

ECO NEWS

\$1.00

AUGUST 2019

Edmonton Central Office Society
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INTERGROUP NEEDS YOU! COMMUNICATIONS AND TECHNOLOGY CHAIR

Can you imagine life without a Central Office? Frankly, neither can I. Having a place to pick up literature in person, having donation splits performed for me flawlessly, and providing a connection to hundreds of other groups in the area, are only a few of the critical activities that your Central Office does for you. Intergroup Reps meet the second Thursday of the month to talk about business related to Intergroup and Central Office health and wellness. Despite ongoing construction in the area, it is a great place to catch a daily noon meeting and experience a happy face.

I have the fortune of travelling the Province occasionally to perform work in areas outside of the Edmonton region and am privileged to get to meetings around the Province. Those that are remote are great meetings, but the connection is hard for them occasionally without an Intergroup body. It is 'mission-critical' to keep ours doing business.

The Intergroup Operating Committee is made up of the chairs of all of the committees, as well as representatives from the Central Office Board. We appreciate all the work that the IOC performs though there has been a resignation recently from the IOC – the Communications and Technology Chair. The Chair performs some critical work: management of the website for Edmonton and Area AA; maintaining the Central Office email system; and, the design and maintenance of technical systems within Central Office related to security and system integrity, as well as some other related duties.

As is the case with many members, service work is a sure-fire way of maintaining my sobriety and passing it on. If you have some sobriety and are an IT person (or know of someone who is!) and you would like a way of maintaining YOUR sobriety, please contact me to talk about the COMMUNICATIONS and TECHNOLOGY Chair position, if interested. Otherwise, please reach out to all of your connections to help me help IOC keep our thriving Central Office thriving – Intergroup needs you!

Chris B., Policies and Procedures Chair
Intergroup Operating Committee
credentialschair@edmontonaa.org

DELEGATE'S CORNER

OUR BIG BOOK - 80 YEARS, 71 LANGUAGES

This title is the theme of our 69th General Service Conference. The topic of 71 languages was interesting for me to explore; these are some of my thoughts:

I have knowledge of many languages, but I am master of none. I know very little French, I flunked out of German in college, and have lots of trouble with Spanish.... I can discuss a bit about English.

If I were to call myself a master of something, it would be in Metalinguistics. That's a word to explain everything **around** the words we use. *It's how we communicate: our tone of voice, inflection, rate of speech, volume and body language that goes with the message.* Metalinguistics is present in **all** languages.

I learned about Metalinguistics as a Speech Language Pathologist; it was the favorite part of my job. I worked with children who don't understand non-verbal cues, body language, timing, volume or inflection. It was amazing to me that some people don't get this. There's a sign in a school that says: **"Thirty years from now, no one will recall what kind of car you drove, or remember what kind of house you lived in, but everyone will remember how you made them feel"** – that's what metalinguistics is about. And that made me think...

When I open my mouth to speak, listeners are already getting a lot of information based on – what my body is doing.... and what my face looks like. **How am I moving my body – am I relaxed or tense, moving quickly or slowly, it all conveys a message.**

Do I have an approachable posture or am I standing with my arms crossed, bracing for something? Do I slouch in my chair in meetings, acting bored when speakers share? Is my body conveying **compassion or contempt?**

Am I giving someone those non-verbal negative vibes by coughing, fidgeting, rolling my eyes or looking at the ceiling when a speaker is long-winded, or off topic? It wasn't too long ago when **I was that person:** talking too long, relishing the spotlight, getting derailed by the wanderings of my newly sober brain....and yet fellow members were patient with me. They loved me until I could recognize these flaws.

Is my hand outstretched to greet the newcomer, before any words come out? When I do reach out, **am I in a hurry, quick to get it over with, or am I moving with intention to convey a sincere welcome?**

And my face – **is it showing the love, courtesy and welcome that I was given** when I first walked into a meeting? My friend often said to me: "Are you happy, Becky? Yes? Then tell your face!" Smiling helps a lot. I try to remember to smile before I walk into a room, especially if I don't feel like it. Being the first to say 'hi' has always impressed me... so I try to do that, with every person I see.

