



How Much is Enough?

**Richard M.
Golden, Colorado
AA Grapevine
October 2003**

Step 10 - Continued to take
personal inventory and when we were
wrong promptly admitted it.

My sponsor told me the answer to this question. But first, a little background. When I was drinking, I believed I should always have enough around the house to drink, and I was successful in that lofty goal. But somehow I was never completely satisfied. There just wasn't enough, no matter how much I had on hand. I used to buy liquor by the half-gallon, and half-gallons by the case. The day I walked into AA, there were five unopened half-gallons of whiskey just waiting for me to consume, which was less than a week's worth of whiskey. I just didn't understand half-pints at all or the concept of controlled drinking, for that matter. The two terms don't seem to go together. For me, controlled drinking was a contradiction in terms—an oxymoron.

In every other area of my life there was never enough either. Some wealthy financier once responded, when asked how much money is enough, "Just a little more." Needless to say, I identified. Not only did I not have enough money, women, cars, and things, I never have been enough as a person. I never have been tall enough, good-looking enough, in good enough shape; I never had a good enough job, lived in a good enough house, nor driven a good enough car. The list could go on ad infinitum. I can and did obsess about all of my perceived deficiencies and a hundred other forms of fear, self-delusion, self-seeking, and self-pity. In a word, I was never enough. Incidentally, neither were you!

It followed that if I was not enough, then I would do whatever was necessary to debase and belittle you, so that I might not feel so bad about me. A rather miserable existence, but at least I had alcohol to deaden the pain temporarily. I was a blackout drinker. Blackouts were beautiful. In a blackout, there was no pain, no voices in my head. However, the unfortunate fact of drinking for me was that between every two blackouts was consciousness, the memories of the damage caused by my drinking were a constant and painful part of my conscious days.

When the pain of conscious living became intolerable, I arrived at the doors of AA. Today, most of the fears I had when I arrived have been dealt with, and usually I'm no longer concerned with being or having enough.

Over time and with the help of sponsorship, most of my obsessions have waned as well. For instance, I no longer obsess over all the lovely ladies in AA. (My wife, a black belt Al-Anon, has helped me overcome this obsession.) The result of applying the Steps and active participation in the Fellowship of AA, is that I really like my life, my wife, my job, even my old truck. As a matter of fact, my life seems to be managed quite well, just not by me.

Nevertheless, one day, in my morning meditation, I noticed that I had been considering my financial situation. The plan was for my wife to retire next year and for me to retire soon after. However, our financial situation had changed considerably in the last couple of years, and I realized I might not be retiring for several more years. I don't know how long I had been obsessing on our finances, but on this day I realized that I was. At some point, I had crossed over from general concern to obsession. My concern had matured into a full-blown obsession without my knowledge, approval, or permission. It was obviously time to call my sponsor with more Tenth Step stuff--again.

When I looked at the obsession, I couldn't find any resentment. It wasn't about sex or relationships. It had to be fear. My sponsor has a four-sentence fear inventory process:

1. What is the fear? I am afraid of _____.
2. Why do I have this fear? I am afraid that _____.
3. Where is my self-reliance in this fear? I'm _____.
4. What is the real problem behind this fear? (The answer is always the same: I am not trusting and relying on God to care for and protect me.)

Looking back at my latest obsession, I recognized what was happening. When I called my sponsor that afternoon, this is what I told him: "I am afraid of not having enough money to retire. I am afraid that I will have to work for fifteen more years and still not be able to retire. I am selfishly trying to manage my financial affairs, and project outcomes. I am not trusting and relying on God to care for me and to protect me."

We talked about it some more, and I prayed for the fear to be removed. Then I turned to someone I could help. In this instance, I called one of the guys I sponsor.

