

Spiritual Lines

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GOSSIP

THE NOT SO SILENT KILLER



ILLUSTRATION: CHRISTINA WONG

Maddy DT.

"I want to preface this article with rigorous honesty, the inspiration for the writing has come from lessons learned by both participating in and being victim of gossiping. The lessons, especially recently, from this toxic behavior has been hard and the price too high. I write this hoping that some would learn from what cost me dearly: friends, fellowship, sanity and nearly my sobriety. First comes honesty, then working step 1-8 before making amends. Your loving and remorseful fellow."

Who will honestly admit to gossiping? The behavior and the word is tarred with malice, but if inspected deeper, there is a certain element of enjoyment. A baser need to be right, a need to feel righteous, a desire for the guilty to be punished, for our anger to be justified. We revel in a juicy tid-bit where

somebody we believed needed to be punished got their due, when a fellow who was not honest in the rooms or living in the principals has a relapse or when somebody dating somebody we didn't think should has a nasty breakup. Ugly. But who will admit to participating? Let me be the first, I'm Maddy and I have gossiped, with friends or fellows, disguised as a prediction, advise or righteous indignation, anger, good intention (seeking help on a situation so I talked about other people to try to justify my feelings), gossip is gossip, and I did it.

Gossip is when we speak about people, who are not present, with another person in any form, even if their name is not mentioned. I cannot count the amount of times where somebody was discussed with me (or where I have discussed someone), without their name being mentioned, but the subject of the gossip could easily be discerned, we are not as subtle as we think.

Sometimes the discussion did not even affect or involve the person/s discussing it, this is the most obvious form of gossiping. Other forms include people asking for help in dealing with a situation, but prefacing it with the reasons why they are angry or hurt (usually somebody else's actions or behavior) instead of focusing on their part alone; this is also known as righteous indignation or seeking justification or moral superiority; also gossip.

Gossip is the quickest and most prominent way to destroy unity in fellowship. The victims vs. the guilty, we draw lines and chose sides, we point fingers, we seek higher moral ground by justifying our actions, tarnishing reputations and discussing business that isn't solely ours. This is character assassination and for some who are pushed out of the rooms, either because they were the victim of gossip or because they did not like the gossip culture they were observing, it is death. Untreated addicts in addiction die. We need fellowship, meetings, safe spaces and anonymity to be restored to sanity and to find a higher power that will keep us alive, but before we have these gifts we have each other and we must stand together. Together we survive, divided we die.

Page 66-67 of the 12 and 12 discusses honestly the character defects that lead us down this path of destruction. But to expert: "Gossip barbed with our anger, a polite form of murder by character assassination, has its satisfaction for us, too. Here we are not trying to help those we criticize; we are trying to proclaim our own righteousness." Blunt. Ouch.

The cost of dallying with anonymity's ugly twin (gossip) is high. In my case, I lost a couple friends, respect, some pillars in early sobriety and I feel guilty in a room I once felt most welcome in. Nothing you say in anger or in feeling righteous about anyone other than yourself will ever bring you reward, the truth will out, no matter how guilty the person you discussed is, you will always pay the price for your indiscretion. I beg of my fellows not to follow in my footsteps. Please remember we are all sick, some of us sicker in recovery yet... Be not judgmental and guard your tongue, lest you cost yourself or another their life.

If you find yourself in the presence of gossip, walk away or proclaim the principals of brotherly love, kindness and anonymity. We can spark a change, each of us, to stop this not so silent killer. Let us join to grow a space of healing and love, be kind.

