

ECO NEWS

\$1.00

January 2021

Edmonton Central Office Society
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THE DELUSION HAD TO BE SMASHED

Like Men Who Had Lost Their Legs

As a kid approaching adolescence, I had my first encounter with alcohol, and it did something for me that I had never experienced before. It brought about a degree of peace and serenity in those first few minutes that I could not dismiss as just another good time. It started me on that road to fantasy land and thank God it only lasted fourteen years. I was quick to burn through those years starting off as lampshade drunkenness, and then the tolerance started to develop to the point that I was pretty good at drinking and that only lasted for a short time, then I entered into the black-out phase and that wasn't a pretty sight.

My first wife left me and for the next two years I went through the self-pity phase when I hung out in bars and got into fights, got locked up, and cried in my beer a lot. I spent much of those last few years thinking that one day I would evolve into a responsible adult and put all of it behind me, but that never happened. Then one day I woke up from a black-out drunk and somehow realized that if I didn't do something about my drinking, I was going to die a young and horrible death. I threw in the towel, called AA, and started this wonderful journey.

As I look back on it now, I can understand why alcohol had the effect on me that it didn't have on nine out of ten of the others that I drank with in those early days. We were all partying, and the alcohol masked the differences between them and me. They enjoyed it all right, but they went home and went to work the next morning. I went right back to the bar again in search of that euphoria I experienced that first time I drank and every time there after.

After years of sobriety, it occurred to me that the drink quelled all of those fears and inhibitions that we alcoholics face each morning upon awakening that the normal drinker never has to face. That is what makes us different. Once our tolerance for alcohol is depleted, it never returns. That is the hardest fact for the alcoholic to face. In Ch. 3 of the Big Book, it states: "The delusion that we are like other people, or presently may be, has to be *smashed*. We know that no real alcoholic ever recovers control." In my early days of sobriety at the meetings in Los Angeles, most of the meetings that I attended read a portion of chapter 3 as well as the portion of chapter five that we do here. That portion of the book drives home the true nature of this disease, but they stopped reading at the words: *ad infinitum*. I suggest that a person read one more paragraph after that. That always brought home the fact that I was responsible for my own recovery if I had a desire to stop drinking AA could help me accomplish that but by no means will it work for me until I except that devastating fact.

The abnormal fears and inhibitions that I faced in the beginning of my AA journey are no longer a problem now that I have embraced the program in the spirit that is suggested. All I would need to do to have them return would be to rest on my laurels and ignore the wisdom of those who came before me and that is not going to happen here. I may be sick but I'm not foolish. We get a daily reprieve based upon the maintenance of our spiritual condition and as long as I have days left, I am not finished.

By Rick R., Unconditional AA, Poway, CA

**QUOTES FROM AA GRAPEVINE POCKET CALENDAR,
USED WITH PERMISSION.**

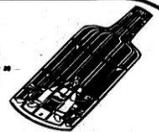
- Love is merely wishing others well.
- A daily decision to be hopeful and helpful.
- I must practice my gratitude a day at a time.
- I will make it if I live in the present.
- I have been given a life worth living.
- I do not become right by proving someone else wrong.
- Today I have less than I want, but more than I need.
- Hang in there with me, God, I am still learning.
- May you always have the freedom to be yourself.
- I hope I will never be too busy to help anyone.
- The restorative power of laughter should never be underrated.
- Being a part of something is more important than being the center of attention.

This is one of the drives we had back in 1998 to achieve raising more funds to operate the office.

Interesting!!



Intergroup "TREE BARK DRIVE"



- Whereas the groups in the Edmonton Area seem to have a rather high percentage of members who fit Bill's classification of being **"tighter than bark on a tree"**;
- And whereas the revenue from said groups is somewhat less than required by Intergroup to meet all of its obligations;
- And whereas AA principles forbid canvassing members to contribute more than \$1000 in any calendar year;
- And whereas the revenue from special events is generally somewhat limited;
- It is proposed that Intergroup conduct a **"TREE BARK DRIVE"** to conclude 30 November 1998.

CONDITIONS:

- Individuals or groups may contribute the cost of a bottle/case of their favorite libation either directly to Central Office or to their group.
(Size of the bottle value donated is optional).
- Groups may record the name and amount of the individual donations, and charitable receipts will be issued.
- These funds will, of course, be in addition to the support already being contributed by the group.