This all happened several months ago. The obsession has not returned and when genuine concerns arise about retirement matters, I remind myself that I am on a different footing with God and I will trust and rely upon him to care for me and protect me. With this attitude, I can see that all my worrying about finances is futile. The fact is that God has provided for me every single day since I came into the program over twenty years ago. I am silly to doubt the power and grace of God now. With the help of my sponsor, I am able to have a good laugh at myself. (Laughing at myself is a wonderful gift of the program. My laughter usually indicates that I'm on the way to recovery regarding whatever is going on.)

It is embarrassing to have to continue to re-learn this simple lesson over and over again. It is even more embarrassing to admit that I have so much more room to grow after twenty active years in the program. But I am grateful that I am part of a Fellowship that encourages the spiritual growth not only of the newcomers, but also of those of us who have a little time. And how blessed we are to have the opportunity to continue to grow in understanding and effectiveness.

Oh yeah, I almost forgot to tell you what my sponsor told me about enough. He asked me, "Do you know how much is enough?" I had no idea, so he answered his own question: "I can tell you precisely how much is enough--just enough so I don't have to trust God." ☺

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I am responsible.

When anyone, anywhere, reaches
out for help, I want the
hand of AA to always be there.
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:

Mon to Thr: 8:30am – 1:00pm, 2:00pm – 5:00pm

Fri: 8:30am – 5:30pm, Sat: 9:00am – 1:00pm

Closed Sundays and Stat Holiday Weekends

**CLOSED: Nov. 10th & Nov. 12th
for Remembrance Day.**

NEW MEETINGS

Spirit Walkers (Open, Mixed)

Wednesday, 8:00pm
Native Network
19 Erinwoods Dr. SE

Based on Native Spirituality
(Non-smoking but there will be "smudging".)

Friends of Bill W. (Open, Discussion)

Tuesday, 12:00pm
Mount Royal College

Room Z011, lower level of Wyckham House near
the Peer Support Centre
(While in session - until Dec 4/07)

Beacon's Refugee Group (Open, Discussion)

Saturday, 8:00pm
Highland Community Centre
3716 - 2nd St. NW
(Side door)

Women's Big Book Study (Open, Women)

Monday, 7:30pm

11419 - 8th St. SW
(Upstairs, at left)

Came to Believe (Open, Discussion)

Sunday, 7:30pm
Rm. 200L, 200 Haddon Rd. SW
(Upstairs)

Cedar Villa Shut-In Seniors (Open, Mixed)

Saturday, 10:00am
3330 - 8th Ave. SW
(Gord R.: 510-8680)

Come & See (Open, Mixed)

Sunday, 7:00pm
St. Joseph's Church
640 - 19th Ave. NW

East Village Woman's Group (Closed, Women, Step/Discussion)

Tuesday, 6:00pm
East Village Place
750 - 5st. SE
(3rd Floor, Ring #1015)

MEETING CHANGES

Haddon's Journey Home
NOW STARTS AT 5:30pm (Mon. - Fri.)
200 Haddon Rd. SW, Rm. 200L
(Upstairs)

Airdrie Sunday Morning Breakfast

Sunday 10:00am
Best Western Regency Inn
NOW MEETS IN Rm. 226
Edmonton Tr., Airdrie

Rounders

Wednesday, 8:30pm

Cedarbrae Community Centre, Rm. 3
11024 Oakfield Dr. SW
(Summer ONLY)

Strathmore Thursday Night 12 x 12

Thursday, 8:00pm
NOW MEETS AT
Strathmore Full Gospel Church

Sowing the Seed (Open, Mixed)

Tuesday, 7:30pm
Mustard Seed Creative Centre
NOW MEETS AT 106 - 11th Ave. SE
(Basement)

CANCELLED MEETINGS

Nose Creek Big Book (Big Book Study)

Monday, 7:30pm
Calgary, NW

Rule 62:



CSO NEWS!

CENTRAL OFFICE WILL BE CLOSED:

Saturday, Nov. 10th **AND**
Monday, Nov. 12th for
Remembrance Day.

DON'T FORGET

• CSO has 2008 Grapevine Pocket
Planners & Calendars.

