

# ~News Letter~

## UPCOMING BIRTHDAYS:

### September

Bill G Happy Hour Group Sept 14  
*Bill G will celebrate 40 years*  
 John Happy Hour Group Sept 28  
*John will celebrate 14 years*  
 Kim Balmoral Easy Does It Sept 27  
*Kim will celebrate 13 years*  
 Alana Balmoral Easy Does It Sept 27  
*Alana will celebrate 14 years*  
 Al S Balmoral Easy Does It Sept 27  
*Al S will celebrate 10 years*

### October

Dawn Balmoral Easy Does It Oct 25  
*Dawn will celebrate 8 years*  
 Dale Balmoral Easy Does It Oct 25  
*Dale will celebrate 11 years*

## RED DEER CENTRAL OFFICE AA WORD SEARCH EMAIL

COMPLETED FORM TO  
[centraloffice@reddeeraa.org](mailto:centraloffice@reddeeraa.org)  
 first person to do so receives an AA book

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

DENIZENS	PRAYER	INVENTORY
RELIGION	JAYWALKER	MILK
SPONSOR	WAR	BEER
PURSE	ALCOHOLIC	WIVES

## Red Deer Sober Hikers



RED DEER SOBER HIKERS 4 KM HIKE AND OUTDOOR MEETING  
 PLAN FOR 2 HOURS BRING OWN CHAIR CALL FOR TIMES  
 587-377-1117 Aug 22 and Sept hike/meeting TBA

## FEATURED ARTICLE WRITTEN BY ALCOHOLICS ANONYMOUS service material SAFETY

SAFETY AND A.A.: OUR COMMON WELFARE Safety is an important issue within A.A. — one that all groups and members can address to develop workable solutions and help keep our meetings safe based on the fundamental principles of the Fellowship. “Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.” — Tradition One (Long Form) A.A. groups are spiritual entities made up of alcoholics who gather for the sole purpose of staying sober and helping other alcoholics to achieve sobriety. Yet, we are not immune to the difficulties that affect the rest of humanity. Alcoholics Anonymous is a microcosm of the larger society within which we exist. Problems found in the outside world can also make their way into the rooms of A.A. As we strive to share in a spirit of trust, both at meetings and individually with sponsors and friends, it is reasonable for each member to expect a meaningful level of safety. Those attending A.A. meetings derive a benefit by providing a safe environment in which alcoholics can focus on gaining and maintaining sobriety. The group can then fulfill its primary purpose — to carry the A.A. message to the alcoholic who still suffers. For this reason, groups and members discuss the topic of safety. Autonomy and Group Action Because A.A., as such, ought never be organized, as indicated in Tradition Nine, it is individual members and groups who ensure that all members feel as safe as possible in A.A.

There is no government within A.A. and no central authority, legal or otherwise, to control or direct the behavior of A.A. members. As embodied in the Fourth Tradition, the formation and operation of an A.A. Group resides with the group conscience of its members. A.A. groups and service entities such as areas, districts, intergroup/central offices are autonomous. Recognizing that safety is an issue of importance to its members, many groups have taken actions to keep distractions and disruptions to a minimum within the context of the group. A.A. Membership A.A. membership has never been contingent on any set of behavioral or moral standards — beyond those founded on common sense, courtesy, and the timeless values of kindness, tolerance and love. A.A.’s Third Tradition states that the only requirement for membership is a desire to stop drinking.

This brings an openness that helps to define our character as a diverse Fellowship; yet it also requires us to be mindful of our group and individual safety. Some people, however, come into A.A. without an understanding of the type of behavior that is appropriate in meetings or in the company of other members. A person can be sober in A.A., yet still not understand what is acceptable. 2 Dealing with Disruptions While most groups operate with a healthy balance of spontaneity and structure, there are a number of situations that can threaten group unity and challenge the safety of the group and its members.

