

ECO NEWS

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MANUSCRIPT OF WORLD HISTORY -

Los Angeles. & So. Calif.

Bob P. (1985). Manuscript of A.A. World History. Unpublished manuscript. Los Angeles and Southern California on a trip to Cleveland, Bill W. had given one of the prepublication multilith copies of the Big Book to a lawyer friend. A wealthy young client of the lawyer, Ty M., who had moved to Los Angeles, was drinking himself into one predicament after another. So, the lawyer sent him the manuscript of the Big Book, and Ty gobbled it up, saying it was the "first time he'd ever seen something which understood him - who he was and why he drank." However, he didn't stop drinking. Although his wife, Kaye, did not read the book, she was impressed with her husband's reaction and wired the New York office for the location of an A.A. meeting. They replied, "There is no group west of Akron, Ohio." So, Kaye and Ty took off to Akron, where Ty put himself under the tutelage of Dr. Bob and the group there. Kaye went on to New York to meet Bill W., who, to her surprise, talked to her not about Ty's problem but her own; namely, her failure to let go of her husband's drinking and let him hit bottom. He also gave her a copy of the newly published Big Book.

While in New York, Kaye also attended her first A.A. meeting, which so impressed her that she returned to California determined to "beat the drum for Alcoholics Anonymous" out there. The time was December 1939. As Kaye M. talked to the newspapers and public officials in Los Angeles about her discovery, she came to the attention of Genevieve Dodge and Johnny Howe, non-alcoholic social workers in the probation department at the Superior Court. Genevieve was troubled and puzzled by the predilection of persons jailed for being drunk and disorderly, persons battered and beaten up while drunk, to go back out and get drunk all over again. She was convinced that alcoholics were not criminals. So, she convinced the Court to allow her to admit drunks to the County General Hospital instead of jailing them. There, she tried to treat them and educate them. She had an enthusiastic partner in John Howe, a young psychologist, who was convinced that psychological group therapy could make the alcoholic's desire to drink go away.

They conducted their experiment for several months. The alcoholics sobered up. They delved into their subconscious. They resolved to live sane and decent lives henceforth. And they went out and got drunk all over again. So, Genevieve Dodge was keenly interested to learn that a woman, Kaye M., claimed she had a book which contained a solution to their baffling problem. The two women met, and Kaye loaned Genevieve the book. She, in turn, gave it to Johnny Howe. After he read it—and despite the fact he did not relate to the spiritual solution it contained—he invited Kaye to attend the psychological classes for the parolees and to tell them about the A.A. recovery program as she understood it. Among the first successful converts were Barney H. and Hal S. In December, Chuck and Lee T., A.A. members from New York, were visiting Los Angeles. Bill W. had given them Kaye's number, so they looked her up. Kaye decided it was time to have an A.A. meeting in Los Angeles, which took place on December 19, 1939, in her home on Benicia Street in Westwood. (she had now divorced Ty.) Besides Kaye, Johnny Howe and three other social workers, there were Chuck and Lee T., Barney and Ethel H., Hal S., Chauncey and Edna C., Joy S., Dwight S. and Walter K. Kaye telegraphed news of the meeting, "15 were present," to Bill W. in New York. Bob P. (1985). Manuscript of A.A. World History.

Unpublished manuscript. Hal S., who was at the meeting was only a prospect at the time. He entered the County Hospital on January 15, 1940, where Johnny Howe gave him Kaye's copy of the Big Book to read. Hal left the hospital on January 19, and never drank again. He carried the A.A. message into the jail, was a tireless Twelfth Stepper and went on to found A.A. in San Diego. However, as Kaye continued to try to hold meetings, she was not having success. The meetings were informal and rather disorganized, and the alcoholics attending them were not staying sober.

Even Lee T. from New York began to drink again and had to be hospitalized before Lee and Chuck returned East (where they remained sober). Kaye felt she was a failure. She took time off to vacation in Hawaii, and when she returned, she had no heart to start meetings again. In the words of Bill W., "That first candle at Los Angeles was flickering, but it never quite went out." The man who was to set it blazing again was at that time in Denver. His name was Mort J., a stockbroker, who was "a violent drunk, a blackout drunk, a geographic drunk." He had made repeated trips to hospitals and sanitariums. His doctor, who specialized in alcoholism and drug addiction, had shown him a copy of the Big Book, and Mort J. had ordered a copy for himself. But as he tried to read it, he was sipping whiskey. The urge to travel and to binge was upon him, so he set out drunk. He drove for weeks, much of it in a blackout. He drove to see a brother in Los Angeles, then back to Arizona, crossed the border into Mexico at Nogales, drank in Guyana's and Hermosillo, and finally found himself back in California, in Palm Springs. And still he drank. Finally, Mort J. awakened one morning rum-sick and shaking, feeling he had to have a drink, or he would die.

But there were only empty bottles in his hotel room. He ransacked his suitcases and his eyes fell on the copy of Alcoholics Anonymous, which he had forgotten he had packed. Instead of waiting until the liquor stores opened, he read the Big Book from first page to last. He never knew what made him do this. Then he fell into a deep sleep, and when he awakened, he had a breakfast of bacon and eggs and coffee - his first good meal in a long time. Afterward, he returned to his room and read Alcoholics Anonymous a second time. He never had another drink. Mort moved from Denver to Los Angeles.

He telephoned the A.A. office in New York and Ruth Hock gave him Kaye's name and address, where she understood meetings were held. He went over and met Kaye. "When is the meeting," he asked. "There aren't any meetings anymore," she replied, and told him of her disappointments. "The A.A. members are all drunk," she said bitterly. "I want to get in touch with them," Mort exclaimed. "Do you have their names?" "You're wasting your time," Kaye said, "but there they are." She pointed to her wastebasket, where she had just thrown her index cards of A.A. prospects and the inquiry cards. Mort fished them out and departed with them in hand. As he started walking home, he noticed the address on one of the cards was in the vicinity, so he walked there instead. It was the home of Cliff W., whose wife Dorothy had read of A.A. and written New York for help. Cliff answered the doorbell. "My name is Mort," announced his visitor. "I'm a member of Alcoholics Anonymous. May I come in?"