Planners: \$7.00 Calendars: \$12.50

Joke of the Month

Kent E.
Piedmont, California
AA Grapevine

September 1998

“An extremely inebriated gentleman staggers through the front door of a bar and orders a drink. The barman refuses him and asks him to leave, which he does, only to come hurtling back a few minutes later through the *side* door. Again, the proprietor tells him, “Sorry, but you’re too drunk to serve, Sir, you’ll have to leave.” This time he comes stumbling through the *back* door only to meet the same results, whereupon he wails, “Maaaaan! How many bars in this town do you work at?” ☺

Like a Ship at Sea

Frank M.
AA Grapevine
October 1950

In search for a daily “operating schedule” which would help to make the tenth step habitual and as pleasant as possible, the writer hit upon the following analogy and found it helpful.

“On a ship’s bridge, at sea, the navigator is charged with keeping his ship on her course. When he is piloting near islands, shoals and coastal waters, he must constantly take sights or bearings of rocks, light-houses, mountain peaks and other reference points that appear on his chart. The compass bearings of these objects from

his ship enable him to mark his progress on the chart and to steer a safe course.

The point of the analogy is that the navigator constantly regards each of the menacing objects in the sea around him as aids to the safe passage of his vessel. As long as he notes the bearing of each one it cannot harm him.

The “sighting” or experiencing of fear, resentment, self-pity, anger and self-righteousness doesn’t mean that the ship is off her course at all. Each is a menace to be expected and encountered every day of a normal busy life. If, however, the watch on the bridge is habitually alert, the menace can be an aid to safe passage.” ☺

VALUABLE 12 STEP OPPORTUNITIES

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics.”

- Big Book, Pg. 89

Members needed to carry the message to **Bowden Institution**.

(Please note: Security clearance is required)

More Information: Brenda G. (403) 309-8323 or email: corrections@area78.org

Members needed to carry the message to the **Remand Centre and Calgary Youth Offenders Centre**.

(Please note: BOTH require security clearance & min. 1 yr. sobriety)

More Information: Marilyn L. (403) 239-4923

Calgary AA would like members for the **12 Step List**.

More Information: Doug (403) 990-9914 or Mathew (403) 777-1212 or email: centraloffice@telus.net

Bridging the Gap is looking for members willing to work in **NE Calgary** as well **Centres Outside of Calgary**.

More Information: Mathew (403) 777-1212 or email: centraloffice@telus.net

Calgary Archives needs your old Grapevines:

In cataloguing all of our Grapevines for Archives, we have found we are missing a few from years past. We thought, with all our AA friends out there, someone might have some of the missing issues. Specifically we are looking for donations of the following issues:

**Any Grapevine 1958 and earlier, Aug. 1961, Aug. 1965,
and any issues from 2002 - 2004**

Calgary Archives is looking for the following:

Calgary Archives is currently searching for **AA members with more than 30 years sobriety** who are willing to do oral histories.

We are also seeking groups who are **willing to submit Group Histories**.

**If you are interested in being a part of Archives or
for more information: Tim (403) 273-2846**

Calgary & Area 78 Corrections Committees:

We are always in need of **any and all, current or old Grapevines**, for use in the jails of Southern Alberta. Drop them off in the special box at CSO and they will get read several more times & help inmates to find sobriety. You can also give them to your GSR to take to the CGSC meeting or Area Assembly.

Join the Banff Round Up Committee!

If you are new to service there are experienced members of the committee available to mentor you.

Next meeting: Central Office Monday, November 5th at 6:00 PM.

Contact Jeff P. at 685-2012 or jdpoole@poolelawyer.com for more information.

Area 78 Delegate, Pat L.'s, Summer Report can be found online at <http://www.area78.org>.

(Click on **Service, Delegate's Page, July 2007 Delegate's Message.**)

All submissions to be included in any upcoming editions of the Westword newsletter should be sent to westwordeditor@gmail.com no later than the first Monday of each month. Anything sent past this deadline MAY NOT be received in time to be included in the edition.