MESSAGE FROM YOUR CORRECTIONS COMMITTEE

As you may have suspected the correctional institutions in and around Edmonton have been off limits to our AA fellowship since the pandemic started; however, there are ways to support alcoholics behind the walls. In the past months, your Corrections Committee has been busy supplying Books and Grapevines. The literature has been delivered multiple times to the Remand Centre, Fort Saskatchewan, the Young Offenders Centre, and the Federal Maximum Security facility on Manning. Literature has been offered many times to the Federal Edmonton Institution for Women (EIFW), but thus far they have not expressed interest in obtaining any.

The supply of Grapevines, which so many of you have contributed has now been depleted. Please remember to drop off your old copies at the Central Office and they will be delivered to one of the Correctional Facilities. Everyone is also welcome to attend the Corrections Committee meetings held the 3rd Friday of the month on zoom.

The next meeting will be on Friday January 15 at 6:30 pm Zoom ID: 842 743 5949

Corrections Committee has been hosting speakers with experience giving receiving & the AA message while incarcerated

Please come and check us out and please remember to drop off your old issues of the Grapevine.

Lill G., EGSC Corrections Committee Chair

WHAT IS PI/CPC SERVICE?

Concerning service, A.A. co-founder Bill W. wrote in 1951:

“Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither, and those who haven’t been given the truth may die.”

– Taken from A.A.’s *Legacy of Service*, The A.A. Service Manual, p. S1.

I would like to begin stating the importance of service by giving some background information about *Public Information and Cooperation with the Professional Community (PI/CPC)*. Bill W. recognized the importance of service and what it represents to recovering A.A. members world-wide and the need to carry the message to the alcoholic who still suffers. How does A.A. go about doing this? How can A.A. reach the still-suffering alcoholic if they do not even know that we exist?

In 1939 the *Big Book* of Alcoholics Anonymous was first published and was the first A.A. information available to the public. In 1956 the Public Information Committee of the General Service Board was formed, with a corresponding Conference P.I. Committee established in 1961. This policy says that *in all public relationships, A.A.’s sole objective is to help the still-suffering alcoholic*. Ever mindful of the importance of personal anonymity, we carry this message to still-suffering alcoholics and to those who may be interested in their problem, our own experience as individuals and as a fellowship in learning to live without alcohol (*A.A. Guidelines; Public Information*). This, I feel, is the essence of our 11th Tradition which states: *Our public relations policy is based on attraction, rather than promotion; we need always maintain anonymity at the level of press, radio, and film (& electronic media)*.

In 1970, C.P.C., or, Cooperation with the Professional Community, came into existence as an outgrowth of P.I., or Public Information. In 1971, the Conference C.P.C. Committee was established, and many today consider C.P.C. as an activity separate from public information. Members of C.P.C. committees inform professionals and future professionals about A.A. – what we are, where we are, what we do, and what we cannot do (*Cooperation With the Professional Community Workbook*, p. 5).

In a nutshell, this is what our committee does; we inform the public and professionals about Alcoholics Anonymous and how we can be reached. Our committee is actually two separate committees, but because of a lack of committee members, we have combined P.I. and C.P.C. into one committee as far back as I can remember.

The goal of our committee is to have its A.A. members reach out to the community and determine if A.A. can be another resource for professionals; those who are often front-line workers interacting with problem drinkers on a daily basis, and to the general public who may want to know more information about Alcoholics Anonymous; what we do, and where we can be found. This is done in a variety of different ways; from advertising through various mediums informing the general public about A.A., to putting up booths at various functions. We also have an active speaker list where an A.A. member can sign on to become a public speaker by giving A.A. content to high school students, post-secondary nursing students and psychologists, to name a few. Our committee holds at least one workshop a year on how to become a public speaker and the tools needed to do that effectively – ever mindful of our own anonymity and a good grasp of A.A.’s Twelve Steps, 12 Traditions, and A.A.’s 12 Concepts. We also recommend quality sobriety and an enthusiastic willingness to engage in this type of service. Our next planned PI/CPC Workshop will be on January 23rd from 10 a.m. – 1 p.m. We will conduct the workshop on Zoom and the ID is: 780 239 1546 (no password required).

