

ECO NEWS

\$1.00

April 2024

Edmonton Central Office Society
#205, 10544 114 St. NW
Edmonton, AB T5H 3J7
780-424-5900
www.edmontonaa.org
Email. centraloffice@edmontonaa.org



PROMISE FOUR

"We will know Peace"

From the Editor

By the time you are reading this, Easter Sunday will have already passed us by as it occurred earlier this year on March 31st. Nevertheless, I wish you a happy Easter with some recognition of the day in this newsletter.

March 28, 2024 was Pam L.'s last day as Office Manager of Edmonton Central Office. You will find an article that she has written entitled From the desk of the "retired" Office Manager in which she recounts some of the happenings over the last 8 years of her tenure in that position. The quotations around the word retired in the title of her article means, like for most of us, she will be anything but retired having plans for many life adventures that more time will now afford to her. Additionally, she will have time to make it to more meetings so we will still be seeing her, but in a different context. Jesica L. has been in training and takes over from Pam L. upon Pam's retirement.

Karen O.'s Delegate report is included in this issue as a way to keep our fellowship informed. Of note, there is a Survey on the topic of Social Media and Anonymity that GSO is requesting the fellowship to complete. The link for the survey appears in her report.

We also have a short story by a former member of the Terra Nova Group who has now moved to Saskatchewan and another by a member from the Lighthouse Group on Step 4 for the month of April.

Jacki W. has contributed her next and final article on sponsorship in the series *Experience, Strength and Hope*. Beginning in January, she contributed an article each month beginning with the first step and concluding this month with the fourth step. Jacki was inspired to write these articles by Mike A. (her late brother) who was always so passionate about sponsorship and she always admired how open he was to sponsoring.

Wishing you a good read.

In service and with gratitude, Julia J.

TRADITION FOUR

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

“With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.”

(Reprinted from ALCOHOLICS ANONYMOUS, P. 189, a publication of A. A.)

STEP FOUR

“Made a searching and fearless moral inventory of ourselves.”

... So these desires—for the sex relation, for material and emotional security, and for companionship —are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives.

(Reprinted from 12 STEPS and 12 TRADITIONS, P. 42, a publication of A. A.)

CONCEPT FOUR

At all responsibility levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation for each member in reasonable proportion to the responsibility that he/she must discharge.

(Paraphrased from the A.A. Service Manual/Twelve Concepts for World Service)



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

For example, write a short article about your home group, give your interpretation of a slogan, explain one of the steps or traditions, send a joke or cartoon keeping in mind the sensitivities of our readership. Any contributions will be appreciated.

Submissions should be between 250 and 300 words. Submit with your full name, group, and 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

Step four

Early one morning I was meditating on my Step 4, particularly where our literature says, "A business that takes no regular inventory usually goes broke". I envisioned myself as a business whose storefront was clean, well-kept and inviting. Upon close inspection, the storefront was false, an illusion like that of a Hollywood set. Upon entering the building, I noticed a doorway to the back room. Full of fear I cautiously approached the door realizing that I must open it and enter, but I could not, I did not have the key. It came to me that I did have the key after all; the key was my Steps 1, 2 and 3. The opened door revealed a dark, dusty room filled high with old, battered boxes. The boxes contained all my anger, resentments, failings, and sins; in short, the wreckage of my past - I was overwhelmed. Suddenly I noticed a sliver of light coming from a far corner. As I approached the source of the light, I saw it was emanating from someone standing there. In my fear and arrogance, I asked "Who are you, the stock boy?" Without speaking my answer came, "No I am the Boss, I own everything in this room, and I own the building and the land upon which it stands". Humbled and shaken, I suddenly realized to whom I had been addressing. With downcast eyes, I said "Please I need your help with all this". He told me that everything in this room is expired old stock, of no importance any longer. As he spoke the room began to get brighter until that dark, dusty room was suddenly transformed into a clean well-lit space, I turned to see all the old boxes had been removed, but in the center of this renewed space was one box, a large gift wrapped package. "These are the promised gifts of the Program Peter, they are yours! They are yours to keep provided you keep Me close. I left the room and the building and walked out to the warm, all-embracing Sunshine of the Spirit.

Peter K., Lighthouse Group, Edmonton, AB 2015

From the desk of the “retired” Office Manager of Edmonton Central Office

As I am working on the last couple of weeks as your Edmonton Central Office (ECO) office manager I wanted to put down some of my thoughts about some of things that have happened over the last 8 years.

I was hired temporarily in early April of 2016 and together with the Central Office Board (and the A.A. community) we had a lot of work to do. The first 16 months were about getting all the books in order, paying outstanding debt and reapplying for our charitable status with the CRA. During all of that I was getting to know all the volunteers in the office and learning about all the tasks that they perform.

In July of 2017 we were granted our charitable status under the name of Edmonton Central Office Society. At this point the COB and Intergroup decided to keep me on as your permanent “Special Worker”. With the new society came more tasks like developing a new set of Intergroup Operating Procedures that would align with our new Society Bylaws.

The next few years went along smoothly, and we were doing what we were supposed to do, keeping the phones manned and keeping the AAWS and Grapevine literature stocked on the shelves to be available to the A.A. community. With the continued backing of the A.A. fellowship we were able to build up our prudent reserve.

Then the great pause happened in 2020, and we went down to me and one volunteer in the office (and our web administrator *extraordinaire*) and we managed to help the A.A. community navigate the changes happening to our meetings on our website and in our paper directory (closing meetings, opening meetings, moving meetings to online) as well as keeping the phone lines open for all who needed to call in. I was so proud of our fellowship that we were able to help all the folks reaching out for help!

