

# ECO NEWS

# \$1.00

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## DELEGATE'S CORNER

### THE BIG PICTURE

With the Election Assembly fast approaching, my mind's rehearsing good behaviour. Stress is a concern for many of us who have a lot to accomplish in a short time. My mind tends to race when I'm stressed, and often results in poor decisions.

When I asked myself how to best handle those baffling situations that come up, I heard a voice say, "See the big picture: Step Back and Take A Breath." In school, I learned that I'm a detail or 'bottom-up' learner. I see the details of an issue first, with the big picture coming later.

In taking the 'larger view' of an issue, I can ask myself: "How important is this, that it gets done my way, or right now?" The answer often is 'not that important'.

I've watched others – those top down/big picture kind of folks – get the whole idea right away; it's fascinating. They are good examples for me.

These two actions are genius. They allow for healthier choices in a kind response. Stepping back gives me the time to think about how I will respond, rather than lashing out. In other words, SLOW DOWN.

Taking a breath allows my mind to clear and gives me a chance to make a spiritual connection. It allows me to get back to the love and tolerance code described in the Big Book.

As awareness is the first step to change anything, I realize I'm just learning. Slowing down is not something I do yet consistently. I'm so grateful to have people in my life who practice more loving responses in times of stress; they lead the way. It's just one more miracle of healing from our beloved program of Alcoholics Anonymous and the amazing fellowship I'm lucky to be a part of.

Thank you all for my sobriety.

Becky P, Panel 68, Area 78 Delegate Alberta, NWT, Western Nunavut

## NO TIME TO REST ON OUR LAURELS PLAYING CHECKERS OR PLAYING CHESS?

Let me preface this article by saying that I am not being critical of anyone for any reason concerning where a person is along the path of sobriety. My only motive for writing it is to give some perspective concerning the possibilities which lie ahead based on the thoroughness we apply to the steps as we put some distance between us and that last drink. I am one of the fortunate ones that showed up at the doors of Alcoholics Anonymous at the age of 28 and have never wanted a drink since that day. I was the youngest person in the room for my first couple of years as the drugs using population of the Sixties generation hadn't started showing up until the mid-seventies and they seemed to bottom out at a much earlier age than the common variety alcoholics who seldom came to us until they were in their forties. (midlife crisis) I was referred to as "The fortunate One."

In my first two years, I was like everyone else when it came to the subject of thoroughness, and I was selective about what I would do with the program and about the things I would dismiss as being unnecessary since I had absolutely no desire to drink. I was slow and deliberate when it came to actually taking the steps and it was almost two years before I attempted to do the fourth step inventory and being in the Navy at the time, I was shipped out to an oil tanker in The Tonkin Gulf Yacht Club, where I spent four months hauling fuel to the fleet.

I had many nights at sea thinking and longing to be back with my home group and contemplating what I had planned to do and when I got home I re-opened my fourth step inventory with a new attitude about the steps and realized that my original attempt was a very shallow scam so I burned it and started over and this time, I got it right. That, I think was the turning point in my attitude about thoroughness. I addressed those so called "Tormenting Ghosts of Yesterday."

Shared them with another trusted member of the program and it just lifted the weight off my shoulders and that, I believe, made the rest of the program much easier. I have attended a weekly step study meeting ever since and it helps me to measure my growth as we cycle through the steps and traditions several times a year. There is a term on page 85 in the Big Book and, coincidentally, on Page 85 in the 12x12 that suggests "This is no time to rest on our laurels" and I take that very serious.

Selfishness was the problem and today I live a life based on unselfish principles and motives. After many years of sobriety, I could very easily slack off and vegetate, but I would have no purpose in life and if I neglected responsibilities my self-worth would suffer. I also stopped being judgmental about the behaviors of others or I would be playing God myself. Scott Peck Defines Love as "Caring for and nurturing another person" and I can love everyone even if they can't return the gesture. It simply means wishing the best for them and meaning it. Happiness is a Biproduct of right living and living by unselfish principles is the key.

