trying to pull us back into the mire of destruction.

When you are in a meeting, your disease is in the parking lot doing push-ups.

**My fear is not a fact. MY FEAR is:
False Evidence - Appearing Real**

5TH STEP PRAYER

God, please remove my fear and help me to be completely honest in what I am about to do. Please give me the courage, faith and strength I need to share with this person my whole truth, especially the things I swore I'd take with me to the grave. ...Amen

DISCLAIMER:

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

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

Submissions should be between 350 and 500 words. Submit with your full name, Group, and a phone number where you can be reached (of course we will protect your anonymity).

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

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

Fax: (587) 523-4334

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

TWELVE THINGS TO NEVER FORGET

1. Don't ever forget, that once, your life was unmanageable and can become so again very easily.
2. Don't ever forget, that once, you were broken - Financially, Spiritually, Emotionally and Socially. Everything you have today is a plus.
3. Don't ever forget that everything you have been promised is coming to you as you need it. Maybe not as fast as you hoped but slowly and steadily, One Day At A Time.
4. Don't ever forget the friends you have made. They grow with you as you grow also, and they are yours forever.
5. Don't ever forget to ask for help. You can't always do it alone.
6. Don't ever forget your past or ignore it. If nothing else, use it as a bad example and learn from it.
7. Don't ever forget that it's impossible to resume any semblance of social drinking (even as you get older and supposedly wiser).
8. Don't ever forget that if you nurse a resentment, it won't get better.
9. If you had your life to live over, don't ever forget that you would need a lot more money.
10. Don't ever forget that all people are created equal, but some outgrow it.
11. Don't ever forget that, if you don't know where you are going, you may miss it when you get there.
12. Don't ever forget that life is what happens when you're making other plans.



After all, 365 days is really only 1 day.

... Stephen W., Oilmen's Group, 1997 Edmonton, AB



“What is the Birthday Club”

- A show of gratitude by AA members, who contribute \$1.00 or more for each year of continuous sobriety.
- These funds are used to **HELP SUPPORT** Central Office staff and volunteers, to carry the Twelfth Step message during the office hours.
- You will receive a personal Birthday Card on your sobriety date.
- Tax receipts are available.
- Please contact Central Office, if you want to join our:

BIRTHDAY CLUB!

#205, 10544 – 114 St., Edmonton, AB T5H 3J7
780-424—5900
Email: centraloffice@edmontonaa.org

BIRTHDAY CLUB

For April

Hank M.	8 yrs.
Chuck C.	43 yrs.
Ed F.	30 yrs.

PUBLIC INFORMATION & COOPERATION WITH PROFESSIONAL COMMUNITY

LUNCHEON

June 19, 2019

Doors open at 11:30 AM

11727 Kingsway Ave., St. Michael Room
Chateau Louis, in the back annex
Presentation & lunch ~ 12 Noon-1:00 PM

Members are welcome and tickets are:
\$25.00
Professionals are free.
Contact: Central Office at 780-424-5900