TRADITION TWO:

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

1. Do I criticize or do I trust and support my group officers, C.A. committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with C.A. Twelfth Step jobs or other C.A. responsibilities?
3. Do I look for credit in my C.A. jobs, praise for my C.A. ideas?
4. Do I often feel the need to "save face" in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with C.A. chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made

FINDING HOPE

FROM BROKEN TO HOME



PHOTO: ALICIA-PETRESCU-03KZP4AZG6G-UNSP/LASH

Trinique

My name is Trinique and I am an addict. I came in and out of C.A. for about 5 years. I was beaten and broken. I always heard in the rooms that willingness was indispensable. When I came in for my last time, I finally had this willingness everyone in C.A. spoke about. A lady who became my sponsor, came and found me in the psych ward. She sat across from me; she listened, related and won my confidence that she in fact was also at one point an addict beyond human aid. Upon my release I met with this woman as much as I could, for as long as I could and did everything that was asked of me. I had hit a point where I had come to terms that I would die a junkie death, but I couldn't seem to die. My sponsor told me if I completed the 12 steps, did them the way they were laid out and was honest, open minded and willing, I would live a life I could have never imagined. I thought to myself what do I have to lose?

When I returned to C.A. I was welcomed with love. A love I hadn't felt for a very long time. When I came back to the rooms, I couldn't love myself, not after

everything I had done. So, I let a room full of recovered addicts love me, for me. I listened with desperation. I accepted help. I reached out. I was never turned away. C.A. became my family. They understood me. After so many years of doing everything to find my place, I had finally arrived.

A few months into my recovery, I got pregnant. This scared me as I already have a son, I'm a few months in and still learning how to live life on life's terms. My partner and I knew though that this was not by mistake. Nothing in god's world happens by mistake. Being pregnant, during a pandemic was difficult. It was scary. My addiction did not care I was pregnant, my addiction thrives in isolation. If it was not for my new found family in C.A., I don't think I would have made it out alive. I would call people at all hours of the night. Again, never turned away, always welcomed.

I now am a proud, recovered mother of two beautiful children. I am to be married, and once I am finished maternity leave, I will have a career I can start. These are all things I never believed could come true for me. When I sat down in the chair at C.A. and brought



PHOTO: SAPH MUHAMMAD - LINDONTX45-UNSPASH

honesty, willingness, and an open mind with me, God started doing for me what I could not do for myself. This program did not just get me sober; it gave me a design for living. What was so freely given to me, I work to give back to those who are in the depths, caught in that hopeless state of mind. I attend my homegroup every week, it is the first ever women's C.A. meeting in the Calgary area. It has brought me meaningful connections with many women, I find unity, recovery and service.

15 months into my recovery I hit a wall. It was an emotional relapse. I was in a dark depression and experienced the spiritual malady flare up to a level it had not in sobriety before. I could not understand what I was missing. I was working with others, but it was not fueling me like before; I went to meetings, but it seemed lifeless. I had to dig deep. I reached out to others, new people I had never talked to before. Many women who had approached me with a year or more had experienced this. I was missing step 11. It wasn't until I understood the true essence of step 11 and working it to my best ability, did my recovery take on new meaning.

My recovery today would not be where it is if I did not have this willingness every single day. It is not easy living life on life's terms, stuff comes up and when it does, I must work vigorously to use the tools that were laid at my feet.

As a child, a teenager and in early adulthood I searched everywhere and did everything I could to fill the void that was so present in me. It ate me alive day by day. I could not understand why no matter where I went, what I did, I never fit in. I was on the outside always looking in. Through working the steps with a sponsor, and that is someone who has been through the steps before you and shares their experiences with you, I found a power greater than myself that restored me to sanity. Through C.A. I have found a family who has accepted me and loved me at my worst and showed up with bells on to every milestone of mine.

I will do whatever I can for the fellowship of C.A., I will give to others what was freely given to me. I thank my higher power every morning for that first day of the rest of my life, the day I came in and surrendered.

LIFE ON LIFE'S TERMS

FINDING HARMONY

Becca.R – Calgary, AB

One of the most wildly misunderstood factors of the program, I believe, is that life and all its contents is going to be simple once in recovery. We usually enter this program because we have hit some type of bottom. We are desperate for some type of solution because what we have tried, and tried again is clearly not working. We need our lives to be, just a fraction easier than it has been. So, we join the fellowship. With doing that, and working the 12 steps, we find that solution. Our lives become a bit more manageable, a touch less chaotic, and we may even ride “the pink cloud” filled of beauty and peace for days, months, or even years. But the important element we need to remember, is that us being in recovery doesn’t stop normal life events from happening, but the program of the 12 steps shows us the tools of how to assess and manage these moments as they come.

