

Message from the Editor

There has been some controversy and concerns regarding publishing birthdays in the ECO Newsletter. Issues of anonymity and accuracy have been brought to my attention. Consequently, for A.A. birthdays to be published in the Newsletter, each group must include only the birthdays of members who want their birthday to appear in the Newsletter. Additionally, each year all groups who want their members' A.A. birthdays published in the Newsletter must email to me a current group membership list (or more often if membership and sobriety dates change). Thank you for ensuring the anonymity of members and the accuracy of information published in the ECO Newsletter.

Mother's Day is Sunday, May 12, 2024. We hope you have a better Mother's day than the one Dr. Bob describes in the Big Book (Doctor Bob's Nightmare, p.179): "It was the day before Mother's Day and I had come home plastered, carrying a big potted plant which I set down on the table and forthwith went upstairs and passed out". We have two short articles to commemorate Mother's Day.

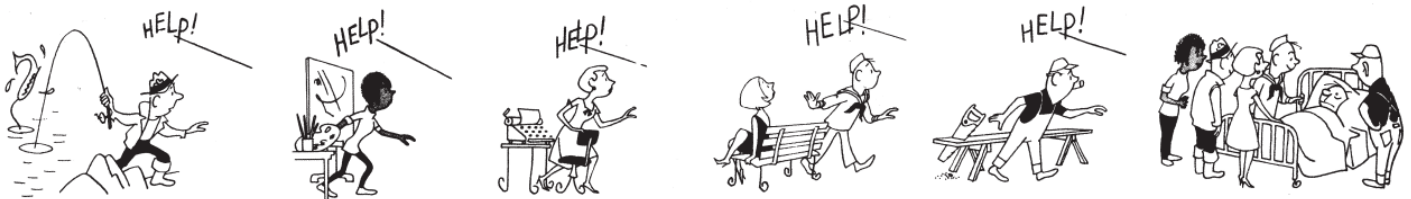
We also have two contributions to the newsletter from member Stan Lee T. from City Center Group: The first is about Step 5 for the month of May, and the second is a poem that he uses when introducing himself at prison meetings, speaker engagements and roundups. I am sure you will enjoy them.

Additional features include a Step Five Word Scramble, details about upcoming AA events, an article about depression and alcoholism, an article presented by Derric F. about the AA pamphlet "Problems other than Alcohol" and a report from Area78 delegate.

Yours in service,
Julia J.,
ECO newsletter editor

Tradition 5

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.



Step

1	2	3
4	5	6
7	8	9
10	11	12

This is perhaps difficult—especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reason why we should do so.

The best reason first: If we skip this vital step, we may not overcome drinking.

Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but they hung on to some of the worse items in stock.

—*Alcoholics Anonymous*, pp. 72-73. Copyright ©2001 by Alcoholics Anonymous World Services, Inc.

“ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs ”

FIFTH STEP PRAYER

**Higher Power, my inventory has shown me who I am.
Yet I ask for Your help in admitting my wrongs to another person & to You.
Assure me & be with me in this Step. For without this step, I cannot progress in my recovery. With Your help, I can do this & I do it.**

(Cleveland AA, <https://www.aacle.org/twelve-step-prayers/>)

CONCEPT FIVE

Throughout our world services structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

(A.A. Service Manual/Twelve Concepts for World Service)

Mother's Day & AA

It was on Mother's Day in 1935 that AA was formed by the meeting of Dr Bob and Bill W. providentially arranged by God, through Henrietta Sieberling and Anne Smith.

The embryo of AA was conceived that day by two men sharing about their utter futility of their alcoholism. They shared for almost 5 hours.

At the core of it's recovery from alcoholism, AA is still one alcoholic talking to another.

LEST WE FORGET that it was 2 MOTHERS who facilitated this meeting.

Henrietta through intercessory prayer and arranging the encounter for Dr Bob, and Anne for forcing Dr Bob to meet with Bill.

Thus began your recovery and mine.

A member shares

A classic AA "coincidence" also known as a Godincidence!

I got sober in Toronto at the old Stock Exchange Meeting, called the 5:15 Group in downtown Toronto. At seven years sober I moved back to Ottawa where I had grown up, because I had just had my daughter and wanted her to be around my family. So, I started a new job in the national office of a large well-known organization with 300 people in the office. I hardly knew anyone.

Back in Toronto, my sponsor had celebrated 10 years of sobriety at her home group, then had stopped going to meetings. I kept asking her "why don't you go to a meeting Jan?" and she kept saying "I have my AA books, I talk to my AA friends on the phone, I'm fine." I kept bothering her about it but she kept insisting she was fine.

So, I'm in my office in Ottawa where I barely know anyone yet. My office is located in a little enclave that one wouldn't normally walk by unless one had an office in there. I get a call from my sponsor's daughter in Toronto. She tells me that she just found her mother drunk at the bottom of the stairs. I hang up and am sitting there crying, with the office door closed. After a few minutes of crying, there's a knock at my door and this woman I had seen around but didn't know, sticks her head in the door. I say to her between tears: "Are you a friend of Bill Wilson's?" She says "yes" and comes in and hugs and holds me until I stop sobbing.

To this day, many, many years later, Shirley B, formerly Shirley A (she says she's working her way through the alphabet) says she doesn't know what she was doing in that part of the office where she had no business going. She just wandered in there and happened to knock on my door. That was 33 years ago. Shirley is now 52 years sober, and I celebrated 40 years sober last summer. She says there's no way that was a coincidence.

