



Happy A A Birthday

Nov

272	Albert M.	1 yr.
	Rhonda D.	2 yrs.
	Bruce S.	4 yrs.
	Laverne H.	5 yrs.
	Don K.	37 yrs.

Dalhousie Mens	Rick T.	15 yrs.
	Brian S.	25 yrs

Go For It	Peter P.	1 yr.
	George R.	2 yrs.
	Craig S.	3 yrs.
	Hank O.	5 yrs.
	Katrina W.	8 yrs.
	John R.	12 yrs.
	Rick D.	21 yrs.

Open Door	Hartley P.	8 yrs.
	Fred P.	38 ½ yrs. (in memory of)

ABC	Jay M.	1 yr.
	Marilyn M.	4 yrs.
	Alex P.	12 yrs.
	Mike M.	13 yrs.

Edgmont	Cheryl	1 yr.
	Ken F.	1 yr.
	Andy D.	2 yrs.
	Marilyn L.	10 yrs.
	Jayne R.	14 yrs.
	Ray S.	15 yrs.

Highland Park	Norm S.	9 yrs
	Jane R.	18 yrs

MAAT	Axel K.	2 yrs.
	Ron M.	2 yrs
	Marjorie B	3 yrs.

Recovery	Katrina B.F.	2 yrs
	Valerie B.	2 yrs
	Brian B.	2 yrs
	Verna K.	5 yrs
	Adrian B.	6 yrs
	Linda G.	9 yrs
	Ted R.	13 yrs
	Irene R.	18 yrs
	Doug C.	20 yrs
	Sharon B.	20 yrs
	John R.	21 yrs
	Eduardo G.	30 yrs

Airport	Fred S.	4 yrs
	Jon D.	7 yrs
	Kerry.	12 yrs
	Hayley B.	19 yrs

Glenmore	Carla	1 yr
	Robert	2 yrs
	Shannon R.	3 yrs
	Steve T.	4 yrs
	Clay W.	13 yrs
	Lanny	17 yrs
	Lee M.	19 yrs
	Ken S.	22 yrs

Midnapore	Donna P.	3 yrs
	Rob W.	6 yrs
	Del M.	10 yrs
	Jan F.	15 yrs
	Paul R.	24 yrs

Unity	Melissa M.	6 yrs.
	Clayton (Clay) W.	12 yrs.
	Karen C.	17 yrs.
	Lorraine P.	27 yrs.

Crossroads	Steve T.	12 yrs
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Northlanders	Fran Mc.	8 yrs
	Marsh C.	28 yrs

Med Morn Eye-Opener	Colin Mc	10yrs.
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Dec

272	Jacques B.	1 yr
	Percy W.	25 yrs

Dalhousie Mens	Lloyd F.	22 yrs
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Highland Park	Madge.	30 yrs
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Midnapore	Chris C.	1 yr
	Cindy P.	1 yr
	Tony H.	3 yrs
	John C.	6 yrs
	Jim H.	6 yrs
	Delia E.	16 yrs
	Paul A.	18 yrs
	Don T.	24 yrs
	Al M.	42 yrs

Open Door	Doreen D.	19 yrs
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ABC	Brent D.	9 yrs
	Dianne T.	11 yrs
	Don M.	17 yrs
	Mel S.	42 yrs

Desperation	Barbara W.	1 yr
	As a group.	15 yrs

MAAT	Dale R.	1 yr
	Jim K.	3 yrs
	Ron W.	3 yrs

Unity	Gail N.	3 yrs
	Danny M.	4 yrs
	Kevin L.	4 yrs
	Alex R.	15 yrs
	Harvey D.	20 yrs

Sunday Morning Breakfast Meeting

The Downtown Ramada Inn 708 - 8th Ave SW

Breakfast - 9:00am Speaker - 10:00am

Dec 3: New Beginnings
Dec 10:

Buffet Breakfast	- \$11.00
Healthy Start Breakfast	- \$ 9.00
Toast & Coffee	- \$ 4.00
Coffee	- \$ 2.00

Due to City of Calgary smoking regulations only persons 18+ can attend

Monitoring Group Monitoring

Dec 4-10: [Link](#)

Thank you to all who signed up as late night monitors!
If you would like to serve in this capacity call
Doug @ 990-9914



Saint Johns Speaker Meeting

Saturday Night, 8:00pm
Cross Hall, 1423 - 8th Ave SE
Dec: Ogdén

Saturday Night Downtown Speaker Meeting

Saturday Night, 8:00pm
Trans Canada Building, North Tower
801 - 7th Ave SW

Group Birthdays, Information, Activities, Articles, Comments and Suggestions can be emailed to westwordeditor@gmail.com
Deadline for Westword submissions is the end of the previous month



WESTWORD

Dec 2006

25 Cents Suggested Donation

Area 78 Delegates Message

My 26 th. year of sobriety will soon be coming up and I am reminded of my early years in sobriety and how important it was for me to have guidance. I recently participated in a Sponsorship Workshop and I want to share the results with you.