Often this can center on disruptive individuals, those who are confrontational, aggressive, or those who are simply unwilling to put the needs of the group first. Such behavior can hijack the focus of a meeting and frighten members, new and old. Some groups have developed plans for addressing disruptive behavior and have established procedures through their group conscience to ensure that the group’s welfare is protected. In many cases, disruptive behavior is pre-empted by having the chairperson state the expectations for behavior in the meeting. Some groups include in their opening announcements that illegal and disruptive behavior is not tolerated. Still other groups have asked disruptive members to leave the meeting. Additionally, groups and members always have the option to call the appropriate authorities if disruptive behavior continues or anyone’s safety is at risk. Group Safety and Unity Situations that groups have addressed through their group conscience include, sexual harassment or stalking; threats of violence; bullying; financial coercion; racial intolerance; sexual orientation or gender identification intolerance; pressuring A.A. members into a particular point of view or belief relating to medical treatments and/or medications, politics, religion, or other outside issues. In addition, there may be other behaviors that go on outside of typical meeting times that may affect whether someone feels safe to return to the group.

Some groups have their own guidelines or procedures to help keep the meeting safe. A.A. members can speak to those who are acting inappropriately. Situations can be discussed at business meetings to come to a group conscience about how to handle a situation. As a last resort, the disruptive member may be asked to stop attending the meeting for a specific period of time. Groups that take this drastic action do it in order to preserve the common welfare of the group and to maintain A.A. unity. In any situation, if a person’s safety is in jeopardy, or the situation breaches the law, the individuals involved can take appropriate action to ensure their safety. Calling the proper authorities does not go against any A.A. Traditions. Anonymity is not a cloak protecting criminal or inappropriate behavior. Inappropriate or predatory behavior, such as unwanted sexual attention or targeting vulnerable members can be especially troublesome. These behaviors may go on outside of typical meeting times. While A.A. members can be caring and supportive to those affected, we are not professionals trained to handle such situations. Law enforcement or other professional help may be necessary. Victims of inappropriate behavior, harassment or predators can let the group know about such situations, often through a sponsor or trusted friend.

This way the group is informed, and members can help address the situation and curtail further problems. Group discussion should be focused on creating an environment where all alcoholics can find and maintain sobriety. A.A. and the Law Common sense and experience suggest that A.A. membership does not grant immunity from local regulations and being an A.A. meeting does not put anyone beyond the jurisdiction of law enforcement officers. As individuals, A.A. members are also “citizens of the world,” and as 3 citizens we are not above the law. Through the group conscience process, many groups have established guidelines regarding when it may be appropriate to call authorities and handle a given situation within the legal system. No A.A. group has to tolerate illegal behavior and any activity within an A.A. meeting is subject to the same laws that apply outside the meeting. The nature of illegal acts that groups have faced include violence, embezzlement, theft of property, drug sales at a meeting, and more.

Emergencies Injuries, accidents, fires, etc., sometimes do occur during meetings. To accommodate these situations, groups can also develop plans and procedures, often in consultation with their landlord or local authorities. Addressing an emergency situation is more important than continuing the meeting, and members should not hesitate to call emergency personnel in critical situations. Keeping the Focus on Our Primary Purpose It is hoped that our common suffering as alcoholics

To submit your groups events or news to the next issue of our newsletter please email : [centraloffice@reddeeraa.org](mailto:centraloffice@reddeeraa.org) by Oct 15 2020

WE ARE self supporting and can only accept contributions from AA members to contribute please email to [centraloffice@reddeeraa.org](mailto:centraloffice@reddeeraa.org) thank you for your support!

Literature, medallions and AA accessories also Big books and other literature available in other languages call for prices. ASL Big Book now available. New Grapevine Book available “Dealing with Adversity) 18\$

