



# Happy A A Birthday

## Dec

**272**  
Jacques B. 1 YR  
Percy W. 25 YRS

**Glenmore**

James 1 YR  
Angela 1 YR  
Wendy 1 YR  
Carol 2 YRS  
Tannis 3 YRS  
Gail 3 YRS  
Jim R. 8 YRS  
Ghiny 8 YRS  
Lucinda 8 YRS  
Jackie 9 YRS  
Kalen A. 10 YRS  
Pat F. 12 YRS  
Jason E. 12 YRS  
Al C. 12 YRS  
Bill M. 16 YRS  
Bryan R. 16 YRS  
Dalton 16 YRS

**Highland Park**

Wendy 1 YR  
Carol 2 YRS  
Tannis 3 YRS  
Gail 3 YRS  
Jim R. 8 YRS  
Ghiny 8 YRS  
Lucinda 8 YRS  
Jackie 9 YRS  
Kalen A. 10 YRS  
Pat F. 12 YRS  
Jason E. 12 YRS  
Al C. 12 YRS  
Bill M. 16 YRS  
Bryan R. 16 YRS  
Dalton 16 YRS

**Northlanders**

Mary Jo. 15 YRS

**Open Door**

Doreen D. 19 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

**Med. Morn. Eyeopener**

Bud Mc. 21 YRS

**Midnapore**

Chris C. 1 YR  
Cindy P. 1 YR  
Tony H. 3 YRS  
John C. 6 YRS  
Jim H. 6 YRS  
Della E. 16 YRS  
Paul A. 18 YRS  
Don T. 24 YRS  
Al M. 42 YRS

**Open Door**

Wayne F. 8 YRS

**Unity**

Lorne S. 1 YR  
Justin H. 1 YR  
Rob O. 2 YRS

**Med. Morn. Eyeopener**

Frank H. 16 YRS

## Jan

**ABC**  
Verona S. 3 YRS  
Debbie D. 18 YRS  
John M. 19 YRS

**Highland Park**

David D. 9 YRS  
Michelle P. 20 YRS  
Brian H. 24 YRS  
Al C. 38 YRS

**Midnapore**

Jerry W. 1 YR  
Sandy T. 3 YRS  
Roger H. 4 YRS  
Walter C. 5 YRS  
Cheryl K. 5 YRS  
Roger M. 13 YRS  
Don R. 15 YRS  
Pam S. 16 YRS  
Deborah R. 19 YRS  
Jan S. 23 YRS  
Wes W. 29 YRS

**Open Door**

Wayne F. 8 YRS

**Unity**

Lorne S. 1 YR  
Justin H. 1 YR  
Rob O. 2 YRS

**Med. Morn. Eyeopener**

Frank H. 16 YRS

**Northlanders**

Justin S. 1 YR  
Marilyn B. 13 YRS  
Bruce G. 15 YRS

**Crossroads**  
George W. 13 YRS  
Glen W. 28 YRS

**MAAT**  
Karen Mc. 11 YRS  
Barb G. 25 YRS

**MAAT**  
Karen Mc. 11 YRS  
Barb G. 25 YRS

**Unity**  
Lorne S. 1 YR  
Justin H. 1 YR  
Rob O. 2 YRS

**Med. Morn. Eyeopener**  
Frank H. 16 YRS

**Northlanders**  
Justin S. 1 YR  
Marilyn B. 13 YRS  
Bruce G. 15 YRS

# Sunday Morning Breakfast Meeting

The Downtown Ramada Inn 708 - 8th Ave SW  
Breakfast - 9:00am Speaker - 10:00am

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

## Group Speaking

Jan 7: Crossroads  
Jan 14: Crossroads  
Jan 21: Crossroads  
Jan 28: Crossroads

Feb 4: ?????  
Feb 11: ?????  
Feb 18: ?????  
Feb 25: ?????

# Monitoring Group Monitoring

Jan 1-7: ?????  
Jan 8-14: ?????  
Jan 15-21: ?????  
Jan 22-28: ?????