Cliff had no desire to stop drinking, but he invited Mort in and listened as he told him of his last roaring drunk and his need to carry the message to other alcoholics in order to stay sober. Would Cliff W. come to a meeting if he could organize one? By now, Cliff was kind of fascinated with this Harvard-educated, soft-spoken, well-dressed person. So, more to help Mort J. stay sober than to help himself, Cliff said he would. Through a Dr. Ethel Leonard who worked with alcoholics, Mort rented a large room on the mezzanine of the Cecil Hotel on Main Street for \$5.00. It was in the Skid Row district, which Mort felt was appropriate because it would show where drunks were heading unless they did something about their drinking. He then got in touch with the men who had failed to sober up at Johnny Howe's classes or Kaye M.'s meetings and pleaded with them to give A.A. one more chance. He also got the L.A. Daily News to mention the meeting. Mort scheduled his meeting—the first public meeting of A.A. in Los Angeles—on a Friday night in March 1940. Besides Mort and Cliff about ten men showed up. Mort did not know how an A.A. meeting should be conducted. There was no coffee or doughnuts. Mort opened the meeting and told about his last drunk and how he had not had a drink in five months. Then he thought it would be helpful to read from the chapter in the Big Book entitled, "How It Works," so he opened to Chapter 5 and began reading, "Rarely have we seen a person fail..." And thus, began the practice of reading a portion of Chapter 5 at all A.A. meetings in Southern California, which later spread to the rest of California and throughout the West and is followed today at many other A.A. gatherings throughout the world.

... continued next month

... submitted by Rick K., Breathe Easy Group

AN EDUCATION IN THE ART OF LIVING

Sharing Our Experience, Strength and Hope

For the newcomer, the first 164 pages of the Big Book contain the framework of how to overcome the disaster of a life consumed by Alcoholism. As I drank myself into the corner of life and ran out of options, I desperately searched for answers and something told me to try Alcoholics Anonymous. There I found People who had overcome most of the troubling issues of life.

Each chapter has a certain subject and they try to explain specific areas of our lives where we could improve our thoughts and behaviors. It seems that if we did what they suggested in those 164 pages everything would be fine with us alcoholics; but wait! Next, they published The Twelve Steps and Twelve Traditions to give more amplifying information as to how to incorporate the steps into our daily lives. As I continued to progress in the program it caused me to seek a vastly more serious understanding of the depth of this disease and how serious my symptoms were.

The first 164 pages just scratched the surface, but they gave me a challenge as to what degree of commitment I would pursue as I began to uncover defect after defect in a Thousand Facets of my sick mentality. Fear, insecurity, and my EGO dogged my every step and as I became strong enough to overcome my Ego driven approach to these issues my Conscience started getting a foothold. It motivated me to dig deeper and pursue a life based on unselfish Principles and to abandon the faulty thinking of the past. As I continued to grow, I had to come to terms with the understanding of a Power greater than myself and I was encouraged to read a book by Emmet Fox entitled "The Sermon on the Mount" considered to be the inspiration that the founders of the A. A. program incorporated into the Spiritual Solution to the doubters like me, and it removed all those doubts.

Next, I had to learn how to become a good Husband, Father, Friend, Coworker, and so on. As we share our experiences with each other we are in the state of learning how to solve those Thousand Facets of our sick mentality. My wife came home from an Al Anon meeting, in my early years of sobriety, all excited about the topic of "Examining our Motives. That one little statement changed my entire way of thinking about my behavioral problems. Selfishness--Self-centeredness! That, we think, is the root of our troubles. (BB pg.62)

If selfishness is the root (motive), then unselfishness is the obvious solution. That simple understanding set, in place, a habit of living by unselfish motives and as a result, I am not ashamed of anything I do today, I have a clear conscience, and it is so much easier than I thought it would be. It doesn't say generous, it just says unselfish. DUH! The world is full of supporting information concerning all the facets of the different mental troubles the alcoholic is faced with when seeking answers.

When we use the word, Love, I thought it was a feeling, but I found a version of Love in a book by Scott T. Peck's, "The Road less Traveled" which defines Love as: Caring for and Nurturing another Person's Soul. It is an action word and I can Love everyone even if they don't love me back by sincerely wanting the best for them and offering my help. Using these examples is my way of encouraging everyone who finds it difficult to experience the quiet satisfaction that they expect to receive from the program, to find the answers by looking deeper into the subject and seek out the answers that help you to set, in place those unselfish Principles and Habits which lead to, as an old friend refers to as, Peace of Mind and a Quiet Heart.

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



75TH 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?

Next meeting is January 16th, 2020 at 6:00 PM at Central Office.

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

FIRST STEP PRAYER

Dear Lord. Help me to see and admit that I am powerless over my alcoholism. Help me to understand how my alcoholism has led to unmanageability in my life.

Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my alcoholism. (This prayer is developed from the chapter, More About Alcoholism.)

... Taken from Love and Tolerance of Others in our Code.

DR. SPEAKING ON ALLERGIES

AA is an allergy relief program commonly used to treat and inhibit the use of alcohol and the common defects caused by alcoholism. It is designed to reduce the symptoms commonly associated with alcoholism.

When taken as directed AA is known to substantially reduce the negative side effects associated with alcoholism such as: misery, depression, despair, remorse, guilt, shame, physical, mental, and spiritual maladies, a mental obsession and a physical allergy commonly known as alcoholism.

Some other common side effects associated with AA are: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly love, Justice, Perseverance, Spirituality, and Service. A spiritual awakening and a psychic change have been reported in most cases.

We do not recommend that you use AA unless you are capable of being honest and willing to give yourself to this simple program. AA is available for use by those who have a sincere desire to stop drinking.

CAUTION: AA will impair your enjoyment to consume alcohol. If you drink alcohol or take any other mind-altering substance, we suggest that you discontinue use immediately as this will cause a substantial reduction in the effect caused by AA.

If you are experiencing euphoria or transformation lasting more than four hours, you needn't seek medical attention, as you may be experiencing the effects of AA.

AA has no negative side effects on pregnant women or women who are nursing.

To reduce your risk of chronic relapse, a lifestyle change may be recommended. In 9 out of 10 cases practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.

An increased risk of recovery and long-term spiritual affects have been associated with AA. Consult your sponsor immediately when changes do occur.

AA should be taken with plenty of open-mindedness and willingness. Do not take AA alone. Independent studies have shown that AA is most effective when working with others.

Always remember it is important that you use AA only as prescribed:

1. Trust in God
2. Clean House
3. Help others

WARNING: Do not skip doses or discontinue use as severe reoccurrence of fatal allergy symptoms may occur.

AA is recommended for long term daily use. Prodigious results have been found in those who continue long term use of AA. As with all allergy relief medications some results may vary, sometimes quickly sometimes slowly.