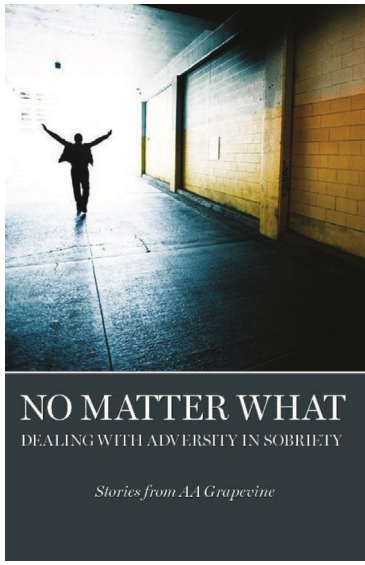
\*FREE AA PAMPHLETS WITH EVERY LITERATURE ORDER CENTRAL OFFICE IS FULLY STOCKED WITH ALL YOUR LITERATURE AA MEDALLION/CHIPS ETC. NEEDS

## Monday Night Happy Hour May

MONDAY NIGHT HAPPY HOUR MEETING @ FIRST BAPTIST CHURCH 5:15 ~ speakers Rob T  
 Happy Hour Meetings August 31st HH group 5:15 meeting in person outdoors bring own chair or meets on google (ONLY if weather is inclement) Monday Happy Hour Group 5:15 PM  
<https://meet.google.com/tuf-swbg-yop>

HAPPY ONE YEAR  
 RED DEER AA CENTRAL OFFICE!  
 OPEN HOUSE NOW UNTIL END OF SEPT PLEASE  
 CALL TO BOOK\*

## Announcing a Favorite from Grapevine!



### No Matter What Dealing with Adversity in Sobriety

All recovering alcoholics have had to deal with adversity throughout sobriety. Especially now, during these unprecedented times, we may find ourselves experiencing a whole new level of adversity.

The situation could be a serious illness, death of a loved one, divorce, financial hardships — perhaps the trouble is not even from an outside force, but comes from within, like resentment or anger.

Despite the fear, pain or self-pity we experience when we go through these times, drinking is not an option.

This collection of stories shows how AA members have worked the Twelve Steps and embraced the Fellowship to deal with tough issues.

For yourself, or someone going through a rough situation, this book will inspire its reader with real accounts of AA members dealing with adversity. To order your book for only \$18 simply click here, now.

\*WE ARE FULLY SELF SUPPORTING THROUGH SUPPORT OF AA GROUPS AND MEMBERS

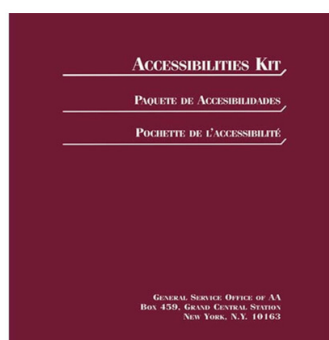
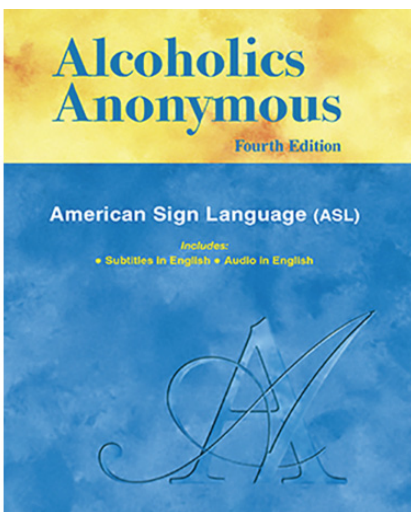
Central Office is operated by AA members serves AA members and is financially funded by AA members thank you!

DUE TO COVID 19 OUR OPEN HOUSE IS ONGOING PLEASE CALL OR TEXT OR EMAIL TO BOOK YOUR TIME please text or call 587 377 1117 or email [CENRALOFFICE@REDDEERA.A.ORG](mailto:CENRALOFFICE@REDDEERA.A.ORG) ~WE SINCERELY THANK YOU FOR YOUR SUPPORT AS THIS IS PASSED ON TO THE NEWCOMER! AND NEW YORK IS OUR SUPPLIER YOURE SUPPORTING THEM TOO

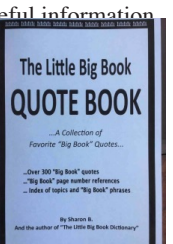
STAY WELL!

A.A.W.S. encourages ordering of literature and other items via your local groups, Intergroups and Central Offices.