The Principle of Step 12 is SERVICE and can be defined as a helpful act; a contribution to the welfare of others, useful labor that does not produce a tangible commodity.

(continued next page)

There are an incredible number of members of Alcoholics Anonymous who are currently doing Step 12 Service work, and this is the reason why A.A. works. From opening meetings, making coffee, reaching out and shaking the hands of folks coming into your meeting, being an Intergroup Rep, or GSR of your group, to working on a service committee or the chair of a service committee, to being on the Central Office Board, this is all vital service work that makes A.A. work.

I want to thank all the volunteers that have come into the office to keep our doors open! We could not operate without your dedicated service. Did you know that we have 18 volunteers that put in four hour shifts once per week? That is 3,744 hours of volunteer work per year to help keep the doors open and help the still suffering alcoholic.

I have been so fortunate to work under the direction of the Central Office Board for the past ninety-six months and have marveled at their tireless dedication to making sure that we are practicing the principles in all our affairs, making sure that ECO is a welcoming place that is open to all Alcoholics present and future. These members have shown a great deal of humility in their Service!

It is said that Gratitude is an action word and I know that action is highly rewarding. So, if you see a member who is doing service work, please say thank you and perhaps you could ask what they do and maybe follow in their footsteps.

I am so blessed to have been your ECO manager, getting to know so many members of our community and I am sure that you will be giving our new ECO manager, Jesica L. the same warm welcome.

Sobriety is a wonderful Journey!

Pam L. ~ member of Tigers II

Experience, Strength and Hope – For the Love of Sponsorship

This is my 4th and last article I write in honor of my brother Mike's love of sponsoring others in AA. It will be a year this month since he passed away. In his writings he used a quote from Clancy's talk in the mid 1990's that described how helping others helps us stay sober and is still relevant today –

“When I sit across from that sick S.O.B. nothing distracts me, for it is just one alcoholic talking and listening to another. I suddenly realize that for a few hours I'm listening to that sick Son of a Bitch S.O.B. and I find that I'm not so worried about this S.O.B.!”

Mike said that helping someone work through **Step 4 – Made a searching and fearless moral inventory of ourselves** is as simple as suggesting (he used stronger language) that the alcoholic follow the instructions laid out in the Big Book on pages 64-71 in the 4th edition. What? Follow instructions? Hah, in my experience I had to try much more complicated ways to get through Step 4. I recall tons of instruction sheets from varied resources on how to write out a Step 4 scattered all over my bed as I waded through my first moral inventory! Years later, after listening to other more seasoned alcoholics, I decided to try the step as outlined in the Big Book. It worked! And it formed the basis for the steps to follow.

Another quote I found in Mike's writing is from Mother Theresa when she was asked shortly before she died - what would happen to all her legacies (children in Calcutta, lepers in Africa, etc.) when she was gone. She responded, “I'm sure God will find someone more useless than me to do greater miracles”.

The miracle we see in our program is the alcoholic who sobers up and stays sober through following the steps while listening to and helping others. I think the other miracle (often still in the making) happens when we can show humility in the work we do helping others.

Jacki W.

Step Sisters Group

In the words of Jacki W.:

My experience as a woman is that it is hard to find a sponsor who is comfortable and willing to guide a sponsee through the steps. Most sponsors I had in my 30+ years of sobriety say they prefer to be a friend walking through the program together. So, I was interested when Mike, who belonged to the Jasper Place Group, was working on the sponsorship series focused on the steps. His writings helped me gain some confidence that I could help a newcomer walk through the steps. He really wanted to write a whole series of pamphlets to help people take sponsees through the steps.

STORY REQUEST Deadline for submissions: April 30, 2024

"Do You Think You're Different?" Pamphlet Update

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

The trustees Literature Committee is seeking stories from AA members with diverse backgrounds. This is in response to the 2022 Conference Advisory Action that the trustees' Literature Committee revise the pamphlet "Do You Think You're Different?" to update the stories to represent greater diversity.

The Trustees' Literature Committee requested that consideration be given to stories from multicultural populations, stories from A.A. members whose experience reflects multiple factors, and from diverse populations not addressed in other current A.A. literature.

Please encourage members in your area to write their personal stories for possible inclusion in the revised pamphlet "Do You Think You're Different." Stories should reflect "in a general way what we used to be like, what happened, and what we are like now." The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript: **Deadline:** Please submit on or before **April 30, 2024**

Submit your story by following this link:

<https://app.smartsheet.com/b/form/5a77c27d179d4856b32eed86b01e3426>

Additional ways of sending your story: Email: pamphletstories@aa.org

Subject Line: "Do You Think You're Different?"



Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163 **On the envelope:** The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Fourth Step prayer

Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it.

My mistakes are mine and I will begin a searching and fearless moral inventory.

I will write down my wrongs, but I will also include that which is good.

I pray for the strength to complete the task.

(from Atlanta, Georgia – World AA Conference – July 2015)

Delegates Corner April Newsletter

Hello Area 78, it was truly lovely to see so many of you come to Calgary March 15-17 to participate in the Pre-Conference Assembly. Thank you for your part in keeping our fellowship United and Informed! Service is about Love and sometimes Love requires sacrifice, of our time and of our wants. And so while the sun shone outside, we in gratitude, we went through those 83 Agenda Items. In the Sunlight of the spirit, I heard your voice to take to New York this April 13-20. Thank you again for your love in action through service to AA. A summary of those discussed agenda items can be found on our area78.org website.

There is a quote from Dr. Bob in AA comes of Age pg. 10, that speaks to me of our great purpose as we are of service to the program that saved our lives: *"I was only a first link in that chain of Providential circumstances which is called AA. By grace and good fortune my link did not break, though my faults and failures often might have brought on that unhappy result. I was just another alcoholic trying to get along under the grace of God. Forget me, but go you and do likewise. Add your own link to our chain. With God's help forge that chain well and truly."*

And so in humble service may we all add our own unique and vitally important link to the chain that keeps our solution as alive and nurturing as the sunshine outside.