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	March	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 5,210.96	\$ 17,397.31	\$ 23,000.00	\$ 5,602.69
Individual/Bequeath	\$ 200.00	\$ 400.00	\$ 950.00	\$ 550.00
Birthday Club/Faithful Fivers	\$ 184.00	\$ 633.00	\$ 620.00	-\$ 13.00
Office Supplies / Postage	\$ 194.95	\$ 559.78	\$ 250.00	-\$ 309.78
Newsletter	\$ 26.00	\$ 42.00	\$ 55.00	\$ 13.00
Rental Income-EGSC, etc	\$ 194.95	\$ 491.65	\$ 300.00	-\$ 191.65
Tradition Seven-meetings	\$ 345.85	\$ 846.50	\$ 1,125.00	\$ 278.50
Fundraising		\$ -	\$ -	\$ -
Other Inc (Interest, etc)	\$ 5.73	\$ 16.64	\$ 12.00	-\$ 4.64
Total General Receipts	\$ 6,362.44	\$ 20,386.88	\$ 26,312.00	\$ 5,925.12
Literature & Medallion				
Literature	\$ 12,877.85	\$ 29,745.35	\$ 28,040.00	-\$ 1,705.35
Medallion	\$ 1,627.00	\$ 6,455.00	\$ 5,115.00	-\$ 1,340.00
Total Literature and Med.	\$ 14,504.85	\$ 36,200.35	\$ 33,155.00	-\$ 3,045.35
		\$ -		
Total Revenue	\$ 20,867.29	\$ 56,587.23	\$ 59,467.00	\$ 2,879.77
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 8,371.74	\$ 18,336.06	\$ 16,500.00	-\$ 1,836.06
Meeting list & Greeting Cards	\$ 369.60	\$ 1,409.89	\$ 1,275.00	-\$ 134.89
Medallion Purch /engraving	\$ 931.12	\$ 3,660.95	\$ 3,065.00	-\$ 595.95
Freight / Brokerage	\$ -	\$ -	\$ 30.00	\$ 30.00
	\$ 9,672.46	\$ 23,406.90	\$ 20,870.00	-\$ 2,536.90
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 1,214.63	\$ 1,200.00	-\$ 14.63
Literature expense	\$ 3.60	\$ 9.84	\$ 30.00	\$ 20.16
Communications & Tech		\$ -	\$ 300.00	\$ 300.00
Other (Archive, 12 Step,Cred,Grp Ser	\$ 48.00	\$ 285.24	\$ 300.00	\$ 14.76
	\$ 456.47	\$ 1,509.71	\$ 1,830.00	\$ 320.29
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 156.95	\$ 470.85	\$ 955.00	\$ 484.15
Bank Chgs & Cr Card chgs	\$ 154.26	\$ 441.68	\$ 370.00	-\$ 71.68
Computer & IT Maintenance	\$ -	\$ 133.24	\$ 1,500.00	\$ 1,366.76
Equipment Lease	\$ 359.77	\$ 1,079.31	\$ 1,170.00	\$ 90.69
Fundraising expense	\$ 2,624.37	\$ 2,624.37	\$ 2,000.00	-\$ 624.37
Insurance	\$ 300.00	\$ 900.00	\$ 900.00	\$ -
Newsletter Expenses	\$ 2.18	\$ 3.62	\$ 15.00	\$ 11.38
Office Supplies	\$ 328.52	\$ 204.10	\$ 787.50	\$ 583.40
Postage	\$ 212.76	\$ 730.58	\$ 300.00	-\$ 430.58
Rent	\$ 3,684.46	\$ 9,647.50	\$ 9,990.00	\$ 342.50
Repairs & Maintenance	\$ -	\$ -	\$ 450.00	\$ 450.00
Salaries, Source, WCB	\$ 4,640.28	\$ 13,920.84	\$ 14,600.00	\$ 679.16
Staff Training / Seminar	\$ -	\$ -	\$ -	\$ -
Telephone / Internet	\$ 248.49	\$ 629.31	\$ 600.00	-\$ 29.31
	\$ 12,712.04	\$ 30,785.40	\$ 33,637.50	\$ 2,852.10
		\$ -		
Total Expenses	\$ 22,840.97	\$ 55,702.01	\$ 56,337.50	\$ 635.49
		\$ -		
Income / (Loss)	-\$ 1,973.68	\$ 885.22	\$ 3,129.50	\$ 2,244.28

2019 Birthdays

in - MAY

60 Minutes to Sobriety

Last Sunday

May 26 Adam Y. 10 yrs.
James W. 11 yrs.
Peter K. 5 yrs.
Sarah C. 2 yrs.

Breathe Easy

First Friday

June 7 Shannon F. 8 yrs.
Margaret N. 9 yrs.

Capilano Step

First Thursday

Kevin F. 26 yrs.

Clareview Big Book

Last Wednesday

May 29 Gary C. 39 yrs.

Crestwood Welcome

Last Monday

May 27 Mike P. 25 yrs.
Ron S. 7 yrs.

Eastwood

3rd Monday

May 20 Guy T. 14 yrs.

Ellerslie Group

Last Thursday

May 30 Leo B. 7 yrs.

Jasper Place

Last Tuesday

May 28 Dick T. 47 yrs.

Lion's Den

Last Monday

May 27 Clint B. 3 yrs.

Mustard Seed

Last Sunday

May 26 David F. 40 yrs.
Pierre B. 30 yrs.

Oilmen's

First Monday

May 6 Kenny E. 14 yrs.
Devon B. 4 yrs.
June 3 Colin G. 31 yrs.
John C. 8 yrs.

Providence

Last Wednesday

May 29 Jordan. 2 yrs.
Charlene J. 7 yrs.