THE WORD SPONSOR – from Webster’s II Dictionary
“Someone who takes the responsibility for another person or thing.” This sounds like an awesome task and sometimes it can be.

I have taken some words from the keynote speaker Linda C., a friend of AA and a Class A Trustee. She spoke at the 2003 General Service Conference of Alcoholics Anonymous – Living AA’s Principles Through Sponsorship.

“Sponsorship is really the best word, sponsorship is that ultimate sharing; when everything else is about to give way, it is the last string to break. Sponsorship is a word of art in AA. I believe that the willingness to sponsor or to accept sponsoring is a way of expressing a love for the Fellowship. It is an expression of trust in the Fellowship and its principles as well as trust in each other

I have realized that sponsorship is a two way street – the sponsor gains strength, hope and experience as he or she shares – you have to give it away to keep it. The important part of sponsorship is that it passes on the principles in a way that is loving and relevant to the individual. Sponsorship is how we make the printed words, as well as the spoken words in meetings, come home to live with us on a daily basis. “

1. Why is Sponsorship important:
 - Explains the program, teaching honesty and trust.
 - Introduces you to the Program of AA and the Big Book
 - Shows you a personal connection to the Fellowship
 - Carries a message of hope and helps you maintain sobriety.
2. How do you get a Sponsor:
 - Ask someone you trust and respect
 - Ask someone who has what you want and lives the program
 - Ask for a temporary sponsor and God has to hook you up.
 - Ask someone you feel comfortable with
3. What do you look for in a Sponsor?
 - Quality of sobriety – not necessarily quantity, common interests.
 - Someone who has worked the twelve steps or is working them
 - Someone who walks the talk – just doesn’t talk the talk
 - Same sex, sense of humour, has the time required, enthusiasm, spirituality.
4. Can you change your Sponsor? What might be the reason?
 - Certainly you can, sometimes it is just time for a change.
 - Time to move on and need to learn new lessons.
 - Circumstances change ie: moving away, relapses, death, health reasons etc.
 - Sometimes it is just not working for either of you.
5. How does Sponsorship differ from a 12 Step Call?
 - 12 Step call – helping someone make contact with AA Sponsor – Continuing guidance in the Program
 - 12 step call is here and now .. Sponsorship is a commitment
 - 12 Step is an Introduction Sponsorship is working closely with one another
 - 12 step call is Identifying Sponsorship is Showing
6. What are Sponsors supposed to do?
 - Set an example of living sober
 - Be honest, open minded and non-judgemental
 - Answer questions (there are no stupid questions), help with the steps, provide positive support
7. When is a person ready for sponsorship responsibility?
 - Be available to spend the time – discuss practicing the steps in everyday life
 - Some understanding of the 12 step program of recovery
 - When asked – Has a solid foundation - Has patience
 - When you are ready to be an example of AA at work.
 - When you are willing and able to spend the time required.

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AA Calendar of Events

- Jan. -
- 3 - Intergrupp Steering Committee Mtg (7:00pm)
- 8 - Intergrupp Mtg (7:00pm)
- 11 - Bridging The Gap Mtg (7:00pm)
- 15 - GIR Mtg (7:00pm)
- 17 - Gratitide Roundup Mtg (7:00pm)
- 19-20 - Area 78 Committee Mtg (7:00pm)
- 23 - CGSC Steering Committee Mtg (7:00pm)
- 29 - CGSC Mtg (7:30pm)

I am responsible.

When anyone, anywhere,

reaches out for help,

I want the hand of AA

always to be there.

And for that:

I am responsible.