The theme of the 74th Conference is Connection through Love, Unity and Service. All across Canada and the US, Assemblies just like ours are meeting to determine the direction of AA in the future. Will we change our Founders writings? Will a complement to our Big Book be published? When will the 5th Edition of the Big Book be coming out? I will have the opportunity to participate in these decisions and to view the Plain Language book.

The Area 78 literature committee asked me to specifically read Chapter 5, especially Step three as well as the Drs. Opinion, We agnostics and Upon awaking/ When we retire at night pages 86, 87, 88. I appreciate the direction and will report next month on the sense I got from reading these pages. The writings are close to our hearts, and we would not want to see their deep meaning lost. I am humbled with the trust you have given me to carry your voice regarding our future.

A good idea can come from anywhere and can be heard through our Agenda Item process, you can find that process on page 121 of our service manual. If you have an idea you think the Fellowship needs to consider please, just give that a read and begin. Ideas can have a wonderful life, bringing hope, change, ease and wisdom, but they remain only ideas unless they are acted upon. With just a wee bit of courage, facing a fear, you might change significantly the lives of those yet to come.

The World Health Organization supposes across the globe to be more than 2 billion untreated alcoholics, we have really only scratched the surface at 2 million, there is much work still to be done to reach those who still suffer.

There is a survey on the topic of Social Media and Anonymity. I am attaching a link here <https://www.surveymonkey.com/r/EN-anonymity>, takes about 5 minutes and in just two weeks over 5000 responses have already been recorded! This survey is to assist us as we learn how to function best as an anonymous entity in a social world as we remain within our Traditions.

Don't forget May 10-14 there is a Regional Forum in Vernon BC! Registration has opened at <mailto:regionalforums@aa.org>

(continued next page)

And an Area Committee Meeting May 24-26 in Yellowknife! Lots going on in the fun service world! Don't miss out!

Keep up to date on what is happening in Area 78 and aa as a whole by frequently going on our Area 78 website - it is a great tool for communicating. Put your own local events in the calendar!
events@area78.org

Now is the time for you to take seriously your role in carrying our message, be the best coy of the big book you can possibly be - just for today! Share what you find! As this is how we keep AA strong and healthy for those yet to come. Go you, like Dr. Bob, and do likewise.

Warm Regards and Loving Service,

Karen ☀

Karen O'Sullivan Cookson
Area 78, Panel 74 Delegate
delegate@area78.org
cklinservice@icloud.com
403-479-6883
Public Information Committee
International/Regional Forum Committee

Public Information Anonymity Survey

<https://www.surveymonkey.com/r/EN-anonymity>

A Member Shares

It was Sunday March 17, 1991 when the life changing miracle happened and something snapped inside me, after much pain & suffering throughout the years. I was 37 then and am now 70 – wow! I had been through treatment, which was explained to me that treatment ends and recovery is one day at a time, which really made sense to me. I was so desperate and so grateful to see a fellow from treatment outside of the Detox Center, where the AA meeting was about to begin. No coincidence, God knew what I needed. I was a member of the Terra Nova Group from then straight through to when I moved away in 2007.

So this morning I experienced a lot of emotion connecting to the fatal nature of alcoholism and the spiritual nature of this recovery path, that, yes, continues one day a time – one moment at a time. The set of railroad tracks that's etched in my mind – the disease progresses, and the recovery progresses. Recently on a recording I heard a member say that his Sponsor says to him each day – “OK, your disease progressed overnight, so what's your action plan for today?” I like how this affirms our Big Book “It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

I've accepted better over these years that I will have challenges, especially in my inner life, yet, the spiritual solution is still the solution, and learning to love, forgive, and care for myself is included. I had no idea how to do that, and I'm still learning. I am still growing up and learning to live in balance instead of extremes.

So it is with a heart filled with gratitude for Alcoholics Anonymous I send this big thank you, along with big hugs to all of you I am blessed to have met in the beginning and along the way.

An Ongoing in Spirit Member of Terra Nova Group
Kate W.



Group Birthdays April 2024

60 Minutes to Sobriety

Last Sunday

Apr 10 Des T. 14 yrs

A New Way of Life

Last Monday

April 13 Kelly K. 10 yrs

Breathe Easy

First Friday

April 5 Judy K. 7 yrs

Mike B. 8 yrs

Gratitude group

Last Monday

Apr 6 Josh F. 8 yrs

11 Trina S. 8 yrs

25 Sara 5 yrs

Mustard Seed Group

Last Sunday

Apr 7 Dave L. 44 yrs

Step Sisters

Last Wednesday

Apr 13 Maureen A. 13 yrs

28 Joan J. 7 yrs

WEM

Last Wednesday

Apr 12 Lucas H. 8 yrs

17 Jason H. 7 yrs

26 Bruce J. 22 yrs

29 Seann H. 511 yrs

SHERWOOD PARK

12 Steps to Serenity

Last Monday

Apr 23 Brad F. 25 yrs

ST. ALBERT

Last Wednesday

Sober Sisters

Apr 13 Tracie J. 10 yrs

Please send birthdays to

editor@edmontonaa.org

ST. ALBERT

Back to Basics

Last Saturday

Apr 9 Bert 12 yrs

18 Nicki W. 12 yrs

Sunday Night Step Study

Last Sunday

Apr 1 Arlene B. 18 yrs

28 Nicky W. 13 yrs

Breakfast

Apr 3 Michelle B. 5 yrs

10 Jocelyn M. 5 yrs

11 Roy T. 42 yrs

30 Mac F. 4 yrs

Stony Plain Monday

Night Last Monday

Apr 4 Len B. 55 yrs

7 Ron R. 38 yrs

12 Joy R. 39 yrs

FAITHFUL FIVERS

The Faithful Fiver Club was initiated several years ago to generate funds for Central Office. AA members pledge a donation of \$5.00 or more a month. They then receive the satisfaction of carrying the message to the alcoholic who still suffers, and recognition (if they desire) in the monthly ECO Newsletter.

