



Deer Tracks

To submit your group's events or news to the next issue of our newsletter please email centraloffice@reddeeraa.org by **February 15th, 2026**

*We are self supporting and can only accept contributions from A.A. members.
To contribute please email centraloffice@reddeeraa.org*



JAN / FEB 2026

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**Please visit us Fridays from 10 - Noon,
4929-50 St. Main Floor.**

*We appreciate your support to help back the A.A. phone line, website and the A.A. service structure!
In turn, it helps the Alcoholic who still suffers.*

To see a list of groups that are not meeting at Christmas please visit:

<https://reddeeraa.org/>

As an alternative, if you need a meeting please visit our online link to access a meeting anytime on zoom; all times are displayed in your local time:

<https://aa-intergroup.org/meetings/>

Red Deer AA Website



Suggestions always welcome at Central Office.
What would your groups like to see as a service, event, newsletter contributions?

Submissions Deadline For Next Issue
FEBRUARY 15TH, 2026



Deer Tracks

STAY WELL!

FREE A.A. PAMPHLETS WITH EVERY LITERATURE ORDER

Central office is fully stocked with all your literature, A.A. medallion/chips, etc. needs. WE ARE FULLY SELF-SUPPORTING THROUGH THE DONATIONS OF A.A. GROUPS & MEMBERS. Central Office is operated by A.A. members, serves A.A. members, and is financially funded by A.A. members. We sincerely thank you for your support as this is passed on to the newcomer and since New York is our supplier you're supporting them, too.

Please note: The views, opinions and articles published in the Red Deer AA Website are those of the contributing Fellow AAs and not those of AA, GSO, Area 78, Central Offices or Districts or anyone affiliated with our service structure. All articles and contributions are for informational purposes and are not an endorsement of any kind.

OUR OFFICE IS OPEN BY APPOINTMENT AND ON FRIDAYS 10 AM – NOON

TEXT OR EMAIL TO BOOK ANOTHER TIME: Please text or call 587-377-1117 or email centraloffice@reddeeraa.org

2025 / 2026 Birthday Board

Congrats everyone!

DECEMBER

Kenny	Dec 1, 1994	31 years	Balmoral Easy Does It
Kevin	Dec 3, 2014	11 years	Balmoral Easy Does It
Morris K	Dec 4, 1994	31 years	Sylvan Lake Serenity
Kirk G	Dec 8, 2022	3 years	Balmoral Easy Does It
Carl	Dec 10, 1979	46 years	Balmoral Easy Does It
Dan W	Dec 11, 1987	38 years	Sunday Morning Group
Kathy	Dec 17, 2017	8 years	Happy Hour Group
Roy	Dec 21, 2007	18 years	Balmoral Easy Does It
Wayne	Dec 22, 1964	61 years	Balmoral Easy Does It
Yvonne	Dec 23, 2001	24 years	Thursday Ladies Group
Sharon S	Dec 23, 1987	38 years	Thursday Ladies Group
Buck B	Dec 31, 1980	45 years	

JANUARY

Nikki	Jan. 3, 2019	7 years	Thursday Ladies Group
Dani G	Jan. 12, 2009	17 years	Thursday Ladies Group
Mona	Jan. 21, 2018	8 years	
Darren	Jan. 21, 2021	5 years	Sylvan Lake Serenity
Vanessa	Jan. 25, 2023	3 years	Thursday Ladies Group
Brad M	Jan. 25, 2018	8 years	Thursday Ladies Group
Jamie	Jan. 30, 2021	5 years	Mens Group

FEBRUARY

Laura	Feb. 7, 2023	3 years	Noon Group
Greg	Feb. 11, 2002	22 years	Sylvan Lake Serenity
Kale	Feb. 14, 2022	4 years	Sylvan Lake Serenity
Reg	Feb. 20, 2003	23 years	Bentley Saturday Night
Allison Y	Feb. 20, 2020	6 years	Delbrne Group
Kent	Feb. 22, 2024	2 years	Delburne Group
Jody	Feb. 25, 2011	15 years	Happy Hour group
Kelly J	Feb. 25, 2003	23 years	Innisfail
Ilya	Feb. 26, 2016	10 years	Sylvan Serenity Group

**To add yourself to the BIRTHDAY BOARD
please go to reddeeraa.org
under birthday submission.**

*Usually birthdays
are celebrated
the last week
of the month
that group meets.*

*Check
with the group
or person
to be sure.*



Meetings

Running During the Holidays

DECEMBER 24TH

Wednesday Footprints Group 7:30 PM
Rimby Anonymous Meeting..... 7:30 PM

DECEMBER 25TH

Eckville 7:30 PM
New Hope Group 7:30 PM
Ponoka (Birthday meeting) 8:30 PM
Noon Group..... 12 Noon
Thirsty Thursdays Blackfalds 7:30 PM

DECEMBER 31ST

Footprints Group 7:30 PM
Rimby Anonymous Meeting..... 7:30 PM

JANUARY 1ST

Eckville (Potluck) * see poster on website 7:30 PM
New Hope Group 7:30 PM
Ponoka (Birthday meeting) 8:30 PM
Noon Group..... 12 Noon
The Ladies Group 7:00 PM
Thirsty Thursdays Blackfalds 7:30 PM

* See Meeting list updates for addresses and new meetings

<https://reddeeraa.org/meetings>

To confirm please call the A.A. official number for Red Deer and Central Alberta

587-377-1117

Ladies Annual *Christmas Party*

THURSDAY - DEC 11, 2025 4:45 PM

Sunnybrook United Church

SUPPER at 5:15 pm

Bring a potluck dish

Sign up at Ladies Group Thursdays

5:15 pm – Supper

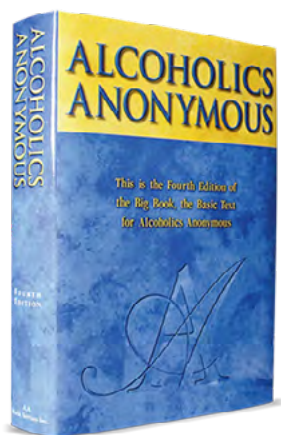
7:00 pm

OPEN

AA meeting

8:00 pm

Gift exchanges



We should wrap up by 9:30 at the latest!

Note* from past experience we know not to bring so much food, and make sure you clean up and take your dishes after.

The gift giving is a clean (\$20 value) gift you'd like for yourself.

Bring a wrapped unmarked gift for a gift exchange where we can steal - 3 times! SO much FUN!

Prepare to have FUN!