For more information and to learn more about the AA 12 step program of recovery and alcoholism we suggest you contact your local AA community directly, retain a sponsor, and read the Big Book of Alcoholics Anonymous.

By "Dr." Gordon R.

IN GOD'S CARE – DAILY MEDITATIONS

Until you know that life is interesting – and
find it so – you haven't found your soul. Geoffrey Fisher

Abraham Lincoln is supposed to have said "We're just as happy as we make up our minds to be" – which is another way of saying, "We get out of life just what we put in." Rather than watching events pass us by, we can risk leaping into the action of the moment and being participants.

As participants we discover our inner goals and talents. We begin communicating with others, taking risks and allowing ourselves to be vulnerable. The road isn't always smooth but, by opening ourselves to both the hardships and triumphs that come with taking responsibility for our lives, we learn our own depths and the depths of others. As participants, the richness of life's opportunities gradually becomes apparent as our knowledge of ourselves and others grows. We discover the fullness of our soul.

I will move from the sidelines today and participate in life so that I
may explore the depths of my soul and grow.

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



HELP IS NEEDED FOR THE MEETING AT ALBERTA HOSPITAL

Thursdays, at 7:30 PM

The current coordinator is retiring at the end of the year and wants someone to step forward now so she can show them what is necessary to work with the staff and the patients.

Someone who cares about sobriety

Please contact Mary at 780-457-9443



PRIORITIES

- Make recovery your number one priority.
- All your hopes and plans, even your very survival, depend on an Alcohol -free you.
- Staying away from Alcohol and all other mind-altering substances may be the greatest challenge you will ever face.
- The early period can be tough, but that doesn't mean you are not getting better.
- Beware of the thoughts like, "I don't feel good," or "This is not working."
- Recovery is a process, and it takes time.
 - ... submitted by Rick K., Breathe Easy Group

QUOTES FROM "AS BILL SEES IT"

- Personality Change: It has often been said of AA that we are interested only in alcoholism. That is not true. We have to get over drinking in order to stay alive. But anyone who knows the alcoholic personality by firsthand contact knows that no true alky ever stops drinking permanently without undergoing a profound personality change"
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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 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 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**

AA HISTORY FOR JANUARY

- Jan.1: 1943: Columbus Dispatch reports 1st anniversary of Columbus A.A.
1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
1948: "Columbus Dispatch" reported 1st anniversary of Central Ohio A.A. Group.
1948: 1st A.A. meeting was held in Japan, (English speaking).
1988: West Virginia A.A. began 1st statewide toll-free telephone hot line.
- Jan. 2: 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
2003: Mid-Southern California Archives moved to new location in Riverside.
- Jan. 3: 1939: 1st sale of Works Publishing Co. stock was recorded.
1941: Jack Alexander told Bill Wilson the Oxford Group would be in his Saturday Evening Post article on A.A.
- Jan. 4: 1940: 1st A.A. group was founded in Detroit, Michigan.
1941: Bill & Lois Wilson drove to Bedford Hills, New York to see Stepping Stones & broke in through an unlocked window.
- Jan. 5: 1939: Dr Bob tells Ruth Hock in a letter that A.A. has "to get away from the Oxford Group atmosphere".
1941: Bill & Lois visited Bedford Hills again.
- Bill Wilson told Jack Alexander that he was "The Toast of A.A.-- with Coca Cola, of course."
- Jan. 6: 2000: Stephen Poe, compiler of the "Concordance to Alcoholics Anonymous", died.
- Jan. 7: 1984: "Pass it On" was published.
- Jan. 8: 1938: New York A.A. split from the Oxford Group.
- Jan. 10: 1940: 1st A.A. meeting not in a home meets @ King School, Akron, Ohio.
- Jan. 12: 1943: Press reported the 1st A.A. group in Pontiac, Michigan.
- Jan 13: 1988: Jack Norris, M.D., Chairman/Trustee of A.A. for 27 yrs. died.
2003: Dr. Earle Marsh, author of "Physician Heal Thyself," sober 49 years, died.
- Jan. 15: 1937: Fitz M. brings A.A. meetings to Washington, DC.
1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
1941: Bill W. asked Ruth Hock to get him "The Spook Book" "The Unobstructed Universe".
1945: 1st A.A. meeting formed in Springfield, Missouri.
1948: Polk Health Center "Alcoholic Clinic for Negroes" started operating with 14 willing subjects. A Washington Black Group of A.A. cooperated with the clinic.
- Jan. 17: 1919: 18th amendment, "Prohibition" became law.
- Jan. 19: 1940: 1st A.A. group was formed in Detroit, Mich.
1943: Canadian newspaper reported eight men met @ "Little Denmark," a Toronto restaurant, to discuss forming Canada's 1st A.A. group.
1943: The Wilson's returned from their 1st major A.A. tour started on Oct 24, 1943.
1999: Frank M., A.A. Archivist since 1983, died.
- Jan.20: 1954: Hank Parkhurst, who helped Bill W. start up the New York office & author of "The Unbeliever" in the first edition of the Big Book, died in Pennington, N.J.
- Jan.21: 1951: A.A. Grapevine published memorial issue on Dr. Bob.
- Jan.23: 1961: Bill W. sent an appreciation letter, which he considered long overdue, to Dr. Carl Jung for his contribution to A.A.
- Jan.24: 1918: Bill Wilson & Lois Burnham were married, days before he was sent to Europe in WWI.
1945: 1st black group of A.A. was formed in St. Louis.
1971: Bill Wilson died in Miami, Florida, only weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.
- Jan.25: 1915: Dr. Bob Smith married Anne Ripley.
- Jan.26: 1971: The "New York Times" published Bill Wilson's obituary on page one.
- Jan.27: 1971: The "Washington Post" published an obituary of Bill Wilson, written by Donald Graham, son of the owner of The Washington Post.
- Jan.30: 1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."
Other significant happenings in January--no specific date available
1938: Jim Burwell, author of "The Vicious Cycle" a former atheist, gave A.A. "God as we understand Him."
1939: 400 copies of manuscript of Big Book circulated for comment, evaluation & sale.

AA HISTORY FOR JANUARY - continued

1942: "Drunks are Square Pegs" was published.

-Dr. Harry Tiebout's 1st paper on the subject of "Alcoholics Anonymous".

-Onset of Bill's 11 years of depression.

1946: Readers Digest does a story on A.A.