BIRTHDAY CLUB

none this month

“What is the Birthday Club?”

- A show of gratitude by AA members, who contribute \$1.00 or more for each year of continuous sobriety.
- These funds are used to HELP SUPPORT Central Office staff and volunteers to carry the Twelfth Step message during office hours.
- Please contact Central Office, if you want to join our **BIRTHDAY CLUB!** centraloffice@edmontonaa.org

Upcoming Events and other Notables

Groups Needing Support

Mon – AB Group in Belgravia

Mon - Chapter-Oilmens

Mon - Eastwood Group

Tue - West End 12 Step

Wed - Jellinek Jumpstart

Wed - Survivors Group

Thurs - North Edmonton



Southside Group 74th Anniversary!!!

Join us for fellowship commemorating the 74th Year of the Southside Group, one of the original Edmonton AA Groups!

Saturday April 27, 2024 5:30-8:30pm

Updated Venue Note: Fulton Place Community Hall
6115 Fulton Road

Spaghetti Dinner with Wayne's World Famous Sauce
BYOB Bring Own Bib!!!

Speakers:
Victory C
Dan C
Aalo D

Tickets \$20

Funds to support AA Service Structure

For more information come to the Southside Meeting Fridays at 8pm Chapter House 8318. - 104 St NW
or contact Aalo D, GSR. aaloduha@gmail.com

at a time
You are not alone
More will be revealed
Live and let live
Keep it Simple
Surrender to win
Progress not

Area 78 May ACM 2024

May 24 @ 5:00 pm – May 25 @ 9:00 pm

Registration begins Friday at 5:00pm, and Saturday at 8:00am. Cost \$25 per person. Registration fee is for all Area Committee Officers, District Committee Members (DCMs) either/or their alternates.

Leduc GSR Workshop

April 6 @ 10:00 am – 3:00 pm

NEW GSR WORKSHOP

District 12 , area 78

WHERE

Peace Lutheran Church

4606 48 st
Leduc, AB T9E 5X4

WHEN

Saturday 10:00am-3pm
Lunch, snacks, coffee provided
Seventh tradition
for registration text Terry
780-975-7583

TRADITIONS WORKSHOP DISTRICT 57



TRADITION THREE; "THE ONLY REQUIREMENT FOR MEMBERSHIP IS THE DESIRE TO STOP DRINKING"

Presented by;

Larry M

Lasagna Dinner

4:30- 5pm cost \$10

Contact Wendy S
DCM for more info
780-995-6577

APRIL 13, 2024 4:30-9 PM

Southminster-Steinhauer United Church
10740-19 Ave NW Edmonton

Small hall located on the main floor. All AA members welcome! East door entrance

UP THE CREEK Group

Would like you to join us for our

20th Anniversary Celebration



Tuesday, April 16

Doors open - 6PM

Dinner - 6:30

Guest Speaker - 7:30

Walter S., cofounder of Up the Creek



Sponsorship: Our Privilege and Responsibility

April 26th & 27th, 2024

With Al-Anon Participation

Jay. R. - Barrie, ON
Jim B. - Jamestown, NY
Carol B. - Consort, AB
Jim B. - Edmonton, AB
Kathy B. - Jamestown, NY

Ardrossan Recreational Complex
80 - 1 Avenue, Ardrossan
\$45/person - Saturday lunch & banquet included

Canteen Available
Drinks, Snacks, Hamburgers & Hot dogs

Reserve your tickets by e-Transfer
d61roundup@gmail.com

Please include your name and number of tickets in the message line
The cost of this roundup is paid through registration fees

Doors open
Friday 6pm & Saturday 9am

For Information Call:
Duncan M. 587 930 2302 Sharon M. 780 965 8624

Annual AA Roundup 2024
District 61

47th Annual District 64 Round-Up

With Al-Anon participation

April 5th - 6th, 2024



CONNECTING WITH LOVE, SERVICE AND UNITY

Friday, April 5th, 2024

- 6:30p Doors Open / Registration Fellowship/Refreshments
- 7:30 AA Speaker:
Lori R. (Delegate, Area 91, SK)
- 8:45 Ice Cream Social

Saturday, April 6th, 2024

- 7:15a Doors Open / Registration

North Pointe Church

14025 – 167 Ave. NW

Edmonton, AB

TICKETS - \$40

***Roundups/Conferences are not AA meetings. The cost of this roundup is paid through registration fees.**

Coffee/Tea – 7th Tradition

Beverages and snacks available

FOR TICKETS OR MORE INFORMATION:

Danielle A (780) 445-0127

Cordell B (780) 239-1546

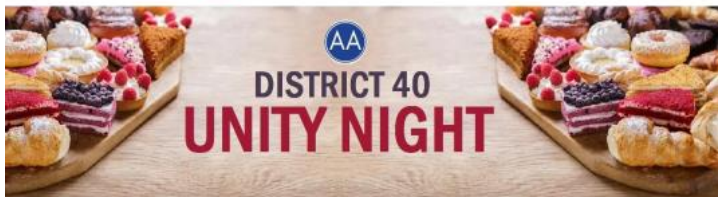
Arlene B (780) 604-0472

RECOVERY/UNITY/SERVICE

THIS IS A SCENT FREE EVENT!