Finally, if public speaking does not appeal to you, then we encourage you to come to one of our meetings and see what we do as a committee. Under normal circumstances, we meet on the third Wednesday of every month at the Alano Club, but with the ongoing Covid-19 pandemic our meetings have been held on Zoom, an electronic platform which usually lasts for about an hour, beginning at 6:00 p.m. Contact Edmonton Central Office for more information or look us up at www.edmontonaa.org. We would love to meet you and have you joining us.

In conclusion, one of the continuing benefits of my sobriety over the years has been doing service with Public Information/Cooperation with the Professional Community, or simply PI/CPC. Attending meetings of Alcoholics Anonymous may keep me sober, I felt, but I wanted something deeper, something that would *enhance my sobriety* in my continuing journey of recovery in Alcoholics Anonymous. I found this kind of service added another dimension to my sobriety with public speaking that was introduced to me by my early mentors, Pat L. and Debra M. At their encouragement and direction, I became an active committee member, then a speaker at the P.I. and later, C.P.C. levels.

... Continued on next page

Over the years, my duties with this committee have included being a Chair, co-chair, and an on-going committee member. Service also provides for me another facet of A.A. that I did not know existed outside the meeting rooms; namely, how the structure of A.A. works and the importance of unity. Giving back to others, helping the still-suffering alcoholic using A.A.'s 5th Tradition has deepened my spiritual connection with other A.A. members and non-A.A. individuals alike.

Peter J., Former Chair and Committee Member,
Public Information /Cooperation with the Professional Community

6 IMPORTANT WORDS

{1} Once all villagers decided to pray for rain, on the day of prayer all the people gathered, but only one boy came with an umbrella. **That's FAITH**

{2} When you throw a baby in the air, she laughs because she knows you will catch her. **That's TRUST**

{3} Every night we go to bed, without any assurance of being alive the next morning but still we set the alarms to wake up. **That's HOPE**

{4} We plan big things for tomorrow despite zero knowledge of the future. **That's CONFIDENCE**

{5} We see the world suffering, but still we get married and have children. **That's LOVE**

{6} On an old man's shirt was written a sentence 'I am not 91 years old ... I am sweet 16 with 75 years' experience. **That's ATTITUDE**

Have a good week and live your life like the six tiny stories! May you always have love to share, health to spare & friends who care!

Submitted by Briane A., Sydney, BC

HAPPINESS VS. JOY

The Big Book tells us that God wants us to be happy, joyous, and free (p. 133). At first reading I thought this statement was a bit redundant for, after all, were not happiness and joy synonymous emotions?

I was later to take a different view. Some years ago, I attended an AA gathering in a large campground near Sault Ste. Marie, Canada. While preparing to sleep in my tent I was taken over by a tremendous sadness. It came in vivid memory the happy night where my lovely then-bride and I spent in the same tent above the Grand Canyon following our Las Vegas marriage.

At once, a heavy depression crashed down with tremendous despondency. The happy times that we shared during our California years were gone—now we were divorced—she is gone from me forever. It was far past midnight and the black doom pressed down without pity. . . and it went on and on. But then, all at once, my surroundings seemed to brighten! It was as though a beautiful light was shining in some mysterious manner.

Although I was overcome with sadness, certainly not happiness, I was at once filled with JOY! I was experiencing both sadness and JOY at the same time!

This bright JOY sparkled deep into the morning. That experience convinced me that happiness and Joy are not at all the same. Happiness is a biological phenomenon that comes and goes with life happenings. If the boss says, "you're fired," I will become sad, but if he gives me a raise, I am happy.

But not so with spiritual JOY because true Joy comes from God and is not under the domain of this world. God has told us: "I am not of this world!" True Joy has come to me spasmodically since that episode, but it comes and goes before I seem to be able to capture it, yet it is proof to me that God is with me.

The Big Book speaks of the "Great Reality" deep within (p. 55). So, I believe if I live the life that AA has offered, I will continue to be mostly happy, but also experience surges of great JOY from time to time. The Big Book promise of being happy and joyous is not redundant; this duo has helped me from taking that first drink for many years. Thank you, God!