When I do use my words, **is my tone of voice one of authority... or kindness.** How is my volume – am I loud enough...too loud, or do I mumble? Do I **talk at** people or do I **share with** people? In closing, I will read my Reconstructed Responsibility Pledge: **"I am responsible...when anyone, anywhere, reaches out for help, I want the A.A. outstretched hand and face of kindness always to be there. And for that: I am responsible."** Thanks for your time and for my sobriety. Becky P, Area 78 Delegate, Panel 68, Alberta, NT, W. Nunavut

HAM ON WRY , Reprinted with permission, AA Grapevine, internet

- A GUY WALKS INTO A BAR and there is a horse behind the bar serving drinks. The guy stares at the horse and the horse says, "Hey, buddy, haven't you ever seen a horse tending bar before?"
The guy says, "No, it's not that. It's just that I never thought the parrot would sell the place."
- A FIVE-DOLLAR BILL WALKS INTO A BAR. The bartender says, "Get out of here—we don't serve your kind here. This is a singles bar."
- A DRUNK FROM QUEENS WALKS INTO A BAR in Manhattan and orders a drink. As the bartender serves him, the fellow says, "Say, I heard a good joke about Brooklynites. Do you want to hear it?"
The bartender says, "Well, as it happens, I'm from Brooklyn. That guy at the table is from Brooklyn. And those three guys at the end of the bar? They're all from Brooklyn. Are you sure you want to tell that joke?"
- THE TOWN DRUNK had died. A wonderful funeral for her was in progress and the preacher talked at length about the good traits of the deceased: what an honest woman she was, what a loving wife and kind mother. Finally, the widower leaned over and whispered to one of his children, "Go up there and take a look in the coffin and see if that's your ma."

PROMISE EIGHT

Self-seeking will slip away.

The Promises are achievable! Amazing! In my early days I just wanted to stay sober. Miserable and shaky as I was, the Promises seemed like nicer but distant rewards for me. I was in AA for me myself and I. Good old-timers got me working the Steps. Immediately Their “wise guys” got me doing service work. Hey what’s up with that? I Thought “I need the help desperately and they ‘ve got me helping others?” I reluctantly did as suggested. I saw them laugh often and I wanted that. I trusted the Big Book to save me from a living hell. After all, millions are comfortably sober by following these instructions. As I first worked the Steps toward completion, around Step 9, service work was becoming fun. Good Feelings were coming back.

All this was a few years back. I see now what a nightmare trap self-seeking is – feels good when I’m doing it, but the consequences! In general, the good feelings have stayed, and I increased to happiness, joy and much appreciated sense of freedom. Twice during this time however I made major self-seeking decisions. Both times they cost me my serenity and a return of misery. But thank God literally, my sobriety held. Reworking the steps in depth, especially carrying the message – that there is a solution to our drinking and living problems helped save the day. Good feelings returned.

Today self-seeking means death to me and serving others means life. I choose life. May God bless you and keep you.

... Marc P., Unknown Group, Edmonton, AB



THE GAL IN THE GLASS

When you get what you want in your struggle for self

And the world makes you queen for a day

Just go to a mirror and look at yourself,
And see what THAT gal has to say.

For it isn't your husband or family or friend

Who judgement upon you must pass;
The gal whose verdict counts most in the end

Is the one staring back from the glass.

Some people may think you are a straight-shootin' chum

And call a person of place

But the gal in the glass says you're only a bum

If you can't look her straight in the face.

She's the gal to please, never mind all the rest

For she's with you clear up to the end,
And you've passed your most dangerous, difficult test

If the gal in the glass is your friend.

You may fool the whole world down the pathway of years

And get pats on the back as you pass,
But your final reward will be heartaches and tears

If you've cheated the gal in the glass.