SAVE THE DATE



SPEAKER EXTRAVAGANZA
DISTRICT 40 SPEAKERS



POTLUCK DESSERTS
BRING YOUR FAVOURITE



BIG BOOK TRIVIA



HALF MEASURES DRAW



FELLOWSHIP & FUN



SPECIAL BLEND COFFEE

\$5 SUGGESTED CONTRIBUTION

SATURDAY MAY 4

7:00 - 9:30

**Rio Terrace Moravian Church
15108 - 76 Avenue**

52nd Annual Fort St John Round Up
May 3rd-5th 2024
Taylor Community Hall
9896 Cherry Ave W. Taylor, BC

You Need Not Stand Alone

Tickets: \$55/EA
12 and Under: Free
Ticket Includes:
Friday Night Social, Saturday Lunch, Banquet Dinner, Sunday Morning Breakfast and AA and AIAnon Guest Speakers

AA Speakers: Tami L **AIAnon Speaker: Owen H**
Scott H

Tickets will be available to purchase at the event or can be purchased via E-Transfer to fsjroundup@gmail.com

Contact:
Shane L. @ (604)-999-9401 **Theresa M. @ (250) 264-8264**



I AM RESPONSIBLE
Evansburg, Mayerthorpe, Sangudo & Whitecourt AA Groups present the Sangudo Roundup May 25, 2024
Sangudo, AB Community Hall \$35.00/person
Doors open @ 8:30AM
Registration starts @ 9AM
All meetings / speakers ~ TBA
Door Prizes
Fellowship, Food & Fun
Advance tickets call...
Angie 780-266-0146
Ken 780-727-4175
e-transfer payments to...
Sangudoroundup@gmail.com

WESTERN CANADA REGIONAL FORUM

HOTEL INFORMATION

Prestige Vernon Lodge
 3914 32 St, Vernon, BC V1T 5P1, Canada

- ROOMS ARE FIRST COME FIRST SERVE.
- **April 9, 2024** is the room reservation deadline.

WESTERN CANADA REGIONAL FORUM

May 10-12, 2024
Prestige Vernon Lodge, Vernon, BC

You are invited to the Western Canada Regional Forum!

PURPOSE OF REGIONAL FORUMS

- Regional Forums are hosted by the A.A. General Service Board and "open" to all A.A. members or to anyone interested in A.A.
- Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, staff and Directors from the General Service Office and AA Grapevine.

PROGRAM

- Your Western Canada Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region's Delegates, and past trustees.
- There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on aa.org under the Regional Forums tab.
- The event will take place from Friday from 6:30 p.m. through Sunday 12 p.m.

Registration will open on March 11, 2024, and can be accessed on our website at www.aa.org.



Please go to the following link to find more information <https://www.aa.org/regional-and-local-forums>

PI/CPC

PUBLIC INFORMATION / COOPERATION
with the PROFESSIONAL COMMUNITY



LET'S HAVE A CONVERSATION

JOIN US AT OUR **BUSINESS PROFESSIONALS LUNCHEON**

Doors Open 11:15 AM
Lunch 11:30 AM
Presentations 11:45 AM to 1:15 PM

WEDNESDAY

JUN | **12** | 2024

CHATEAU LOUIS HOTEL
11727 Kingsway Avenue, Edmonton
St. Michael Room (in the back annex)

RSVP TO CHRISTIE BY JUNE 07th
egsc.picpc.coordinator@edmontonaa.org

Please indicate any dietary preferences when RSVPing.

AA Members welcome. Lunch \$25.
Business Professionals. Complimentary lunch.



HELP US CELEBRATE STETTLER AA's 55TH ANNIVERSARY WITH A POT LUCK DINNER!

APRIL 30th, 2024 Supper-6:30 pm Speaker-7:30 pm

CE WING, STETTLER UNITED CHURCH
4820 51st St. STETTLER, AB

THIS IS AN OPEN MEETING
ALSO AVAILABLE ON ZOOM. MEETING ID 758 791 599
PULLED PORK AND BUNS SUPPLIED.
PLEASE BRING A SALAD OR DESSERT
TRADITION 7



AA SPEAKER: Jim F. (Sylvan Lake)

COME AND JOIN US FOR AN EVENING OF
FELLOWSHIP,
GOOD FOOD AND GREAT SPEAKERS.

For more information email stettleraa@gmail.com
Or phone Faye K. 403-916-5361 or Wade J. 403-740-9214

62nd Southern Alberta Round Up
APRIL 19TH AND 20TH
LOCATION: GERMAN CANADIAN CLUB
902 6TH STREET NORTH
LETHBRIDGE

SPEAKERS
PRIGE F.
DAVID M.
RANDY K.
STACY B.
RICK J.
DEMI S.
MARLYN A. (AL-ROBIN)

FRIDAY
6PM TO 8:30PM
SATURDAY
8:30AM TO 7PM

REGISTRATION \$20
BANQUET MEAL & REGISTRATION \$50

CONTACT FOR INFO AND TICKETS
CHRIS D. (403) 795-6666
DANIEL G. (403) 593-4374
JEFF B. (403) 330-8864
THEO J. (403) 393-4473

"ROCKETED INTO THE 4TH DIMENSION"

SATURDAY APRIL 20
1:00-8:00PM

DISTRICT 9 SPAGHETTI

UNITY DINNER

LOCATION: **Jarvie Community Center**
in the Multi Purpose Room

\$15.00 COST
+ POTLUCK SIDE DISH OR DESSERT

FELLOWSHIP, MEETINGS & SUPPER

- Doors open at 1:00pm
- Supper is served at 5:30pm
- Guest speaker is Bill C. from Athabasca