Thank you - Westword Editor

UPCOMING EVENTS

24th Annual District 10 "Unity Round Up"

Oct. 19th - 21st, 2007

Blueberry Hall

16 Aspenglen Dr.

Spruce Grove, AB

More Information: Len B. (780) 962-5376

7th Annual "Road to Recovery" Round Up

Oct. 20th, 2007

Maidstone United Church

Maidstone, SK

More Information: Albert R. (306) 893-2826

District 75 Service Seminar

Nov. 3rd, 2007

11am - 4pm

Scarboro United Church

Calgary, AB

More Information: Kate K. (403) 366-7022

Wetaskiwin 25th Annual Round Up

Nov. 2nd - 4th, 2007

Best Western Wayside Inn

4103 - 56th St. (on HWY. 2A)

Wetaskiwin, AB

More Information: Al 387-4028

"In the Fellowship of the Spirit"

6th Annual Big Book Journey

Nov. 9th - 11th, 2007

Tickets: \$135 per guest

Camp Horizon

Bragg Creek, AB

More Information: Shelia K 282-5138

"Back to Basics"

In the 40's & 50's, one hour meetings were held where beginners were led through all 12 steps in 4 weeks. These meetings recorded a 50% - 75% recovery rate.

For information on helping to start a similar meeting call:

Adam: 969-7672

David: 234-0839

Wayne: 389-2754

Pioneer's Dinner

Saturday, October 20 2007

5:30pm-10:00pm

Dalhousie Community Church

5511 Baroc Rd NW

Dinner and Refreshments:

\$25.00

Speakers:

• Marilyn M. (Al-Anon) • Irene S. (Double H)

• Bart F. (Bow Trail) • Jack B. (Mar. Park)

More Information: Central Office at 777-1212

If you would like to contribute a recovery related story to be published in the Westword, simply drop it off at Central Office or email it to:
westwordeditor@gmail.com

HAPPY AA BIRTHDAY!

September

ABC:

Sheila A. 6 yrs.
Garry Z. 7 yrs.
Ainsley T. 9 yrs.
Linda D. 23 yrs.
Diane Z. 32 yrs.
Ken R. 50 yrs.

Dalhousie Mens:

Gary C. 2 yrs.
Don D. 8 yrs.

Edgemont:

Eduardo 2 yrs.
Edrie 12 yrs.

Glenmore:

Rick N. 1 yr.
Theresa 1 yr.
Joan 6 yrs.
Duff 12 yrs.
Renee. 20 yrs.
Cathy T. 24 yrs.
Peter F. 33 yrs.

Inglewood:

Scott C. 1 yr.
Dayna J. 6 yrs.
Joe S. 18 yrs.

Irricana:

Maria B. 8 yrs.
Eunice B. 11 yrs.
Wayne D. 29 yrs.

MAAT:

Kristen B. 1 yr.
Echoe L. 3 yrs.
Sharon D. 18 yrs.
Tudor B. 19 yrs.

New Beginnings:

Lisa B. 1 yr.
Mary Ann H. 1 yr.
Ann C. 2 yrs.
Paul A. 3 yrs.
Lisa L. 4 yrs.
Geri G. 9 yrs.
Hubert M. 9 yrs.
Denise S. 10 yrs.
Marron R. 10 yrs.
Lana R. 14 yrs.
Bev S. 19 yrs.

John W. 19 yrs.
Vern F. 19 yrs.

Northlanders:

Lori B. 3 yrs.
Terry D. 9 yrs.
Mike J. 10 yrs.

Open Door:

Albert 8 yrs.

Recovery:

Jenny F. 1 yr.
Cameron R. 1 yr.
Jim D.H. 1 yr.
Cam F. 1 yr.
Mark Z. 2 yrs.
JC. 3 yrs.

Stan B. 6 yrs.
Louise M. 18 yrs.
Cam M. 24 yrs.

Sat. Nite Forest Lawn:

Norm N. 31 yrs.

Step by Step:

Warren D. 11 yrs.
Marshall D. 25 yrs.

