

the Westword

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april issue/2007

Rekindling the Fire

August 1992

During a recent home group inventory, someone asked, "Where have all the old-timers gone?" After several possibilities were discussed, someone suggested that we conduct an old-timers meeting in place of one of our regularly scheduled Sunday night meetings. We all thought it was a great idea, and each of us made a personal commitment to invite an old-timer or two to that meeting. We selected the Sunday two weeks away.

Time passed unnoticed as we got our invitations out. We believed that if we attracted at least six to eight old-timers we would have accomplished quite a lot.

The meeting day finally arrived. I pulled into the parking lot of the church where we have our meetings, and I could not find a parking spot. My initial thought was that a church function was also going on. Then I began to recognize many old faces I had grown to love over past years. I felt the giddiness of a schoolboy going off to summer camp, and the anticipation and excitement of recapturing "the old days."

It became obvious to me that the God of our understanding had worked one more of his many miracles on that day. Word of the meeting had spread so widely that the large turnout forced us to move to a much larger room to accommodate everyone.

Other members of my home group appeared to be in a mixed state of shock and awe. Our typical greeting to one another as we tried to keep up with the coffee demanded was, "I can't believe this!"

The meeting went on, I was able to hear and enjoy the messages of old: singleness of purpose, one alcoholic helping another, home group, the experience of working the Steps, their own introduction to service work. And, oh! those wonderful stories of how it used to be.

It didn't take long to become intensely aware that something significantly spiritual was taking place in that parish hall. I was seeing a glow in old-timers' eyes that had seemed to be missing for such a long time. New meaning and zest appeared in their messages. Relationships were being rekindled, some dormant over 40 years! Most refreshing was the mutual respect and dignity felt throughout the hall in that fellowship of alcoholics, reminiscent of the personal stories described in our beloved Big Book.

After two hours we were only at 19 years of sobriety, with many more left to speak. So a group conscience was taken: we all agreed that something wonderful was taking place and that we would continue the old-timers meeting on a quarterly basis, to pick up where we had left off.

As the meeting came to a conclusion, the old-timers registration sheet was tabulated and we were able to announce that with seventy-five AAs signed in, we had enjoyed the experience, strength, and hope of over 744 years of continuous sobriety! It was truly a meeting that will be remembered and talked about for a long time to come.

My home group is not alone in asking where the old-timers have gone. The theme of the 1992 General Service Conference is "AA's Message in a Changing World." Question #2 of the Conference Workshop Questionnaire asks, "Why are so many old-timers leaving AA?"

The experience my home group would like to pass on is this: Instead of debating why so many old-timers are leaving, maybe our timer would be better spent in taking more responsibility and letting the old-timers know how much AA wants and needs them; and by creating and maintaining environments and meetings that are attractive to *their* recovery.

Anonymous
Vancouver, Washington

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I am responsible,
When anyone, anywhere, reaches of
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

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

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

Closed Sundays and Stat Holiday Weekends

NOTE: Closed May 19 & 21

New Meetings

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

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

Innisfail Saturday Night, Open, Mixed,
Non-Smoking, Big Book Study
Saturday 8:00pm
Lions' Church, north end East Gate Mall

Sowing The Seed, Open
Tuesday 7:30pm
Mustard Seed Main (Old) Building
2nd Floor
102 - 11 Ave SE, Wheelchair
accessible

Shut-In Seniors, Open, Mixed, Step
Saturday 10:00am-11:00am
3330 - 8 Ave SW (Cedar Villa)
Info: Gord R. 243-4381 or 510-8680

Walking Eagle, Open, Step & Tradition
Monday 8:30pm-9:30pm
Knox United Church (Harris Room)
506 - 4 St SW

Changes to Meetings

Airdrie Sunday Morning
Breakfast Speaker now starts
at 10:00am
Breakfast following
Rm 207 Best Western Regency
Inn
Edmonton Trail, Airdrie

Los Vientos (Spanish)
Friday, Saturday 7:00p
Corner of 17th Av. & 35th St.
above the
Tropicana Bar and Grill

Cancelled Meetings

Black Diamond (Oil Fields
Hospital)
Sunday 8:00pm

First Things First
Thursday 7:00pm

Inside Out
Tuesday 7:30pm

Properties Group
Thursday, 8 P.M.

the Importance of Meetings

I am coming up on 2 years in AA and have to say it has been the most seemingly unmanageable 2 years of my life. So much has happened in my life: divorce, a move, a new relationship all on top of dealing with new friends and personalities that may not always be 'perfect'. My interest in my career has appeared again out of the blue.