... Supplied by Rick K., Westminster Group

-Onset of Bill's 11 years of depression.

1948: 1st A.A. meeting in Japan.

1951: The A.A. Grapevine published a memorial issue on Dr. Bob.

1984: "Pass It On" the story of Bill W. & how the A.A. message reached the world, was published.

... submitted by Rick K., Breathe Easy Group



MY CREATOR...

Please let me have an understanding heart,
Equal vision, balanced mind, Faith, devotion and
wisdom.

Grant me inner spiritual strength

Please give me the strength to resist temptations.

Free me from egoism, lust, greed, hatred, anger
and jealousy.

Fill my heart with divine virtues.

... Submitted by Rick K., Westminster Group

QUOTE

“I am convinced that I, as well as many others,
have elected to remain in A.A. because only there can
we actually relive the original experience of recovery.
Only there can we be an active part of the daily striving
on the part of all the members -- a striving that is some-
times better, sometimes worse, sometimes strong,
some-times weak – but always the striving to be human
beings a little better than they were the day before.”

... submitted by Rick K., Westminster Group

QUOTES FROM “AS BILL SEES IT”

- “Years ago, I used to commiserate with all people who suffered. Now I commiserate only with those who suffer in ignorance, who do not understand the purpose and ultimate utility of pain.”
- Someone once remarked that pain is the touchstone of spiritual progress. How heartily we AA’s can agree with him, for we know that the pains of alcoholism had to come before sobriety, and emotional turmoil before serenity.
- “Believe more deeply. Hold your face up to the Light, even though or the moment you do not see.

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“OLD”

I very quietly confided to my best friend that I was having an affair.

She turned to me and asked, "Are you having it catered?"

And that, my friend, is the sad definition of "OLD".



CO-ORDINATOR FOR MEETINGS AT HENWOOD TREATMENT CENTRE

AA Groups are needed to sign up for weekly meetings at the
Henwood Treatment Centre

18750 – 18 Street

8:00 PM

Please contact ~ James at 587-784-2253

THE CHOICE IS YOURS

If you chose not to drink today, I hope you can find a message of hope and encouragement in what I've written below.

Who am I to tell you a bit of my story? I'm someone who wants to give back because I've been given the right to live a productive alcohol-free life.

I have a disease that affects this lived-in-body of mine but have learned to Walk-the-Walk of AA. I did not drink today, nor have I consecutively for over 1.5 billion seconds (49 years)! I have learned to manage; I've learned how to progress without alcohol as my crutch; I've learned to live without liquid medication to survive my deficiencies (real or imagined)!

So, what is your concept of "what is an alcoholic"? What is your *definition* of an alcoholic? What is an alcoholic? Why might you be an alcoholic, problem drinker, or ???

Me... why am I now and been an alcoholic for almost 5 decades? Well, I could not stop drinking (one was too many and a dozen not enough), and that singularly is the thing that makes me bodily different from my fellows... I was alcohol dependent. I knew I had a problem with booze even at age 27, but couldn't stop, didn't know how to stop ... I had the desire to stop but couldn't. Since the first day I walked into AA's Edmonton office, I've been relieved of my obsession to drink.

My *bottom* was December 1970, right after Christmas. I saw the writing on the wall and did not want to continue on my path of self-destruction. I did not think that I was an alcoholic, because to me alcoholics drank out of brown paper bags and were not "my" people. What I did know was that I had to stop putting myself and my family in harm's way ... I had to change my lifestyle or lose what was left of my self-respect, young family and finances.

So... how does one make the change to a life without alcohol, whether one is at the bottom or the top of the pyramid ... **by believing** that I could do it... **by trusting** those who had come before me in our 12 step program... **by doing** what I was told to do... by being **receptive**, even when questioning how to do my to-do list... **walking the walk!**

In the thousands of meetings, **listening** to tens of thousands of "sharing's" and being respectful of differences of so many cultures and religious beliefs, I've been able to tell my story and respond to others. Life is good!

Be well, be safe, be sober!

... Briane A., Sydney, BC

TO ALL MEMBERS GREETINGS ON OUR 10TH CHRISTMAS 1944

Yes, it's in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before.

But there is another world which is not poor. Neither is it distraught. It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is love, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World.

How privileged we are to understand so well the divine paradox that strength rises from weakness, that humiliation goes before resurrection; that pain is not only the price but the very touchstone of spiritual rebirth. Knowing it's full worth and purpose, we can no longer fear adversity, we have found prosperity where there was poverty, peace and joy have sprung out of the very midst of chaos.

Great indeed, our blessings!

... submitted by Rick K., Breathe Easy Group

STEP ONE – THE A.A. LAUNCH PAD

She didn't find it too comforting

I got sober in the Program right in the beginning of the Space Exploration experience and my eyes were glued to the TV screen through it all. I was sitting at a meeting recently when I heard a very young, and very sincere, single mother of two, sharing that her first experience in AA was the thought of having to do all this stuff *for the rest of her life* and she *didn't find it too comforting*. It sounded to me that, from her perspective, *she knew that she had to do it*, but it *wasn't going to be easy or fun*. I admired her for her *courage and conviction*, and I tried to encourage her by explaining things that I had experienced when I was faced with the life changing challenges of sobriety. I was the father of a boy, I was in the Navy at the time, and I was divorced. It was a difficult time, but I had to go through it, drinking or not. I began the process of recovery in a slow, methodical way, and I came out a stronger person for it. I likened it to the first *Apollo space mission to the moon*. It goes something like this:

When you first see the size of this space craft and consider the amount of energy it would take to put it into space, it is hard to fathom. After the countdown is complete, the engines fire and a tremendous amount of flame and smoke engulf the entire area, and in a few moments, it slowly starts to lift off. As it lumbers its first few hundred feet, it is expending a tremendous amount of fuel. Slowly it starts to gain momentum and pick up speed, still shuddering along. Soon the booster tanks are depleted, and they are ejected, and the main tanks begin to propel it further along the flight path with even more thrust as it is reaching for orbit. Next, the main tank is depleted just before orbit and is ejected. What is left is a very small portion of what left the launch pad. Soon the craft leaves orbit and heads toward the moon and *something else happens that sometimes goes unnoticed*. Somewhere between the earth and the moon, the gravitational pull of the moon has more influence on the craft than the earths have, and it is gently drawn along its path. Very little energy is needed at this point except for minor course corrections.