These are just a few ideas but there many ways to continue to have a purpose and if you don't, you may be stronger now and you may want to re-visit the fourth thru the ninth steps and get a better perception on how to become a more useful member of society and be fulfilled or, you may be satisfied just not drinking one day at a time. That's your choice. I overheard a sportscaster describing the different head coaches of professional football teams and he said, "Some are playing Checkers, and a few are playing Chess." Life takes on a new meaning and it is way too precious to waste when you've come this far.

Rick R., Unconditional AA, Poway, CA



### QUOTES

- AIRBORNE: An ASA group flying together to Hawaii decided to hold a meeting in the air, which was okay until one guy, called on to share, identified himself and everybody yelled, "Hi, Jack?" ... (N.M.C., BC)
- In seeking happiness for others, you find it in yourself.
- The greatest discovery of my generation is that people can alter their lives simply by altering their attitude of mind. ... Anonymous
- True ambition is not what we thought it was. True ambition is the profound desire to live usefully and walk humbly under the grace of God.

... As Bill Sees it .p.46

# 75<sup>TH</sup> ANNIVERSARY OF ALCOHOLICS ANONYMOUS IN EDMONTON

**Event date is: June 13, 2020**

**Theme is: What it used to be like ~ What happened ~ What it is like now.**

The committee is working hard to make this day the special event we know you all deserve.

Want to help?

Contact Central Office at 780 424 5900 to find out more.

## HAVE A LAUGH WITH US

Introduction to AA Grapevine "Take me to Your Sponsor" cartoon book

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh. In AA, we learn to not take ourselves too seriously, to be happy, joyous and free. Luckily, sobriety can be pretty darn amusing.

"Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past," our co-founder Bill W., writes in *Alcoholics Anonymous*. "But why shouldn't we laugh? We have recovered and have been given the power to help others."

Two of the most beloved departments of Grapevine are the "At Wit's End" jokes and the cartoons, all contributed and drawn by AA members. This book contains some of the best laughs of the last few years, dealing with meetings, sponsorship, dating and marriage, friends and coworkers, character defects and more. We hope this book brightens your day and gives you some hearty, well-earned laughs.

- **Heard at a meeting:**

"My friend, Barb, shares that she still goes to meetings after 20-some years because she's yet to see a newcomer walk by the couch in her living room.  
... Ed L., Wrightwood, Ca., Feb. 2012

- **Oldies but Goodies:**

The speaker at the Convention's Bi Meeting walked up to the podium, looked out at the stadium full of people and said, "My heart is beating, my knees are weak, and my stomach is in knots. I used to pay a lot of money for this feeling."  
... Christine H., Mich., March 2012

- **Meetings in Hell:**

I don't know whether there is a heaven or hell, but I am certain that if there is, there will be AA meetings in both places. The only difference will be that in hell, there will be advice-giving and cross talk!  
... Teri H., Bloomfield, Conn., Oct. 2012

- **Dream On:**

I was at my Tuesday men's stag meeting celebrating my AA birthday with my wife recently. While we were waiting for the cake to be brought out, I turned to her and said, "Honey, did you ever in your wildest dreams think you'd be standing here helping me celebrate 48 years of sobriety?" She turned to me and said, "Bruce, let me tell something. You're not in my wildest dreams!" ,,, Bruce D., Manhattan Beach, CA, Oct 2013

- **Nice Translation:**

The man chairing the meeting called on a younger member to share. She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!" An old-timer who has hard of hearing leaned over and whispered to a friend, "What did she say?" The friend replied, "She says she's hungry, angry, lonely and tired." ... Joe R., St. James, NY, March 2012

## ONCE OVER LIGHTLY

Reprinted with permission from AA Grapevine, August 1967

- What's the difference between a man and a machine? Obviously, the machine is quite when oiled.
- You think that's bad? Try this one from Don M. of Glen Ridge, NJ:  
Friend: How did you get that scar on the bridge of your nose?  
Sot: From glasses.  
Friend: Why don't you wear contact lenses?  
Sot: Don't hold enough
- There was a speaker with a scar like that ~ except he claimed that his came from drinking white lightning from mason jars while driving over bumpy roads in the Tennessee Hills
- AS A PARTING SHOT, we offer this jewel:

Procrastination is my sin,  
It brings me endless sorrow,  
I really must stop doing it.  
In fact, I'll start tomorrow.