And THAT is what we call an AA Godincidence!

P.S. Jan did get sober again and was six years sober when she died of cancer.

Nadia S.

Reprinted from *Our Primary Purpose*, Ottawa Area Intergruop of Alcoholics Anonymous, January 2021

FIVE- This is the Truth, so help me God

You've got to stop living in your head, this is what my sponsor said .

Your wrongs you must share, there is nothing you can spare.

It's time for you to spill your guts, to keep you from going nuts.

Some of our secrets are buried deep, but you will get relief.

It's not all bad, there's some good too.

To clear away the wreckage of the past, this is what you must do.

When you're finished, you'll be amazed, and you will see better days.

I beg you, be fearless and honest, the light of God will shine upon us.

For what is a man, if he can't be true, but it's really up to you.

When your spiritual malady is overcome, your new life has begun.

Fear is replaced with a brand new faith, welcome back to the human race.

No more resentment, sex problems or hate.

Get with the program, before..... it's too late,

God forgives, you should too.

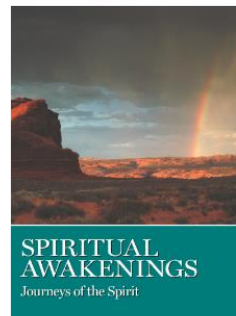
By Stan Lee T (City Center Discussion Group)

GRAPEVINE Daily Quote

May 28, 2023

"My concept of a higher power is the power of good."

Pasadena, California, April 1978, "The Power of Good," Spiritual Awakenings



New Lingo of the Heart

My name is Stan Lee T
I come from POO-SCOO-PEE*
That's a little town way up North
I used to drink and drug
My life was oh so thug
But one day I crashed and I burned
Now I meet with my friends
And we talk to no ends
About this thing they call sobriety
'Cause it's really plain to see
That what was meant to be
Was for me to trudge the road
To Happy Destiny

* Pouce Coupe, B.C

This is a little rap that I use when I introduce myself at prison meetings, speaker engagements and roundups. It is usually received with enthusiasm and applause, as a parlance medium that gets your attention. I have dabbled with poetry over the years, but now focus on recovery poems and prose.

I have put the twelve steps into rhyme and self published "My Name is Stan Lee T – Happy Joyous and Free" I have recently created a compilation of recovery poetry that includes poems by Jason B, inmates from Canadian Federal Correctional Facilities, Jay Jack from Belgium and Award winning Prison Poet Maurice J Lyons from the Alan Oakwood Institute in Ohio .

The compilation is called ***Inside Out-making time rhyme***. As I have learned from the steps, putting your thoughts down with paper and pen is a very effective healing tool.

My sobriety date is Sept 24 ,1987. My plethora of service commitments include GSR, DCM, Intergroup Chair, EGS Corrections Chair, and Area 78 Corrections Chair. I have spent over 30 years carrying the message behind the walls, which I still do. Service has kept me clean and sober for all these years. If you want what we have and are willing to go to any lengths (like a drive out to the Edmonton Institute or Ft. Saskatchewan) then join us as we trudge the road to Happy Destiny. We need volunteers!

If you would like to engage a colorful speaker to speak at your roundup or work shop, contact me 780 916 3963. No Travel Agent required. You are all cordially invited to attend a prison meeting at Alan Oakwood Correctional Institute Ohio, Wednesday 1:30 PM zoom ID **980 746 7087**- check it out. Stan Lee T. lives in St. Albert and his home group is Center City discussion group.

By Bill W.

(co-founder, Alcoholics Anonymous)

Perhaps there is no suffering more horrible than drug addiction, especially that kind which is produced by morphine, heroin, and other narcotics. Such drugs twist the mind, and the awful process of withdrawal racks the sufferer's body. **Compared with the addict and his woes, we alcoholics are pikers.** Barbiturates, carried to extremes, can be almost as bad. In A.A. we have members who have made great recoveries from both the bottle and the needle. We also have a great many others who were — or still are — victimized by "goofballs" and even by the new tranquilizers.

Consequently, this problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. In the world around us, we see legions of men and women who are trying to cure or escape their problems by this means. **Many A.A.'s, especially those who have suffered these particular addictions, are now asking, "What can we do about drugs — within our Fellowship, and without?"**

Now there are certain things that A.A. cannot do for anybody, regardless of what our several desires or sympathies may be.