Sunday, December 14th

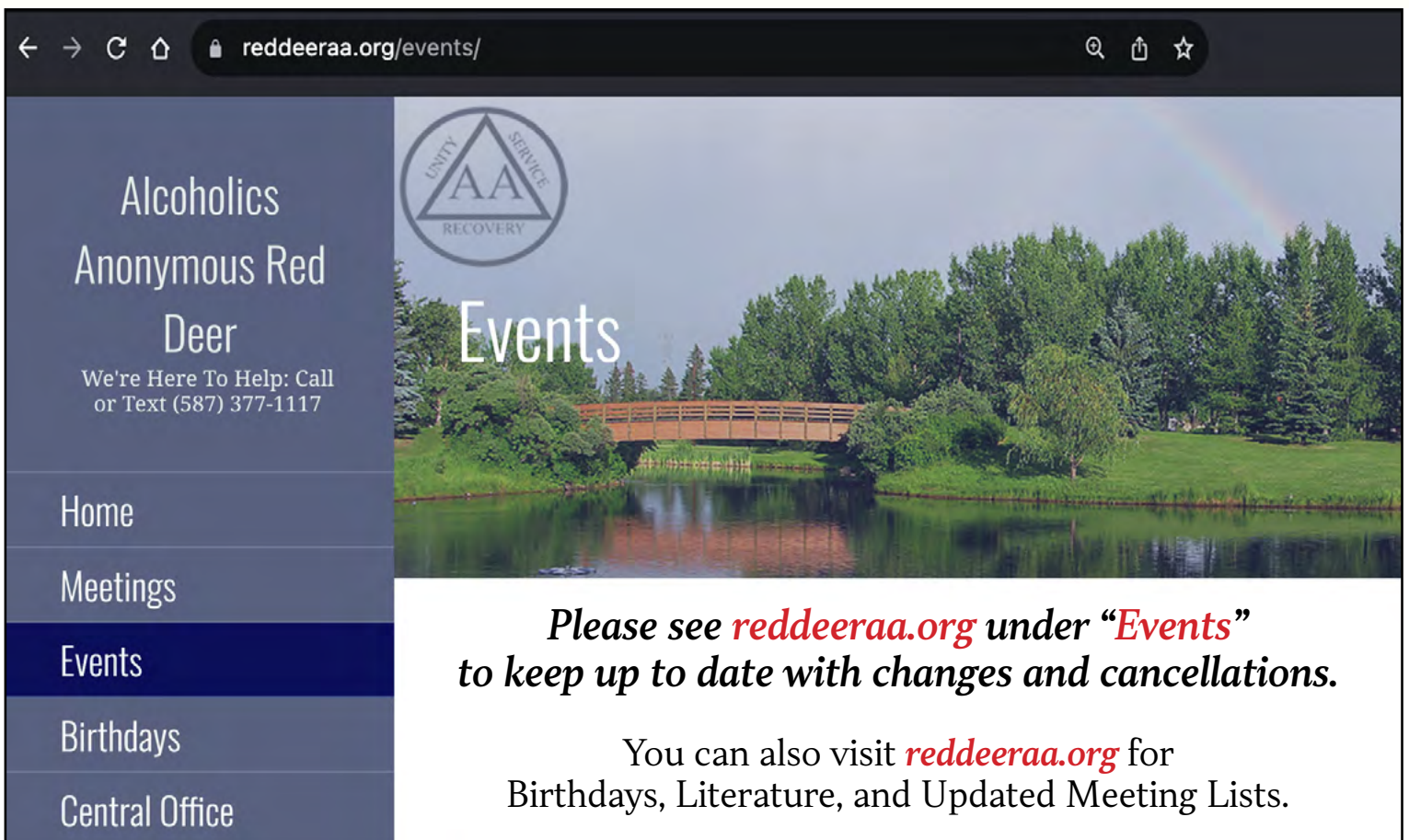
A.A. Balmoral Christmas Party



5:00 PM ***TURKEY DINNER***
6:15 PM PLAY "Traditions Skit"
7:30 PM Open A.A. meeting

50/50 draw, fellowship, fun, door prize
Text Mindy / potluck dish to add 403-877-6065


or see sign up sheet at
Balmoral Sunday nights



← → ↻ 🏠 🔒 reddeeraa.org/events/ 🔍 📄 ☆

Alcoholics
Anonymous Red
Deer
We're Here To Help: Call
or Text (587) 377-1117

Home
Meetings
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Central Office



Events

*Please see reddeeraa.org under “Events”
to keep up to date with changes and cancellations.*

You can also visit reddeeraa.org for
Birthdays, Literature, and Updated Meeting Lists.

Sylvan Lake Tuesday Night Serenity Group

Annual

**Potluck
Christmas Dinner**

December 16th, 2025

Sylvan Lake Lions Hall

Doors Open @ 5pm Supper @ 6pm

**Turkey, Ham, Mashed Potatoes, Stuffing, Gravy and
Buns supplied**

**Please bring salads, pickles, fruits, veggies and desserts
or your favorite dish.**

Open Meeting to Follow at 7:30pm

Everyone is invited to join us including family members and children.

Contact Morris 403-597-5002 or Jeff 403-616-2895

BRRRR..... it's cold outside. Come

join us at Happy Hour 4310-39 Street

Hot Chocolate PARTY



Happy Hour Group: 4310-39 STREET

Enter through West Door UGLY SWEATER

CONTEST!

WIN A PRIZE!



**UGLY
CHRISTMAS
SWEATER**

Date and time : 4:00 PM DEC 29!

Open AA Meeting at 5:15 PM



FOOTPRINTS GROUP BRINGS YOU A

HAPPY JOYOUS AND FREE
HAPPY NEW YEAR

2026

CELEBRATION

31 DECEMBER 2025

KNOX CHURCH 4718 50 ST RED DEER AB

5:00 DOORS OPEN

6:00 POTLUCK

7:30 SPEAKER - ROBHYN S

9:00 DANCE



TICKET PRICE: \$20 (CASH ONLY) - KIDS 12
AND UNDER FREE (BUT THEY NEED A TICKET)

ASK A FOOTPRINTS GROUP MEMBER FOR MORE INFO

OR

TEXT NIKKI @ 403-596-6830 FOR TICKETS



Eckville AA Meeting
Impromptu

New Years Day

Potluck

Come and Celebrate
with Fellowship

January 1st, 2026

Doors open at 5pm

Dinner 6pm

Open meeting 730

Eckville Friendship Center (by the arena)

Bring your favorite dish to share prior to the meeting. No cost, no main dishes provided.

SAVE ^{THE} DATE!

June 12th-14th 2026

Don't miss out
on our
upcoming
event; get your
tickets early!



**Where: Sunnyside Christian Retreat
Centre at Sylvan Lake**

For more information email us:

district26andarearoundup@gmail.com

Ticket sales call/text: Laurie-Anne (403) 302-2081



Ladies Summer 12-Step Retreat

We are now accepting early reservations for the **Summer 2026 Ladies' Silent Meditation Retreat.**
July 24, 25, 26 - arrival **6 pm** Friday- Depart noon Sunday

This retreat offers a serene and supportive environment to disconnect from the noise of daily life, reconnect with your inner self, and deepen your spiritual practice. Through silence and stillness, participants are invited to experience rest, reflection, and renewal.



Retreat Details:

- 📅 **Date:** Summer 2026 (7-24,25,26-2026)
- 🧘 **Format:** Silent meditation retreat
- 🎒 **What to Bring:** A blanket and personal toiletries
- 🍽️ **Provided:** All meals, water, coffee, tea, and light snacks

This is a unique opportunity to step away from the busyness of life and spend intentional time in quiet connection with your higher power.

Space is limited. To secure your spot, please let us know as soon as possible.
TEXT 587 377 1117 OR BOOK through email centraloffice@reddeeraa.org



DID YOU KNOW?

1. On August 8, 1879 AA's Co-founder Dr. Bob (Robert Holbrook Smith) was born in St. Johnsbury, Vermont. Dr. Bob took his last drink on June 10, 1935, which is the founding date of AA in Akron, Ohio by AA co-founders Bill W. and Dr. Bob. He was diagnosed with terminal cancer in 1948, last appearance, talk at 1st International Convention 1950 in Cleveland, Ohio. He died on November 16, 1950 of cancer with 15 years of sobriety.

2. In August 1934, Bill's third admission to Townes Hospital in NYC (again paid by Dr. Leonard Strong, who was married to Bill's sister Dorothy), Dr. Silkworth pronounced Bill a hopeless drunk and told Lois that Bill would have to be committed. Bill left the hospital a deeply frightened man and sheer terror kept him sober. He found a little work on Wall Street, which began to restore his badly shattered confidence .

3. In August 1934, Cebra G. and Shep C. vacationed at Rowland H.'s house in Vermont and learned that Ebby T. might be committed to the Brattleboro Retreat Asylum for the insane. In July 1934, Ebby was approached in Manchester, VT by his friends Cebra and Shep. Both were Oxford group members who did considerable drinking with Ebby, but were abstaining from drinking. They informed Ebby of the Oxford Group in VT, but Ebby was not quite ready yet to stop drinking.