... by Bob S., San Diego Newsletter, Dec. 2020

As Bill Sees It

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

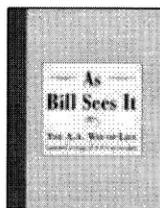
As Bill Sees It, "Only God is Unchanging", page 76

"Change is the characteristic of all growth. From drinking to sobriety, from dishonesty to honesty, from conflict to serenity, from hate to love, from childish dependence to adult responsibility - all this and infinitely more represent change for the better.

Such changes are accomplished by a belief in and a practice of sound principles. Here we must needs discard bad or ineffective principles in favor of good ones that work. Even good principles can sometimes be displaced by the discovery of still better ones.

Only God is unchanging; He has all the truth there is."

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ACCOMPLISHED	DISCOVERY	MORE
ADULT	DISHONESTY	PRACTICE
BELIEF	DISPLACED	PRINCIPLES
BETTER	DRINKING	RESPONSIBILITY
CHANGE	GROWTH	SEES
CHARACTERISTIC	HATE	SERENITY
CHILDISH	HONESTY	SOBRIETY
CONFLICT	INEFFECTUAL	SOUND
DEPENDENCE	INFINITELY	TRUTH
DISCARD	LOVE	UNCHANGING

JUDGE NOT ...

At times, we run into disappointments. Someone who we thought was an ideal member of AA suddenly takes on a different role. We fail to realize or remember that we are only group of individuals; and that we all have different ways of staying sober and working the program. So, when we hear something about a person who has been a leader in our organization and a person whom we may have for many years looked up to and respected, it makes it hard for us to accept some of the things that we think of in regard to our Twelve Steps. Then we suddenly realize that it doesn't make any difference to us, that the way someone else stays sober is none of our business. The only thing that should concern us is how do we stay sober and practice the principles of the Twelve Steps in our daily program.

When we look in the glass *that is the guy we have to satisfy and not the other guys who maybe we can't quite understand how they can do things that they have done.* So, after all, why should we even so much as let the thought enter our heads that he isn't doing it right. If he isn't, he is the guy that will know; he's the guy that he has to satisfy. If we let what he does bother us, then we are in danger of taking a drink because the old resentments must be coming back again; and they are something that all of us have been bothered with for years. Let's just be thankful that we are sober and that we have our Twelve Steps to turn to and show us the way to go on living a good kind of life regardless of the things that we hear and see going on around us. After all, who are we to judge?

Maybe to some this is hard to do, but I think it is the hard things we have to do that denote our growth in the AA program which is our salvation. Let's all try to do a better job of living this program and practicing these principles in all our affairs all of the time.

... Reprinted with permission, AA Grapevine, Inc. / August 1954



CONTRIBUTIONS TO EDMONTON CENTRAL OFFICE

In keeping with the AA Seventh Tradition of self-support, Edmonton Central Office can accept contributions only from AA members and AA Groups.

Contributions can be made to Edmonton Central Office by any of the following methods (AA members or groups only please):

- E-transfer to centraloffice@edmontonaa.org (you will need to provide the answer to the security question via a separate email to this address)
- Visa or MasterCard either over the phone (780-424-5900) or in person (by appointment)
- Cheque made payable to "Edmonton Central Office" and brought to the office (by appointment) or mailed to the office at:

Edmonton Central Office
Suite 205
10544 114 St NW
Edmonton, AB T5H 3J7

- Cash brought to the office (by appointment).
- Arranging on-going monthly contributions by calling or emailing Central Office

The Edmonton Central Office Society is a registered charity. A tax receipt will be issued early in 2021 to individuals whose contribution is greater than \$20.00. For a receipt to be issued, the full name and address of the individual is needed. The receipt will indicate a contribution to the Edmonton Central Office Society.

(Note: You can phone Central Office weekdays from 11:00 AM to 2:00 PM at 780-424-5900. If you need to visit Central Office, please arrange an appointment by phone or email.