Contact: Robert@780-307-7563

CARDIFF AA ROUNDUP

Sober Souls Of Edmonton & Area

JUNE 21, 22 & 23, 2024

CARDIFF HALL*21 DISCOVERY WAY*CARDIFF, A.B.
2 MILES EAST & 1/2 MILE SOUTH OF LIGHTS AT HWY 2 AND CARDIFF ROAD,
MORINVILLE (10 minutes north of Edmonton)

CAMPERS WELCOME FRIDAY MORNING or early if needed

No services

FRIDAY- 5 P.M. REGISTRATION
6:30 P.M. STEW SUPPER (SUPPLIED)
8 P.M. SPEAKER MTG TBA
11 P.M. CAMPFIRE MTG, WEATHER PERMITTING

SATURDAY- 8:30-10 A.M. BREAKFAST (SUPPLIED)
10 A.M.-11:30 CALL UP MTG
12 NOON HOTDOG LUNCH (SUPPLIED)
1:30 P.M. AL-ANON SPEAKER TBA
3 P.M. CALL UP MTG
6 P.M. STEAK SUPPER (SUPPLIED)
7:30 P.M. SPEAKER MTG **SHELDON F. Las Vegas NV**
9 P.M.-1 A.M. DANCE WITH **D.J. Barry**
11 P.M. CAMPFIRE MTG, WEATHER PERMITTING

SUNDAY- 8:30-10 A.M. BREAKFAST (SUPPLIED)
10:30-11:30 a.m. Speaker MTG TBA

WHOLE WKND-\$40[MEALS & CAMPING] SAT. SUP., SPKR & DANCE-\$3
KIDS 13 to 18YRS-\$25, 12 YRS & UNDER-FREE
Tickets Will Be Limited Phone To Purchase or Reserve (E=File excepted)

INFO-Lawrence-780-266-0871 Luann-780-660-6895
Kimberly-780-718-6970
CENTRAL OFFICE 780-424-5900

ALCOHOLICS ANONYMOUS

14 WEEK STEP SERIES

"SPRING 2024"

Presented by:

12 Steps to Serenity

Date: May 5th
Sundays @ 7:00-8:00 pm

Church of the Nazarene
1380 Sherwood Drive,
Sherwood Park, AB

Contact:

Linda C. 780.394.5828
Duncan M. 587.930.2302

Materials Recommended

Alcoholics Anonymous Big Book
Twelve Steps and Twelve
Traditions Book
Notebook and Highlighter



District 64 (St. Albert) Unity BBQ



Where: St. Albert Lions Park under cover
Who: All AA members, family, kids, friends
When: July 6
Time: 4 PM – 8PM

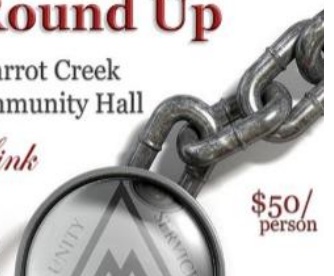
- ✓ D64 will be providing the hotdogs/smokies and beverages
- ✓ Please bring BBQ potluck dish (sides, salads, desserts)
- ✓ Please bring your favorite outdoor games & lawn chairs
- ✓ Event will take place rain or shine
- ✓ 7th Tradition will be honoured

Edson and Area 63rd Annual Round Up

July 6th, 2024 @ Carrot Creek
Community Hall

The Missing Link

*He looked at everything
as the cause of his
unhappiness - except alcohol*
AA Pg. 281



\$50/
person

GRAPEVINE Daily Quote

April 25, 2023

"Today I have a clearer perspective on what my role as a sponsor is and isn't. It is to stay sober, be available to listen, share my thoughts, pray for others, and let them live their own lives. It is not to 'fix' anyone, get them sober, make them happy, demand they conform, or make their decisions."



Berlin, Conn., September 2004, From:
"What a Sponsor Is and Is Not," AA
Grapevine.

Edmonton Central Office Society			
INCOME STATEMENT 2024			
	February		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$3,180.07	\$7,125.32	(\$3,945.25)
Individual/Bequeath	\$1,170.00	\$1,174.80	(\$4.80)
Birthday Club/Faithful Fivers	\$25.00	\$72.45	(\$47.45)
Office Supplies / Postage	\$299.88	\$199.97	\$99.91
Rental Income-EGSC, etc	\$169.25		\$169.25
Tradition Seven-meetings	\$194.95	\$346.26	(\$151.31)
Fundraising			
Other Inc (Interest, etc)	\$26.55	\$29.17	(\$2.62)
Total General Revenue	\$5,065.70	\$8,947.96	(\$3,882.26)
Literature & Medallion			
Literature	\$10,313.10	\$8,775.79	\$1,537.31
Medallion	\$2,488.00	\$2,115.51	\$372.49
Total Literature and Med.	\$12,801.10	\$10,891.30	\$1,909.80
Total Revenue	\$17,866.80	\$19,839.26	(\$1,972.46)
Expenses			
AAWS & Grapevine Literature	\$5,649.73	\$5,933.40	\$283.67
Meeting list & Greeting Cards	\$314.69	\$281.70	(\$32.99)
Medallion Purch /engraving	\$1,231.92	\$1,065.37	(\$166.55)
Intergroup Expenses			
12 Step Answering		\$408.33	\$408.33
Other (Archive, 12 Step,Cred,Grp Ser	\$45.00	\$125.00	\$80.00
Administrative Expenses			
Accounting & Legal	\$403.17	\$216.67	(\$186.50)
Bank Chgs & Cr Card chgs	\$153.47	\$175.00	\$21.53
Computer & IT Maintenance	\$171.71	\$208.33	\$36.62
Equipment Lease/Purchase	\$360.73	\$375.00	\$14.27
Fundraising expense			
Insurance	\$342.95	\$366.67	\$23.72
Office Supplies	\$702.30	\$250.00	(\$452.30)
Postage	\$256.16	\$250.00	(\$6.16)
Rent	\$4,089.32	\$4,333.33	\$244.01
Salaries, Source, WCB	\$9,176.17	\$6,791.67	(\$2,384.50)
Staff Training / Seminar	\$410.00		(\$410.00)
Telephone / Internet	\$266.20	\$133.33	(\$132.87)
Total Expenses	\$16,332.18	\$13,100.00	(\$3,232.18)
Total Revenue	\$17,866.80		
Total Expenses	\$23,573.52		
Income / (Loss)	(\$5,706.72)		