Rowland H. and Cebra G. attended Ebby's trial and persuaded a Vermont court to parole Ebby T. into their custody. The presiding judge was Cebra's father Collins G. Ebby had met Rowland only shortly before. Later, in the fall, Rowland took Ebby to NYC where he sobered up with the help of the Oxford group at the Calvary Episcopal Mission. Sam Shoemaker was the director at the Calvary Church which was the Oxford Group US headquarters. In late November 1934, Ebby heard about Bill's drinking problem and phoned Lois who invited him over for dinner. Ebby visited Bill and shared his recovery experience in the Oxford Group. Ebby later returned with Shep C. and they both spoke to Bill about the Oxford Group. Lois recalled Ebby visited several times, once staying for dinner.

4. In August 1934 Ebby T., Bill W.'s school friend and sponsor, sobered up for two years.

5. In August 1935, Bill W. returned to NYC from Akron and he sought out alcoholics at the Calvary Mission and Towns Hospital.

Meetings were held at Bill and Lois's house at 182 Clinton St. on Tuesday nights. The house also became a halfway house of sorts.

6. On August 26, 1936 Frank Buchman and the Oxford Group experienced a public relations disaster. A NY World Telegram article by William H. Birnie quoted Buchman as saying, "I thank heaven for a man like Adolf Hitler, who built a front-line of defense against the anti-Christ of Communism." Although taken out of context, it plagued Buchman's reputation for years and marked the beginning of the decline of the Oxford Group. Over time Bill was criticized by the NY Oxford Group members for working only with alcoholics. In Akron, T Henry and Clarence Williams were also criticized by Oxford Group members who did not support their efforts with alcoholics. The Oxford Group was out to save the world and sought out famous public figures to join their ranks for the publicity it would generate. Bill simply was out to save alcoholics.

7. In August 1937 Bill and Lois stopped attending Oxford Group meetings and the NY AAs separated from the Oxford group. This was the beginning of AA separating itself from outside affiliation and set the groundwork for what would later become Tradition 6. The Akron group remained affiliated with the Oxford Group for two more years.

8. In August 1938 the Alcoholic Foundation was created as a charitable trust with a board of 5 Trustees (3 non-alcoholics and 2 alcoholics). The trust indenture document specified that non-alcoholic board trustees were to make up a majority. The terms "Class A" and "Class B" Trustees were used to distinguish between non-alcoholic and alcoholic board members. Class A trustees were William Richardson (who proposed the Foundation), Frank Amos (Secretary and Treasurer) and attorney John Wood (a friend of Frank Amos). One of the challenges facing Wood in preparing the original Trust Agreement document was legally defining the difference between an alcoholic and non-alcoholic. Class B trustees were Dr. Bob and NY member Bill R. who was the first Chairman of the Board (the actual title used at the time and up until 1955, was President). Bill R. whose Big Book story is "A Business Man's Recovery" returned to drinking and had to resign in February 1939. An advisory committee to the board was also established, consisting of A. Leroy Chipman, Bill W., Albert L. Scott and Hank P.

9. On August 2, 1939, Dr. Bob and Sister Ignatia start work at St. Thomas Hospital in Akron. It was the first religious institution to open its doors to AA and later had a full wing dedicated to alcoholism treatment. The NY group had a similar arrangement with the Knickerbocker hospital in NY City.

On August 16, Sister Ignatia, who was in charge of admissions arranged for the first AA admission, Walter B., at the request of Dr. Bob. Walter, a notorious alcoholic and regular consumer of paregoric (over-the-counter) opiate, Sister Ignatia labeled problem acute gastritis and put him in the flower room. Dr. Bob and Sister Ignatia treat 5,000 cases in the next 10 years.

10. In August 1941 Clarence S., founder of AA in Cleveland, joined with Abby G. and other Cleveland members to help start AA's first Central Office (see Dr. Bob and the Good Old Timers book page 202). Bill W. also credits the Cleveland Central Office with introducing the principles of rotation to AA. There is a reasonable debate over whether Cleveland or Chicago should be recognized as AA's first Central Office. In AA Comes of Age book page 23, Bill discusses Chicago AA following Jack Alexander's Saturday evening post article and notes, "This was AA's first organized local service centre, the forerunner of the many Intergroup Associations we maintain in large cities nowadays."

11. In August 1942 the AA office in New York granted distribution rights for the Big Book to Dr. George Little. Dr. Little formally transferred these rights to the Toronto AA Club on September 22, 1944.

12. In August 1945 the Grapevine carried Bill W.'s first Traditions essay titled "Modesty One Plank for Good Public Relations."

It began a five-year campaign for the Traditions and General Service Conference. In the prior month's Grapevine there was an article about the Washingtonians. Bill used this article to begin his essay commentaries.

13. In August 1947 GV Traditions essay titled, "Last Seven Years Have Made AA Self-Supporting" Bill wrote, "Ten years ago the Trustees set aside, out of AA book funds, a sum which enabled my wife and me to pay off the mortgage on our home and make some needed improvements. The Foundation (today the General Service Board) also granted Dr. Bob and me each a royalty of 10% on the book Alcoholics Anonymous, our only income from AA sources. We are both very comfortable and deeply grateful."

14. On August 16, 1948 a permanent secretary, Marge Meek, a member of the North Toronto Group was hired for the Central Committee (today GTA Intergroup) in Toronto. The office was at 331 Bay St. Marge held the position for 25 years.

15. In August 1950 Dr. Bob gave Bill W. his endorsement of the idea for the General Service Conference.

16. In August 1956 British radio commentator Gerald Heard introduced Bill W. to Aldous Huxley and British psychiatrists Humphrey Osmond and Abram Hoffer, who were working with schizophrenic and alcoholic patients in Saskatchewan, Canada.

Bill joined with Heard and Huxley and first took LSD in California on August 29. At the time, LSD was thought to have psychotherapeutic potential. Osmond and Hoffer's intent was to induce an experience similar to the DT's in hopes it might shock alcoholics away from alcohol. Among those invited to the experiment with LSD (and who accepted) were Nell Wing, Father Ed Dowling, Sam Shoemaker and Lois W. Marty M. and Helen W. participated in NY under medical supervision by a psychiatrist from Roosevelt Hospital. There were repercussions within AA. Lois was a reluctant participant. Hoffer and Osmond did research that later influenced Bill, in December 1966, to eagerly embrace a campaign to promote vitamin B3 (niacin) therapy. It also created Traditions issues within the fellowship.

17. On August 2-4, 1968, the 11th International Conference of Young People in AA (ICYPAA) was held at the Royal York Hotel in Toronto.

18. On August 6, 1981 the first meeting of the Archives Committee was set up by representatives from Ontario Provincial Committee (OPC) the four Areas in Ontario and Toronto Intergroup. In 1991 Toronto Intergroup became the sole sponsor of the Archives Committee.

19. On August 18-21, 1988 the 1st Canadian National AA Convention was held in Halifax in an attempt to make it a regular 5 year Canadian event. Did not work out too well. Two 7th Traditions had to be requested in order to make it pay for itself.

20. On August 3, 1993, Toronto Intergroup Offices at 234 Eglinton Ave. E. moved down from 502 to 202. Done for financial reasons. Money was short at Intergroup and the smaller space lowered the rent substantially.