I heard in a big book study once, that working the 12 steps was like emptying a junk drawer. You go and you throw away the things that have no use to you any longer (fear, shame, guilt, dishonesty, selfishness, etc.). You may keep the things that bring value to your life, and then when something big comes along, you actually have room for it in that drawer, therefore you don’t overwhelm with emotions because we have the mental capacity to welcome things in and process them. If that drawer is almost overflowing, and something big happens, there is no room in our drawer for that big thing to go, hence we breakdown.

Upon entering recovery, I sought to hear as many people’s stories as possible. This newfound fellowship was extremely intriguing to me, seeing people from so many different walks of life, come together for one simple purpose. To gain recovery and help the newcomer do the same. Upon hearing these stories, it’s become apparent that although we decided to step away from substances and better our way of living, life still has a way of showing up when we least

expect it and delivering to us a humbling experience in one shape or another. Whether that is in the shape of grief, loss, or misfortune, these situations present themselves, as they have our whole lives, but the difference is we now have active contact with a higher power of our own understanding to help us through it. We are no longer alone.

“The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves” – Alcoholics anonymous p.25

In conclusion, we are still just as privy to trauma as any normie out there. Our lives aren’t miraculously less dramatic. We also have several aspects of our lives (kids, work, spouses, relationships, connection and faith) that intertwine, sometimes harmoniously, and sometimes in chaos. However, when we hand the pencil to our higher power and ask him to guide us where he sees fit, that is when the harmony is most pronounced, as he won’t give us anything that we cannot handle. With our knowledge that his will for us and trust that his plan is in place, along with the connection of the fellowship for us to fall back on, that is where life works when you work it.

DELEGATES CORNER

WORLD SERVICES EXPLAINED

My name is Cass and I am one of your alternate World Service Delegates. We thought this would be a great time to include some information about the different world service committees and how you can get involved in other levels of service. Did you know you don't have to be a delegate or hold a world level committee position to be part of a committee? There are many ways you can be of service to our fellowship and I wanted to outline the statement of purpose for each of our committees.

Archives - The purpose of the archives ought to document permanently the work of Cocaine Anonymous and make the history of the organization accessible to C.A. members and to provide a context for understanding C.A.'s progression, principles and traditions. The mission of the C.A. Archive Committee is to collect, protect and preserve, organize, catalogue and present historically valued documents, printed materials, items, artifacts, ephemera and memorabilia of Cocaine Anonymous.

Convention - The purpose of the World Service Convention is to promote enthusiasm and unity within the fellowship of Cocaine Anonymous and financially support World Services effort to carry the message to the addict that still suffers.

H&I - The sole purpose of a Hospitals and Institutions Committee is to carry the message of Cocaine Anonymous to those in Hospitals and Institutions. Institutions served may include, but are not limited to: correctional facilities, sanitariums, detoxification units, juvenile detention centers, half-way houses, and shelters; either governmental or private. Confinement may be voluntary or involuntary.

IT - The purpose of the committee is to serve as a resource for the C.A. service structure in areas of emerging technologies. In addition, we facilitate and assist Areas and Districts in approving their local websites, so that they may have a link directly from the C.A. web properties. The IT Committee, on an ongoing



basis, works on adapting available technologies to better carry the message of C.A., while always keeping in mind the Twelve Traditions and Twelve Concepts of C.A., C.A. policies, privacy, and security.

LCF (Literature, Chips & Format) - The World Service Conference Literature, Chips, and Formats ("LCF") Committee facilitates the expression of our Fellowship's hope, faith and courage through our literature, chips, and meeting formats. LCF writes, reviews, edits, submits to the WSC for approval, and assists in the publication of WSC-approved literature and meeting formats.

Public Information - The purpose of the Public Information Committee is to carry the message of Cocaine Anonymous to the still-suffering addict. We achieve this by making our presence known to the individuals, community groups and interested parties affected by drug addiction. We also have the task of keeping our own Fellowship members informed and up-to-date on changes with respect to Cocaine Anonymous.