In AA, when we first get started, it appears to be an insurmountable task and it requires a tremendous amount of effort just to get off the launch pad. Not every launch is successful and some of us don't make it the first time, and we have to exert all that energy in each successive attempt. As we do get on our way, it starts to get easier as we increase our momentum. Much of the burden falls away as we make progress, and the going gets easier as we head for our objective. When we go through the twelve steps, we finally reach orbit. After we are satisfied that everything is in order, we can now set out for our trajectory. If we stay on course, the spiritual gravity of values we have adopted in the AA program will far outweigh the negative gravity of the past as long as we eject all of the dead weight that held us down. As we continue to adjust the day to day mistakes that we make, and adopt an unselfish approach to life, somewhere along the flight path, we will cross that line where we are drawn towards a life of peace and serenity that is hard to imagine when we are setting on the launch pad. The most important part of the journey is the lift off. If we can get through that most difficult time, it does get easier, and then we need only to stay the course.

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

SLOTH

Just a lazy, slow moving beast. A defect of mine, to say the least. Left to my own, I will delay til tomorrow what could be done today.

And so, it was from the beginning. The war with Booze I was not winning. Many a times I said, "No More!" But then would end up on the floor.

Finally, I had had enough, and decided to try this AA Stuff. The people there were very nice and tried to Give me sound advice.

"Get a book and read it through, and while at that get A sponsor too. You will find that when the Steps You've taken, to a spiritual life you will awaken."

While not the swiftest to do all this, I overcame sloth And, did persist. The rewards were far more than I Could ask, for in sobriety I now do bask.

And so, to those who would delay, in taking the Steps, We will only say, "Heed the words of Nike and Michael J.

JUST DO IT."

... Blaine H., San Diego Central Office Newsletter.

Pass It On

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

AKRON
BOOK
COFFEE
DOES
DRUNKS
EASY
EBBY
FIRST
GRAPEVINE
GROUP

HENRIETTA
JUNG
KEEP
LEGACY
LOIS
MANUSCRIPT
MESSAGE
MILITARY
POINTS
PROGRAM

PROHIBITION
PUBLISHED
RESPONSIBLE
RUTH
SILKWORTH
SIMPLE
STORIES
THINGS
TWELVE
VERMONT

	November	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 8,788.67	\$ 74,438.17	\$ 82,000.00	\$ 7,561.83
Individual/Bequeath	\$ 300.00	\$ 3,727.49	\$ 3,650.00	-\$ 77.49
Birthday Club/Faithful Fivers	\$ -	\$ 2,306.00	\$ 2,300.00	-\$ 6.00
Office Supplies / Postage	\$ 119.18	\$ 1,811.64	\$ 937.50	-\$ 874.14
Newsletter	\$ 9.00	\$ 226.00	\$ 180.00	-\$ 46.00
Rental Income-EGSC, etc	\$ 149.60	\$ 1,413.40	\$ 1,100.00	-\$ 313.40
Tradition Seven-meetings	\$ 203.75	\$ 3,004.05	\$ 4,125.00	\$ 1,120.95
Fundraising	\$ -	\$ 5,500.00	\$ 5,000.00	-\$ 500.00
Other Inc (Interest, etc)	\$ 4.12	\$ 57.48	\$ 45.00	-\$ 12.48
Total General Receipts	\$ 9,574.32	\$ 92,484.23	\$ 99,337.50	\$ 6,853.27
Literature & Medallion				
Literature	\$ 6,897.80	\$ 91,197.05	\$ 85,715.00	-\$ 5,482.05
Medallion	\$ 1,561.00	\$ 21,681.00	\$ 16,875.00	-\$ 4,806.00
Total Literature and Med.	\$ 8,458.80	\$ 112,878.05	\$ 102,590.00	-\$ 10,288.05
		\$ -		
Total Revenue	\$ 18,033.12	\$ 205,362.28	\$ 201,927.50	-\$ 3,434.78
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 4,058.37	\$ 55,055.93	\$ 50,500.00	-\$ 4,555.93
Meeting list & Greeting Cards	\$ 342.87	\$ 4,653.38	\$ 4,575.00	-\$ 78.38
Medallion Purch /engraving	\$ 800.82	\$ 11,411.07	\$ 10,525.00	-\$ 886.07
Freight / Brokerage	\$ -	\$ 46.20	\$ 90.00	\$ 43.80
	\$ 5,202.06	\$ 71,166.58	\$ 65,690.00	-\$ 5,476.58
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 4,453.60	\$ 4,500.00	\$ 46.40
Literature expense	\$ 6.24	\$ 89.65	\$ 90.00	\$ 0.35
Communications & Tech	\$ -	\$ -	\$ 1,100.00	\$ 1,100.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ 297.24	\$ 900.00	\$ 602.76
	\$ 411.11	\$ 4,840.49	\$ 6,590.00	\$ 1,749.51
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 187.39	\$ 1,939.53	\$ 3,215.00	\$ 1,275.47
Bank Chgs & Cr Card chgs	\$ 97.11	\$ 1,434.58	\$ 1,380.00	-\$ 54.58
Computer & IT Maintenance	\$ -	\$ 783.26	\$ 5,500.00	\$ 4,716.74
Equipment Lease	\$ 359.77	\$ 3,957.47	\$ 4,360.00	\$ 402.53
Fundraising expense	\$ -	\$ 4,260.79	\$ 5,000.00	\$ 739.21
Insurance	\$ 300.00	\$ 3,300.00	\$ 3,200.00	-\$ 100.00
Newsletter Expenses	\$ -	\$ 17.85	\$ 45.00	\$ 27.15
Office Supplies	\$ 76.23	\$ 649.25	\$ 2,887.50	\$ 2,238.25
Postage	\$ 235.30	\$ 1,755.23	\$ 1,100.00	-\$ 655.23
Rent	\$ 3,647.56	\$ 38,831.67	\$ 36,670.00	-\$ 2,161.67
Repairs & Maintenance	\$ -	\$ -	\$ 1,850.00	\$ 1,850.00
Salaries, Source, WCB	\$ 4,978.60	\$ 53,584.82	\$ 54,380.00	\$ 795.18
Staff Training / Seminar	\$ -	\$ 1,918.98	\$ 3,600.00	\$ 1,681.02
Telephone / Internet	\$ 190.41	\$ 2,152.73	\$ 2,100.00	-\$ 52.73
	\$ 10,072.37	\$ 114,586.16	\$ 125,287.50	\$ 10,701.34
		\$ -		
Total Expenses	\$ 15,685.54	\$ 190,593.23	\$ 197,567.50	\$ 6,974.27
		\$ -		
Income / (Loss)	\$ 2,347.58	\$ 14,769.05	\$ 4,360.00	-\$ 10,409.05