Groups/Meetings that began in August:

August 10, 1958 Lawrence Plaza Group

August 1, 1961 Oshawa Friendship Group

August 1965 Alderwood Discussion Meeting

August 3, 1978, Oshawa Thursday Noon Hour Meeting

August 15, 1982 Eglinton Park Group

August 5, 1993 Vision of Hope (Mississauga)

A Love Story

Dr. Bob and Anne Ripley married in 1915 after a lengthy seventeen year courtship. Theirs was a love story of great depth. Separated by their careers, they kept up constant written communication over the years. She, a school teacher, wanted him to get his medical career established and even more so, his drinking under control. He eventually brought her to Akron, Ohio as a new bride to their new home on Ardmore Avenue. Years later, they would welcome a son, Smitty, and eventually adopt a daughter, Sue. They were typical family of the '30s and '40s. Except for Dr. Bob's secret drinking problem.

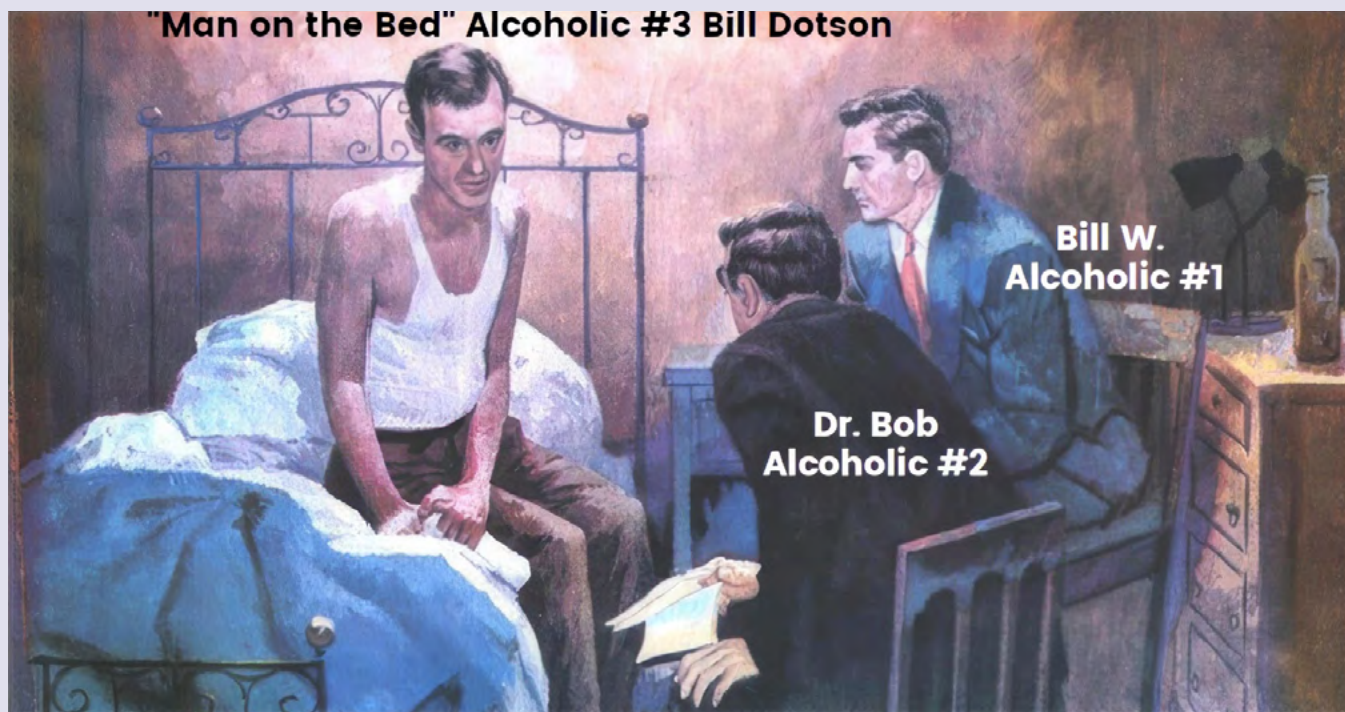
In our beloved AA book, 'Dr. Bob and the Good old Timers,' the thread of their engaging relationship is woven. Sometimes Anne would "scold" her errant husband when he was disabled with his uncontrolled drinking. He disliked her being annoyed with him. Their children write in their book 'Children of the Healer' that their parents never raised their voices to each other despite the hardships during Bob's drinking days. In sobriety, theirs was a tender affection that defied all odds.

Dr. Bob's medical background gave him an understanding of the illness alcoholics suffered. He lived the program of recovery that he and Bill W. constructed on a day by day experience. His generosity and kindness coupled with his wife's compassion and love was often the tipping point in a newcomer's recovery. The Smith's experienced poverty. It took years for Dr. Bob to reclaim any type of respectable income for his family because his work with alcoholics took precedence over regular patients. In one instance as narrated in the book, Dr. Bob and his family are sitting down to supper when visitors from Cleveland drop by. They are welcomed and invited to share supper which is bread, milk and sugar.

Dr. Bob was lost when Anne passed away in June of 1949. She had heart problems and a failed cataract surgery which made her visually impaired and her final days very difficult. He himself was struggling with prostate cancer during her illnesses and finally succumbed to his own sickness in November of 1950.

Dr. Bob was a truly humble man. When the suggestion was made that a monument be erected in honour of he and Anne, he just grinned and said to Bill W. "God bless them. They mean well. But for heaven's sake, Bill, let's you and I get buried just like other folks."

THE 12TH STEP CALL – HOW IT WORKS



📞 12-Step Call Protocols Red Deer AA Central Service Office

As part of our ongoing commitment to safety, service, and the principles of recovery, we remind all members to follow established 12-step call protocols.

Never conduct a 12-step call alone. For both personal safety and program integrity, these calls should always be made with at least one other member present. This ensures accountability, support, and a balanced approach to carrying the message.

The purpose of a 12-step call is to share your **experience, strength, and hope** with someone seeking help. We are not there to counsel or fix—we are there to listen, to relate, and to offer the message of recovery through our own lived experience.

Whenever possible, **help guide the individual to a meeting.** Whether in person, online, or by phone, connecting someone to the fellowship is one of the most powerful actions we can take.

To support this, we maintain **contacts with over 50 groups in the area**, allowing us to connect individuals with meetings and members in their own geographical communities. This network helps ensure that no one seeking sobriety has to walk the path alone.

Let us continue to carry the message with compassion, humility, and unity—always remembering that recovery is a “we” program, and we are stronger together.

Featured **GRAPEVINE** Books



IN OUR OWN WORDS Stories of Young AAs in Recovery

A collection of personal stories from the Grapevine that focuses on the difficulties faced by alcoholics who are young in years and the sober joys that await them. The book contains: honest accounts of drinking in the lives of young adults, how they managed to get and stay sober, the impact that practicing the principles of A.A. has had on their lives, and the challenges and rewards of finally learning to live and to love, one day at a time.

- Imran R. Grapevine

The Co-Founders of AA **DR. BOB & BILL W.**

Facsimiles of Special Grapevine Editions:
Dr. Bob, January 1951 and Bill W., March 1971

AA GRAPEVINE
www.aagrapevine.org

Website Stats <https://reddeeraa.org/>



- **Total Clicks: 2,042**
- **Top 3 Pages:** Meetings, Home Page, Online Meetings
- **Top 3 Searches:** aa meetings red deer, aa red deer, red deer aa
- **Top 3 Countries:** Canada, United States, UK



AA Phone Stats **587-377-1117**

Alcoholics Anonymous - Red Deer's ONLY Phone Line
Thank you phone volunteers...you make a REAL difference!