AA HISTORICAL EVENTS IN THE MONTH OF JANUARY

- Jan. 1** 1946: The A.A. Grapevine increased the cost of a year's subscription to \$2.50.
1948: Columbus Dispatch reported first anniversary of Central Ohio A.A. Group.
1948: First A.A. meeting was held in Japan, English speaking.
1988: West Virginia A.A. began the first statewide toll-free telephone hotline.
- Jan. 2** 1889: Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.
2003: Mid-Southern California Archives moved to new location in Riverside.
- Jan. 3** 1939: First sale of Works Publishing Co. stock was recorded.
1941: Jack Alexander told Bill W. the Oxford Group would be in his Saturday Evening Post article on A.A.
- Jan. 4** 1939: Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.
1940: First A.A. group was founded in Detroit, Michigan.
1941: Bill and Lois W. drove to Bedford Hills, NY, to see Stepping Stones and broke in through an unlocked window.
- Jan. 5** 1941: Bill and Lois visited Bedford Hills again.
1941: Bill W. told Jack Alexander that Jack was "the toast of A.A. — in Coca Cola, of course."
- Jan. 6** 2000: Stephen P., compiler of the Concordance to Alcoholics Anonymous, died.
- Jan. 8** 1938: New York A.A. split from the Oxford Group.
- Jan. 12** 1943: Press reported the first A.A. group in Pontiac, Michigan.
- Jan. 13** 1988: Jack Norris, M.D., Chairman/Trustees of A.A. for 27 yrs. died.
2003: Dr. Earle M., author of Physician Heal Thyself, sober 9 years, died
- Jan. 15** 1941: A.A. Bulletin No. 2 reported St. Louis group had ten members.
1941: Bill W. asked Ruth Hock to get him "spook book," The Unobstructed Universe.
1945: First A.A. meeting held in Springfield, Missouri.
1948: Polk Health Center Alcoholic Clinic for Negroes started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic.
- Jan. 17** 1919: 18th amendment, "Prohibition," became law.
- Jan. 19** 1940: First A.A. group met in Detroit, Mich.
1943: Canadian newspaper reported eight men met at "Little Denmark," a Toronto restaurant, to discuss starting Canada's first A.A. group.
1999: Frank M., A.A. Archivist since 1983, died.
- Jan. 20** 1954: Hank P., author of The Unbeliever in the first edition of the Big Book, died in Pennington, NJ.
- Jan. 21** 1951: A.A. Grapevine published memorial issue on Dr. Bob.
- Jan. 23** 1961: Bill W. sent an appreciation letter, which he considered long overdue, to Dr. Carl Jung for his contribution to A.A.
- Jan. 24** 1918: Bill W. and Lois Burnham were married, days before he was sent to Europe in WW I, weeks after sending a postcard to Senator Harold Hughes of Iowa, saying he wanted to live long enough to see Hughes become President.
- Jan. 25** 1915: Dr. Bob S. married Anne Ripley.
- Jan. 26** 1971: *New York Times* published Bill's obituary on page 1.
- Jan. 27** 1971: The Washington Post published an obituary of Bill W. written by Donald Graham, son of the owner of the Washington Post.
- Jan. 30** 1961: Dr. Carl Jung answers Bill's letter with "Spiritus Contra Spiritum."

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

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

Thanks to Billy C. and Nancy O. of the group "AA History Buffs" for this list, used by permission.

WHY WE DO THE THINGS WE DO

One issue at a time

Alcoholism is an incurable disease contracted by, you might say, 10% of the population. It is an incurable disease, but it can be arrested. It is no respecter of age, gender, intelligence, religion, or economic status. Why, you might say, 90% of the population can drink with impunity is hard to understand but we who have been in the AA program for a while, know that you can adopt a way of life that removes the obsession to drink without the white knuckling side effects and you will be comfortable in your own skin without the use of medicine.

The symptoms of alcoholism are mental, physical, emotional, and spiritual in nature. The alcoholic awakes every morning to face "The hideous four horsemen, Terror, Bewilderment, Frustration, Despair." (pg. 151 BB.) Doctors, Counselors, Priests, and Ministers, when afflicted, come to AA to get relief from this horrible disease.