... Anonymous

IN GOD'S CARE –

DAILY MEDITATIONS ON SPIRITUALITY IN RECOVERY

A teacher affects eternity - Henry B. Adams

We are drawn together, serving both as teachers and students, to help each other travel a recovery path. By Divine design we share this space, this time in our individual journeys.

We give a special gift when we give each other our rapt attention. Our opportunity to do God's will is here, now, in the midst of our present experiences – at home, work, with friends, and perhaps especially with adversaries. Any situation may offer us a chance to give or receive love and acceptance. This is God's will at work.

Every action or expression we make teaches others who we are. We can decide to be bearers of love, compassion, understanding, and acceptance. As we do this, we'll help others discover these feelings too. We will strengthen our own familiarity with these feelings every time we express them to others.

I will be open to learning and teaching love today.

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

AA HISTORY FOR THE MONTH OF AUGUST.

- Aug 1,** 1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.
- Aug 3,** 1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.
- Aug 8,** 1879 – Dr. Bob born in St. Johnsbury, VT.
- Aug 9,** 1943 – LA groups announce 1000 members in 11 groups.
- Aug 11,** 1938 – Akron & NY members begin writing stories for Big Book.
- Aug 15** 1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.
- Aug 16,** 1939 – Dr. Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.
- Aug 18,** 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.
- Aug 19,** 1941 – 1st AA Meeting in Colorado is held in Denver.
- Aug 25,** 1943 – AA group donates Big Book to public library in Quincy, MA.
- Aug 26,** 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.
- Aug 28,** 1954 – 24 Hours a Day is published by Richmond W.

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

- 1934: Rowland H and Cebra persuade Court to parole Ebby T. to them.
- 1939: Dr. Bob wrote and may have signed article for Faith magazine.
- 1941: 1st meeting in Orange County, California held in Anaheim.
- 1981: Sales of the Big Book passes 3 million.

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

PASSING THE BASKET ... OR PASSING THE BUCK?

When I was newly sober in AA, fourteen years ago, I seldom attended a meeting without taking a pamphlet to read. I always had at least two cups of coffee, and if there was anything to eat, I ate.

When the basket was passed, I always put a quarter in it ~ for two people, my wife and me. If we could truly stretch a dollar as far as I must have thought, the financial world would be beating a path to our doorsteps to learn AA's remarkable brand of economics.

Most of us decry the fact that more than forty percent of the Groups do not support the Fellowship. When it comes to AA's being self-supporting, many fail to recognize one important aspect: If we aren't willing to pay our own way at a meeting, how can we expect the Group to support the Fellowship? What we need to realize is that we *are* the Groups, and we *are* Alcoholics Anonymous.

I have seen AA's spend more money at a coffee shop than they would ever think of putting in the collection at a meeting.

Early in my sobriety, it was explained that it was imperative for me to get my priorities in order. Learning to become responsible was one of them. This financial buck-passing certainly seems to run counter to responsibility.

If we want “the hand of AA always to be there,” we each need to assume our own share of responsibility. If money and spirituality do mix in the basket, as the “Twelve and Twelve” says, then how much better they will blend when money is used to perpetuate AA by making more Twelfth Step work possible.

We, who have had so much given to us freely ~ in love, with no strings attached ~ sometimes forget that this also is an area where we have to give it away to keep it.

One of the Promises in the Big Book is freedom from “fear of economic insecurity.” Long ago, one of my sponsors suggested that if I stayed sober and tried to live along spiritual lines, my needs would always be met. Today, I can honestly say that never has there been an instance where I have given of myself, financially or otherwise, and have not been compensated many times over.

Our family has never lacked anything because we accepted our responsibility to help carry the message. God has given each of us a share of the responsibility. He has given each of us tools to work with and the ability to use them.

Let's all of us assume our “share”; so that we may all reap every-increasingly the fruits of selflessness and love in service to our Fellowship.