***What are You  
Grateful  
FOR  
Today?***

1. AA - The recovery program.
2. God & AA.
3. My new life.
4. The very ability to feel gratitude and live in it.
5. That I'm alive today.
6. Every day is a new beginning, I am appreciative of life.
7. One day at a time.
8. My sponsor and being able to be teachable again.
9. Courage.
10. God's grace and mercy.
11. My home Group.
12. L.O.V.E.

...adapted from Area 53 Newsletter

## LETTER FROM GSO – INTERNATIONAL CONVENTION AA-2019

Dear Friends,

We're happy to announce that AAWS is releasing Meeting Guide 3.0. Meeting Guide is a mobile app focused on helping people find AA meetings and resources near them. The app has been updated to include some new features we're pleased to announce:

- Search ~ Users will now be able to search for meetings by name or location.
- *Daily Reflections* ~ a selection of reflections by and for AA members.

There are also enhancements we've made to existing features:

- More accurate locations for access to local contact information.
- Improved user interface ~ with a new menu bar and Contact feature.

Meeting Guide is available for IOS and Android smartphones. You can download it for free on the App Store or on Google Play.

Yours in Fellowship, G. Gregory t.

| <b>Edmonton Central Office Society</b> |                     |                      |                      |                      |
|--|---------------------|----------------------|----------------------|----------------------|
| <b>INCOME STATEMENT 2019</b>           |                     |                      |                      |                      |
|  | <b>August</b>       | <b>YTD</b>           | <b>YTD BUDGET</b>    | <b>variance</b>      |
| <b>General Receipts:</b>               |                     |                      |                      |                      |
| Group donations                        | \$ 4,953.75         | \$ 51,912.94         | \$ 59,500.00         | \$ 7,587.06          |
| Individual/Bequeath                    | \$ 184.00           | \$ 2,627.49          | \$ 2,600.00          | -\$ 27.49            |
| Birthday Club/Faithful Fivers          | \$ 65.00            | \$ 1,781.00          | \$ 1,670.00          | -\$ 111.00           |
| Office Supplies / Postage              | \$ 88.85            | \$ 1,340.96          | \$ 687.50            | -\$ 653.46           |
| Newsletter                             | \$ 8.00             | \$ 186.00            | \$ 135.00            | -\$ 51.00            |
| Rental Income-EGSC, etc                | \$ -                | \$ 961.85            | \$ 800.00            | -\$ 161.85           |
| Tradition Seven-meetings               | \$ 346.95           | \$ 2,292.65          | \$ 3,000.00          | \$ 707.35            |
| Fundraising                            |                     | \$ 5,500.00          | \$ 5,000.00          | -\$ 500.00           |
| Other Inc (Interest, etc)              | \$ 4.25             | \$ 44.99             | \$ 32.00             | -\$ 12.99            |
| <b>Total General Receipts</b>          | <b>\$ 5,650.80</b>  | <b>\$ 66,647.88</b>  | <b>\$ 73,424.50</b>  | <b>\$ 6,776.62</b>   |
| <b>Literature &amp; Medallion</b>      |                     |                      |                      |                      |
| Literature                             | \$ 6,792.50         | \$ 70,258.95         | \$ 62,630.00         | -\$ 7,628.95         |
| Medallion                              | \$ 1,683.00         | \$ 16,243.00         | \$ 11,885.00         | -\$ 4,358.00         |
| <b>Total Literature and Med.</b>       | <b>\$ 8,475.50</b>  | <b>\$ 86,501.95</b>  | <b>\$ 74,515.00</b>  | <b>-\$ 11,986.95</b> |
|  |                     | \$ -                 |                      |                      |
| <b>Total Revenue</b>                   | <b>\$ 14,126.30</b> | <b>\$ 153,149.83</b> | <b>\$ 147,939.50</b> | <b>-\$ 5,210.33</b>  |
| <b>Expenses: (COS)</b>                 |                     |                      |                      |                      |
| AAWS & Grapevine Literature            | \$ 3,987.61         | \$ 42,527.66         | \$ 37,000.00         | -\$ 5,527.66         |