Structure and Bylaws - The Structure and Bylaws Committee (S&B) is to formulate bylaws, guidelines and a structure by which Cocaine Anonymous can operate day-to-day, at Conferences, Regions, Areas and elsewhere around the World. We execute with great diligence, the task of being of maximum service

to our fellowship, by introducing new verbiage into a comprehensive, easy to read, World Service Manual (WSM). This manual will be distributed in the first quarter of the year following our conference, allowing our fellowship to grow and flourish.

Unity - The purpose of the unity committee is to enhance communication and outreach among diverse elements within the fellowship of Cocaine Anonymous in the interest of carrying the message to the addict who still suffers and promoting CA unity.

If you have interest in any of the above committees, or want to see what world level service is all about, we invite you to check out their next committee meeting! Listening to what projects are happening, as well as what other areas might be doing that we can then bring into our own area is a way that we can keep our local fellowships informed and thriving.

If you would like information on the date and times of these committee meetings, please reach out to myself or any of the other delegates for our area. As always, it's an absolute honor to be able to serve the fellowship that has saved my life.

Yours in Love and Service,
Cass

ADDICTS & ART



STEP ONE

Painting by Maddy DT.

STEP ONE

Maddy DT.

Step One is associated with the newcomer and instances in our life that baffles us. The admittance and understanding that; there is a problem but a solution exists. Perfect example is; “We are addicts and that our life is in chaos” and has become unmanageable. The realization that something must change. Step One is an easy step for us to take once we have understood that there is a problem and after attending enough meetings, especially having gone through the broke, broken, faced with death, doom or institutionalization; We take the step with abandon knowing that it is our only salvation. We leap into action with step work with haste. However, what does step one mean once we’ve experienced some recovery?

When I came into these rooms, I was inspired by the joy and changes I saw in those who are doing the work, using the steps as a guide to recovery. I realized that doing the steps was my only option other than surrendering to my addiction and choosing to die. Even though, deep inside, I wanted to live, but not in the way I was doing it, which included being closed off and seeking control. I felt no joy other than applying temporary relief from using, but it was always followed by shame, guilt and grave depression. I was lonely, isolated, my finances in shambles and I was angry. I took the leap! I found a sponsor and got to work! Looking back now, the first step and its process saved my life. Step one continues to be an active step that I take daily with the intent of warding off relapses and addictive behavior patterns.

Step One today looks different. I am of firm belief that recovery is an evolution; a leveling up that produces change and healing compounded by each spiritual awakening. With a couple years of recovery, I recite step one today as a sort of talisman with intent to ward off illusive thoughts that I could get some temporary relief when my life seems unmanageable. I believe I am an addict with the understanding that, my instinct is to seek relief from my intense feelings and/or lack

of serenity and control over people, places and things. I understand today that any relief found in distractions will only be temporary.

Today, when I allow my serenity to be affected by elements I cannot control and my life seems unmanageable, I say onto myself; “My Life is unmanageable and I am an addict in a process of recovery!”. This reminder helps me understand that the feelings of unmanageability has more to do with seeking control and not having governance on situations that are unfolding instead of trusting my Creator to handle my life. The trust in my Creator will always deliver me on the path I am meant to be on. The constant rebirth of this mantra also reminds me that nothing other than Creator/God can in all situations bring me relief in the process of surrendering. When I feel turbulence or start to rationalize using or physically distract myself or feel material goods are going to give me peace; my only option is to surrender. Allow myself to feel the feelings. Step one for me is a reminder of who I am and how I react.

It is a reminder that I choose control instead of surrender. Today, I have chosen to trust in a higher power!