Edmonton Central Office - 2024 Group Contributions

GROUP	District	Feb	YTD	GROUP	District	Feb	YTD	GROUP	District	Feb	YTD
10 AFTER 10 GROUP	46	\$75.00	\$125.00	HIGH PRAIRIE - HI GROUP	7		\$0.00	SERENITY POOL SUNDAY MEETING	60		\$0.00
84TH STREET	46	\$300.00	\$600.00	HOME GROUP #1	63		\$0.00	SEDGEWICK A.A. GROUP	20		\$0.00
A NEW WAY OF LIFE	55		\$0.00	HOME GROUP #11	63		\$0.00	SHER. PARK 12 STEPS TO SERENITY	61		\$0.00
A PEACEFUL PATH	53		\$0.00	HOME GROUP #13	63		\$0.00	SHER. PARK HAPPY HOUR GROUP	61		\$480.00
AB GROUP	57		\$0.00	HOME GROUP #18	63		\$0.00	SHER. PARK GROUP	61		\$0.00
ALANO WOMEN'S DISCUSSION	46		\$0.00	HOME GROUP #25	63		\$0.00	SHER. PARK MILLSHAVEN	61		\$0.00
ALTERED ATTITUDES GROUP	46		\$720.00	HOW IT WORKS	55		\$0.00	SHER. PARK NEW AT THREE	61		\$0.00
AMAZING GRACE	46		\$0.00	H.O.W. ONLINE	46		\$0.00	SHER. PARK SISTERS IN SOBRIETY	61		\$0.00
AS IT IS GROUP	55		\$0.00	INTO ACTION GROUP	40		\$0.00	SHER. PARK TUESDAY NIGHT AT 7	61		\$0.00
BEAUMARIS LAKE GROUP	53		\$0.00	JELLNICK JUMPSTART	46	\$26.15	\$129.35	SHER. PARK THERE'S MORE TO THE STORY	61		\$0.00
BEAUMONT HOW IT WORKS GRP	60		\$0.00	LEDOC HOW IT WORKS	12		\$0.00	SHIFTERS GROUP	57		\$0.00
BEAUMONT GROUP	60		\$0.00	LEDOC MONDAY NGHT LADIES 12 X12	12		\$0.00	SIMPLY SOBER AA GROUP	40	\$100.00	\$100.00
BEAVERLODGE GOODWILL AA	4		\$0.00	LEDOC SATURDAY	12		\$0.00	SLAVE LAKE AA GROUP	7		\$0.00
BEVERLY GROUP	53		\$0.00	LEDOC SUNDAY BEGINNERS	12		\$0.00	SOBER SOULS OF EDMONTON	46		\$0.00
BREATHE EASY GROUP	40		\$300.00	LEDOC THURSDAY NIGHT TRUDGERS	12		\$0.00	SOUTHBOUND FELLOWSHIP GROUP	60		\$0.00
CAMEL DISCUSSION CLUB	40		\$0.00	LEDOC TUESDAY NOON MEETING	12		\$0.00	SOUTH SIDE GROUP	57		\$0.00
CAMPUS GROUP	57		\$0.00	LENDRUM NOON MEETING	57		\$0.00	SOUTHSIDE CHAPTER HOUSE STEP STUDY	57		\$0.00
CAMPUS GROUP - BLUE JEAN R/UP	57		\$0.00	LIGHTHOUSE GROUP	53		\$0.00	SOUTHSIDE SURVIVORS (ELLERSLIE)	60		\$0.00
CAMROSE CITY GROUP	12		\$0.00	LIONS DEN GROUP	57		\$0.00	SOUTHSIDE YOUNG PEOPLE'S GROUP	57		\$0.00
CAPILANO STEP GROUP	55		\$0.00	MANDATE:SOBER GROUP	46		\$100.00	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00
CENTER CITY ONLINE	46		\$0.00	MILLETT: STAIRWAY TO FREEDOM GRP	12		\$0.00	SPRUCE GROVE - WE HAVE A SOLUTION	10		\$0.00
CHAPPELLE GROUP	60	\$75.00	\$75.00	MORINVILLE BY THE BOOK GROUP	9		\$0.00	SPRUCE GROVE - SPEAK EASY	10		\$0.00
CLAREVIEW BIG BOOK GROUP	53		\$0.00	MORINVILLE THURS NITE STEP & TRADITION	9		\$50.00	SPRUCE GROVE FIRST DOOR ON THE LEFT	10		\$0.00
COMMON WELFARE GROUP	40		\$0.00	MUSTARD SEED GROUP	46	\$200.00	\$200.00	STEP SISTERS	40		\$300.00
CRESTWOOD WELCOME	40		\$0.00	NEIGHBOR CENTER GROUP	57		\$150.00	STEP THIS WAY GROUP	55		\$0.00
DAILY REFLECTIONS GROUP	57		\$0.00	NEW FOUND HOPE GROUP	53		\$0.00	STONY PLAIN - BEYOND BELIEF	10		\$0.00
DAYS LAND	12		\$0.00	NEW HOPE GROUP	53		\$190.15	STONY PLAIN - DISPLACED MALL RATS	10		\$0.00
DEVON MONDAY NIGHT GROUP	12		\$0.00	NO SAINTS MEETING	46		\$0.00	STONY PLAIN - FIRST DOOR ON THE LEFT	10		\$0.00