I have chosen not to hide, as I used to, so happily, with a bottle of booze, but am facing everything head-on. Life on life's terms, right? And not only with new-found courage, but with an unexpected anticipation and excitement. I feel strong for the first time in my (already long) life.

Everything that was once a fear-filled experience (and that was everything) has become an adventure. How odd for someone who had frequent panic attacks about everything. When I arrived at the doors of AA, I was very afraid. It was beyond a panic attack, if that's possible. I was sure I was an alcoholic and in 'the trap' that didn't allow me a second's respite from drinking. Twenty-four hours? Impossible to last a minute.

I attended meetings daily for the first year; (often two or three a day) and enjoyed the strength they gave me. I relished hearing others like me tell of their recovery stories and all the different stages and experiences that I, as an alcoholic, could relate to. I 'did the steps' and service work, slowly feeling more confident as time passed.

Most important to me was 'finding' my Higher Power. The spiritual side that I had, for years, not acknowledged which brought me to a true caring for fellow human beings.

Lately, though, I've found myself drifting away from regularly going to meetings and, instead, concerning myself with my day to day problems; Yet still using the tools from the 12 steps and 'getting by'. I am finding myself getting into an isolation mode and not reaching out and listening or communicating with others.

It's the meetings that I am missing. I chair once a week and felt that was enough for now. It wasn't.

This morning I went to my home group meeting and felt the strength of my friends and AA return to me. I had almost 'excused myself' from going again today, as I am SO busy with other things. (Not that busy!)

It may not be for everyone but this program is designed for each of us to find their own way to handle life without alcohol. As a spiritual program, it has been, for me, the key to keeping my thinking on the right path. And going to my meeting today showed me how vital it is to keep this alcoholic mind serene and level.

Karin K, Calgary AA member.

Valuable 12 Step Opportunities

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

Members needed to carry the message to **Bowden Institution** (security clearance required).

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

Male members needed to carry the message to the **Remand Centre and 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 (403) 777-1212 or email: centraloffice@telus.net

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

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

Bridging The Gap is looking for contacts willing to work in the **North East of Calgary**

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

Gratitude Round-Up Committee

Is looking for volunteers to chair the marathon meetings that will be held throughout this year's round-up. We are asking for a one hour commitment. This year's round-up is being held June 8, 9 and 10 at the Glenmore Inn. Those interested can contact Brent D. at (403) 239-6568 or email at corinthians15@hotmail.com

Central Office Management Committee

is looking for someone to fill the a vacancy

Qualifications: Practical business experience, AA service, Knowledge of AA Traditions, Knowledge of AA Concepts

Submit resumes confidentially to Central Service Office c/o Mathew

Calgary Intergroup is looking for someone to fill the position of **Secretary**

if you are interested please attend the next Intergroup Meeting (2nd Monday of the month)

Calgary General Service Committee is looking for someone to fill the position of **Registrar** if you are interested please attend the next CGSC Meeting (last Monday of the month)

Upcoming Events

Lethbridge Round-Up

April 13/14, 2007

Lethbridge Seniors Centre
500 - 11th Street South

More info: Effie (403) 381-2497,
Carol (403) 328-0321,
Victoria (403) 308-6751

Stettler Anniversary Supper

April 14, 2007

Stettler United Church,
4829 51st Street Stettler

Supper, Speaker, Fellowship with
Al-Anon participation

More info: Gwen_gsell4u@telus.net

Morrin Potluck & Speaker Mtg

April 21, 2007

Bethany Lutheran Church, Morrin
6:30pm Supper, 7:30pm Meeting

More info: Viki (403) 823-2191
*This will be the last one

Dewinton Group Round-Up

April 28, 12pm registration

Elk's Hall, 62 Elizabeth St.