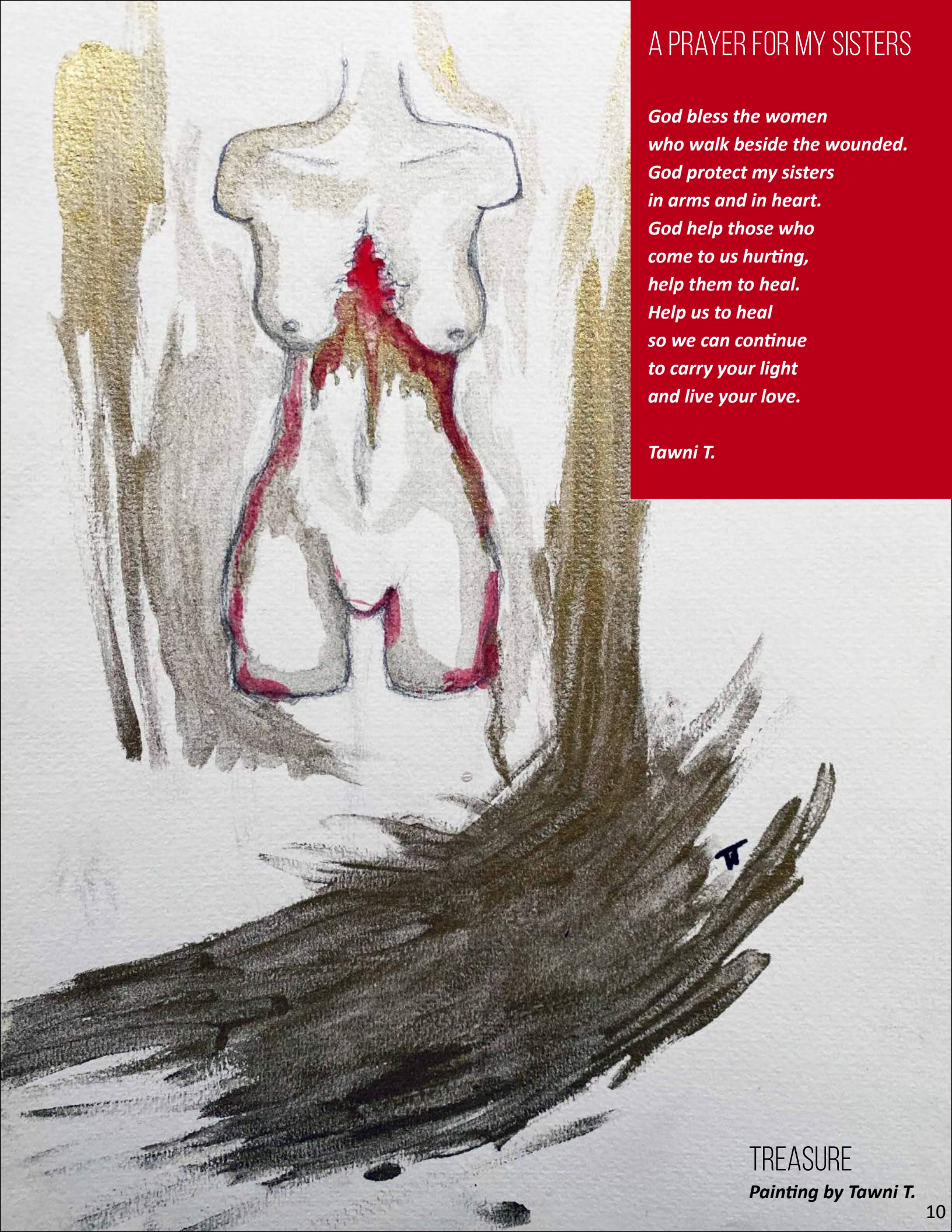
Whenever I feel turbulence in my life, I let go of my instinctual need to control or soothe and repeat step one! It is usually followed by step two and three however; my reactions as an addict before surrendering will always dictate the outcome of a situation. My response guided by serenity is my only option if I wish to live a peaceful, helpful spiritual life. Life is life, with its ups and downs. I’ve found that my biggest lessons come from some of my hardest experiences. Life dealt with peacefully, guided by the principles of our program will always remind me of who I am and, what I’ve learned from my mistakes.

Life is a beautiful journey when we surrender!

A PRAYER FOR MY SISTERS

*God bless the women
who walk beside the wounded.
God protect my sisters
in arms and in heart.
God help those who
come to us hurting,
help them to heal.
Help us to heal
so we can continue
to carry your light
and live your love.*

Tawni T.



TREASURE
Painting by Tawni T.