Big Books available in 74 languages and accessibilities workbook for special needs



A 3-ring binder containing a workbook helpful to A.A.s carrying the message of recovery to those with special needs. Also includes assorted pamphlets, A.A. guidelines, service material and other useful information



Co Ed Big Book Study commencing Sept 15th please contact Rob for more details 403-598-7520

## Local AA Milestones/Announcements

Thursday Ladies meeting will celebrate 25 years Sept 2020 1995-2020=25 years

“Happy Hour” group and “Don’t Quit Before the miracle happens” celebrated one year April 2020

Service positions available at Central Office Red Deer new location is the Old Court House downtown

Red Deer & Red Deer Central Office celebrates one year Sept 2020!

Thank you Red Deer and area groups!

Please see our new section:

Cultural corner on [reddeeraa.org](http://reddeeraa.org)

Each group is autonomous please refer to each group as to their group conscience opening up their meeting most groups are still practicing safety protocols as their meeting facility and or group sees fit in their situation and location. We respect each groups autonomy. During this pandemic a meeting can change formats from online to in person please check with the group for the most reliable source of information

Thank you stay safe



and our common solution in A.A. would transcend most issues and curtail negative behaviors. As noted in the Big Book, Alcoholics Anonymous, "Love and tolerance of others is our code." Safety, however, is important to the functioning of the group. By maintaining order and safety in meetings, the group as a whole will benefit and members will be able to focus on recovery from alcoholism and a life of sobriety. Ultimately, the experience of how these situations are handled can be as varied as our Fellowship. Good judgment and common sense, informed by the Twelve Traditions, seem to provide the best guide.

What Can Groups and Members Do? Groups and members can discuss the topic of safety, to raise awareness in the Fellowship and seek through sponsorship, workshops and meetings, to create as safe an environment as possible for the newcomer, and other members or potential members. This can be the subject of sharing among groups at the district or area level. Here are some helpful suggestions and reminders:

- Talk about issues of safety before they arise.
- Safety is something each member attending an A.A. meeting can be mindful of.
- Communicate clearly what A.A. is and what it is not.
- Sponsorship plays an important role and sponsors can be helpful in pointing out warning signs or unhealthy situations to sponsees and newcomers.
- A.A. members who are concerned about the words or actions of a sponsor or other member, may find it helpful to speak to someone they trust, their A.A. group, or a professional, as needed.
- Include Safety and the A.A. Meeting Environment as topics for a group inventory.
- Consider developing group guidelines and procedures on safety. 4
- In all discussions about safety, keep the focus on our primary pur-

pose, our common welfare, and place principles before personalities.

Helpful Resources for A.A. Members and Groups

- Box 459 October 2010 edition, articles on "Disruptive Members at A.A. Meetings" and "A.A. and the Law" (available on the newsletters page at [www.aa.org](http://www.aa.org)).

- A report from the 62nd General Service Conference Workshop: "Safety in A.A. Our Common Welfare."\*

- Final Report of the "Ad Hoc Committee on Group Safety of the General Service Board of Alcoholics Anonymous, U.S. and Canada" (Feb. 2, 2014).\*

- A.A. pamphlet, "Questions & Answers on Sponsorship."\*\*

- A.A. pamphlet, "The A.A. Group... Where it All Begins."\*\*

- Service Material, "Safety Card for A.A. Groups."\*\*

- Contact your District Committee Member or Area Delegate for local shared experience. \*Available upon request by contacting G.S.O.

\*\*Available on [aa.org](http://aa.org). General Service Office P.O. Box 459 Grand Central Station New York, NY 10163 Phone: (212) 870-3400 G.S.O.'s A.A. website: [www.aa.org](http://www.aa.org)

### Red Deer Central Office Opportunities

Take a phone shift (training included) at least one year of sobriety required  
We need your help!

Help with newsletter corrections

12 step calls      bridging the gap

Chair a meeting      Birthday chair

Deliver literature      Central office liaison

*\*Central Office is a Service to AA members and potential members*