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



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



# WESTWORD

Jan 2007

25 Cents Suggested Donation

December 2006 – Delegate’s Newsletter

Happy Holidays to everyone in Area 78. I am reflecting on my 26 years of sobriety as I celebrate my Anniversary on December 3, 2006. I was twelve stepped on a Wednesday night at a Chinese Restaurant on the South side of Edmonton by two inspiring women who then took me to my first AA meeting at the Chapter house where the Grapevine Group met. My first meeting was December 3, 1980 and I have never looked back.

I remember that night as if it was yesterday. I met a woman named Margaret who became my best friend until her death and heard a man named "Slim" speak. He told me as clear as anything that I had ever heard that I could stop drinking now and that I did not have to take the garbage truck all the way to the dump. These thoughts still ring as true to me today as they did then.

I worked in the construction business and thought that it would be impossible for me not to drink in my business and particularly at Christmas. I took your advice and when I had to attend a social engagement I went late and left early and took someone with me who knew about my desire not to drink. My Mom "Chick B." watched over me very closely and when she saw that I was getting very anxious - she followed me with O'Henry bars.

When I was asked if I wanted a drink – I said yes, a diet coke, or sometimes a coffee or even a glass of water. You told me that being offered a drink did not have to mean only an alcoholic drink it simply meant something to drink. What a concept – one I had never considered. I went to a meeting that month – twice a day. At lunch I was at the Alamo Club and in the evening I was at a meeting somewhere, someplace. You were my hope, my salvation and became a Power "Greater than Myself" and I began to live a "Good Orderly Directed" life. It was suggested that I go to Henwood and because of the nature of my occupation it was impossible to take the time off work – so I got sober in the meetings room of Alcoholics Anonymous around the City of Edmonton.

At my second meeting at the Crestwood Group – I met a man named Earl who talked about the "Joy of Sobriety" and I thought him quite daff – but today I talk about the "Joy of Sobriety" all the time. This is the meeting where I got the nickname "Seaweed Queen of Seba Beach". At my third meeting of a new group called the "Happiness is Group" Margaret made me their first recruit, had me get the keys to the building and become the Secretary. So began my lengthy time in Service in the Wonderful World of Area 78.

As we all know, being sober does not mean that life stops, that we achieve any kind of perfection as human beings or that sobriety and serenity are guaranteed. But our lives will be changed beyond any recognition of what was and we will enter into a new way of life that will be filled with "Happiness, Joy and Freedom from our addiction".

With all the changes that I made in my life and the lessons learned from you – my sobriety has had a direct impact on those who are important in my life – especially my daughters, their families and my Grandchildren. They are all better human beings.

I have suffered great losses in the passing away of my parents and friends and I have experienced great joys in the marriages of my daughters and the births of my Grandchildren. I am a successful business woman and am today living life to its fullest and for that I will be forever grateful to a Power that I found in my life through the program and fellowship of Alcoholics Anonymous.

This past year I have served the first year of a two year term as your Delegate to the General Service Conference of Alcoholics Anonymous. "I am amazed before I am half way through". Many of you have had the opportunity to hear my report and for those of you who have not please let me know and I can personally share some of the highlights.

We will be beginning the year of service in Area 78 with our Area Committee meeting that will be held in Calgary January 19 and 20, 2007. For those Districts that have elected a DCM – please make sure that you assist them in traveling to this most important meeting. For those Districts that do not have a DCM – there is still time to elect one from your GSR body. It would be wonderful to begin the year in Area 78 with more participation from our Districts that are not being represented.

As we close this year 2006 along with the passing of many of our friends, I will personally miss my special friend Wendy Brown. She died at the Cross Cancer of Leukemia on Tuesday November 28, 2006. She was a wonderful example of "Sobriety in Action" and helped so many people in her years of sobriety. Please remember her and her family when you say your prayers and keep them close in our hearts.

Please, this year as we usher out 2006 and welcome in 2007 let's reach out the hand of AA to all those who still suffer and remember our responsibility pledge. "I am responsible, whenever anyone reaches out for help. I want the hand of AA always to be there and for that I am responsible".

- The keys that I have found to open up the door of Sobriety are:
- Go to an many AA meeting when I usually drank. (For me it was at Lunch & at Night)
- Find a Home Group, get a Sponsor and get involved with the "Winners"
- Ask for Help in the morning and say Thanks at night.
- Call someone before you take a drink.
- Participate in a Local Alcachon

Good Luck to you all, Have a Sober and Joyous Holiday Season and lets begin the New Year with a New Outlook on Life.