CALGARY AA CENTRAL SERVICE OFFICE

#2, 4015 1st Street S.E.
Calgary, Alberta, T2G 4X7
Phone (403) 777-1212 Fax (403) 287-6540
Email: centraloffice@telus.net
Office Hours:

Monday to Thursday 8:30am to 1:00pm, 2:00pm to 5:00pm

Friday 8:30am to 5:00pm
Saturday 9:00am to 1:00pm

Closed Sundays, Stat. Holidays, Stat. Weekends

NOW OPEN HALF DAY SATURDAY

Note: Closed Dec 23, 25, 26, 30. Jan 1
For the Holidays

Area 78 Website: www.area78.org
AA Website: aa.org

New Meetings

Big Book Study
Open Women
Monday 7:30pm
11419 - 8th St SW (upstairs, at left)

Haddon Road
Thursday 7:00 pm, Open Ladies
"As Bill Sees It" & Discussion
200L - 200 Haddon Rd SW
Upstairs

Came To Believe
Open, Discussion, Sunday, 7:30pm
Rm 200L (Upstairs),
200 Haddon Road, SW

Shut-in Seniors,
Saturday from 10-11PM ,Open Mixed Step
3330 - 8 Ave SW (Cedar Villa)
Info: Gord R. 243-4381 or 510-8680

Drumheller
Monday 7:00pm, Open, Discussion
Drumheller Hospital
Ph: Viki @ 820-1657, Jennifer or Jim
@ 823-7172 for more info

Sobriety and Beyond
Closed Mixed Step
Monday, 8:00pm
Mckenzie Towne Hall
40 Mckenzie Towne Blvd, SE

Drumheller
Wednesday 7:00pm, Open, Big Book
St Maglorie Anglican Church
Ph: Tom @ 823-6061 for more info

Area 78 Delegates Message ... cont.

8. How would a Sponsor deal with slips?
 - Guide the sponsee back to the simplicity of step 1.
 - Discuss the slip and do not be judgemental.
 - Carry the message again – not the alcoholic
 - Love and Support – Welcome them back – Stress the priority of sobriety
9. How does Sponsorship help a group?
 - Autonomy – makes the group strong.
 - Group Unity - we are inclusive not exclusive.
 - Reminds the group of their Primary Purpose.
 - Shares our Three Legacies, Recovery – Service – Unity
10. How can we as Sponsors let newcomers know of the benefits of getting involved in service?
 - Attraction rather than Promotion
 - Enthusiasm (It is a lot of fun and added fellowship) and Encouragement
 - Service enhances your own sobriety. - it is our responsibility (Service Sponsor)
 - Showing by example

From the words of Joe B. in 2002 "God helps us sponsor each other. It is my belief that God talks through people. It is this passing along of the principles through sponsorship that has created these some "hundred million miracles" of which I am one. And it is our responsibility to pass it on"

I hope this workshop has encouraged those who do not have a sponsor – To get One
 And those who are not sponsors – To be One.

Love, Service and Recovery are our three Legacies – Let's keep them alive, strong and healthy through Sponsorship.

Pat L. Delegate Area 78

LET GO

There is a tribe in Africa who catch monkeys.

How they catch them is by tying a basket to a tree.

There is a hole at the top of the basket just big enough to get a piece of fruit in it.

The monkeys come along and try to take the fruit out of the basket.

They cannot get the fruit out of the basket with

Their hand wrapped around the piece of fruit,

The hunters come along and capture the monkeys.

To escape certain death, all the monkey has to do is 'let go'.

For the alcoholic, to have any chance to live, we have to 'let go'.

Disclaimer: Any opinion expressed in any article is the opinion of the author and should not be attributed to AA as a whole. Publication of any article does not imply endorsement.

Changes to Meetings

Airdrie Sunday Morning Breakfast
Speaker now starts at 10:00am

A-Men, Tuesday 7:30pm
Now meets at
Rocky Mountain College
4039 Brentwood Rd. N.W.
Room 203

Bonmort Group, Monday
8551 Bowness Rd, NW
Now meets at 8:30pm

Thursday Afternoon Drop-in
Kirby Centre, 1133 - 7th Ave, SW
Thursday 2:00pm
Room changed to #125
Downstairs in the Social
Services Department

Soberiders
Tuesday 8:30pm
Now meets at
Ogden United Church (back door)
7401 - 23 St S.E

Springbank
Thursday evening
Incorrectly listed in meeting list
Meets at 8 p.m.

Sobriety & Beyond
Will change from Monday @ 8:00pm
To Wednesday @ 8:00pm
Starting December 20th
Mckenzie Towne Hall
40 Mckenzie Towne Blvd. S.E.