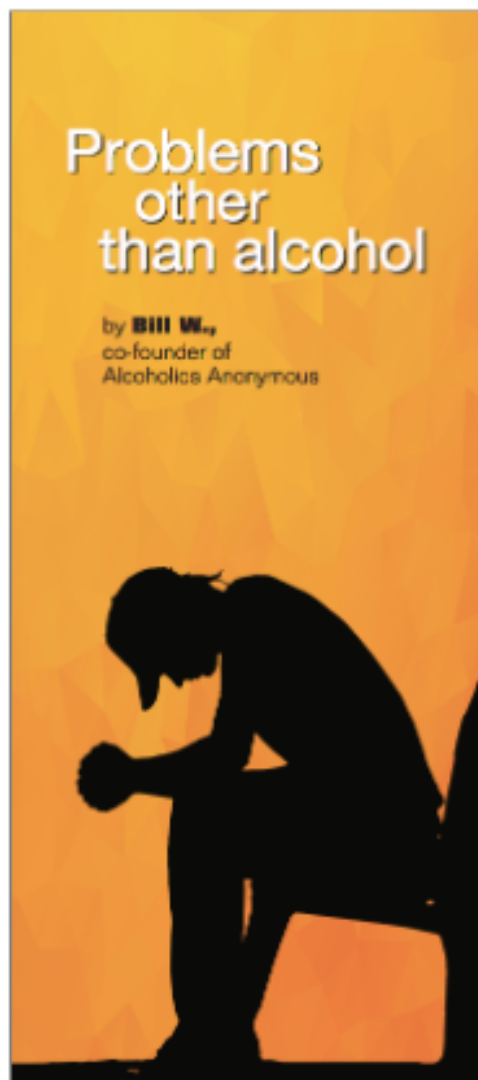
Our first duty, as a society, is to insure our own survival. Therefore, we have to avoid distractions and multipurpose activity. An A.A. group, as such, cannot take on all the personal problems of its members, let alone the problems of the whole world.

Sobriety — freedom from alcohol — through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that *there is no possible way to make non-alcoholics into A.A. members.* **We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose.** If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone.

Therefore, I see no way of making non-alcoholic addicts into A.A. members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on A.A. We must accept the fact that no non-alcoholic, whatever his affliction, can be converted into an alcoholic A.A. member.

A.A. members who are so inclined should be encouraged to band together in groups to deal with sedative and drug problems. But they ought to refrain from calling themselves A.A. groups.

There seems to be no reason why several A.A.s cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, **OBVIOUSLY,** such a dual-purpose group should not insist that it be called an A.A. group, nor should it use the A.A. name in its title. Neither should its straight addict contingent be led to believe that they have become A.A. members by reason of such an association.



Reprinted from Pamphlet P-35: Problems Other Than Alcohol, with permission of Alcoholics Anonymous World Services, Inc.

<https://www.aa.org/problems-other-alcohol>

The influence of Alcoholism on the course of Depression

Depression is a mood disorder that involves your body, mood, and thoughts. Many of our members deal with this condition. The big book and 12 & 12 recognize the melody in the following quotes:

We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and **depression**, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people. WE AGNOSTICS, p.52

Now about health: A body badly burned by alcohol does not often recover overnight nor do twisted thinking and **depression** vanish in a twinkling. THE FAMILY AFTERWARD, p.133

What happens when we wallow in **depression**, self-pity oozing from every pore, and inflict that upon those about us? 12&12 Step Eight, p.81



Researchers find that recovery from depression and relapse back into depression is about the same for depressed alcoholics and depressed normal drinkers. However, alcoholics with depression take a longer time to re-establish personal relations, particularly relations with the spouse than depressed people without alcoholism. (*Journal of Affective Disorders, Volume 16*)

To quote the article precisely:

"The clinical course of 289 patients with primary non-bipolar major depression without concurrent alcoholism was compared with that of 79 patients with non-bipolar major depression with concurrent alcoholism. Contrary to expectations, **the two groups did not differ in time to recover from the major depression** or time to relapse into a

subsequent major depression. Although they were equally impaired at the outset, the alcoholism group maintained significantly lower levels of social functioning throughout the 2-year follow-up period. **Interpersonal relations with spouse were particularly worse among the alcoholic group.**"

The finding is consistent with the quote from the Big Book about the wife being disillusioned with her alcoholic husband. "Many years of alcoholism would make a skeptic out of anyone". (page 83 INTO ACTION, Chapter 6)

A doctor said to us, "Years of living with an alcoholic is almost sure to make any wife or child neurotic." The entire family is, to some extent, ill. (page 122 THE FAMILY AFTERWARD Chapter 9, BB)

The research article did not examine re-establishment of relations with children of the depressed alcoholic versus the depressed non-alcoholic. We rely on the big book for guidance here "The alcoholic may find it hard to re-establish friendly relations with his children. Without saying so, they may cordially hate him for what he has done to them and to their mother. They cannot seem to forgive and forget. This may hang on for months, long after their mother has accepted dad's new way of living and thinking." (page 122 THE FAMILY AFTERWARD)

Delegates Corner - April/ May

Hello All in Area 78 did you know we span all of Alberta, the North West Territories, Western Nunavut, the North and South Eastern corners of BC as well as Maidstone Saskatchewan? We are the largest geographical Area in the Canada/US Conference and compared to the smallest in San Diego California, Area 8, we both have roughly the same populations!

I have just returned from the 74th General Service Conference that was held in Brooklyn, New York. What an amazing experience! We met for six days to make decisions on the 83 agenda items that we had gone over at our Pre-Conference Assembly March 15-17. You can view the recommendation and considerations for your yourself on our area78.org website under the private members drop down tab. The login is: guest and the password is: Area78!downloads

We worked for long hours and it was amazing being a part of the structure that keeps our solution safe. The work was hard but the pay is good as well got to stay sober! The 92 other delegates, the 22 Trustees and 20 eligible voting staff members met first in committees where we discussed each Agenda Item and made recommendations or considerations. I was assigned to both the Public Information and International Conventions/Regional Forum Committees. We all met in our respective committees Sunday, Monday and Tuesday. For each item we went around the room and shared our Area's voice, then discussed until we were ready to vote, if it passed with a $\frac{2}{3}$ majority it became a recommendation. Although some of the things we discussed became a consideration. Perhaps next year you will see those considerations as agenda items!