| Meeting list & Greeting Cards          | \$ 356.35           | \$ 3,532.59          | \$ 3,300.00          | -\$ 232.59           |
| Medallion Purch /engraving             | \$ 868.17           | \$ 8,581.17          | \$ 7,395.00          | -\$ 1,186.17         |
| Freight / Brokerage                    |                     | \$ 46.20             | \$ 60.00             | \$ 13.80             |
|  | \$ 5,212.13         | \$ 54,687.62         | \$ 47,755.00         | -\$ 6,932.62         |
| <b>Intergroup Expenses</b>             |                     |                      |                      |                      |
| 12 Step Answering                      | \$ 404.87           | \$ 3,238.99          | \$ 3,200.00          | -\$ 38.99            |
| Literature expense                     | \$ 9.63             | \$ 38.31             | \$ 65.00             | \$ 26.69             |
| Communications & Tech                  |                     | \$ -                 | \$ 800.00            | \$ 800.00            |
| Other (Archive, 12 Step,Cred,Grp Serv) |                     | \$ 285.24            | \$ 600.00            | \$ 314.76            |
|  | \$ 414.50           | \$ 3,562.54          | \$ 4,665.00          | \$ 1,102.46          |
| <b>Administrative Expenses</b>         |                     |                      |                      |                      |
|  |                     | \$ -                 |                      |                      |
| Accounting & Legal                     | \$ 187.39           | \$ 1,377.36          | \$ 2,370.00          | \$ 992.64            |
| Bank Chgs & Cr Card chgs               | \$ 114.86           | \$ 1,139.66          | \$ 970.00            | -\$ 169.66           |
| Computer & IT Maintenance              | \$ 591.99           | \$ 783.26            | \$ 4,000.00          | \$ 3,216.74          |
| Equipment Lease                        | \$ 359.77           | \$ 2,878.16          | \$ 3,190.00          | \$ 311.84            |
| Fundraising expense                    | \$ -                | \$ 4,260.79          | \$ 5,000.00          | \$ 739.21            |
| Insurance                              | \$ 300.00           | \$ 2,400.00          | \$ 2,300.00          | -\$ 100.00           |
| Newsletter Expenses                    | \$ 3.29             | \$ 18.03             | \$ 32.50             | \$ 14.47             |
| Office Supplies                        | -\$ 36.20           | \$ 295.46            | \$ 2,100.00          | \$ 1,804.54          |
| Postage                                | \$ 139.15           | \$ 1,283.14          | \$ 800.00            | -\$ 483.14           |
| Rent                                   | \$ 3,647.56         | \$ 27,888.99         | \$ 26,680.00         | -\$ 1,208.99         |
| Repairs & Maintenance                  | \$ -                | \$ -                 | \$ 1,400.00          | \$ 1,400.00          |
| Salaries, Source, WCB                  | \$ 5,166.10         | \$ 38,312.82         | \$ 38,730.00         | \$ 417.18            |
| Staff Training / Seminar               | \$ -                | \$ 614.79            | \$ 1,000.00          | \$ 385.21            |
| Telephone / Internet                   | \$ 190.41           | \$ 1,581.50          | \$ 1,600.00          | \$ 18.50             |
|  | \$ 10,664.32        | \$ 82,833.96         | \$ 90,172.50         | \$ 7,338.54          |
|  |                     | \$ -                 |                      |                      |
| <b>Total Expenses</b>                  | <b>\$ 16,290.95</b> | <b>\$ 141,084.12</b> | <b>\$ 142,592.50</b> | <b>\$ 1,508.38</b>   |
|  |                     | \$ -                 |                      |                      |
| <b>Income / (Loss)</b>                 | <b>-\$ 2,164.65</b> | <b>\$ 12,065.71</b>  | <b>\$ 5,347.00</b>   | <b>-\$ 6,718.71</b>  |





## IN GOD'S CARE – Daily Meditations

Do not use a hatchet to remove a fly  
from your friend's forehead ... Chinese Proverb

Some of us are prone to criticizing others' behavior even when they don't ask for our opinion. Although sharing observations is sometimes good, we must explore our motives. Are we honestly trying to help? Or are we subtly putting others down in order to boost our self-esteem?