... AA Grapevine, June 1983

A MOVING AND FASCINATING ADVENTURE

Our Newfound Knowledge of Ourselves

As we approach Step Eight in the (12 & 12) it describes the AA journey as a "Moving and Fascinating Adventure". In Step Nine we start, or continue the process of making amends, and by then we realize that the promises are already starting to materialize. It would have been easy to rest on my laurels at that time, but I have been attending weekly Step Study meetings since I first got sober in 1969 and I couldn't get away from the sage advice that kept repeating itself over and over. In Step Ten it says "Our first objective will be the development of self-restraint. This carries a top priority rating". Some examples I read are as follows: *Restraint of tongue and pen, drop the word "blame" from our speech and thought (Step 4) Quick-temper criticism, Sulking and silent scorn, etc. etc.* These are just a few, but you get the picture. With these things revisited, three or four times a year, as we cycle through the Step Studies, it kept acting like a rock tumbler and slowly but surely, I adopted new habits which eventually become second nature, and develop into virtues. This helped me to rein in many of those old behaviors that got between me and my peers. I never stop learning these new ideas.

Another one of the things that caught my attention in Step Ten was the quote "Pain is the touchstone of all spiritual progress" then it finishes off the paragraph with, "How heartily we AA's can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity". Can this mean that we can have no spiritual progress without suffering pain? It didn't seem to make sense to me, so I looked up the word "Touchstone" in the dictionary and discovered that a Touchstone is a mineral that assayers used to test the purity of gold. Prior to that, I thought that it was synonymous with *steppingstone*. Now I understand it as, to measure how spiritual we are when the going gets rough. Do we revert to our old habits, or do we stick to the principles we have learned in the Program?

The next Quote I kept seeing, that piqued my curiosity, was on Pg. 90, 12 & 12, "It is a spiritual axiom that every time we are *disturbed, no matter what the cause*, there is something wrong with us". The "no matter what the cause" part seemed to throw me a curve ball. I questioned the idea that, if a mother saw her child running into traffic and she wasn't *disturbed*, I would think that there must be something wrong with her. I don't think anyone could argue that point, so I believe that the spiritual axiom quote relates to the way we interface with other people and I find it to be a tremendous template to improving our relations with them. In it we question what drives us when we start to get a little out of sorts and we can apply the pre-mentioned self-restraint.

As in all the Steps, as I continue to attend those weekly Step Study meetings, these things get clearer each time I go through them and most of my issues are well under control as long as I don't assume that I can let down my guard, as my EGO is always ready to fill in the empty spaces in my program. The maintenance part of the Tenth Step is easy for me these days. I just get up in the morning and say, "God, please show me what to do, and please give me the strength to do it; I don't do too well on my own." I'm not sure that He hears me, but I know that I HEAR ME, and it arms me with the best possible attitude I can have for that day. It usually works. I let the rock tumbler keep me on my toes, and I hope that I always pass the assayer's test.

... Rick R., Unconditional AA, Poway, CA

2020 ALCOHOLICS ANONYMOUS INTERNATIONAL CONVENTION

"Love and Tolerance is our Code"

Detroit, Michigan

In less than one year –

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.

G.S.O.'s Website: www.aa.org



MISFIT LOVE

By society's standards I am defected, I struggle many days with debilitating CPSD, anxiety disorder, panic disorder and depression. By the standards of the holy grail for those like me, the Big Book, I was an alcoholic of the hopeless variety, running on fear and anger. By my standards, I am a man who was given hope when I had none, a shimmer of light in an all-consuming darkness, a solution where I later found myself and how I think/react as the problem, a choice when I ran out of options and direction. A fool hanging off of life's precipice.