Wednesday to Friday we heard all committee reports and voted on their recommendations, then the floor actions were brought forward for voting on. Saturday we heard closing remarks and the farewell talks from Mike L., outgoing interim Chair and Irma V., outgoing Western Regional Trustee.

Our new General Service Board Chair is Scott H. from Kamloops and our new Western Regional Trustee is Gail P., past delegate from Area 79. They will both be attending the Regional Forum in Vernon this coming May 10th and 11th. A super fun time is planned and so I hope to see you there!

My name was drawn from the hat to be the 2025 Delegate Chair for the 75th General Service Conference! I will be attending the January Board meeting and will be involved with the process of bringing Agenda Items forward for the 75th Conference prior our next 2025 March Pre-Conference Assembly.

The literature committee had recommended we go forward with the publishing of the Plain Language book, after 8 hours of hearing delegates concerns and thoughts, the 74th Conference voted to pass that recommendation. I am not sure when it will be actually published as it needs some additional editing, but it will be sometime this year. I got to read the book, it is a very simple read, making our message available for those who cannot have the benefit of reading our beloved Big Book with a sponsor. David M from Yellowknife had put forward the idea as an Agenda Item back in 2016 when he struggled to make people in jails

understand our Big Book. It took 8 years of research and discussion before this book passed. Nothing happens quick in AA! This is called purposeful slowness and it protects us from hasty or emotional decisions.

We also talked for hours about the founders writings, it was wonderful to hear the sentiments of our Area echoed throughout the fellowship. Our founders writings will not change without clear direction from the fellowship. Many groups who were not on-line during the pandemic were upset with the changes in the Twelve by Twelve. We are however, responsible for our solution to alcoholism, so hopefully a good lesson was learned, no matter what, we need to support our Group GSR's so we stay informed as a fellowship.

I'd be happy to come and share my Delegate experience with your Districts. Please email or give me a call to make arrangements. My first Report Back will be in Yellowknife at the Area Committee Meeting May 24th - 26th.

Warm Regards and Loving Service

Karen O'C
Area 78, Panel 74 Delegate
delegate@area78.org
cklinservice@icloud.com
403-479-6883
Public Information Committee
International/Regional Forum Committee
2025 Delegate Chair

Area 78 Committee Meetings are "CLOSED" Meetings



AREA COMMITTEE MEETING

May 24 & 25, 2024 Yellowknife, North West Territories

MEETING LOCATION: Yellowknife United Church
5004 Northern United Place, Yellowknife NT
X1A 2R6

ACCOMMODATIONS:
Nova Inn Yellowknife
4401 Franklin Ave, Yellowknife, NT
X1A-2N2
Ph: 1-867-873-9700

Reservations can be booked under the code: Area 78 - \$174/Night + Taxes

ALTERNATE ACCOMODATIONS:

Chateau Nova Yellowknife
4571 48 Street, Yellowknife, NT
X1A-0E2
Ph: 1-867-766-6682

Rooms available: \$189/Night + Taxes

Registration: The meeting is open to AA members only.

Registration begins Friday at 5:00pm, and Saturday at 7:30am
Cost \$25 per person. Registration fee is for all Area Committee Officers, District Committee Members (DCMs) either/or their alternates if they are filling in.

Visitors (AA members including GSR's) have free registration but are welcome to make a 7th Tradition contribution if they wish.

Questions or Concerns: Please contact the Area 78 Chair Jeff B.
Email: Chair@Area78.Org
Phone: 587-873-1982

A.A. History

Let's ask Bill!

Exactly how does A.A. work?

I cannot fully answer that question. Many A.A. techniques have been adopted after a ten-year period of trial and error, which has led to some interesting results. But, as laymen, we doubt our own ability to explain them. We can only tell you what we do, and what seems, from our point of view, to happen to us.

At the very outset we should like it made ever so clear that A.A. is a synthetic gadget, as it were, drawing upon the resources of medicine, psychiatry, religion, and our own experience of drinking and recovery. You will search in vain for a single new fundamental. We have merely streamlined old and proven principles of psychiatry and religion into such forms that the alcoholic will accept them. And then we have created a society of his own kind where he can enthusiastically put these very principles to work on himself and other sufferers.

Then too, we have tried hard to capitalize on our one great natural advantage. That advantage is, of course, our personal experience as drinkers who have recovered. How often the doctors and clergymen throw up their hands when, after exhaustive treatment or exhortation, the alcoholic still insists, "But you don't understand me. You never did any serious drinking yourself, so how can you? Neither can you show me many who have recovered."

Now, when one alcoholic who has got well talks to another who hasn't, such objections seldom arise, for the new man sees in a few minutes that he is talking to a kindred spirit, one who understands. Neither can the recovered A.A. member be deceived, for he knows every trick, every rationalization of the drinking game. So the usual barriers go down with a crash. Mutual confidence, that indispensable of all therapy, follows as surely as day does night. And if this absolutely necessary rapport is not forthcoming at once it is almost certain to develop when the new man has met other A. A.s. Someone will, as we say, "click with him."