In God's world we are equal, absolutely. We're all on separate though very related journeys and we have an opportunity to thoughtfully help each other, every moment. In this respect, gentle feedback may help someone get back on track, but hoisting ourselves up at another's expense doesn't help him or her, and it harms us greatly.

Our spiritual well-being suffers when we criticize others needlessly. The only sure way of helping friends live fulfilling lives is to love them and gently support them in their struggles. Their happiness will benefit the rest of us too.

I will remember that my words can help or hinder.

I will benefit from using soft words today.

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

## 10<sup>TH</sup> STEP PRAYER

God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone.

Help me to quickly make amends if I harmed anyone and help me to resolutely turn my thoughts to someone I can help.

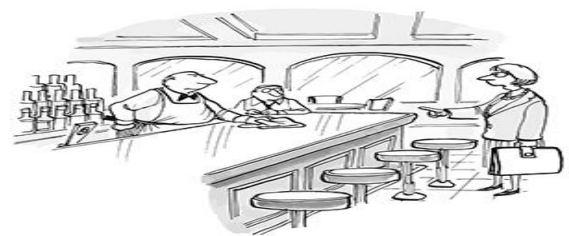
Help me to be loving and tolerant of everyone today.

... taken from AA Meeting in a pocket.

## DAY TEN

"Approach each second with respect. If you move too fast, you miss the meeting point between mind and matter and become like the hare who scampered but lost the race."

... Pocket Sponsor Thumbnail



"Where are you hiding him? He's supposed to be at an AA meeting" —George

## DISCLAIMER:

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

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

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

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

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

Fax: (587) 523-4334

Email: [centraloffice@edmontonaa.org](mailto:centraloffice@edmontonaa.org) **Subject Line: Attention ECO News**

## CAME TO BELIEVE

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | P | I | R | I | T | L | A | F | F | O | R | D | E | K |
| W | A | J | N | O | A | T | F | U | T | U | R | E | Q | B |
| X | L | I | N | S | S | U | D | R | I | N | K | L | J | D |
| E | O | E | U | E | D | X | F | R | D | I | M | T | D | C |
| F | N | F | R | R | T | H | E | O | E | H | U | N | N | B |
| O | E | C | U | N | O | J | M | U | W | T | N | O | U | E |
| R | S | N | L | T | E | W | T | X | O | I | A | I | O | L |
| G | K | F | E | C | Z | D | J | U | L | W | B | T | F | I |
| I | R | L | T | L | D | E | S | O | L | C | L | C | J | E |
| V | N | E | T | L | P | P | P | O | A | Q | E | A | P | V |
| E | D | R | I | A | I | R | E | Y | A | R | P | D | H | E |
| H | F | V | N | M | K | A | S | W | A | N | T | E | D | V |
| U | Q | Q | G | S | A | T | T | I | T | U | D | E | G | O |
| G | C | O | N | C | E | P | T | S | C | V | N | X | O | R |
| P | E | O | P | L | E | L | Z | Z | U | P | E | B | R | P |

|          |         |          |
|----------|---------|----------|
| ACTION   | DRINK   | PROVE    |
| AFFORD   | DRUNK   | PUZZLE   |
| ALLOWED  | FORGIVE | REFUSAL  |
| ALONE    | FOUND   | REJECTED |
| ATTITUDE | FUTURE  | SMALL    |
| BELIEVE  | HOTEL   | SPIRIT   |
| CLOSED   | LETTING | UNABLE   |
| CONCEPTS | PEOPLE  | WANTED   |
| CREST    | PRAYER  | WITHIN   |