Edmonton Central Office - 2019 Group Contributions

GROUP	District	Nov	YTD	GROUP	District	Nov	YTD	GROUP	District	Nov	YTD
60 MINUTES TO SOBRIETY	53	\$500.00	\$800.00	HOPE THROUGH FRIENDSHIP GROUP	40		\$0.00	SHER. PARK SISTERS IN SOBRIETY	61		\$368.48
10 AFTER 10 GROUP	46		\$0.00	HOW IT WORKS GROUP	55		\$1,270.00	SHER. PARK TUESDAY NIGHT AT 7	61	\$300.00	\$660.00
84TH STREET	46		\$750.00	IDEAL BOOK STUDIES	63		\$900.00	SHER. PARK THERE'S MORE TO THE STORY	61		\$500.00
AB GROUP	57		\$562.77	INTO ACTION GROUP	40	\$300.00	\$300.00	SHIFTERS GROUP	57		\$500.00
ALANO WOMENS DISCUSSION	46		\$0.00	JASPER PLACE GROUP	40		\$351.36	SIMPLY SOBER AA GROUP	40		\$487.50
AB BEACH - SONS OF THE BEACH	10		\$50.00	JELLNICK JUMPSTART	46	\$55.55	\$169.20	SLAVE LAKE AA GROUP	7		\$200.00
ALTERED ATTITUDES GROUP	46	\$400.00	\$400.00	LAC LA BICHE TRI SOBRIETY	8		\$0.00	SOBER COUNTRY - EDSON	5		\$0.00
AMAZING GRACE	46		\$522.83	LAMONT - BEAVERHILL GROUP	20		\$0.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$0.00
AS IT IS GROUP	55		\$212.50	LANCASTER PARK TRI-SERVICE GRP	64		\$119.75	SOBER SOULS OF EDMONTON	46		\$930.00
ATHABASCA AA GROUP	8		\$0.00	LAST CALL GROUP	40		\$400.00	SOUTH SIDE GROUP	57		\$50.00
BACK TO BASICS	64		\$320.90	LEDUC HOW IT WORKS	12		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
BEAUMARIS LAKE GROUP	53		\$1,800.00	LEDUC SATURDAY	12		\$0.00	SPRUCE GROVE AFTER 1 GROUP	10		\$100.00
BEAUMONT HOW IT WORKS GR	60		\$200.00	LEDUC SUNDAY BEGINNERS	12		\$400.00	SPRUCE GROVE - SPEAK EASY	10		\$203.40
BEAUMONT GROUP	60		\$1,000.00	LIGHTHOUSE GROUP	53	\$650.00	\$840.05	SPRUCE GROVE FIRST DOOR ON THE LEFT	10		\$0.00
BEAVERLODGE AA	4	\$450.00	\$450.00	LIONS DEN GROUP	57		\$2,100.00	STEP SISTERS	40		\$450.00
BEVERLY GROUP	53		\$0.00	LOVE AT WORK	60		\$100.00	STEPS TO SERENITY GROUP (MEN'S)(Sh Pk)	55		\$301.25
BONNIE DOON GROU	55		\$150.00	MANDATE:SOBER GROUP	40	\$50.00	\$550.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
BONNYVILLE SAT NIGHT GRP	3		\$100.00	MILLET: STAIRWAY TO FREEDOM GRP	12		\$0.00	STONY PLAIN - FIRST DOOR ON THE LEFT	10		\$250.00
BREATHE EASY GROUP	40		\$800.00	MILLWOODS GROUP	60		\$0.00	STONY PLAIN - NEW WOMEN'S GROUP	10		\$0.00
CAMEL DISCUSSION CLUB	40		\$2,000.00	MILLWOODS SPRING STEP STUDY	60		\$0.00	STONY PLAIN - SUNDAY 7:30	10		\$0.00
CAMPUS GROUP	57		\$521.46	MONDAY AT 7:30 GROUP	46		\$0.00	STONY PLAIN - WEDNESDAY NITE UPSTART	10		\$0.00
CAMPUS GROUP - BLUE JEAN R/	57		\$0.00	MORINVILLE THURSDAY	9		\$50.00	ST. ANDREW'S MEETING STEP STUDY			\$0.00
CAMROSE CITY GROUP	12		\$50.00	MUSTARD SEED GROUP	46	\$100.00	\$550.00	ST. PAUL - FELLOWSHIP GROUP	3		\$320.00
CAPILANO STEP GROUP	55	\$300.00	\$1,300.00	NEW HOPE GROUP	62	\$1,600.00	\$1,600.00	ST. PAUL - YOU GO GAL MEETING	3		\$150.00
CLAREVIEW BIG BOOK GROUP	53		\$135.00	NITON AA GROUP	6		\$0.00	STRENGTH AND HOPE GROUP	46		\$0.00
CORNERSTONE GROUP	46		\$620.00	NO NAME HOME GROUP	63		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	46		\$190.00
CRESTWOOD WELCOME	40		\$500.00	NO SAINTS MEETING	46		\$550.00	SUNDAY MORNING OPEN GROUP (SMOG)	57		\$800.00
DAILY REFLECTIONS GROUP	55		\$0.00	NORTH EDMONTON GROUP	53		\$300.00	SUNDAY MORNING BIG BOOK GROUP			\$0.00
DAYSLAND	12		\$195.00	NORWOOD GROUP	46		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$52.25	\$1,177.25
DEVON MONDAY NIGHT GROUP	12		\$50.00	OFF THE WALL & LIVING SOBER MTG	55		\$300.00	TA WOW GROUP	46		\$0.00
DISTRICT 7 SLAVE LAKE R/U	7		\$0.00	OILMENS GROUP	57		\$35.00	TERRA NOVA GROUP	46		\$450.00