AA RED DEER CENTRAL OFFICE

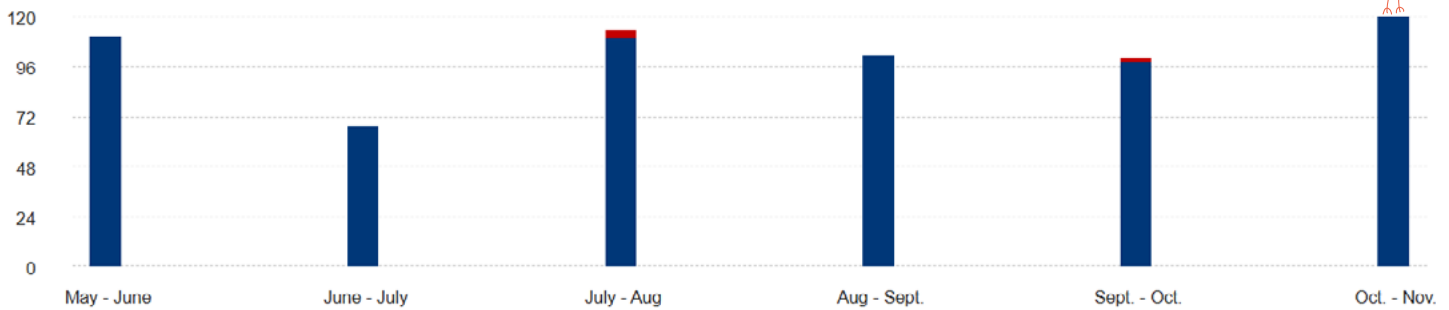


Daily Usage

May 2025 to November 2025

Texts ● Included in your plan ● Pay per use / overage

Average Monthly Usage: **99 Texts**



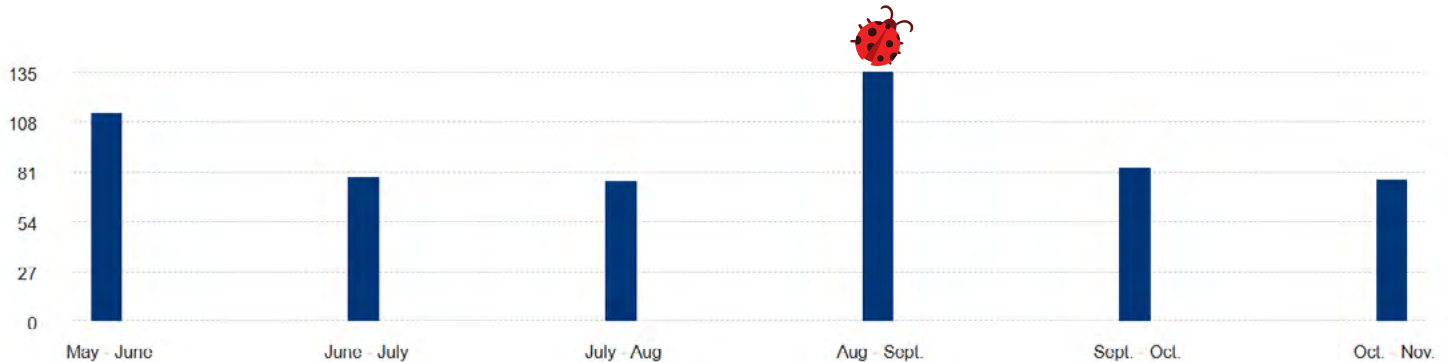
Nov. 18 was the busiest for texts (mosts texts turn into phone calls); the busiest for Texting was Oct–Nov followed by May–June. Mostly 12–step calls/ meetings followed by inquiries about A.A. Central Office hours for service materials and literature.



Daily Usage

Min. ● Included in your plan ● Pay per use / overage

Average Monthly Usage: **92 min.**



Nov. 27 was the busiest day for the AA phone and Aug–Sept were the busiest months, followed by May–June. Average monthly minutes were 92 minutes, mostly 12–step calls and inquiries for service materials, meetings and connections with other cities in the area for contacts to meetings.



ALCOHOLICS ANONYMOUS

GETTING YOUR LIFE BACK ON TRACK
(RESULTS MAY VARY)



Delegates Corner

November/December 2025

Hello Area 78, my goodness, two years has passed by in a blink!

With mixed feelings and lots of warm hope, Dave, your newly elected Panel 76, Area 78 Delegate will take over and so this is my last Delegates Corner!

I thank you for reading my thoughts, as I have really enjoyed taking the time each month these past two years, sharing with you some of the things I have experienced and learned while being your voice as Panel 74, Area 78 Delegate. Seeing and taking part in the evolving history of the Structure that holds this all together in action, where the voice of us all becomes the collective consciousness that will guide in the years to come.

What an incredible and immense privilege and honour to have been able to participate in. Service has certainly increased my life experience and given me a huge life, full of fellowship and meaningful purpose through you! So I thank you for the joy of service. One of you no doubt will get to be Delegate one day! Just keep putting your hand up and saying Yes, I'll do that for you! No problem! Make sure you have a service sponsor because there will be problems! But that's how we grow, so it's all good!

*"I slept and dreamt that life was Joy! I awoke and saw that life was Service.
I acted and behold, Service is Joy!"* Rabindranth Tagor

I gained so much, on so many levels doing this service position. Mostly I saw how the Structure through our Traditions and Concepts in our Service Manual saves us from ourselves. I read AA Comes of Age and Language of the Heart, I read our Great Responsibility and so much more. As I read our Founders writings and then actually experienced the wisdom and power through the Conference, I saw how our Service manual makes perfect sense! Many of us are practical application type learners and just like we know the truth when we hear it, we also really understand what we learn when we teach it.

I got to participate in inventories, at the Group, District, Area and Conference levels and am heartened at our will to discover what we are doing and how we can do it better. I participated in so many events throughout our Area and Western Region, working with you in building Unity and Fostering Leadership.

I recently read *"Why do we need such a Structure? Maybe not to ensure our own sobriety, but to insure the recovery of the alcoholic still stumbling in the dark, seeking some sort of light. We need it to ensure the recovery of an unborn child inexplicitly destined for alcoholism. We need it to provide a permanent haven for those who in the ages ahead can find in AA that rebirth that its first members found."* the words of Bernard Shaw a non-alcoholic whose wisdom and guidance in those experimental years of the development of our Structure still resonates.

He also wrote this short statement which sums up what being of service has meant to me. *"This is the true joy in life, being used for a purpose recognized by yourself as a mighty one. Being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it what ever I can, I want to be thoroughly used up when I die, for the harder I work, the more I live, I rejoice in life of its own sake. Life is not 'brief candle' to me; it is sort of a splendid torch which I've got to hold up for the moment, and I want to make it burn as brightly as possible before handing on to future generations."* page 11 of the 2025 Final Conference report.

Delegates Corner - continued on page 20

Delegates Corner - continued from page 19

His voice was one of many who had input as Bill and Bob sought to give the responsibility to us - you and me - to look after the amazing gift of sobriety. And we do, my goodness, I have been to so many service events these past two years and I can see that AA is indeed in good hands, so many of you step up in whatever way you can to be the "Heartbeat of AA" to help out and give back what has been so freely given to you.

The 75th Final Conference Report has been uploaded to the website area78.org is also finally available in print. I have distributed them to Central Offices and DCM's around the province. Elections have been held across our Area so that all new GSR, DCM's, Committee Chairs and Table Officers for Panel 76 all start their two year rotation this January 1st 2026.

The incoming and outgoing Table Officers and Committee Chairs met mid November for their Transition meeting, saying hello to the incoming chairs and goodbye to the outgoing, which is so bitter sweet, these past two years we built kind and loving relationships as we worked together building Unity, fostering leadership and increasing Trust in our Area. And the Chairs coming in will no doubt carry on the inclusive culture of Area 78. Please make sure your group has a GSR so that you can participate and have a voice and vote in all that we choose to do.

I would like to share some of the one liners that I picked up these past couple of years, some good wisdom and some funny stuff too!

Always Presume Good Will.