I was afraid when I left treatment for the 5th time, afraid not because reality scared me or the outside "real" world, but because I realized early on that the only thing that has been undergoing change was in fact me. Although I was homeless for the first year of my recovery, staying at friends' houses, floors, couches, guest rooms, a recovery home, my resolve was running exceedingly high and in retrospect I mainly ran on fear and fellowship - a ship lost in a raging sea of turmoil and mixed emotion. I would not be here today without each and every one of you, I owe you a debt of gratitude and appreciation for taking a chance on this underdog when those that could chose not to. I thank you with all the love I have in me.

My past is irrelevant, its neither here nor there, although highly important in the story of my life. What is relevant is all the fumbled steps I took, all the blackout drunks, every overdose and every broken heart that were the result of my substance abuse and that ultimately led me to what I hope is my final bottom. I sank low, even for street standards I was an outcast. A bastard child lost in the wilderness of another man's destiny. A line even I wouldn't cross. The pain of holding onto my ghosts finally outgrew the pain of letting them go their own way, and although I am still haunted some days, I now know it won't last the week or month of constant emotional and mental anguish. With no bridge left to cross or place to go I walked back into the rooms of AA. The first two months were hell (not that hell was sometimes new to me) and in hindsight I probably should have consulted a family Dr. a mild sedative and more rest to face the shakes and constant nausea that ensued. I couldn't eat or sleep, and basically ran on a combination of nicotine and caffeine. I lost a lot of weight and was very pale/greyish, rather ready to cross the river to the final boarding all. Treatment, however, hanged that, I gained a couple much needed pounds but more importantly I gained a glimmer of self-respect, the only thing on my mind was staying sober no matter what the cost. Anything was better than the way I was living my life up to that point. My resolve was crystal clear as well as my determination, and with a saying I was given before my journey, "stay true to yourself" (thank you CHI, much love) I was well on my way. After treatment I went to a meeting, I made it my home group for my first year and received my first pivotal medallion of hope. I met a motley crew of various and unique people, some with the same goal I had ultimately, all my fellow misfits who shared the same love affair with our mistress alcohol. During the same first year I came across a man who had exactly what I wanted, what I lacked besides wisdom as he was composed, confident and had a serenity I was prepared to die for in my blackened heart and soul. Desperation was the diesel fuel that ran through my veins. He became my sponsor and introduced me to the infamous blue book and a manner of living that changed everything in and around me. Cover to cover, page by page, lesson by lesson, step by painstakingly rewarding-step I made my way through my valley of unrest. Almost accepting failure at the tail end of my Step Four, what kept me sober was a simple message that spoke volumes to me, "there's nothing there us"!! (Thank you Mr. Dean L.) How dark it sometimes is before the dawn, there truly is nothing there for me, I've been down that road. It leads me nowhere but back to pain, misery and maybe death ultimately. Today I'm no longer willing to roll the dice with liquor and drugs, it's a losing battle, place your bet on that one my friends, it's a sure win.

Let's be clear here, it's an epidemic out there on the front lines, more lives are lost to alcohol and drugs than there ever should be, and our best efforts are failing us. The statistics of success are devastatingly low as we try to assimilate to a society that has proven to be profoundly sick in its essence, instead we need to understand, show more love and forgiveness in hopes of a better tomorrow. It's a collective effort, but it may take an army of one to get things started in this age of senseless sheep. I'm not the brightest apple in the tree, but I do see what love will do for those like me, addicts like me, and those who are like me, who may or may not struggle with an affliction or illusion of nothing at all. You will get back what you put in tenfold.

Continued on next page

MISFIT

continued from previous page ...

Just the self-awareness, and knowledge alone makes my head spin on a daily basis, the rest is included in the Promises, 'IF YOU FOLLOW THE SUGGESTIONS' it will freely be passed onto you as it was to me. Arm yourself with Knowledge, Honesty, Open-mindedness and Willingness and you will be amazed at the results. To go to absolutely any lengths was my case - I ran on fear and fellowship in my first 2 years and today, well I don't run anymore, not even after a bus. I don't have to. As for fear, it comes, and it goes but ultimately it builds character and confidence in one's self and others. As for my old friend pain, well, as the story goes you can't understand love until you understand pain, and pain is the cornerstone of personal and interpersonal growth. And that my friend's is worth the prize fight, no title or fame, when I look back now, nothing is the same.