UNBRIDLED UNCERTAINTY

Dylan K.

I jump into this thing, not knowing the depth, while maintaining the false perception that I'm ok, when on the inside.....I'm screaming.

I go to my happy place, the place where I feel most comfortable, but as I continue to revisit it over and over and over, the farther away it seems to be.

I'm walking along this path in life, just wanting to be my authentic self, while being the one who is best for me, Yet every time I try, I disappoint myself,

I tell myself that it hasn't changed,

That this time, even though it's different, with all new pieces in play...

It's still the same game.

I tell myself that this time, I won't be in my own way, but as I march on, I see the roadblocks and they are made up of my insecurities and my fears.

My fears that drive me, and have starved me,
Starved me of the fact that I can do this, but when I begin, I get absolutely lost and bogged.
The things I have gone through, I have survived and I have come out the other side.
But in my mind I can still be in that old space, and in my heart I haven't moved on...because I still have fears.
These fears are sometimes real, and sometimes fancied but often it's a combination of both.
The fears are learned from past mistakes or past experiences, and often both.
The fears I have helped me stay alive and stay somewhat strong...that's at least what I tell myself. But in reality,
a lot of those fears have hindered my growth and my ability to heal,
While hurting those around me that care.
I was blinded by my abuses, deafened by my ego and emotionless because of my pride.
I let others control me because I wanted to be loved, yet I could not love myself.
I couldn't love myself because I was made to believe, growing up by my peers, that I would never amount to
anything,
That I wasn't good at anything,
And that no one would want to be with me because I wasn't the best looking guy on the playground.
These words haunted me, and they often still do,
But I'm learning to ignore them.
I ignore them because the love that is shown to me now is more than I ever could have asked for,
It is shouted from across the rooms,
And it is shown in their actions.
Sure there are still those who do not show or express it,
But I still love them regardless,
Because love, just like respect and anything worth while in life, must be shown first before it is received.
If you want to know my pain and joy, sit with me and listen to the whirlwind of thoughts and emotions that
circle my being at all moments in life.
Sit with me and watch as my face describes my emotions while I speak, better than all the languages of the
earth could do.
Watch my passion, watch my pain,
Watch as I try not to do the bad again....while trying to do more good.

GREETINGS & ANNOUNCEMENTS

SABA CONVENTION

Good Afternoon Southern Alberta!

The convention committee has been hard at work to ensure that our fellowship can have the in person convention that we've all been looking forward to! The dates of the convention have been moved to March 11-13, 2022 at Hotel Blackfoot in Calgary. We currently have an ongoing 50/50 raffle to help with fundraising and would love your support! The speaker and workshop lineup is comprised of all Canadian speakers this year and we will be having a weekend full of recovery!

We have some exciting entertainment lined up as well as some really neat auction items. This is something you don't want to miss!

Be sure to get your tickets by emailing:

sabaca.convention@gmail.com with your first and last name, as well as the amount of tickets.

We cant wait to see you all in March!

YILS

Cass,

2021 Convention Chair

PRAYER OF SAINT FRANCIS

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to Eternal Life.