- "Today is the tomorrow we worried about yesterday and all is well" provided by Elaine S. to Pat L.
- There are plenty of rules for attaining success, but none of them work UNLESS YOU DO! TST Feb/02
- Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. TST Feb./02
- A sign in an unnamed bar might have saved him. It says, "If you are drinking like a fish, swim home.  
Reprinted with permission from the AA Grapevine, July 1972.
- Nothing can stop the person with the right mental attitude from achieving his or her goal; nothing on earth can help the person with the wrong mental attitude. ... attributed to Thomas Jefferson



## THE ORIGIN AND HISTORY OF THE SERENITY PRAYER

What is the origin and history of the "Serenity Prayer."? The short answer is, as with most AA "history," we're not really sure. We know that it is presently the most popular "AA prayer," and is one of the most popular prayers in the world. Its origin is generally attributed to American Protestant theologian Reinhold Niebuhr, although it cannot be found anywhere in his printed works. The short form is found first in AA published writings in 1952 in "Twelve Steps and Twelve Traditions," at Step Three, page 41:

"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done."

This is the most popular version recited at meetings throughout the world, with the exception of the last line, which has been dropped. The version most often attributed to Niebuhr circa 1942 is:

"God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Living one day at a time, Enjoying one moment at a time. Accepting hardship as a pathway to peace. Taking, as Jesus did. This sinful world as it is. Not as I would have it. Trusting that You will make all things right. If I surrender to Your will. So that I may be reasonably happy in this life. And supremely happy with You forever in the next. Amen."

Note the specific reference to Jesus and the difference in the request that is not to "me" as an individual, but to the collective "us."

Another, similar version, drops specific reference to Jesus and replacing it with "He" and shifts back to the individualized request:

"God, grant me the Serenity To accept the things I cannot change ... Courage to change the things I can ... And Wisdom to know the difference. Living one day at a time. Enjoying one moment at a time. Accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is. Not as I would have it. Trusting that He will make all things right if I surrender to His will. That I may be reasonably happy in this life. And supremely happy with Him forever in the next. Amen."

The Serenity Prayer does not appear in the book "Alcoholics Anonymous" in its original form. It appears once in the Fourth Edition and is referenced several times, but not quoted. It first appears at page 357 in "It Might Have Been Worse."

This story is by Chet R. and was first published in the Second Edition in 1955. Interestingly, Chet R.'s version is the collective one, drops the prefatory appeal to God, and does not actually refer to God at all. According to Chet R.'s :

"The A.A. way of life is the way we always should have tried to live. "Grant us the serenity to accept the things we cannot change, courage to change the things we can, and the wisdom to know the difference."

Alcoholics Anonymous, "It Might Have Been Worse," p. 357.

The Serenity Prayer is also referred to but not quoted in Dr. Paul O.'s story, "Acceptance Was The Answer," at p. 419. Note that Dr. Paul's story first appeared in the Third Edition as "Doctor, Alcoholic, Addict."

There are three Fourth Edition stories where the Serenity Prayer is referenced, but not quoted in full: "Because I'm An Alcoholic," at 345; "A Drunk Like You," at 401; and "A.A. Taught Him To Handle Sobriety," at 559. "A Drunk Like You" also speaks to the author's aversion to the Lord's Prayer:

"The last big hurdle was closing the meeting with the Lord's Prayer. As a Jew, I was uncomfortable with it and decided to talk to my sponsor about it. So, I said, "The Lord's Prayer bothers me. I don't like closing with it." "Oh," he said, "what's the problem?" "Well, I'm Jewish and it's not a Jewish prayer." "Well, then," he said "say it in Jewish." I said, "It would still be the Lord's Prayer." "Right," he said. "Then say something else that you like. Your Higher Power, whatever you call it, is helping you, and you need to say thank you."

Alcoholics Anonymous, "A Drunk Like You," p. 406.

According to our "official" AA history book, "Alcoholics Anonymous Comes of Age," published in 1957: "Just before [AA's first secretary] Ruth [Hock] left, a news clipping whose content was to become famous was called to our attention by a New York member, newsman Jack. It was an obituary notice from a New York paper. Underneath a routine account of the one who had died there appeared these words: "God grant us the serenity to accept the things we cannot change, courage to change the things we can, and wisdom to know the difference."