DISTRICT 10 UNITY ROUND UP	10	\$702.00	\$1,332.00	ONOWAY GROUP	57		\$0.00	THE WHY GROUP	46		\$1,800.00
DISTRICT 10	10		\$500.00	OPEN DOOR GROUP	55	\$250.00	\$825.00	THORSBY GROUP	12		\$0.00
DISTRICE 40/41 COMMITTEE	40		\$0.00	OUR HOUSE	40		\$150.00	THUS WE GROUP	57	\$225.00	\$900.00
DISTRICT 53	53		\$0.00	OUR PLACE GROUP	46		\$0.00	TO SHOW OTHERS	57		\$500.00
DISTRICT 57 COMMITTEE	57		\$0.00	PEACE RIVER AA GROUP	2		\$0.00	TOWER GROUP	46		\$0.00
DISTRICT 64	64		\$0.00	PONOKA THURSDAY NIGHT	12		\$0.00	TURNING POINT GROUP	46		\$0.00
DOLPHIN GROUP	40	\$301.70	\$1,894.60	POUNDMAKER'S TREATMENT CTR	64		\$1,150.21	UNDER NEW MANAGEMENT	57		\$740.00
DRAYTON VALLEY AA.A. GROUP	6		\$1,000.00	PROVIDENCE GROUP	57		\$500.00	UNITY STEP GROUP	55		\$521.85
EARLY BIRDS BREAKFAST GROUP	53		\$1,500.00	RAINBOWS TO RECOVERY	57		\$0.00	U OF AA GROUP	57	\$100.00	\$100.00
EASTWOOD GROUP	53		\$50.00	RAY OF HOPE GROUP	46		\$450.00	UP THE CREEK	55		\$1,000.00
ELLERSLIE ROAD GROUP	60	\$550.00	\$1,172.00	RED ROAD TO RECOVERY	46		\$0.00	UP THE CREEK ANNIVERSARY DINNER	55		\$437.00
EVANSBURG GROUP	6		\$400.00	RIO TERRACE GROUP	40		\$200.00	UP THE CREEK GRATITUDE MONTH	55		\$574.20
FAITH WORKS STEP GROUP	53		\$200.00	RITE TRAC GROUP	53		\$0.00	VALLEYVIEW A.A. GROUP	7		\$50.00
FELLOWSHIP BREAKFAST GRP	57		\$200.00	SAFE HARBOUR	46		\$94.00	VIOLET GROVE LAST CHANCE	6		\$0.00
FIRST DAY GROUP	46		\$0.00	S.A. BREAKFAST GROUP	64		\$1,000.00	VIKING WEDNESDAY NIGHT GROUP	20		\$100.00
FRIENDS OF BILL GOLF TOURN	60		\$426.00	S.A. BROTHERHOOD GROUP	64		\$0.00	WABAMUN WEDNESDAY NIGHT	10		\$0.00
FT MCMURRAY BACK TO BASICS	21		\$500.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	64		\$500.00	WABASCA GROUP	7		\$20.00
FT. MCMURRAY NOONERS	21		\$350.00	S.A. MILLENNIUM GROUP	64	\$500.00	\$500.00	WEST END GROUP	40		\$150.00
FT. MCMURRAY WOMENS RECO	21	\$104.44	\$104.44	S.A. ON THE HILL GROUPS	64		\$1,997.60	WE AGNOSTICS	46		\$0.00
FT. SASK BIG BOOK TOOLBOX-TA	61		\$60.00	S.A. SOBER SISTERS GROUP	64		\$50.00	WEST END GROUP	46		\$0.00
FT. SASK TOWN GROUP	61		\$880.00	S.A. STEP X STEP SATURDAY NIGHT GRP	64		\$500.00	WESTEND 12 STEP GROUP	40		\$250.00
FULTON PLACE GROUP	55		\$1,265.00	S.A. SUNDAY STEP STUDY	64		\$200.00	WEST END MEN'S GROUP	40		\$1,635.34
GRANDIN MEETING	57		\$150.00	S.A. TUESDAY NIGHT GROUP	64		\$1,100.00	WESTGROVE GROUP	40		\$0.00
GRATITUDE GROUP	53	\$217.73	\$217.73	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	WESTLOCK AA GROUP FRIDAY NIGHT	9		\$0.00
GRIMSHAW SATURDAY NIGHT G	2		\$0.00	S.A. WOMEN'S STEP STUDY	64		\$180.00	WESTLOCK SUNDAY BACK TO BASICS	9		\$75.00
H5	57		\$40.00	SANDY BEACH GROUP	9		\$0.00	WESTLOCK WEDNESDAY	9	\$200.00	\$600.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	SATURDAY NIGHT LIVE MEETING	57		\$0.00	WESTLOCK WINNERS CIRCLE	9		\$140.00
HELPING HANDS	60		\$1,162.50	SERENITY GROUP	46		\$0.00	WESTMINSTER GROUP	46		\$1,200.00
HIGH PRAIRIE GROUP	7		\$0.00	SERENITY POOL SUNDAY MEETING	60		\$950.00	WESTMOUNT GROUP	40		\$0.00
HOME GROUP #1	63		\$227.95	SHER. PARK HAPPY HOUR GROUP	61		\$600.00	WETASKIWIN SUNDAY MORNING	12		\$0.00
HOME GROUP #11	63		\$200.00	SHER. PARK GROUP	61	\$600.00	\$1,850.00	WHITECOURT AA GROUP	6		\$0.00
HOME GROUP #13	63		\$1,257.00	SHER. PARK MILLSHAVEN	61		\$200.00	YOUNG & OLD GROUP	53		\$0.00
HOME GROUP #18	63		\$0.00	SHER. PARK 12 STEPS TO SERENITY	61	\$280.00	\$2,520.00	YOUR CHOICE GROUP	53		\$397.05
HOME GROUP #25	63		\$178.00								
Total		\$3,525.87		Total		\$4,085.55		Total		\$877.25	\$19,278.32
			\$28,757.68				\$26,402.17	Grand Total			\$74,438.17