When our desperation out-weighs our denial we show up at the doors of Alcoholics Anonymous and discover a road map to a life of peace and happiness that we believed did not exist. Alcoholism is a progressive disease and Alcoholics Anonymous is a progressive solution and not a quick fix. Desperate alcoholics find a degree of hope and comfort when first exposed to the AA group and the laughter and lighthearted banter going on between the members before the meeting even starts. They hear members sharing about Guilt, Shame, Fear and Insecurity and they identify with these symptoms. They hear laughter when a person describes a horrible incident in their life and they think they are laughing at the horror but, in fact, they discover that the laughter was focused on the absurdity of our alcoholic thinking at the time, and they all identify with it. If they are fortunate the long, slow process has just begun and each day becomes better than the last. They begin to understand *why they did the things they did* while under the influence of alcoholism and in the grip of alcoholic thinking. They begin to understand how their irrational fears influenced their decision-making and discover that the solution to that problem is to live by unselfish and proven principles. They begin to understand that guilt, shame, fear, and insecurity were the core issues that could quickly be put to rest by alcohol and halfway through their second drink everything seemed right with the world.

The world had not changed but their perception of it had. To compensate for the fears and insecurities they had to protect their turf, so they learned how to rationalize those established behavioral patterns they were not proud of. Family responsibilities took a backseat to the boozing and their family let them know about it so back to the bar they went. The guilt and shame weighed heavy on their minds and to drink would take care of that temporarily. In the program they come to learn how to admit their mistakes and make restitution for all those faulty behaviors and get on the positive side of the ledger. "*---Selfishness---Self-Centeredness! That we think is the root of our troubles. Driven by a hundred forms of fear, self-delusion self-seeking and self-pity we step on the toes of our fellows and they retaliate*". (BB pg.62) Can you blame them? There are 12 steps in the program of Alcoholics Anonymous and each step is preparatory to the next. If we give due diligence to every one of those 12 Steps, we evolve into the person we always wished we could become. We can't stop drinking if we can't stop the alcoholic thinking. Again, In the program, each day seems better than the day before. One day at a time. One issue at a time. One solution at a time. I can't explain My AA experience any better than that.

By Rick R., Unconditional AA, Poway, CA

DISCLAIMER:

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

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

Submissions should be between 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**

Edmonton Central Office Society				
INCOME STATEMENT 2020				
	November	YTD	YTD BUDGET	variance
General Receipts:				
Group Contributions	\$ 6,899.95	\$ 70,150.62	\$81,625.00	\$ 11,474.38
Individual/Bequeath	\$ 2,255.00	\$ 23,678.00	\$3,750.00	-\$ 19,928.00
Birthday Club/Faithful Fivers	\$ 355.00	\$ 2,011.00	\$2,300.00	\$ 289.00
Office Supplies / Postage	\$ 90.00	\$ 873.50	\$937.50	\$ 64.00
Newsletter	\$ -	\$ 4.00	\$180.00	\$ 176.00
Rental Income-EGSC, etc	\$ -	\$ 670.00	\$2,200.00	\$ 1,530.00
Tradition Seven-meetings	\$ 172.65	\$ 1,640.55	\$5,940.00	\$ 4,299.45
Fundraising	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Other Inc (Interest, etc)	\$ 2.41	\$ 32.93	\$55.00	\$ 22.07
Total General Receipts	\$ 9,775.01	\$ 99,060.60	\$ 101,987.50	\$ 2,926.90
Literature & Medallion				
Literature	\$ 4,453.00	\$ 48,311.30	\$94,515.00	\$ 46,203.70
Medallion	\$ 1,417.00	\$ 15,984.00	\$18,335.00	\$ 2,351.00
Total Literature and Med.	\$ 5,870.00	\$ 64,295.30	\$ 112,850.00	\$ 48,554.70
		\$ -		
Total Revenue	\$ 15,645.01	\$ 163,355.90	\$ 214,837.50	\$ 51,481.60
Expenses: (COS)				
AAWS & Grapevine Literature	\$ 2,777.81	\$ 31,765.47	\$55,150.00	\$ 23,384.53
Meeting list & Greeting Cards	\$ 114.15	\$ 1,773.45	\$5,860.00	\$ 4,086.55
Medallion Purch /engraving	\$ 761.85	\$ 9,136.79	\$11,440.00	\$ 2,303.21
Freight / Brokerage	\$ -	\$ -	\$77.75	\$ 77.75
	\$ 3,653.81	\$ 42,675.71	\$ 72,527.75	\$ 29,852.04
Intergroup Expenses				
12 Step Answering	\$ 404.87	\$ 4,453.58	\$4,500.00	\$ 46.42
Literature expense	\$ 22.56	\$ 158.26	\$90.00	-\$ 68.26
Communications & Tech	\$ -	\$ -	\$1,100.00	\$ 1,100.00
Other (Archive, 12 Step,Cred,Grp Serv)	\$ -	\$ -	\$900.00	\$ 900.00
	\$ 427.43	\$ 4,611.84	\$ 6,590.00	\$ 1,978.16
Administrative Expenses				
		\$ -		
Accounting & Legal	\$ 179.38	\$ 2,524.88	\$3,215.00	\$ 690.12
Bank Chgs & Cr Card chgs	\$ 117.57	\$ 1,342.87	\$1,565.00	\$ 222.13
Computer & IT Maintenance	\$ -	\$ 796.98	\$5,500.00	\$ 4,703.02
Equipment Lease/Purchase	\$ 359.77	\$ 4,280.13	\$4,360.00	\$ 79.87
Fundraising expense	\$ -	\$ -	\$5,000.00	\$ 5,000.00
Insurance	\$ 286.42	\$ 3,139.37	\$3,200.00	\$ 60.63
Newsletter Expenses	\$ -	\$ -	\$45.00	\$ 45.00
Office Supplies	\$ 31.79	\$ 1,534.52	\$920.00	-\$ 614.52
Postage	\$ 213.74	\$ 1,188.27	\$1,740.00	\$ 551.73
Rent	\$ 3,634.65	\$ 40,019.89	\$44,000.00	\$ 3,980.11
Repairs & Maintenance	\$ -	\$ 216.27	\$1,850.00	\$ 1,633.73
Salaries, Source, WCB	\$ 5,281.22	\$ 56,715.50	\$54,380.00	-\$ 2,335.50
Staff Training / Seminar	\$ -	\$ 133.58	\$3,600.00	\$ 3,466.42
Telephone / Internet	\$ 162.81	\$ 1,645.46	\$2,100.00	\$ 454.54
	\$ 10,267.35	\$ 113,537.72	\$ 131,475.00	\$ 17,937.28
		\$ -		
Total Expenses	\$ 14,348.59	\$ 160,825.27	\$ 210,592.75	\$ 49,767.48
		\$ -		
Income / (Loss)	\$ 1,296.42	\$ 2,530.63	\$ 4,244.75	\$ 1,714.12