As soon as that happens we have a good chance of selling our prospect those very essentials which you doctors have so long advocated, and the problem drinker finds our society a congenial place to work them out for himself and his fellow alcoholic. For the first time in years he thinks himself understood and he feels useful; uniquely useful, indeed, as he takes his own turn promoting the recovery of others. No matter what the outer world thinks of him, he knows he can get well, for he stands in the midst of scores of cases worse than his own who have attained the goal. And there are other cases precisely like his own - a pressure of testimony which usually overwhelms him. If he doesn't succumb at once, he will almost surely do so later when Barleycorn builds a still hotter fire under him, thus blocking off all his other carefully planned exits from dilemma. The speaker recalls seventy-five failures during the first three years of A.A. - people we utterly gave up on. During the past seven years sixty-two of these people have returned to us, most of them making good. They tell us they returned because they knew they would die or go mad if they didn't. Having tried everything else within their means and having exhausted their pet rationalizations, they came back and took their medicine. That is why we never need to evangelize alcoholics. If still in their right minds they come back, once they have been well exposed to A.A.

Now to recapitulate, Alcoholics Anonymous has made two major contributions to the programs of psychiatry and religion. These are, it seems to us, the long missing links in the chain of recovery:

1. Our ability, as ex-drinkers, to secure the confidence of the new man - to "build a transmission line into him."
2. The provision of an understanding society of ex-drinkers in which the newcomer can successfully apply the principles of medicine and religion to himself and others.

So far as we A.A.s are concerned, these principles, now used by us every day, seem to be in surprising agreement.

(N.Y. State J. Med., Vol. 44, Aug. 15, 1944).



Group Birthdays May 2024

Eastwood Group

May 8 Denis L. 3 yrs
 12 Guy T. 19 yrs
 20 Don M. 30 yrs
 27 Barb B. 48 yrs

WEM

First Wednesday
 May 3 Darcy M. 2 yrs
 20 Roy G. 1 yr

SHERWOOD PARK

ST. ALBERT

Sober Sisters Women's

Last Wednesday
 May 29 Teryl E. 2 yr
 Apr 30 Tracy D. 5 yrs

Sunday Night Step Study

Last Sunday
 May 9 Dick T. 52 yrs

Word Scramble

Unscramble the letters to find 14 words associated with the Fifth Step

GOD, STEP, VITAL, BRAVE, SHARE, TRUTH, KINSHIP, HEALING, HONESTY, HUMILITY, MEMORIES, PRESENCE, CONFESSION, WILLINGNESS

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

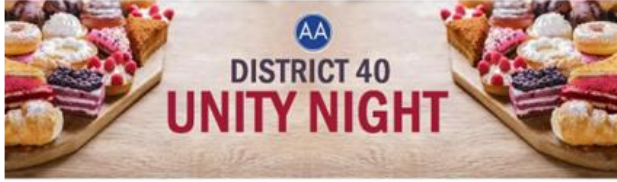


Only those groups who have updated their member's lists in Central Office or with the Editor in 2023/24 are included.

Answers will appear in June ECO Newsletter.



Upcoming Events and other Notables



SPEAKER EXTRAVAGANZA
DISTRICT 40 SPEAKERS

POTLUCK DESSERTS
BRING YOUR FAVOURITE

BIG BOOK TRIVIA

50/50 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
Scott H

AIAnon Speaker: Owen 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

SOBRIETY IS GOLDEN

Put on by the A.A. Groups of Golden, B.C. since 1987 in Golden British Columbia

55th A.A. Round-up
May 3rd, 4th, 5th, 2024

Golden Seniors Centre
1401 - 9th Street South
Golden, B.C.

Doors open Friday at 6 p.m.
Saturday meetings all day
Sunday morning speaker

\$60 for the weekend includes banquet
\$30 Banquet Only
Kids under 12 free
Breakfast, Sunday by donation

Conia Hear
The first Delegates Report of the 74th General Service Conference for 2024

Speakers:
Workshops/Panels
Firepit meetings
Live Music & Dancing
to Travis Pickering

Guest Speakers: Sparwood A.A. Golden Village Lodge 250-344-5996
Rawley G. Kimberley A.A. \$99.⁰⁰ Code: Roundup
Area 79 Delegate
Cynthia G. Kimberley Alanon Golden Municipal Campground
20% off Code: Roundup

www.goldenmunicipalcampground.com/booking



Scan QR Code for program and Travis Pickering profile

For Info Call: Phone: 250-308-8988



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



We are pleased to welcome you to the 2024 Western Canada Regional Forum in Vernon, B.C.

WHO: A.A. Members, Newcomers to service, present and past Trusted Servants.

WHAT: A unique opportunity for A.A. members to meet with Representatives from General Service Board/Office, A.A. World Services, and the A.A. Grapevine.

WHERE: Prestige Vernon Lodge & Conference Centre ("The Lodge") 3914 32 St., Vernon, B.C. V1T 5P1

WHEN: May 10-12, 2024



Please use the following QR codes for registration and accommodations

WHAT IS A FORUM? REGISTRATION ACCOMMODATIONS



We look forward to seeing you in the sunny Okanagan!!