MEETING LIST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Calgary/Airdrie/High River/Drumheller						
All meetings are open, anyone can attend						
Calgary Gotta Want It 8:00-9:00pm 1627 10 Ave SW GoToMeeting ID: 910-292-061	Calgary Serenity After the Storm 8:00-9:00pm 134 Scarboro Ave SW GoToMeeting ID: 550 793 229	Calgary Rockstars In Recovery 8:00-9:00pm 134 Scarboro Ave, SW (downstairs)	Calgary Helping Hands 8:00-9:15pm 1317 1 St NW	Calgary Sunlight of the Spirit 8:00-9:00pm 134 Scarboro Ave SW Upstairs	Calgary There is a Solution 8:00pm-9:15pm. 10690 Elbow Dr SW Zoom ID: 929 202 707 Password: 858925	Calgary Hope, Faith, and Courage 7:30pm-8:30pm Wild Rose United Church, 1st St SW GoToMeeting ID: 720 498 541
Calgary Grow Or Die 8:00 - 9:15pm 216 Main St SE, Airdrie (Side Door, in the portables)		Cochrane Dodge The Line 8:00-9:00pm 404 - 4th Avenue North Retreat Centre Basement	Airdrie Grow or Die 8:00-9:15pm 216 Main St SE Zoom ID: 998 2663 1564 Passcode: 564222	Airdrie Grow or Die 8:00-9:15pm 216 Main St SE Zoom ID: 998 2663 1564 Passcode: 564222	High River The Last House on the Block 7:30-8:30pm 126 9 Ave S	
		Calgary Dark Side of the Spoon 7:00 - 8:00pm Zoom ID: 415 089 107 Passcode: 337639	Drumheller Beat the Drum 7:00-8:00pm Badlands Community Facility 80 Veteran's Way		Drumheller Beat The Drum On Awakening 10:00 - 11:00am Grace House 175 3 St West	
					Calgary Saturday Night Men's Group 7:00 - 8:00pm 134 Scarboro Ave SW, Calgary, AB (Downstairs Room)	
					Calgary Women Suffer Too (Women's Meeting) 7:00 - 8:00pm 134 Scarboro Ave SW Calgary, AB Zoom ID: 847 6187 2349 Password: 254320 (Upstairs Room)	
Lethbridge District						
All meetings are open, anyone can attend						
Taber Keep it Simple 7:15-8:30pm 5431 48th Ave (West Entrance)	Lethbridge Primary Purpose 7:00-8:00pm 408 13th St N (Back door, Downstairs)		Lethbridge Tradition 5 Group 7:00-8:30pm 411 11st S (Back door, upstairs) Zoom ID: 267 878 857 Password: Faith			
Fort Macleod The Lines Stop Here 7:30-8:45pm 1716 7A Ave (Back Door)						
Medicine Hat District						
All meetings are open, anyone can attend						
		Medicine Hat Hope Dealers 7:30-8:30pm 350-1 Ave N.E.				Medicine Hat Where Hope Begins 6:00-7:00pm 466 Macleod Trail S.E
Red Deer District						
All meetings are open, anyone can attend						
	Red Deer Keep It Simple Beginner Meeting 7:30-8:30pm Zoom ID: 791 582 581	Red Deer. Keep It Simple Big Book Read and Discussion 7:00 - 8:00pm 5017 49th St (SE Entrance)	Red Deer Keep It Simple Step, Tradition, & Topic Meeting 7:00-8:00pm 5017 49th St. (SE Entrance)		Red Deer Keep It Simple LGBTQ+2 6:00-7:00pm 4758 50 Street	Red Deer Keep It Simple Step, Tradition, & Topic Meeting 7:00-8:00pm 5017 49th St. (SE Entrance)

Southern Alberta Area Website: <https://ca-ab.org>
Calgary Area C.A. Info-Line: 1-833-762-3700 extension 2

Groups that are Temporarily Closed are not listed

**** In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization, or institution.*

**** C.A. does not endorse and is not affiliated with any of the specific technology providers.*

December 08, 2021



SCAN ME

BIRTHDAYS & SUBMISSIONS

LET'S CELEBRATE

- Gio D, November 21 - 6 years
- Kory W, December 6 - 4 years
- Maddy D, January 12 - 3 years
- Dylan K, January 20 - 3 years
- Rebekah O, January 29 - 8 years
- Josh P, February 7 - 15 years
- Robby S, February 22 - 5 years
- Brandon B, March 1 - 2 years
- Ruth W, March 18 - 13 years
- Anna P, March 23 - 3 years

Do you want to see your milestone Birthday posted in the newsletter?
Please contact the committee responsible for editing this newsletter at
southernalbertanewsletter@gmail.com

SUBMIT YOURS

Did you like the personal stories and art? Do you have a submission? What about a suggestion?
To submit your story in this newsletter please send your submission to ***southernalbertanewsletter@gmail.com***

(Please note: All submissions will be sent to our regional trustee for review. Minor changes pertaining to following our traditions or grammatical errors will be made with prior consent to those who wrote the story. No submission will be printed without a signed release of approval from the writer.)