In love and Fellowship Pat L.

## AA Calendar of Events

Jan.  
3 - Intergroup Steering Committee Mtg (7:00pm)  
8 - Intergroup Mtg (7:00pm)  
11 - Bridging The Gap Mtg (7:00pm)  
15 - GIR Mtg (7:00pm)  
17 - Gratitude Roundup Mtg (7:00pm)  
19-20 - Area 78 Committee Mtg  
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](mailto: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

Area 78 Website: [www.area78.org](http://www.area78.org)  
AA Website: [aa.org](http://aa.org)

Feb.  
6 - Intergroup Steering Committee Mtg (7:00pm)  
10 - Dickson Dam Dinner & Dance  
10 - Taber AA 51st Anniversary  
10-11 - Camrose Intergroup Valentine's AA Roundup  
12 - Intergroup Mtg (7:00pm)  
15 - Bridging The Gap Mtg (7:00pm)  
16-18 - wraasa '07  
19 - GIR Mtg (7:00pm)  
21 - Gratitude Roundup Mtg (7:00pm)  
20 - CGSC Steering Committee Mtg (7:00pm)  
26 - CGSC Mtg (7:30pm)

# New Meetings

<b>Big Book Study, Open Women</b> Monday 7:30pm 11419 - 8th St SW (upstairs, at left)	<b>Haddon Road</b> Thursday 7:00 pm, Open Ladies "As Bill Sees It" & Discussion Rm 200L (Upstairs), 200 Haddon Rd SW
<b>Rm 200L (Upstairs), 200 Haddon Road, SW</b> Sunday, 7:30pm	<b>Shut-in Seniors,</b> Saturday from 10-11am, Open Mixed Step 3330 - 8 Ave SW (Cedar Villa) Info: Gord R. 243-4381 or 510-8680
<b>Drumheller Hospital</b> Monday 7:00pm, Open, Discussion Ph: Vikl @ 820-1657, Jennifer or Jim @ 823-7172 for more info	<b>Sobriety and Beyond</b> Closed Mixed Step Monday, 8:00pm McKenzie Towne Hall 40 McKenzie Towne Blvd, SE
<b>Drumheller</b> Wednesday 7:00pm, Open, Big Book St Maglorie Anglican Church Ph: Tom @ 823-6061 for more info	<b>Walking Eagle Group</b> Monday 8:30-9:30pm Open Step & Tradition Knox United Church (Harris Room) 506 4th Street SW
<b>Friends of Bill W., Brown Bag Lunch</b> Tuesday 12:00-1:00pm, Closed Mixed Jan 9 - April 10, 2007 NO Meeting Feb 20 Rm. 2011, Mt Royal College Lower Level of Wyckham House	

## TAKING LIBERTIES

*From, London, Ontario*

To begin with, I've been a sober member of AA for 37 years, and during this time I've met many other women with the same length of sobriety ,or longer, and, naturally, many with much less. I have met relatively few who felt wronged in any way by the manner in which the Big Book was written. Most of these women were grateful for the fact that the program of Alcoholics Anonymous offered them a practical solution to their problem; they weren't concerned with whether their gender was spelled out or not

It may be worth noting that in the era when the Big Book was written, in 1939, it was generally assumed that references to 'man' or 'mankind' included both male and female gender. I am also quite convinced after extensive study and reading of circumstances surrounding the writing of the Big Book that Bill and the others didn't write it with any intention of showing disregard for women or any other factor, such as colour, creed, social or economic background.

The writer of the article says, "The Big Book is good, but not as effective as it could be." I'd like to point out that over the years, more and more people, including many outside of AA, both professionals and laymen, have written reports on the comprehensive manner in which the book was written and its effectiveness in providing a workable program for the benefit of alcoholics, as well as many with a variety of other human problems. Can anyone imagine what would happen if a project were put forth to revamp and change the book to reflect personal preferences in regard to different facets of human nature?

Changing the personal stories section to reflect recovery experiences is one thing, but changing the original writings by Bill is another.  
P.H.