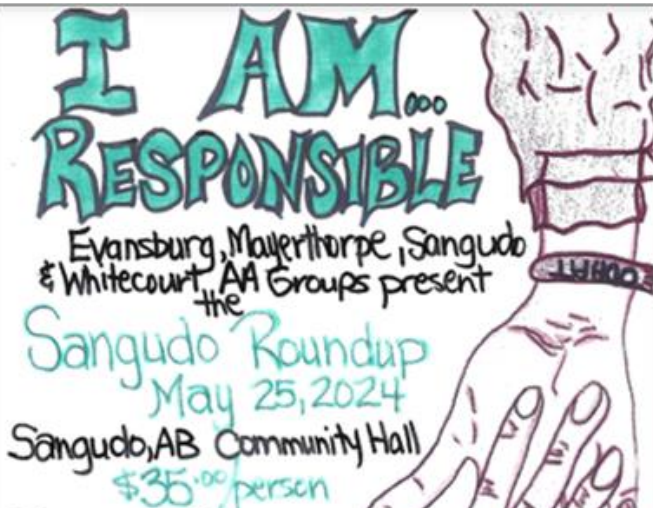
For more information, please contact: Regional Forums Staff Coordinator at regionalforums@aa.org

PICPC Committee Meeting

Event Description: Monthly meeting, held at the Alano club, third week on Wednesday evenings from 6-7 pm. Discussion of planned events such as speaking at schools, training sessions so members feel comfortable with this service work. An active committee seeking willing members always. Come join us
Event Venue: Alano club 124 St. Edmonton
Start Date: 2024-05-22
Time: 18:00

Area 78
Public Information Committee Meeting
First Wednesday of the Month
7:30 – 9:00 PM

Committee Members Contact
Darcy R. at pi@area78.org
For Zoom Information



Doors open @ 8:30AM
Registration starts @ 9AM
All meetings / speakers ~ TBA
Door Prizes
Fellowship, Food & Fun
Advance tickets call...
Angie 780-706-0146
Ken 780-727-4175
e-transfer payments to...
Sangudoroundup@gmail.com



Angie 780-706-0146
Ken 780-727-4175



LET'S HAVE A CONVERSATION

JOIN US AT OUR BUSINESS PROFESSIONAL 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.

District 10 Movie Night

Hosted by: We Have a Solution

MAY THE 4TH BE WITH YOU... AND US AT THE GLOBAL CONNECTIONS CHURCH
2024
205 MAIN STREET, SPRUCE GROVE

DOORS OPEN AT 5:30, MOVIE WILL START AT 6:30

ADMISSION WILL BE SEVENTH TRADITION!

POPCORN AND SODA WILL BE AVAILABLE FOR SALE!

ALL FUNDRAISING PROCEEDS TO GO TO DISTRICT 10



B.Y.O.B.-DWL

Global Connections Church
205 Main Street
Spruce Grove

9th Annual Hay River AA Campout 2024



Where: Escarpment Creek family camp site. 45 kms south of Hay River, NT.

<https://www.google.com/maps/dir/Hay+River,+Northwest+Territories/Escarpment+Creek+Campground,+Mackenzie+Hwy+Wrigley,+Enterprise,+NT+X0E+1G3/data=!4m8!4m7!1m2!1m1!1a0x53c50eb5ea20b66d:0x496a27b76b46d0ea!1m2!1m1!1s0x53c50e6a71e1d9da3:0x72747e734733d90b!3e0?sa=X&ved=1t:2040&icb=111>

When: Friday May 31st – Sunday June 2nd.

Events: Regular open meetings at 8:00pm Friday & Saturday.
10:00am Saturday & Sunday mornings. Saturday evening outdoor potluck dinner gathering at 6:00pm. You must provide your own food, dishes, cutlery, etc. There is a Kids playground on site. Outdoor games, site-seeing and hiking trails to the Twin Falls sites. Shower facility available at the Louise Falls campground. (5 minutes south)

Entrance Fees: Entry fee will be collected through the 7th Tradition contributions collected during the Saturday night regular meeting (Suggest \$25.00 per person staying at the facility) to aid in paying for the venue.

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 10 281

- 8:00am Breakfast
- 10:00am Speaker
Paulina P. - Whitecourt AB
- 12:00pm Lunch
- 1:30pm Speaker
Al- Anon Member
- 3:00pm Speaker
Kyle M. - Edmonton AB
- 5:00pm Raffle & 50/50
- 6:00pm Dinner
- 7:00pm Countdown
- 8:00pm Keynote Speaker
Fernie M. - Edmonton AB

Campfire Meeting
Friday Night @ 7:00pm

\$50/
person

Door Prizes
50/50
Raffle

For more info contact
Les 780-728-3333
Rocky 780-723-1091



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

SATURDAY- 8:30-10 A.M. BREAKFAST (SUPPLIED)
10A.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,AM 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

May 6th, 2024

Area 78

E-Services
Committee Meeting

First Monday of the Month

6:00 – 7:00 PM

Committee Members Contact

Stewart B. at eservices@area78.org

For Zoom Information

Area 78

Treatment and Accessibilities
Committee Meeting

Second Thursday of the Month
7:00 – 8:30pm

Committee Members:
Contact Susan G @
treatment@area78.org
for On-Line Information

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

Eighth Annual FRIENDS OF BILL GOLF TOURNAMENT



Come out and enjoy Fellowship on the golf course in a fun golf tournament. This event will be a best ball golf game for golfers of all talents. A prize draw will follow the tournament.

Friends and Family Welcome!

Register as an individual or as a team of 4
(Maximum of 10 teams or 40 golfers).

Cost: \$105.⁰⁰ - includes 18 holes of golf, a power cart and a box lunch
Tickets must be purchased prior to June 21st

Where:



When: Saturday, June 29th, 2024 – Tee Times from 8:00 to 9:30

For more information or to register, contact
Don E. at 780-935-5949, Harold B. at 780-257-0233 or email
friendsofbilledm@gmail.com. Please let us know if you would like to
sponsor a hole or donate prizes.