DISTRICT 10 UNITY ROUND UP	10		\$0.00	NORTH EDMONTON GROUP	53		\$0.00	STONY PLAIN - FRIENDS OF FRIDAY	10		\$0.00
DISTRICT 10	10		\$0.00	NORWOOD GROUP	46		\$0.00	STONY PLAIN - THURSDAY NIGHT WOMEN'S GRP	10		\$0.00
DISTRICT 12 GSR BODY	12	\$150.00	\$150.00	OFF THE WALL & LIVING SOBER MTG	55		\$0.00	STONY PLAIN - 12 BY 12 TUESDAY NIGHT GR	10		\$0.00
DOLPHIN GROUP	53		\$500.00	OILMENS GROUP	57		\$0.00	STRENGTH IN NUMBERS	57		\$0.00
EARLY BIRDS BREAKFAST GROUP	53	\$281.00	\$533.50	OPEN DOOR GROUP	55		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	46		\$150.00
EASTWOOD GROUP	53		\$0.00	PATIENCE LOVE & TOLERANCE	40		\$0.00	SUNDAY MORNING OPEN GROUP (SMOG)	57		\$0.00
EVANSBURG GROUP	6		\$0.00	PEACE RIVER AA GROUP	2		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$524.65	\$1,197.90
EYEOPENER GROUP	40		\$0.00	PRIMARY PURPOSE GROUP-ONLINE	61	\$364.44	\$364.44	SURVIVORS GROUP	53		\$0.00
FAITH WORKS STEP GROUP	53		\$0.00	PROVIDENCE GROUP	57		\$400.00	TAWÁ W GROUP	46		\$0.00
FELLOWSHIP GROUP	57		\$0.00	RAY OF HOPE GROUP - ALANO	46		\$0.00	TERRA NOVA GROUP	46		\$550.00
FRIENDS OF BILL GOLF TOURN	60		\$0.00	RAY OF HOPE GROUP - ONLINE	46		\$0.00	THE WHY GROUP	46		\$0.00
FT MCMURRAY BACK TO BASICS	21	\$160.00	\$160.00	REFLECTIONS GROUP	46		\$0.00	THUS WE GROW	57		\$0.00
FT. MCMURRAY NOONERS	21		\$0.00	RITE TRAC GROUP	53	\$200.00	\$200.00	TIGERS II	40		\$0.00
FT. MCMURRAY WOMENS RECOVERY	21		\$0.00	SANGUDO GROUP	40		\$0.00	TO SHOW OTHERS	57		\$0.00
FT. MCMURRAY ROUND UP	21		\$0.00	S.A. BACK TO BASICS	64		\$0.00	TOWER GROUP	46		\$600.00
FT. MCMURRAY SUNDAY DETOX	21		\$0.00	S.A. BREAKFAST GROUP	64		\$800.00	UNDER NEW MANAGEMENT	57		\$0.00
FT. NELSON - MILE 300 GROUP	1		\$0.00	S.A. FRI. NIGHT OFF THE TRAIL GROUP	64		\$0.00	UNITY STEP GROUP	55	\$150.00	\$150.00
FT. SASK BIG BOOK TOOLBOX-TALK	61		\$0.00	S.A. GRACE AT NOON	64		\$0.00	U OF AA GROUP	57		\$0.00
FT. SASK TOWN GROUP	61		\$0.00	S.A. INTO THE LIGHT	64		\$0.00	UP THE CREEK	55		\$0.00
FULTON PLACE GROUP	55		\$0.00	S.A. MILLENNIUM GROUP	64		\$0.00	WE AGNOSTICS	46		\$0.00
GIBBONS SOBER RIDERS	9		\$0.00	S.A. ON THE HILL GROUPS	64		\$320.00	WEST END GROUP	46		\$0.00
GIRL TALK GROUP	40		\$476.20	S.A. SISTERHOOD GROUP	64		\$0.00	WESTEND 12 STEP GROUP	40		\$0.00
GRACE POINT GROUP	57		\$0.00	S.A. SOBER SISTERS GROUP	64	\$323.83	\$323.83	WEST END MEN'S GROUP	40		\$0.00
GTITUDE GROUP	53		\$0.00	S.A. STEP X STEP SATURDAY NIGHT GRP	64		\$0.00	WESTLOCK WEDNESDAY	9		\$0.00
GRUPO II	46		\$0.00	S.A. SUNDAY STEP STUDY	64		\$320.00	WESTMINSTER GROUP	40		\$0.00
GRUPO RANACER	46		\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$0.00	WETASKIWIN SUNDAY MORN B.BOOK DISC	12		\$0.00
HS	57	\$100.00	\$100.00	S.A. WED. NIGHT CLOSED MEN'S	64		\$0.00	YOUNG & OLD	46		\$0.00
HEADS UP FOR AA - VEGREVILLE	20		\$0.00	SANDY BEACH GROUP	9		\$0.00	YOUR CHOICE GROUP	53		\$0.00
HELPING HANDS	60	\$150.00	\$450.00	SATURDAY NIGHT LVE MEETING	57		\$30.00				
											18
Total		\$1,216.00		Total		\$1,114.42		Grand Total			\$3,527.90
			\$4,189.70				\$3,577.77				\$11,295.37