... Andreas C., -- Group, Edmonton, July 2019

GRAPEVINE DAILY QUOTE:

"My sponsor told me that if I stayed away from the first drink, a day at a time, and followed the suggested Twelve Steps I could lead a sober life. She didn't promise me health, wealth, happiness, love – or comfort. All she promised me was sobriety!

Thank goodness she didn't promise me anything else, because along the AA path I have found sickness, death, unhappiness and considerable discomfort. But I have also found the greatest joy, love and happiness of my life."

... "Reality Can Be Uncomfortable", "Emotional Sobriety 11, July 1971

DAY EIGHT

Recovery is a process, not an event. There will never be a graduation day for your new way of life.

The more you learn and grow the more you see that you have more to learn and more to grow.

That is what Steps 10, 11 & 12 are all about.

... Borrowed from the Pocket Sponsor Thumbnail

I learn to grow and grow to learn.

8TH 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:

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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.

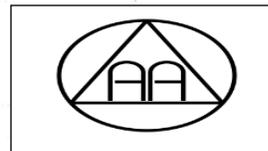
Submissions should be between 350 and 500 words. Submit with your full name, Group, and a phone number where you can be reached (of course we will protect your anonymity).

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

Phone : 780-424-5900 Fax: (587) 523-4334

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



A.A. Comes of Age

X	T	F	P	P	S	D	O	W	L	I	N	G	C	N	H	H	O	S
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RELIGION