Cancelled Meetings

Bowness Sunday AM
Sunday, 11:00am

Colonel Belcher
Sunday, 2:00pm

Pathfinders
Friday, 8:30pm

Saturday Night St. John's Speaker
Saturday 8:00pm
Will be closing AFTER December

Serenity Seekers
Wednesday, 7:00pm

S.O.B.E.R
Friday 5:30pm

Sooners
Wednesday 8:30am

Southlanders Pancake Ladies
Thursday, 7:00pm

Sowing The Seed / Streetwise
Thursday 8:00pm

Sunday Big Book Study
Sunday 2:00pm

Valuable 12 Step Opportunities

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."
 Alcoholics Anonymous, Chapter 7, Page 89

Members needed to carry the message to

Bowden Institution (security clearance is required)
 More Info: Brenda G. Area 78 Chair Correctional Facilities,
 (403) 309-8323 or email: corrections@area78.org

Male members needed to carry the message to the
Remand Centre

Calgary Young Offenders Centre
 Both require security clearance + min 1 yr sobriety
 More Info: Marilyn L. (403) 239-4923

Central Service Office would like
Telephone Monitors

One shift per week Monday to Friday
 9:00am to 1:00pm or 2:00pm to 5:00pm
 More Info: Mathew 777-1212 or centraloffice@telus.net

Calgary AA would like
12 Step People

More Info: [Doug 990-9914](tel:990-9914) or [Mathew 777-1212](tel:Mathew 777-1212)
 E-mail centraloffice@telus.net

Gratitude Roundup is looking for Committee Members
 to help with the organization of the Roundup
 Meetings are 7:00pm, 3rd Wednesday of each month at
 Central Service Office

NEXT MEETING Dec 20th
 More Info: [Fred H. 277-0313](tel:Fred H. 277-0313)

NOTE: There will be NO GIR
or CGSC Meetings in December

Bridging The Gap

Is looking for contact willing to work in the
 North East of Calgary
 Anyone interested contact Central Office @ 777-1212

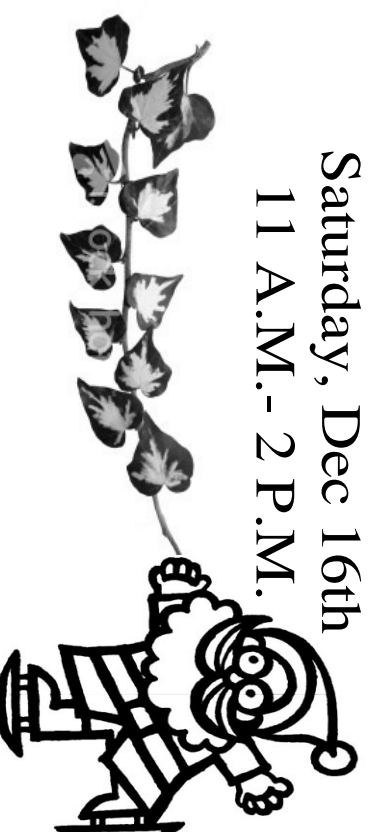
INTERGROUP XMAS PARTY!

St Mark's Anglican Church

1802-33rd Ave. S.W.

Saturday, Dec 16th

11 A.M. - 2 P.M.



Upcoming Events

272 Annual Gratitude Night
And Pot Luck
 Northminster United Church
 3311 Center St. N
 Friday, Dec 15th 8:30 pm

NEW year's EVE Dinner, Speaker and Dance!

Doors open at 6 PM
 Dinner at 6:30.

Open speaker Meeting at 8 PM
 Dance from 9:15- 1am
 with The Renegades
 \$40. Per person
 At the

Rotary Park Recreation Center
 617-1st street NE

Call Betty or Brian at 293-8949

Area 78 Committee Meeting

Jan 19-20, 2007
 Hosted by District 77
 Dalhousie Community Church
 5511 Baroc Road NW
 Committee members 5-8pm \$15.00
 Free for any other AA member wishing to attend

Recovery Group Christmas Open House

Join us for Good Food and Great Fellowship
 Regularly scheduled and impromptu meetings

Christmas Eve: 4:00pm - 11:00pm
 Christmas Day: 11:00am - 11:00pm
 #104, 4820 Macleod Trail S.E.
 Parking at the Rear

Central Service Office News

Now open Saturdays
 9:00am to 1:00pm
 Except Statutory Holiday Weekends

Grapevine Calendars and
 Pocket Planners for 2007
 Are available now at
 Central Service Office

Note: Closed Dec 23, 25, 26, 30. Jan 1
 For the Holidays