Serenity

First Friday

June 7 Dwight M. 2 yrs.

South Side

Third Friday

May 17 Roland M. 5 yrs.

Step Sisters

Last Wednesday

May 29 Joy L. 5 yrs.

Steps to Serenity

Last Wednesday

May 29 Raymond S. 19 yrs.

Thus, We Grow

Last Tuesday

May 28 Henry S. 10 yrs.

West End Men's

First Wednesday

June 5 Mike V. 20 yrs.

Westminster

Last Saturday

May 25 Sonny C. 32 yrs.
Leroy L. 44 yrs.
Gabrielle K. 20 yrs.
Lynn H. 21 yrs.
Beth D. 36 yrs.

SHERWOOD PARK

Happy Hour

Last Friday

May 31 Jeff R. 3 yrs.

Twelve Steps to Serenity

Last Monday

May 27 Mark D. 7 yrs.
Graham A. 16 yrs.

ST. ALBERT

St. Albert Sunday Night

Last Sunday

May 26 Val W. 16 yrs.



NEW GROUPS

Little Rascals Recovery

Fri. 7:30pm 11229-100 Ave. side dr.
Jellinek House

Southside Agnostics

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



New Locations for groups on the move:

Oilmen's Group effective Apr. 1/19
Mon. 8 pm 8318-104 Street, N dr.
Basement
Strathcona Baptist Church

PREDJUDICE

Is being down on what we are NOT up to.

A GRUDGE

Is TOO heavy a load for anyone to carry.

MELANCHOLY

Is the pleasure of being sad?

TROUBLE

Is like an ugly dog ~ looks worse coming
than going.

MISSING GRAPEVINE MAGAZINES

The following Grapevine magazines
are missing from our Archives.

July 1944 - December 1949 -

1949 All except May
1950 All
1951 All except Jan., Feb. & Oct.
1952 All
1953 All except July
1954 All except March, August & Nov.
1955 Only January, February & March
1956 Only Jan., February, April & Nov.
1957 Only February, June & July
1958 Only January
1959 Only August
2004 Only March
2015 Only January
2016 we now have all of them
2017 Only February & November
2018 Only March

PLEASE NOTE:

**ECO News requires more up-to-date
Group Birthday lists.**

CALENDAR OF EVENTS

2019 ROUNDUPS & FUNCTIONS

Golden, B.C.

May 3-5 **52 Annual Golden AA R/U** \$40.00
 1401 - 9 Street S.
 Golden Seniors Centre
 Email: aaofgolden@gmail.com

Edmonton, AB

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

Violet Grove, AB

May 11 **Last Chance Grp. Trad. 3rd & 5th** Trad. 7
 12 Noon Violet Grove Hall from Drayton Valley
 S on Hwy 60 to 620 approx. 5 km
 N on RR80 to first road on left.

Balzac, AB

May 11 **4th R/U Back to the Book** \$30.00
 10075 TWP Rd. 262
 Balzac Hall 587-229-2167
 Contact: 403-96-3963, 403-83-1291 or

Red Deer, AB

May 18 **Carrying The Message Workshop**
 12 Stanton Street
 Sunnybrook United Church
 Contact: mcarthurtori@gmail.com

Edmonton, AB

May 25 **Intergroup Unity Breakfast** \$50.00
 10AM 10111 Bellamy Hill
 Chateau Lacombe Parking \$4.

Cochrane, AB

May 25 **Cochrane Roundup** \$25.00
 9:30 am Weedon Hall,
 W of Hwy 22 & Range Rd. 567

Spruce Grove, AB

May 31-June 1 **Area Committee Meeting**
 60 Parkland Gate Rd.
 Parkland Village Community Centre
 Just north of Spruce Grove, AB

Grimshaw, AB

May 31-June 2 **North Peace AA Roundup** \$25.00
 Lac Cardinal Provincial Campground
 Check Area 78 website for directions

Didsbury, AB

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

Calgary, AB

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

Edmonton, AB

June 8 **District 46 Roundup** ?
 5:30 pm 10528 - 98 Street,
 Marian Centre
 Contact: Central Office - 780-424-5900

Fort Saskatchewan, AB

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

Edmonton, AB

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

Cardiff, AB

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

Edson, AB

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

Edmonton, AB

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

Consort, AB

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

Wainwright, AB

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

Legal, AB

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