## THE ORIGIN AND HISTORY OF THE SERENITY PRAYER - continued

Never had we seen so much A.A. in so few words. While Ruth and I were admiring the prayer, and wondering how to use it, friend Howard walked into the office. Confirming our own ideas, he exclaimed, "We ought to print this on cards and drop one into every piece of mail that goes out of here. I'll pay for the first printing." For several years afterward we followed his suggestion, and with amazing speed the Serenity Prayer came into general use and took its place alongside our two other favourites, the Lord's Prayer and the Prayer of St. Francis.

No one can tell for sure who first wrote the Serenity Prayer. Some say it came from the early Greeks; others think it was from the pen of an anonymous English poet; still others claim it was written by an American naval officer; and Jack Alexander, who once researched the matter, attributes it to the Rev. Reinhold Niebuhr of the Union Theological Seminary. Anyhow, we have the prayer and it is said thousands of times daily. We count its writer among our great benefactors."

Alcoholics Anonymous Comes of Age, p. 196.

## READ THIS - LET IT REALLY SINK IN - THEN CHOOSE

John is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, John was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up and asked him, "I don't get it! " You can't be a positive person all of the time. How do you do it?" He replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or ... you can choose to be in a bad mood I choose to be in a good mood."

Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or... I can point out the positive side of life. I choose the positive side of life. "Yeah, right, it's not that easy," I protested. "Yes, it is," he said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood."

You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life.'

I reflected on what he said. Soon hereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that he was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, he was released from the hospital with rods placed in his back.

I saw him about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins...Wanna see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon-to-be born daughter," he replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or...I could choose to die. I chose to live." "Weren't you scared? Did you lose consciousness?" I asked. He continued, " ... the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read "he's a dead man." "I knew I needed to take action."

"What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said John. "She asked if I was allergic to anything. "Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity".

Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead". He lived, thanks to the skill of his doctors, but also because of his amazing attitude ... I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34.

After all today is the tomorrow you worried about yesterday. ... Provided by Bob J., St. Albert Breakfast Group

# 2019 Birthdays

in ~ OCTOBER

## Breathe Easy

First Friday  
 Nov. 1 Nancy DM. 15 yrs.  
 Chico V. 9 yrs.

## Clareview Big Book

Last Wednesday  
 Oct. 30 Brian O. 10 yrs.  
 Sharon D. 1 yr.

## Crestwood Welcome

Last Monday  
 Oct. 28 Frank C. 13 yrs.  
 Paul M. 5 yrs.  
 John H. 6 yrs.

## Ellerslie Group

Last Thursday  
 Oct. 31 Shentell M. 6 yrs.

## Fulton Place

Last Friday  
 Oct. 25 Stuart R. 29 yrs.  
 Rhea M. 25 yrs.  
 Mike M. 3 yrs.

## Jasper Place

Last Tuesday  
 Oct. 29 Jacki W. 28 yrs.

## Last Call

Last Wednesday  
 Oct. 30 Lyn P. 9 yrs.

## Lion's Den

Last Monday  
 Oct. 28 Andrew E. 4 yrs.  
 Bill L. 38 yrs.  
 Charles B. 3 yrs.  
 David G. 16 yrs.  
 Kenny A. 3 yrs.

## Lighthouse

Last Friday  
 Oct. 25 Monique B. 9 yrs.  
 Amanda D. 4 yrs.  
 Julie C. 3 yrs.  
 Trevor. 3 yrs.

## Mustard Seed

Last Sunday  
 Oct. 27 Dean C. 2 yrs.

## Providence

Last Wednesday  
 Oct. 30 Glen B. 34 yrs.  
 Andrew A. 13 yrs.  
 Mike S. 3 yrs.

## South Side

Third Friday  
 Oct. 18 Gordon M. 27 yrs.  
 Jesse A. 1 yr.  
 Emile C. 35 yrs.