Copyright "Thank-You For Sharing", 2003

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

<b>Airdrie Sunday Morning Breakfast</b> Speaker now starts at 10:00am Breakfast following Rm 207 Best Western Regency Inn Edmonton Trail, Airdrie	<b>A-Men, Tuesday 7:30pm</b> Now meets at Rocky Mountain College 4039 Brentwood Rd. N.W. Room 203
<b>Bomont Group, Monday</b> 8551 Bowness Rd, NW Now meets at 8:30pm	<b>Soberiders</b> Tuesday 8:30pm Now meets at Ogden United Church (back door) 7401 - 23 St SE
<b>Springbank</b> Thursday evening Incorrectly listed in meeting list Meets at 8 p.m.	<b>Sobriety &amp; Beyond</b> Will change from Monday @ 8:00pm To Wednesday @ 8:00pm Starting December 20th McKenzie Towne Hall 40 McKenzie Towne Blvd. S.E.

## Cancelled Meetings

<b>Colonel Belcher</b> Sunday, 2:00pm	<b>Los Vientos (Spanish)</b> Friday, Saturday @ 7pm, Sunday 5pm
<b>Closed until a new meeting place</b> can be found	
<b>Saturday Night St. John's Speaker</b> Saturday 8:00pm Will be closing AFTER December	<b>S.O.B.E.R</b> Friday 5:30pm
<b>Sooners</b> Wednesday 8:30am	<b>Sowing The Seed / Streetwise</b> Thursday 8:00pm
<b>Sunday Big Book Study</b> Sunday 2:00pm	

## Valuable 12 Step Opportunities

*"Practical experience shows that nothing will so work 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

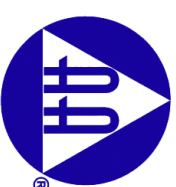
More Info: Doug 990-9914 or Mathew 777-1212  
E-mail centraloffice@telus.net

**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** Jan 17th  
More Info: Fred H. 277-0313

### Bridging The Gap

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



**AREA 78 COMMITTEE MEETING, JANUARY 19-20, 2007**

**HOSTED BY DISTRICT 77**

**DALHOUSIE COMMUNITY CHURCH, 5511 BAROC ROAD NW**

**REGISTRATION: 5-8PM, COST \$15.00**

**PLEASE NOTE: AREA COMMITTEE SERVICE MEETINGS ARE CLOSED MEETINGS**

**All AA members are welcome to attend the area committee Meetings at no cost**

## Upcoming Events

**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

**Dickson Dam Dinner and Dance**

Feb 10, 2007  
Spruceview Hall  
Doors open at 6pm. Dinner at 6:30pm  
Tickets \$15.00, Children under 12 free

**Camrose Inter Group Valentine's**

**AA Roundup**  
Feb 10-11, 2007  
Moose Hall, 5001 52 Ave  
Camrose, Alberta  
Admission: Full Weekend \$35.00  
Registration only \$15.00  
Banquet and Dance only \$25.00  
**Tickets MUST be reserved by Feb 2, 2007**  
More info: Camrose City Group  
4625 52 Ave, Camrose, AB, T4V 0W5

**Taber AA 51st Anniversary**

**SERENITY**  
Feb 10th, 2007  
Taber Heritage Inn - Hwy 3  
Registration, Lunch, Banquet \$30.00, \$20.00 Alateen  
Registration and Lunch \$20.00, Under 10 free  
Registration and Alateen after 1:00pm \$15.00  
Only 250 banquet tickets available.  
Deadline for banquet tickets, Jan 31, 2007  
More info or tickets:  
Lawrence P. 403-223-3898, Shelly O. 403-223-3857  
Naz M. 403-223-1642, Pat P. 403-223-8035

wrasasa '07

**Western Regional Alcoholics Anonymous**  
**Service Assembly**

Feb 16-18, 2007  
Registration Feb 16: 2:00pm, Feb 17: 9:00am  
Tickets: \$20.00  
Assembly Info: Hank F. (250) 474-6159  
Hotel & Billing Info: Cathy S. (250) 380-3734  
Registration: Corrine L. (250) 385-4551  
Harbour Towers Hotel & Suites  
345 Quebec Street, Victoria, BC

**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