2021 Birthdays for January

60 Minutes to Sobriety

Last Sunday
 Jan.31 Carl L. 24 yrs.
 Johanne J. 31 yrs.
 Len M. 40 yrs.
 Marcel T. 41 yrs.

Breathe Easy

First Friday
 Feb. 5 Andre G. 6 yrs.
 Chris P. 25 yrs.
 Greg L. 5 yrs.
 Reg A. 4 yrs.

Clareview Big Book

Last Wednesday
 Jan. 27 Ray K. 54 yrs.
 Verna H. 31 yrs.
 Chris M. 4 yrs.

Ellerslie

Last Thursday
 Jan. 28 Ron T. 31 yrs.

Fulton Place

Last Friday
 Jan. 28 P.J. P. 23 yrs.
 Earl B. 11 yrs.

Gratitude

Last Monday
 Jan. 25 Jordan C. 3 yrs.
 Carl L. 24 yrs.

Last Call

Last Wednesday
 Jan. 27 Susan M. 14 yrs.

Mustard Seed

Last Sunday
 Jan. 31 Sonny H. 8 yrs.
 Jessie G. 4 yrs.

Rite Trac

Last Tuesday
 Jan. 26 Peter F. 9 yrs.

Serenity

Feb. 5 Rose Mc. 14 yrs.
 Mike J. 6 yrs,

South Side

Third Friday
 Jan. 15 Gord L. 27 yrs.
 Steve W. 6 yrs.

Step Sisters

Last Wednesday
 Jan. 27 Carol A. 8 yrs.
 Robyn B. 1 yr.

Suit Up & Show Up

Last Saturday
 Jan. 30 Gerry P. 12 yrs.

The Why Group

Last Saturday
 Jan. 30 Victoria G. 26 yrs.
 Avril C. 15 yrs.
 Bill M. 38 yrs.
 Catherine B. 26 yrs.
 Coralie C. 9 yrs.
 Holly T. 38 yrs.
 Irene K. 30 yrs.