Drive in my own lane. Keep my own finger on my own nose. Stay in my hula hoop.

Behave better than I feel, Act better than I think.

Mother Teresa - Only Unity leads to peace.


Don't be as busy as a dog in a bowling alley.

Remember who you are, who we are - what we are doing and how it transmits...wake up and be aware, we have real life now so participate fully, with enthusiasm and joy, embrace the gift of sobriety fully.

I thank all who have gone before me, showing me how to trust a loving God who does indeed preside over each one of us. Who has helped me heal, accept myself and make amends so that I can see the good in others only because others choose not to see the good in me, to be inclusive and welcoming only because I know the pain of being excluded and unwelcome. Encouraging because I have not been encouraged. I know Pain and see its value, I see how it divides us and creates disunity and how the pain of that brings us all towards unity and connection as we seek to understand and accept each other.

Our program is truly amazing in what it brings to each and every one of us who simply are willing to grow. Service in its many, many forms is what we do to keep that precious gift. How wonderful to be with you in the Fellowship of the spirit and I will surely meet some of you as we trudge this road of Happy Destiny. May God Bless you and keep you - until then.

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

75th GSC Delegate Chair

"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." Dr Bob "AA Comes Of Age"



SOME OF OUR ACTIVE AA GROUPS WE SERVE IN OUR AREA AND THEIR BRIEF HISTORY!

MONDAYS:



MONDAY "IN THE SOLUTION"

Meets Monday at 11:30 AM - One Hour
55 Street & Rutherford Drive - Balmoral Bible Chapel
Hwy 11 heading East of Safety City, Balmoral Bible Chapel, Enter through EAST door, O/L *Wheelchair friendly

A welcoming, solution-focused AA meeting where we come together to share experience, strength, and hope.



MONDAY HAPPY HOUR GROUP

Meets Monday at 5:15 PM
4310 - 39 Street - First Baptist Church

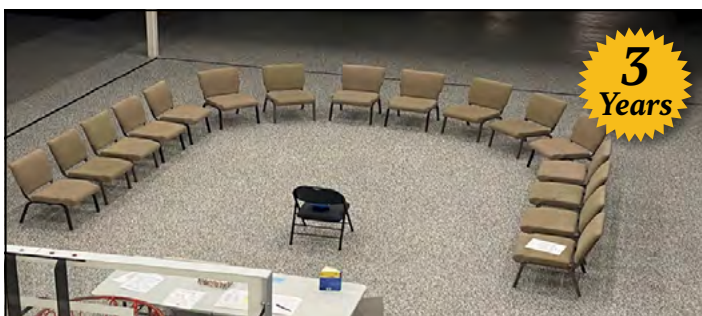
HH Group registered with New York in 2019
Step & topic meeting - *topic chips last Monday of the month.*



MENS GROUP

Meets Monday at 7:30 PM
12 Stanton Street - Sunnybrook

Registered with GSO 2001
Began 1999 in Morrisroe and moved to Sunnybrook in 2000.



RED DEER DREAM CENTER

Meets Monday at 6:30 PM - 7:30 PM
4614 - 50 Avenue, Red Deer

Opened May 2022 with the first meeting in November. Speakers share for 30-45 minutes and others can share if there is time left over. It was registered as a group with AAWS April 2024 and is a closed meeting for A.A. members only.

MONDAYS:



MONDAY AT A TIME

Meets Monday at 7:30 PM
4718 - 50 Street (Ross) Knox Church

This group was registered with New York in 2015.
Moved to the Knox Church March 1, 2023.
They officially changed the name in May 2025.

TUESDAYS:



DELBURNE ONE STEP AT A TIME GROUP

Meets Tuesday at 7:00 PM
2034 - 27 Avenue - Delburne Gospel Church (Bsmt)

Began as a registered group January 2024
This is a Step group and has an open meeting on the first Tuesday of the month.



SYLVAN LAKE SERENITY GROUP (District 26)

Meets Tuesday at 7:30 PM
Lions Hall - Sylvan Lake

Opened in 1993
Registered with New York in 1994



RED DEER RECOVERY COMMUNITY GROUP

Meets Tuesday at 7:30 PM
North on Hwy 2A towards Blackfalds
East side of highway (travelling north)
O/L Wheelchair Accessible

This meeting registered in February with AAWS.
It is a Topic meeting.

WEDNESDAYS:



RIMBEY ANONYMOUS MEETING (District 26)

Meets Wednesday at 7:30 PM
5211 - 52 Street, Rimbey, Alberta

The group opened in 1977 and has an open A.A. meeting from 7:30 - 8:30 pm.



WEDNESDAYS:



FOOTPRINTS GROUP

Meets Wednesday at 7:30 PM
4718 - 50 Street (Ross) - Knox Church

The group has been meeting since 1989.
Registered with New York in 1990.

THURSDAYS:

THE LADIES GROUP

Meets Thursday at 7:00 PM
12 Stanton Street - Sunnybrook United Church

Registered with GSO in 2003. - *This Meeting Has been running for 30 years!:) Ladies Group sells the 24 Hour Hazelden Book!* They started out across from St. Lukes Church in 1995 and moved to ladies homes before finding Sunnybrook United in 2003. This Meeting also has an additional online meeting still active separate from the



in-person and not hybrid: The members remain in unity even though 1/3 of them meet only online!



NEW HOPE GROUP

Meets Thursday at 7:30 PM - North Red Deer - Good Sheppard Church - Started in January of 1980.

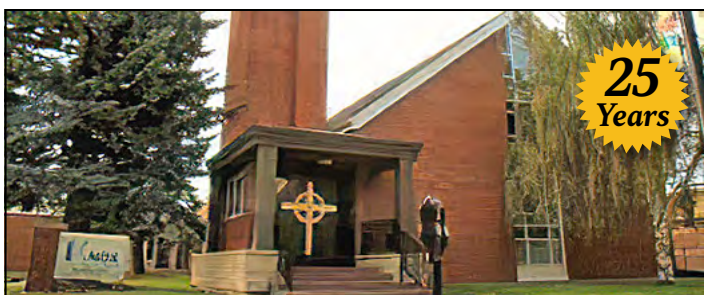


THIRSTY THURSDAYS GROUP (Blackfalds)

Meets Thursday nights at 7:30 PM
5005 Broadway Avenue, Blackfalds

Started in 2022, registration is on the way with New York.

FRIDAYS:



FRIDAY SPEAKER MEETING

Meets Friday at 7:30 PM
4718 - 50 Street (Ross) - Knox Church

Registered with New York in 2000. Started out at the Family of Faith Church in Lower Fairview in June 2000. Moved to the Knox Church in 2002. The group officially changed their name in early 2025.

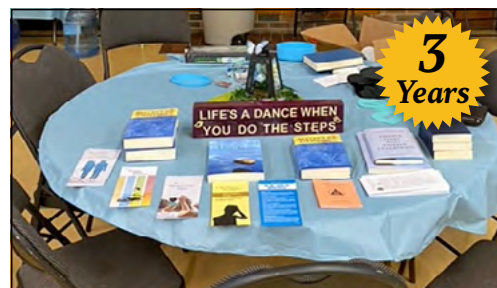
SATURDAYS:



BACK TO BASICS SATURDAY NIGHT BENTLEY GROUP

Meets Saturday at 7:00 PM
Bentley Community Church

Wheelchair Accessible - A new meeting Back to Basics. Hope to see you there. Registered with GSO officially August 2022.