SERENITY
SERVICE
SHOEMAKER
STEP
TRADITION
TRUSTEE
UNITY
UTOPIA
VANCOUVER
WHOLE

Edmonton Central Office Society				
INCOME STATEMENT 2019				
	June	YTD	YTD BUDGET	variance
General Receipts:				
Group donations	\$ 8,285.04	\$ 39,142.44	\$ 46,500.00	\$ 7,357.56
Individual/Bequeath	\$ 450.00	\$ 1,843.49	\$ 1,950.00	\$ 106.51
Birthday Club/Faithful Fivers	\$ 172.00	\$ 1,125.00	\$ 1,250.00	\$ 125.00
Office Supplies / Postage	\$ 117.50	\$ 1,111.86	\$ 512.50	-\$ 599.36
Newsletter	\$ 52.00	\$ 143.00	\$ 105.00	-\$ 38.00
Rental Income-EGSC, etc	\$ 143.25	\$ 961.85	\$ 600.00	-\$ 361.85
Tradition Seven-meetings	\$ 309.30	\$ 1,733.70	\$ 2,250.00	\$ 516.30
Fundraising	\$ 100.00	\$ 5,500.00	\$ 5,000.00	-\$ 500.00
Other Inc (Interest, etc)	\$ 6.81	\$ 34.34	\$ 24.00	-\$ 10.34
Total General Receipts	\$ 9,635.90	\$ 51,595.68	\$ 58,191.50	\$ 6,595.82
Literature & Medallion				
Literature	\$ 6,288.00	\$ 56,954.20	\$ 50,835.00	-\$ 6,119.20
Medallion	\$ 1,683.00	\$ 12,692.00	\$ 9,480.00	-\$ 3,212.00
Total Literature and Med.	\$ 7,971.00	\$ 69,646.20	\$ 60,315.00	-\$ 9,331.20
		\$ -		
Total Revenue	\$ 17,606.90	\$ 121,241.88	\$ 118,506.50	-\$ 2,735.38
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,095.51	\$ 34,905.44	\$ 28,500.00	-\$ 6,405.44
Meeting list & Greeting Cards	\$ 265.73	\$ 2,606.78	\$ 2,550.00	-\$ 56.78
Medallion Purch /engraving	\$ 906.64	\$ 6,695.58	\$ 5,515.00	-\$ 1,180.58
Freight / Brokerage		\$ 46.20	\$ 50.00	\$ 3.80
	\$ 5,267.88	\$ 44,254.00	\$ 36,615.00	-\$ 7,639.00
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 2,429.25	\$ 2,400.00	-\$ 29.25
Literature expense	\$ 2.82	\$ 27.30	\$ 55.00	\$ 27.70
Communications & Tech	\$ -	\$ -	\$ 600.00	\$ 600.00
Other (Archive, 12 Step,Cred,Grp Serv)		\$ 285.24	\$ 600.00	\$ 314.76
	\$ 407.69	\$ 2,741.79	\$ 3,655.00	\$ 913.21
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 1,002.58	\$ 1,810.00	\$ 807.42
Bank Chgs & Cr Card chgs	\$ 119.23	\$ 901.44	\$ 745.00	-\$ 156.44
Computer & IT Maintenance		\$ 191.27	\$ 3,000.00	\$ 2,808.73
Equipment Lease	\$ 359.77	\$ 2,158.62	\$ 2,410.00	\$ 251.38
Fundraising expense	-\$ 895.50	\$ 4,260.79	\$ 5,000.00	\$ 739.21
Insurance	\$ 300.00	\$ 1,800.00	\$ 1,750.00	-\$ 50.00
Newsletter Expenses	\$ 4.20	\$ 11.91	\$ 27.50	\$ 15.59
Office Supplies	\$ 282.80	\$ 503.87	\$ 1,575.00	\$ 1,071.13
Postage	\$ 76.85	\$ 1,034.30	\$ 600.00	-\$ 434.30
Rent	\$ 3,463.06	\$ 20,778.37	\$ 19,980.00	-\$ 798.37
Repairs & Maintenance		\$ -	\$ 1,000.00	\$ 1,000.00
Salaries, Source, WCB	\$ 4,715.28	\$ 27,916.68	\$ 29,000.00	\$ 1,083.32
Staff Training / Seminar	\$ 506.93	\$ 614.79	\$ -	-\$ 614.79
Telephone / Internet	\$ 190.54	\$ 1,200.68	\$ 1,200.00	-\$ 0.68
	\$ 9,310.55	\$ 62,375.30	\$ 68,097.50	\$ 5,722.20
		\$ -		
Total Expenses	\$ 14,986.12	\$ 109,371.09	\$ 108,367.50	-\$ 1,003.59
		\$ -		
Income / (Loss)	\$ 2,620.78	\$ 11,870.79	\$ 10,139.00	-\$ 1,731.79

2019 Birthdays

in - AUGUST

60 Minutes to Sobriety

Last Sunday

Aug. 25 Khan K. 2 yrs.
Marilyn S. 31 yrs.
Randy P. 2 yrs.

Capilano Step

First Thursday

Sept. 5 Barbara A. 45 yrs.
Larry S. 26 yrs.
Jackie M. 16 yrs.
Patsy T. 15 yrs.
Derek T. 11 yrs.
Jim J. 9 yrs.

Clareview Big Book

Last Wednesday

Aug. 28 Dayle W. 42 yrs.

Fulton Place

Last Friday

Aug. 30 Doug B. 30 yrs.
Dwayne H. 2 yrs.

Lion's Den

Last Monday

Aug. 26 Carol J. 23 yrs.
Courtney G. 5 yrs.
Karen K. 28 yrs.
Kevin Mc. 16 yrs.
Shelby S. 5 yrs.

Mustard Seed

Last Sunday

Aug. 25 James. 26 yrs.

Norwood

Closest Wednesday

Aug. 14 Ron M. 20 yrs.

Oilmen's

First Monday

Aug. 5 Jan D. 56 yrs.

Providence

Last Wednesday

Aug. 28 Rob B. 3 yrs.

Rite Trac

Last Tuesday

Aug. 27 Alex S. 50 yrs.