Alcoholics Anonymous

36th Annual Consort Campout

July 26, 27 & 28, 2024

Gooseberry Lake Provincial Park *(8 miles north of Consort on Highway 41 & 1 mile east.)*

Friday, July 26th:
6:00 p.m. - Registration & Wiener Roast
8:00 p.m. - Open AA Meeting

Saturday, July 27th:
8:30 - 10:00 a.m. - Breakfast
10:30 a.m. - Open AA Meeting - Call Up
3:00 p.m. - Al-Anon Speaker Meeting - Dianne G., Edmonton
6:00 p.m. - Potluck Supper
7:30 p.m. - Sobriety Countdown
8:00 p.m. - AA Speaker Meeting - Irma V., Esterhazy, SK.
Dusk - Campfire Meeting

Sunday, July 28th:
8:30 - 10:00 a.m. - Breakfast
10:30 a.m. - One for the Road Meeting

Registration - Full weekend: \$25.00
Saturday Only: Tradition 7
12 & Under Free
Camping: Provincial Park fees in effect

Not a camper?
Golden Prairie Hotel & Lodge: 403-577-2770
Sunrise Motel: 403-577-3847

For more information please call:
403-575-5623



July 14 2024

2nd Annual Balmoral BBQ

Hosted by Balmoral Easy Does It
Fun, Games, Raffles 50/50



Unity /Fellowship

"we absolutely insist on enjoying life"

Bring a potluck dish please see Mindy for



the list-

AA SPEAKER at 4 PM

2 pm- 6:30 PM




Open AA meeting at 7:30 PM

Family's welcome bring a lawn chair

<https://www.google.ca/maps/place/%EF%B8%8F+Balmoral+Bible+Chapel/@52.2745269,-113.7624789,17z/data=!3m1!4m6!3m5!1s0x537455e057e05b77:0xdf7fd2e5fb7cfc518m2!3d52.2745269!4d-113.759904!16s%2F%2F1wbrxg49?entry=ttu>

BUSINESS
PROFESSIONALS
LUNCHEON



Ask an Alcoholic

LET'S HAVE A CONVERSATION

POMEROY SPORTS CENTRE
9324-96 Street
FORT ST-JOHN

Meeting Room #2

FROM 11:45 AM TO 1:00 PM

MAY - 3 - 2024

- DOORS OPEN AT 11:45 AM
- REGISTRATION 12 TO 12:15 PM
Light lunch provided

FOLLOWED BY

- SPEAKER PRESENTATION FROM 12:30 TO 12:45 PM


GUEST SPEAKER: SCOTT H.

FOLLOWED BY QUESTIONS & ANSWERS

PLEASE RSVP BY APRIL 24TH, 2024

TO: grouprecords@area78.org

ATTENTION: **Raymond C.**



District 20's 21st Annual Open Campout Roundup

With AL-anon Participation
Theme: "We don't shoot our wounded. Instead we..."

August 9, 10, 11, 2024
Riverdale Mini Park
(AB-41, Wainwright, Ab, T0B 1B0)

Friday, August 9
6:00 pm - Registration & Hot Dog Roast
8:00 pm - Open AA Campfire Meeting

Saturday, August 10
10:00 am - 12:00 pm - Open AA Call up Meeting
12:00 pm - 1:30 pm - Horse Shoes / Fellowship (Horse Shoe Pits)
3:00 pm - 4:00 pm - Al-Anon Speaker Meeting - Linda G. (Prince Albert, Sask)
6:00 pm - Potluck Supper (Please be aware of food allergies)
8:00 pm - AA Speaker Meeting - Rich G. (Prince Albert, Sask)
Dusk - Campfire Meeting

Sunday August 11
8:00 am - 9:30 am - Breakfast
10:00 am - One For The Road

Note: All meetings are Open, Friends and Families are welcome to attend

Group Area C
Not a Camper??
Best Western: (780) 845-9934
Ramada: (780) 842-5010
For Reservations Call Riverdale Mini Park: (780) 842-2996

Information
16 sites have been reserved by District 20
To pay for site reservations: Janice B. (780) 386-2337
Eileen F. (780) 662-3893
Gary P. (780) 842-0515
Robert S. (780) 261-0104