SATURDAYS:



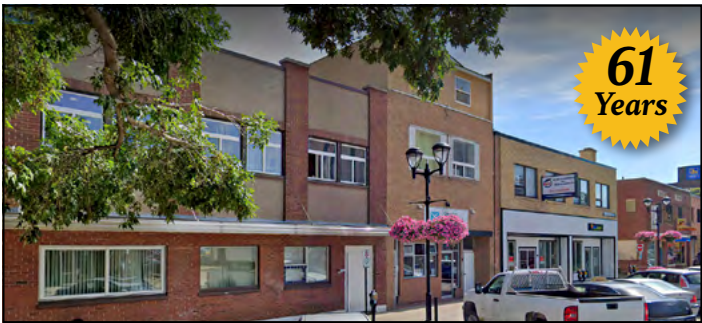
SATURDAY NIGHT REFRESHER GROUP

Meets Saturday at 7:30 PM
4718 - 50 Street (Ross) - Knox Church

Registered with New York in July 2015.

Started in 2015 at the Safe Harbor Society and moved to the Knox Church in 2020.

SUNDAYS:



SUNDAY MORNING GROUP

Meets Sunday at 11:00 AM
4935-51 Street Main Floor

Wheelchair accessible!
Registered with New York in October 1964.

Sunday Morning Group is the oldest group in Red Deer still active, and has moved a couple of times.

SUNDAY BALMORAL GROUP

Meets Sunday at 7:30 PM
55 Street & Rutherford Drive - Balmoral Bible Chapel
Hwy 11 heading East of Safety City, Balmoral Bible Chapel,
Park on East Side, O/L *Wheelchair (one floor)



Started out as Rule 62 at St. Lukes October 1980, then moved to the Lutheran Church in 2003, and finally to the Balmoral Bible Chapel in 2010.

They meet there in-person Sunday nights 7:30 PM and as well still hold the online meetings that started up with Covid-19 restrictions in March of 2020.



Balmoral was the first group to start online meetings, not missing any Sundays from the shut down. To this day they still do both online and in-person separately (not hybrid). The Unity in this group remains strong regardless! This group re-registered with a new number in 2010.

MONDAY TO SATURDAY:



NOON GROUP:

Noon Group was founded 12/17/1990.
48th Avenue downtown - Kaylor Building
Open Monday to Saturday Noon!

Its original location was at the Aurora Club on Gaetz Avenue, after which it moved to St. Lukes Church Hall in 1998. In 2010, Noon Group moved to its current location, the Kaylor Building.



FRIDAYS 10 am - Noon and by appointment

RED DEER A.A. CENTRAL SERVICE OFFICE

Opened in the summer of 2019
4929-50 Street Main Floor Towne Center Mall
Phone 587 377 1117

The Central Service Office Opened in 2019 and in September were granted a registered service number from the General Service Office.

The Office found a rental spot in the Old Court House in 2020 just before Covid hit. Fortunately, CSO A.A. was deemed as an essential service so we could still take A.A. calls and get the A.A. members to an online meeting (we started the Google Meets before Zoom came in a couple weeks later). This way people didn't have to miss any meetings. Most of the groups in Red Deer and Area held their own online meetings. Central Office of Red Deer was open Fridays for newcomers and had literature available.

The Central Service Office of Red Deer moved to a wheel chair friendly location in 2021 and has been really steady working with groups from over 5 districts providing service materials literature, the A.A. phone service, webpage with all the events, and newsletter from the area delegate and GSO. Central Office provides a safe place to meet with your sponsor; it is a starting point where one can get connected with the A.A. groups and become a part of and are no longer alone.

Currently (2025) Red Deer A.A. CSO is connected with 47 groups and they connect with us to make sure we have the correct meeting times and locations immediately changed on our website and on our paper lists. We have contacts if someone calls and needs to be connected to a member in another town.

The following services were not available when Red Deer A.A. CSO opened:

1. An AA telephone that is answered by an alcoholic to help the alcoholic who wants to stop drinking. Handling general inquiries, events, connections with other A.A. members, speaking requests, etc. Keeping updated stats on calls for the past 6 years.
2. Maintaining a schedule of meetings in the districts we support in Red Deer Area, and publishing this schedule both on paper and on our website.
3. Sell literature and other materials approved by Alcoholics Anonymous.
4. Maintain all the pamphlets, newcomers' packages online and in paper.



5. Serve as a clearinghouse of information for all A.A. groups, report group activities, and events of area wide interest.
6. Provide information about Alcoholics Anonymous to those who request it, by phone, by mail, or by email.
7. Publish a newsletter every 2 months with Phone Web and other stats to keep track of the consistency and or growth of A.A.
8. Provides a list of speakers when called upon as requested by Treatment centers, Jails, round ups etc.

We have a small office that is managed by our committee. Volunteers work at the office to answer the phone and make sales of the materials we have in inventory, help people get to a meeting or provide service materials for A.A. Service events. We accept checks, credit cards, and cash.

> DOWNLOAD A PRICE LIST <

How You Can Help

Central Office "exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers." In order to accomplish this, your support is vital. Central Office needs financial support and volunteer support! Please come in Fridays 10 - Noon to help.

4929-50 Street Main Floor Towne Center Mall
Phone 587-377-1117

Red Deer AA Central Service Office
*** Celebrating 6 YEARS September 2025 ***
Thank you Groups!



ARCHIVE EVENTS DISTRICT 13 AND AREA



See our Archives Section at Red Deer AA Central Service Office
4929- 50 Street, Towne Center Mall Red Deer – Open Fridays or by appointment!

“History,” wrote Thomas Carlyle, “is the essence of innumerable biographies.”

Perhaps nothing better sums up A.A. history than the millions of personal stories of recovery that come together as a priceless legacy in

THE A.A. ARCHIVES

[Download:
F-47 The A.A.
Archives](#)

Why does an anonymous program need archives?

Carl Sandburg explained “why” very well when he wrote, “Whenever a society or a civilization perishes, there is always one factor present: they forgot where they came from.”

A.A. co-founder Bill W. was aware of the confidentiality difficulties that could face A.A.’s archives collections. Nonetheless, he perceived the need for preserving A.A.’s past, and had the vision to see that historical accuracy and anonymity were not incompatible. Noting in a letter dated 1957 that A.A.’s past was “still veiled in the deep fog,” he expressed a desire to preserve the Fellowship’s original documents and artifacts. “We are trying,” he wrote, “to build up extensive records that will be of value to future historians.... It is highly important that the factual material be placed in our files in such a way that there can be no substantial distortion.”

Only through the systematic maintenance of our written, permanent historical record can we prevent distortion and remember where we came from.

What are A.A. archives?

An A.A. archive consists of any historical collection at the level of the group, district, area, intergroup/central office, region, or General Service Office. In July 1973, the General Service Board formed the trustees’ Archives Committee. Its mission was “to give the Fellowship a sense of its own past and the opportunity to study it, to keep the record straight so that myth does not predominate over fact.” In 1975, GSO Archives formally opened its doors.

As Nell Wing (nonalcoholic), GSO’s first archivist, put it, “The knowledge, understanding and enthusiasm of the oldtimers gave us the momentum. With Bill and his A.A. co-founder Dr. Bob (who died in November 1950) both gone, it was an idea whose time had come.”

Meanwhile, by the late 1970s, archival efforts were evident in almost every state from California to Florida and the provinces of Canada. There were fledgling archives overseas in England, Ireland and South Africa, with other countries soon to follow. Today, almost every area, and many districts and

intergroups, have permanent archival collections open to the Fellowship.

A.A. archives’ collections vary, but generally they consist of all kinds of written and audiovisual material deemed to be historically valuable: administrative reports and minutes, personal correspondence, newsletters, books, photographs and sound recordings, and more. These days, more and more of these records are being produced electronically, so an archives collection may contain digital photos, and documents and digital audiovisual recordings. These digital records must be maintained as well.