Tues. Morning Ladies:

Maureen D. 25 yrs.

October

272:

Gary H. 5 yrs.
Kelly 6 yrs.
Joe P. 23 yrs.

ABC:

Kim M. 5 yrs.
Sue K. 5 yrs.
Robin R. 21 yrs.

Crossroads:

Doug R. 23 yrs.
Tim H. 26 yrs.

Edgemont:

Bob C. 2 yrs.
Connie C. 3 yrs.
Connie K. 7 yrs.

Dalhousie Mens:

Chuck C. 1 yr.
Jim W. 6 yrs.

Drawing Board:

Al K. 31 yrs.

Highland Park:

Caesar O. 4 yrs.
Gerry E. 23 yrs.

Inglewood:

Lynda H. 16 yrs.

Tues. Morning Ladies:

Marian D. 31 yrs.

Recovery:

Ron K. 1 yr.
Wington M. 1 yr.
Jason T. 2 yrs.
Pep. 28 yrs.
Mike O'. 28 yrs.

NOTE:

Please remember, if you would like your groups monthly birthday's listed, please be sure to submit them to Central Office, or email westwordeditor@gmail.com, no later than the first Monday of each month.



SUNDAY MORNING BREAKFAST

Downtown Ramada Inn

708 - 8th Ave. SW

Breakfast - 9:00am

Speaker - 10:00am

Come and join us for breakfast:

*Buffet Breakfast \$12.00

Healthy Start Breakfast . . . \$9.00

Toast & Coffee \$4.00

Coffee \$2.00

*Please note recent price change.



DOWNTOWN SATURDAY NIGHT SPEAKER

Fortis Building

North Tower
801 - 7th Ave. SW

Speaker - 8:00pm

IMPORTANT NOTICE: There is on-street parking only. We have not been allowed in the underground lot for some time now due to verbal abuse of the security personnel. In fact, this abuse continues, and if it doesn't stop we will lose the meeting altogether.



TELEPHONE MONITORING

This is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

- Big Book, Pg. 89

Thank you to all who signed up as late night monitors!

If you would like to serve in this capacity, please phone Doug at:

990-9914

INTERGROUP ELECTIONS

Monday, Nov. 12, 2007

7:00 pm at St. Mark's Church
1802 - 33 Ave. SW

Service opportunities available:

Intergroup Chairperson
Alternate Intergroup Chairperson
Secretary
Treasurer
Monitoring Chairperson
Public Information Chairperson
Sunday Morning Breakfast Chairperson
Westword Newsletter Editor
Special Events Chairperson
Liason to CGSC



For all positions there is a requirement of 1 year continuous sobriety except for the Intergroup Chairperson and Alternate Intergroup Chairperson, for which there is a required minimum of 3 years continuous sobriety.

For more information and position descriptions, please see your group's Intergroup Representative.

"Is this service really needed? If it is, then maintain it we must, or fail in our mission to those who need and seek AA"

-Bill W.

CALGARY GENERAL SERVICE COMMITTEE ELECTIONS



At the monthly meeting October 29, 2007 @ 7:30 PM

St. Mark's Anglican Church
1802 – 33 Avenue SW

All positions are for two year terms from **January 1, 2008 to December 31, 2009** except those noted.

Five years continuous sobriety are recommended for the positions of CGSC Chairperson, CGSC Alternate Chairperson & CGSC Treasurer. All other positions have a recommendation of 2 years continuous sobriety.

There will be CGSC Guidelines containing position descriptions, duties & requirements available at the meeting.

The twelve service positions are as follows:

CGSC Chairperson

CGSC Alternate Chairperson

CGSC Treasurer

CGSC Secretary

Chairperson, Treatment Facilities

Chairperson, Correctional Facilities

Chairperson Group Records and Registration

Chairperson, Cooperation with the Professional Community

Chairperson, Bridging the Gap

Chairperson Grapevine

Intergroup Liaison

Chairperson, Introductory Service Seminar (***NOTE:1 year term**)