Edmonton Central Office Society			
INCOME STATEMENT 2024			
	March		
	Actuals	Budget	Variance
Revenue			
Group Contributions	\$6,859.00	\$8,845.53	-\$1,986.53
Individual/Bequeath	\$1,990.00	\$1,248.00	\$742.00
Birthday Club/Faithful Fivers		\$15.02	-\$15.02
Office Supplies / Postage	\$137.50	\$367.57	-\$230.07
Rental Income-EGSC, etc	\$171.80	\$175.00	-\$3.20
Tradition Seven-meetings	\$253.00	\$540.09	-\$287.09
Fundraising			
Other Inc (Interest, etc)	\$28.39	\$29.17	-\$0.78
Total General Revenue	\$9,439.69	\$11,220.36	-\$1,780.67
Literature & Medallion			
Literature	\$9,635.40	\$9,882.57	-\$247.17
Medallion	\$2,165.00	\$2,682.34	-\$517.34
Total Literature and Med.	\$11,800.40	\$12,564.90	-\$764.50
Total Revenue	\$21,240.09	\$23,785.26	-\$2,545.17
Expenses			
AAWS & Grapevine Literature	\$5,180.98	\$5,521.60	\$340.62
Meeting list & Greeting Cards	\$303.98	\$338.17	\$34.19
Medallion Purch /engraving	\$1,160.01	\$1,243.19	\$83.18
Total Literature & Medallion Expenses	\$6,644.97	\$7,102.96	(\$457.99)
Intergroup Expenses			
12 Step Answering	\$404.88	\$408.33	\$3.45
Other (Archive, 12 Step,Cred,Grp Serv)	\$108.11	\$125.00	\$16.89
Total Intergroup Expenses	\$512.99	\$533.33	(\$20.34)
Administrative Expenses			
Accounting & Legal	\$187.92	\$216.67	\$28.75
Bank Chgs & Cr Card chgs	\$353.07	\$175.00	-\$178.07
Computer & IT Maintenance	\$145.76	\$208.33	\$62.57
Equipment Lease/Purchase	\$390.03	\$375.00	-\$15.03
Fundraising expense			
Insurance	\$342.95	\$366.67	\$23.72
Office Supplies	\$544.40	\$250.00	-\$294.40
Postage	\$159.67	\$250.00	\$90.33
Rent	\$4,089.32	\$4,333.33	\$244.01
Salaries, Source, WCB	\$10,369.44	\$6,791.67	-\$3,577.77
Staff Training / Seminar			
Telephone / Internet	\$133.10	\$133.33	\$0.23
Total Expenses	\$16,715.66	\$28,372.58	-\$3,615.66
Total Revenue	\$21,240.09		
Total Expenses	\$23,873.62		
Income / (Loss)	-\$2,633.53		

Edmonton Central Office - 2024 Group Contributions

GROUP	District	Mar	YTD	GROUP	District	Mar	YTD	GROUP	District	Mar	YTD
10 AFTER 10 GROUP	46	50.00	\$175.00	HIGH PRAIRIE - HI GROUP	7		\$0.00	SERENITY POOL SUNDAY MEETING	60		\$0.00
84TH STREET	46	\$300.00	\$900.00	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	\$400.00	\$400.00	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	\$6435	\$193.70	SHER. PARK THERE'S MORE TO THE STORY	61	\$400.00	\$400.00
BEAUMONT HOW IT WORKS GRP	60		\$0.00	LEDOC HOW IT WORKS	12		\$0.00	SHIFTERS GROUP	57		\$0.00
BEAUMONT GROUP	60	\$1,000.00	\$1,000.00	LEDOC MONDAY NGHT LADIES 12 X 12	12		\$0.00	SIMPLY SOBER AA GROUP	40		\$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	\$200.00	SPRUCE GROVE AFTER 1 GROUP	10		\$0.00
CENTER CITY ONLINE	46		\$0.00	MILLET: STAIRWAY TO FREEDOM GRP	12		\$0.00	SPRUCE GROVE - WE HAVE A SOLUTION	10		\$0.00
CHAPPELLE GROUP	60		\$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	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
DAYSLAND	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	\$537.50	\$537.50	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	OFF THE WALL & LIVING SOBER MTG	55		\$0.00	STONY PLAIN - 12 BY 12 TUESDAY NIGHT GR	10		\$0.00
DOLPHIN GROUP	53	\$452.00	\$1,233.00	OILMENS GROUP	57	\$150.00	\$150.00	STRENGTH IN NUMBERS	57		\$0.00
EARLY BIRDS BREAKFAST GROUP	53	\$217.50	\$470.00	OPEN DOOR GROUP	55		\$0.00	SUIT UP & SHOW UP BIG BOOK STUDY	46		\$150.00
EASTWOOD GROUP	53	\$100.00	\$100.00	PATIENCE LOVE & TOLERANCE	40		\$0.00	SUNDAY MORNING OPEN GROUP (SMOG)	57	\$250.00	\$250.00
EVANSBURG GROUP	6		\$0.00	PEACE RIVER AA GROUP	2		\$0.00	SUNRISE LIGHT LUNCHEON GROUP	46	\$637.65	\$1,835.55
EYEOPENER GROUP	40		\$0.00	PRIMARY PURPOSE GROUP-ONLINE	61		\$364.44	SURVIVORS GROUP	53		\$0.00
FAITH WORKS STEP GROUP	53		\$0.00	PROVIDENCE GROUP	57		\$400.00	TAWAW 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	REFLECTIONS GROUP	46		\$0.00	THUS WE GROW	57		\$0.00
FT. MCMURRAY NOONERS	21		\$0.00	RITE TRAC GROUP	53		\$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	\$200.00	\$200.00
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
FT. SASK BIG BOOK TOOLBOX-TALK	61		\$0.00	S.A. GRACE AT NOON	64	\$800.00	\$800.00	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	\$200.00	\$200.00
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	WEST END MEN'S GROUP	40	\$500.00	\$500.00
GTATTITUDE 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	\$500.00	\$500.00
GRUPO RANACER	46		\$0.00	S.A. TUESDAY NIGHT GROUP	64		\$0.00	WETASKWIN SUNDAY MORN B.BOOK DISC	12		\$0.00
H5	57		\$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		\$450.00	SATURDAY NIGHT LIVE MEETING	57		\$30.00				
											18
Total		\$2,069.50		Total		\$0.00		Grand Total			\$6,215.55
			\$6,309.20				\$5,629.62				\$18,154.37