West End Men's

First Wednesday
 Feb. 3 Dennis W. 36 yrs.
 John F. 7 yrs.
 Gerry P. 7 yrs.
 Sonny V. 36 yrs.
 Travis A. 14 yrs.

Westminster

Last Saturday
 Jan. 30 Reg G. 2 yrs.
 Roger A. 31 yrs.
 Manlit . 3 yrs.

*SHERWOOD PARK

Twelve Steps to Serenity

Last Monday
 Jan. 25 Anita P. 1 yr.
 Rafael E. 1 yr.
 Lisa B. 2 yrs.
 Brian B. 6 yrs.
 Linda C. 9 yrs.
 Sarina K. 12 yrs.
 Duncan M. 13 yrs.

WHY COLLECT 7TH TRADITION FOR ONLINE MEETINGS?

- Our regular meeting locations still have operating expenses.
- Central Office and the General Service Office still have operating expenses, such as... Websites ... which we may now rely on more than ever! Utility and other ongoing expenses. Phonelines, rent and insurance on office space. Paid Special Workers who deserve our continued support. Their compensation is crucial to their ability to serve us.
- We realize that even though the immediate need for virtual connections is relatively inexpensive, the real expenses of our fellowship continues.

GROUPS IN NEED OF SUPPORT

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

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

NOTE:

To all Groups wanting their birthdays shown in the newsletter it is time to update your information.

FIRST STEP PRAYER

I admit that I am powerless over my addiction.

I admit that my life is unmanageable when I try to control it.

The true meaning of powerlessness.

Remove from me all denial of my addiction.

Calendar of Events

2021

Area 78 Committee Meeting Online

Jan. 15-16 Starts at 6:00 PM on Friday
Area Committee Meetings are closed to DCM's and Area Committee Officers only. Any AA member is welcomed to attend as a visitor.

Sherwood Park, AB

Jan. 18 14 Week Step Series Presented Online
7PM Zoom ID 582 9310935
Password 163263
In person@ 1380 Sherwood Dr.,
Church of Nazarene
Contact: 587-9230-2302 / 780-296-6540

Edmonton, AB

Jan. 23 **PI / CPC Speaker Workshop 10 AM-1 PM**
Via Zoom 780 239 1546
Contact:
egsac.picpcchair@edmontonaa.org
Register:
<http://edmontonaa.org/picpc-speaker-workshop-2021-01-23>

PUBLIC INFORMATION AND COOPERATION WITH THE PROFESSIONAL COMMUNITY WORKSHOP

The Public Information and Cooperation with the Professional Community (PI/CPC) will be holding their next workshop on Saturday, January 23, 2021 between ten o'clock and one o'clock p.m. Due to the ongoing Covid-19 pandemic, the PI/CPC workshop will be held on Zoom. Zoom is a cloud-based video conferencing service that you can use to virtually meet others.

The workshop is for A.A. members who are interested in 'carrying the message' of recovery to the still-suffering alcoholic. We do this through speaking engagements with the general public who may be interested about Alcoholics Anonymous, professionals and soon-to-be professional workers who may encounter problem drinkers in their daily work. Some of our audiences have included high school students, post-secondary health-care students, psychologists, and presentations to health-care facilities, to name a few.

It is strongly recommended that interested parties have a good understanding of the Twelve Steps and the Twelve traditions, as well as possessing 'quality sobriety' (completion of the 12 Steps is highly recommended) and an enthusiastic approach to attend the workshop.

Our committee members are an excellent group to give these workshops to new people who may want to do more in service, enhance their sobriety, and to A.A. speakers who may want a refresher course.

We look forward to meeting all of you in January! To find more information and to confirm your attendance, please visit:

<https://edmontonaa.org/picpc-speaker-workshop-2021-01-23>

Yours in Service, Peter J., Committee Member

BIRTHDAY CLUB

Clarence L., 22/11/2015, U of AA Group
Jim R. Ray of Hope Group

FAITHFUL FIVERS

Jillian B., AB Group

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
1956 Only Jan., February, April & Nov.
1957 Only February, June & July
1958 Only January
1959 Only August
2015 Only February