The Why

Last Saturday

Aug. 31 Courtney G. 5 yrs.

Thus, We Grow

Last Tuesday

Aug. 27 Jim B. 48 yrs.

West End Men's

First Wednesday

Sep. 4 Don B. 12 yrs.
Paul B. 36 yrs.

Westminster

Last Saturday

Aug. 31 Diane L. 35 yrs.

SHERWOOD PARK

Happy Hour

Last Friday

Aug. 30 Dave H. 19 yrs.

ST. ALBERT

St. Albert Breakfast

Last Sunday

Aug. 25 Julie R. 8 yrs.
Moe H. 14 yrs.
Elmer M. 34 yrs.
Shirley M. 42 yrs.
Eileen B. 43 yrs.

St. Albert Sunday Night

Last Sunday

Aug. 25 Russell B. 13 yrs.
Greg L. 1 yr.
Bryce M. 16 yrs.
Joel M. 1 yr.



FAITHFUL FIVERS

David B.



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

BIRTHDAY CLUB

For the month of July

Jim R.

David B.

Grace N.

PLEASE NOTE:

ECO News has deleted group birthdays for groups who have not sent in their changes.

CALENDAR OF EVENTS

2019 ROUNDUPS & FUNCTIONS

Delisle Pike Lake, SK

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

Wainwright, AB

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

Legal, AB

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

Edmonton, AB

Aug. 18th **District 53 presents: 3rd Annual** \$10.00
 10:30 AM- 2:30 PM **Unity Barbecue** 6-12 Yrs \$ 5.00
 Kids 5 & under FREE
 10955 + 50 St. Gold Bar Park
 Contact: 780-909-3797

Innisfail, AB

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

Trochu, AB

August 31 **Trochu 5th Annual Unity Day** \$15.00
 And Barbecue Lions Campgrounds
 Left of train tracks on North Road
 Contact: 403-877-1350 or 403-714-4624

Greig Lake, AB

Aug 31-Sep 2 **40th AA Campout R/U** Trad, 7
 "A Healing Tranquility Takes Place
 Camp Reservation need to be made
 Thru Saskatchewan Parks

Sherwood Park, AB

Sept. 9 **14 Week Step Series**
 7:00 PM 1380 Sherwood Drive
 Church of the Nazarene
 Contact: 780-913-0034 or 930-2302

Edmonton, AB

Sept. 10 **14 Week Big Book Study- Jasper Place**
 6:00 PM 8420 145 St. BRING YOUR BIG BOOK
 St. Timothy's Church, Front dr., bsmt.

2019 ROUNDUPS & FUNCTIONS

Grande Prairie, AB

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

Millet, AB

Sept. 14 **AA & Friends Golf Tournament**
 2:30 PM Pipestone Links
 Prizes and catered dinner
 Contact: 587-986-8417 or 780-405-8575

Red Deer, AB

Sept. 20-22 **Area 78 Election Assembly** ***
 *** 3310 – 50 Avenue
 *** Cambridge Hotel & Conference ***

Edmonton, AB

Sept. 27-29 **Annual Blue Jean R/U** \$40.00
 After Sept. 15 \$45.00
 6115 Fulton Place Rd. NW
 Fulton Place Community League

Edmonton, AB

Sept. 28 **Public Information Workshop**
 10.00 AM & Co*op with the Profess., Community
 10728 – 124 St. (Alano Club)
 Contact: egsc.picpcchair@edmontonaa.org
 Learn about speaking to Non-AA groups
 Contact: cordellbanks@me.com

Drumheller, AB

Oct 5 **District 15 Road of Happy Destiny** \$25.00
 627 – 6th St. E.
 Church of Nazarene
 Contact: area78dist15@gmail.com

Spruce Grove, AB

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

Red Deer, AB

Nov. 2, **2019 Area 78 Archives Workshop** \$20.00
 9pm -4pm 12 Stanton Street
 Sunnybrook Church