## The Why Group

Last Saturday  
 Oct. 26 Carla W. 3 yrs.  
 Foster N. 37 yrs.  
 John F. 8 yrs.  
 Lana. 31 yrs.  
 Nancy. 26 yrs.  
 Joy Y. 18 yrs.  
 Norma-Jean. 24 yrs.  
 Paul G. 6 yrs.  
 Ryan V. 3 yrs.  
 Scott S. 22 yrs.

## Thus, We Grow

Last Tuesday  
 Oct. 29 Rob B. 2 yrs.  
 Dan H. 9 yrs.

## West End Men's

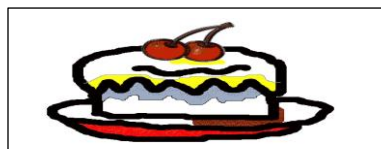
First Wednesday  
 Nov. 6 Alan D. 13 yrs.  
 Don F. 5 yrs.  
 Lukas D. 5 yrs.  
 Perry S. 20 yrs.

## Westgrove

Oct. 27 Rollie B. 47 yrs.

## Westminster

Last Saturday  
 Oct. 26 Jack M. 49 yrs.  
 Peter H. 34 yrs.  
 Margaret N. 32 yrs.  
 Brenda F. 30 yrs.



## SHERWOOD PARK

### Friday Night Happy Hour

Last Friday  
 Oct. 25 Dan W. 29 yrs.

### Twelve Steps to Serenity

Last Monday  
 Oct. 28 Lorne B. 10 yrs.

## ST. ALBERT

### St. Albert Breakfast

Last Sunday  
 Oct. 27 Marilynn T. 40 yrs.  
 Bob J. 45 yrs.  
 Abby T. 5 yrs.  
 Melanie P. 10 yrs.  
 Elaine M. 36 yrs.  
 Pamela. 5 yrs.

### St. Albert Brotherhood

Last Wednesday  
 Oct. 30 Don B. 26 yrs.

### St. Albert Sunday Step Study

Last Sunday  
 Oct. 27 Elaine N. 36 yrs.

### St. Albert Sunday Night

Last Sunday  
 Oct. 27 Koren. 2 yrs.

## AA GRAPEVINE QUOTES

"I can recall that even as a small child I had allergic reactions to certain forms of reality." Dec. 1997 "Distilled Spirits"



## BIRTHDAY CLUB

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Pam L.  
 Ray B.  
 Jessica C.

## FAITHFUL FIVERS

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Randy Young  
 Jessica C.

# CALENDAR OF EVENTS

## 2019 ROUNDUPS & FUNCTIONS

### St. Albert, AB

**Oct. 5** District 64 Life Beyond the Group  
**Interactive Sharing Session** Trad 7  
 1 – 4 PM 12 Gate Avenue  
 Christian Reform Church  
 Bring finger food Potluck to share

### Drumheller, AB

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

### Spruce Grove, AB

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

### Edmonton, AB

**Nov. 1** 84<sup>th</sup> Street Halloween Bash \$10.00  
 9210 – 118 Ave.  
 Alberta Avenue Hall  
 Contact: 780-807-10625 / 566-4231

### Red Deer, AB

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

### Las Vegas, NV

**Dec. 12-15** Stateline Retreat 2019 \$100.  
 The Original Woodstock of AA  
 Tuscany Hotel & Casino



## GROUPS IN NEED OF SUPPORT

### First Day Group

Mon. 8:00 pm 10528 – 98 St.  
 Marion Centre

### Oilmen's Group

Mon. 8:00 PM 8318 – 104 Street  
 Southside Chapter Hse. N dr.

## ANGELS IN DISGUISE

I know you think you hide it well  
 But I see more than you realize.

I can see who you really are,  
 My angels in disguise.

For the love that you have shown to me  
 There are no words that can compare.  
 As I struggled through my darkest hours  
 With a word, you were always there.

You stood beside me, never turning away.  
 All the times I could not cope You picked  
 Me up when I was down  
 You gave to me Your hope.

You helped me more than you will ever know  
 You gave me strength when I was weak.  
 You taught me through the love of God  
 I could find the answers that I seek.

My love for You is so much more  
 Then simply family ties.  
 I thank the Lord for sending you  
 My angels in disguise

... Bruce G., Vimy, AB