Okotoks, AB

Adults-\$20. (under 10 \$5.00)

Call Jack 938-3071 or 899-8440

Please Note:

Central Office will be closed Sat. May 19 and Monday, May 21 for Victoria day weekend

Archives is looking for group histories. If you're interested in being a part of our Archives contact Tim-273-2846

If you would like to publish a recovery related story to the Westword, simply drop it off at Central Office or e-mail it to: westwordeditor@gmail.com

HAPPY AA Birthdays



Mar

272

Dale K. 9 yrs
Ivan E. 24 yrs

ABC

Laura M. 23 yrs
Garry M. 26 yrs

Crossroads

Yvonne O. 15 yrs

Dalhousie Mens

Daniel M. 2 yrs
Harry P. 26 yrs

Desperation

Patty M. 1 yr
Wayne G. 1 yr
Karen M. 3 yrs
Tim Mc. 8 yrs

Glenmore

Fran 2 yrs
Sherry 2 yrs
Peter G. 20 yrs
Elizabeth C. 26 yrs

Grapevine

Jeanne D. 28 yrs

Highland Park

Murray L. 18 yrs

Inglewood

Dale G. 1 yr
Paul K. 1 yr
Laura S. 2 yrs
Peter J. 3 yrs
Leslie A. 22 yrs

Midnapore

Josh W. 2 yrs
John M. 6 yrs
Gerald B. 15 yrs
Jack B. 46 yrs

New Beginnings

Ken S. 1 yr
Juanita 1 yr
Jean 1 yr
Elaine B. 1 yr
Sheila W. 2 yrs
Catherine W. 2 yrs
Carmen R. 3 yrs
Lynn C. 4 yrs
Graham R. 4 yrs
Grace M. 5 yrs
Ann H. 6 yrs
Wendy S. 10 yrs
Nancy J. 21 yrs
Greg P. 21 yrs
Arnold 25 yrs

Recovery

Perry S. 1 yr
Lester W. 1 yr
Gus K. 3 yrs
Adrian M. 3 yrs
Carla T. 17 yrs
Art M. 17 yr
Jim D. 19 yrs
Will M. 20 yrs
Wally P. 20 yrs
Henry H. 20 yrs

Wed. Morn. Eye-opener

Ann J. 17 yrs
Don H. 26 yrs

Apr

272

Jeoff B. 2 yrs
Ellen 22 yrs

ABC

Bill M. 3 yrs
Corinne M. 12 yrs
Joanne M. 18 yrs

Airport

Dwayne T. 21 yrs

Desperation

Russ H. 2 yrs
Peter A. 6 yrs

Edgemont

Linda H. 3 yrs
Jamie S. 4 yrs
Jenny C. 7 yrs
Audrey B. 8 yrs
Carole L. 10 yrs
Vasu. 13 yrs

Inglewood

Darmody M. 7 yrs

Irricana Recovery

Garry O'K. 19 yrs

Northlanders

Serena 2 yrs
Jeff 14 yrs



TELEPHONE MONITORING

Group Monitoring

April 2-8-Homeward Bounders
April 9-15- New Beginnings
April 16-22- Dalhousie
April 23-29- McKenzie
April 30-May 6- Getting There
May 7-13 - Recovery Group

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

SUNDAY AM BREAKFAST

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

Group Speaking

April 1-272 Group
April 8- ?
April 15-McKenzie
April 22- Unity
April 29- ?

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

DOWNTOWN SATURDAY NIGHT SPEAKER

801 - 7th Ave SW
(Fortis Building
North Tower)

Thanks to Joe S. (DCM)
and District 73 for
hosting the meeting

Group Speaking

April 7-Smog
April 14 -Smog
April 21 -SW Serenity
April 28 -SW Serenity