Not all records can or should be maintained permanently. In fact, only about 5-10 percent of records created by an organization should find their way to the archives. It is critical to develop a system for knowing what to keep and what to throw away. Many A.A. archives struggle with this concept of selecting what to preserve. The GSO Archives may be able to share some experience to assist in developing a prudent collection policy.

How are local archives paid for?

The techniques for preserving and storing documents, photos and memorabilia are complicated — but the methods of paying for them are not. The operational budget for archival supplies, electronic equipment, shelving and furniture, travel for the archivist, and other needs is generally part of the overall budget of the area/district/intergroup. This way, the archives are seen as an integral part of Twelfth Step service.

How do local archives grow?

Judging from the interest shown in various archives exhibits at assemblies, conventions and round-ups, it is clear that we A.A.s are fascinated with our past and open to contributing what we can to it. Many oldtimers have archival materials that they may wish to donate to the archives, especially if they can trust that their documents will be cared for and preserved permanently for the Fellowship.

To heighten members’ awareness that they may have valuable A.A. artifacts right under their noses, some archives furnish bookplates and/or bookmarks saying, “Don’t throw me away, I belong to A.A.” These are especially handy for identifying books and other memorabilia that members wish to keep during their lifetimes, then bequeath to the Fellowship.

An area archivist has said, “We’ve found that communication — through workshops, area news-

WE HAVE RECENTLY ADDED TO THE ARCHIVES SECTION!

Available at Central Office, 4929-50 Street!
 If you have anything earlier than 1990 please bring it
 in to our office for the archives thank you 😊



letters and person-to-person contact — is the number one key to success.” By creating attractive displays of archival material and taking these to local events, giving presentations about our archives and history, writing articles for newsletters, and gathering local history, the archivist and the archives committee can highlight the purposes of archives and create more interest in the collections.

For most A.A. archivists, preserving A.A.’s past is a labor of love. Searching for “old” archives collections is important, but it is just as critical to collect what is being produced today, as these will be tomorrow’s archives. There are many items of interest that you will find as you develop your collection. However, before accepting materials, you must first assess them to make sure they really belong in your repository. This review process is called *appraisal*. The term *appraisal* in this context does not refer to placing monetary value on records. Rather, archivists assess materials for enduring value (historic, intrinsic, administrative, legal) and their relationships with other records in the repository. Archivists should never profit from the records under their care and should avoid commenting on the possible financial value of items in the collection. It is suggested that the archivist collect current minutes and reports, group records, newsletters, pamphlets, books, and other significant documents in a systematic way, working with other trusted servants to ensure that these materials are consistently funneled to the archives.

Many an archive has gotten its start in an A.A. member’s bedroom or basement, then eventually moved to a home of its own — ideally, a rented space where the archives are centralized, secure, temperature-controlled, and open to visitors.

Who takes care of the archives?

When a need for an archive has been identified, discussed, and approved, then it may be decided to create an archives committee and/or archivist position, responsible to the area/district/intergroup committee.

Archives committees usually include A.A. members who are knowledgeable about A.A.’s history and the service structure, as well as those who simply want to help. The archives committee establishes budgets, policies and procedures, and has final responsibility for the management of the archives, through its group conscience.

The archivist is responsible for preserving and organizing the collection, maintaining confidentiality and anonymity of all A.A. members, and providing information and access to the collection. The

archivist generally does not rotate frequently (and in some cases it is a nonrotating position), so they will have the necessary time to become familiar with the collection.

For more information about these roles, see the GSO Archives Workbook and Archives Guidelines.

How can you help?

There are many ways to participate in this rewarding aspect of A.A. service:

- Ask oldtimers to record their stories — the GSO Archives can help you get started with this by sending you a copy of the Guidelines For Conducting Oral Histories, which contain suggestions for how to conduct a successful recorded interview.
- Create a history of your home group, through research and interviews, to learn how, when and why your group got started — then share this history with your area and district.
- Volunteer your time to sort through archival material and help organize files. Almost every archive has a backlog of material to be sorted and inventoried. While this can be tedious labor, there is nothing more important in archives work. Without meaningful organization and an inventory, the archives are basically unusable.
- Help with visitors and help with the archives display at local events.

How can GSO assist local archives?

GSO Archives staff is committed to assisting those who are beginning to set up their own archives. We provide an Archives Workbook, which goes into much greater detail about the breadth of archives work. There are also several Guidelines and Service Materials, such as the Archives Checklist to help you in your role. All of these are available on GSO’s A.A. website, www.aa.org. You can contact the GSO Archives any time to receive a packet of information, either by mail or email.

Some historical photos and other historical reprints are also available from GSO Archives. Finally, GSO Archives staff is always happy to receive questions about archival issues and A.A.’s history.

How is the Anonymity Tradition observed?

Seeking to safeguard A.A.’s Anonymity Tradition, the trustees’ Archives Committee determined, in 1975, that “any A.A. member may view the originals of any material that has been previously printed

or published,” and, with approval, may conduct research using unpublished material such as correspondence. Researchers accessing the archival collections must respect all A.A. traditions that may bear on their research; in particular, the preservation of anonymity of all A.A. members. Permission to conduct research is granted conditional on an agreement to strictly maintain the anonymity of all A.A. members, alive and deceased, including A.A.’s co-founders. When citing these materials, researchers are asked to quote only the first name and last initial, thus preserving AA’s Eleventh Tradition: the anonymity of its members at the level of the public media.

How do A.A. archives help carry the message of recovery?

Through archives we are able to express AA’s *collective* experience, strength, and hope, gained through its rich heritage, and renew our own sense of purpose.

As one A.A. member said, “When I saw the archives display at the area assembly, I had no idea what it was all about. But after looking at the materials, I had a new feeling of ‘what we used to be like.’ I realized that I could help by donating some time at the archives office, and later I taped two oldtimers who told me a lot about the early days in our area. It has made me read some of the other A.A. books I had missed and has given me a real sense of ‘carrying the message.’”

As we sort out fact from fiction, we ensure that our program of recovery will continue undiluted and true. The collective experience of the past reminds us of how little hope there once was for the suffering alcoholic and of how far we’ve come, thanks to Alcoholics Anonymous.

For more information:

Contact the GSO Archives at 212-870-3400, by email at archives@aa.org, or write to the address below.

This service piece is available, free of charge, from GSO, Box 459, Grand Central Station, New York, NY 10163. Website: www.aa.org.

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Welcome Home.

Scan to learn more about Alcoholics Anonymous:



This is AA
An introduction
to the AA
recovery program



Is AA for You?
12 Questions only
you can answer



**Questions and Answers
on Sponsorship**



**Frequently Asked
Questions about AA**
Informative reading for
those seeking help with a
drinking problem, as well
as for their families
and friends.



A Newcomer Asks
Straightforward answers
to 15 questions those
new to Alcoholics
Anonymous
frequently ask about
getting sober in A.A.



How it Works
An excerpt from
Chapter 5 of the
Big Book. This page
includes the Twelve
Steps, and is often read
at the start of meetings.

Free Meeting Guide App
Find an AA meeting near you!





**Red Deer Central Service Office is open 10 am – Noon Fridays
or anytime by appointment — Text or Call 587-377-1117**

A central office, also known as an intergroup office, serves local A.A. groups and provides essential services, including:

- Coordinating local Twelfth Step calls.
- Providing meeting lists and maintaining local meeting information.
- Offering public information speakers for non-A.A. groups and institutions.
- Responding to phone calls and inquiries from those seeking help.
- Maintaining websites with local and area information.
- Distributing A.A. literature. Carrying a variety of AA Books, steps books, medallions recovery materials and service materials

Central offices are autonomous and focus solely on local services, complementing the general service structure but not being part of it.

They aim to support A.A. unity and carry the message to alcoholics who still suffer.

To volunteer for the AA phone, Website or Bridging the Gap, please email centraloffice@reddeeraa.org