2020 Birthdays for January

60 Minutes to Sobriety

Last Sunday

Jan. 26 Carl L. 23 yrs.
 Johanne J. 30 yrs.
 Len M. 39 yrs.
 Marcel T. 40 yrs.

Bonnie Doon

Last Thursday

Jan. 30 George B. 46 yrs.
 Dan R. 38 yrs.

Breathe Easy

First Friday

Feb. 7 Karianne K. 3 yrs.
 Carl S. 5 yrs.

Crestwood Welcome

Last Monday

Jan. 27 Kevin Mc. 29 yrs.
 Julie S. 9 yrs.
 Kurt S. 7 yrs.

Ellerslie Group

Last Thursday

Jan. 30 Jamie S. 5 yrs.
 Ron T. 30 yrs.

Fulton Place

Last Friday

Jan. 31 P.J.P. 24 yrs.
 Earl B. 10 yrs.

Gratitude

Jan. 27 Jordan C. 2 yrs.

Jasper Place

Last Tuesday

Jan. 28 Spenser K. 3 yrs.

Last Call

Last Wednesday

Jan. 29 Susan M. 13 yrs.

Lion's Den

Last Monday

Jan. 27 Bob W. 47 yr.
 Mike B. 25 yrs.
 Philomena B. 7 yrs.

Lighthouse

Last Friday

Jan. 31 Matty M. 10 yrs.
 Jim M. 39 yrs.

Mustard Seed

Last Sunday

Jan. 26 Sonny H. 7 yrs.
 Jessie G. 3 yrs.

Rite Trac

Last Tuesday

Jan. 28 Peter F. 8 yrs.

Serenity

First Friday

Feb. 7 Clayton M. 3 yrs.
 Rose Mc. 13 yrs.
 Mike J. 25 yrs.

South Side

Third Friday

Jan. 17 Gord L. 26 yrs.
 Steve W. 5 yrs.

Step Sisters

Last Wednesday

Jan. 29 Carol A. 7 yrs.
 Joanne H. 1 yr.

The Why Group

Last Saturday

Jan. 25 Victoria G. 25 yrs.
 Avril C. 14 yrs.
 Bill M. 37 yrs.
 Catherine B. 25 yrs.
 Coralie C. 8 yrs.
 Holly T. 35 yrs.
 Irene K. 29 yrs.

West End Men's

First Wednesday

Feb. 5 Dennis W. 35 yrs.
 John F. 5 yrs.
 Gerry P. 6 yrs.
 Sonny V. 35 yrs.
 Travis A. 13 yrs.

Westminster

Last Saturday

Jan. 25 Kelley B. 4 yrs.
 Roger A. 30 yrs.
 Ross E. 30 yrs.
 Manjit. 2 yrs.

*SHERWOOD PARK

Friday Night Happy Hour

Last Friday

Jan. 31 Glenn P. 4 yrs.

Twelve Steps to Serenity

Last Monday

Jan. 27 Linda C. 8 yrs.
 Lisa B. 1 yr.
 Scotty O. 3 yrs.
 Duncan M. 12 yrs.
 Brian B. 5 yrs.
 Jamie J. 1 yr.
 Rebecca R. 1 yr.
 Aaron B. 1 yr.
 Frank D. 5 yrs.

*ST. ALBERT

St. Albert Breakfast

Last Sunday

Jan. 26 Jordan A. 1 yr.
 Ken B. 26 yrs.
 Nicki W. 3 yrs.
 Doug H. 1 yr.
 Kelley O. 1 yr.
 Gaston J. 11 yrs.
 Dave P. 10 yrs.

St. Albert Sunday Step Study

Last Sunday

Jan. 2 Adrianna. 2 yrs.

BIRTHDAY CLUB

Jigger T., Bob J., Jack H.,
 Breathe Easy Group

FAITHFUL FIVERS

Clarence Y.

Please note!

*We need to upgrade the lists that
 your Group have been kindly giving
 to us. Some are as old as 3 years.*

*We know that groups do not stay
 stagnate.*

*So please send your current
 information.*

GROUPS IN NEED OF SUPPORT

First Day Group (Last)

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

Oilmen's Group (O)

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

60 Minutes to Sobriety (Last)

Sun. 8:00 PM 13708 – 74 St.
 McClure Unit. Church
 Elevator

St. Albert Brotherhood (Last)

Wed. 8:00 PM 15 Corriveau Ave.
 Red Willow Church



Calendar of Events

2020 ROUNDUPS & FUNCTIONS

Edmonton, AB

Jan. 13 Gratitude Group 35th Anniversary
 6:30pm. 5015 144 Avenue. 7th Trad.
 Emmaus Lutheran Church
 Pot-Luck Supper, with meeting to follow

St. Albert, AB

Jan. 17-18 Area 78 Committee Meeting
 20 Green Grove Dr.
 St. Albert United Church
 Accom.: Best Western 460 St. Albert Tr.

Edmonton, AB

Jan. 25 12 Traditions Workshop 7th Trad.
 Noon – 4PM #205, 10544 114 Street
 Edmonton Central Office
 Coffee, Tea and snacks provided
 Reference: 12 & 12, Language of The Heart

Edmonton, AB

Jan.31- Feb.1 “How To” Beat the Midwinter \$50.00
 Blues R/U – 8535 – 182 St.
 Aldergrove Comm. Hall
 Contact: 780-761-2637, 780-424-5900

Winnipeg, MN

Jan. 31-Feb.1 46th Winnipeg Winter Conf. \$25.00
 1808 Wellington Ave.
 Victoria Inn
 Contact: 204-806-0982

St. Albert, AB

Feb. 8 District 64 Unity Night ?
 Christian Reform Church
Details to follow

Viking, AB

Feb. 29` District 20 Sponsorship W/S 7th Trad
 Viking Legion Hall
 Doors Open 12:30 W/S 1: - 5: PM
 Potluck 5:30 – 7: PM

Red Deer, AB

Mar. 20-22 Area 78 Assembly
 Cambridge R.D. Hotel
 3310 – 50 Avenue

Edmonton, AB

Mar. 27-28 43 Annual District 64 R/U \$35.00
 14025 – 167 Avenue
 North Pointe Comm. Church
 Contact: 780-239-7317, 604-0472, 458-5069
 Early bird price by **Dec. 31 \$30.00**

Fort St. John . BC

May 1-3 50th Anniversary Roundup ?
 9896 Cherry Ave. West
 Taylor Community Hall
 Contact: 250-793-2297 / 04-999-9401
 fsjroundup@gmail.com

Yellowknife, NWT

May 22-23 Area 78 Committee Meeting
Place to be announced later

Calgary AB

May 29-31 Western Canada Regional Forum
 1000 Glenmore Ct. SE
 Glenmore Inn
 Contact: 403-275-8611

Edmonton, AB

June 13 75th Anniversary of Edmonon \$ >
 9AM- 9 PM 7524 – 139 Avenue
 NorthateLion Recreation Centre
 The committee requires needs help
 Contac: 75thAnnversary Edmonton@gmail.com
 Or Email or contat Edmonton Central
 office at 780-424-5900

Detroit, MI

**July 2-5 85th Anniversary International
 World Conference**
 PLEASE REGISTER BY YEARS END
 REGISTRATION FEE GOES UP AFTER
 APRIL 15, 2020



Please send in an article for our upcoming
 newsletter!

Thanks for your consideration. Jan D., Editor