

the Westword

25 cents
suggested donation



may issue/2007

AA at It's Best

Each Saturday at 9:00 a.m., the small AA group in Papua, New Guinea, meets in a tiny room above the Lutheran Church administration building. We are a small group, eight members only.

Last Saturday it rained all day. blinding sheets of water hammered down. My little station wagon ducked like a submarine through the lake-like puddles on my way to the meeting. At the meeting place, though, I found the gates locked. I thought, perhaps I'm a bit early, so I'll just wait.

The tape player in my car had a new set of batteries in it, and I happened to have a rare AA speaker tape in it, passed on to me by one of our almost non-existent AA visitors. So amid the pounding sheets of rain, safe in my car, I put in the tape of Clarence S. , the 1973 guest speaker of an AA convention in California, and sat back to listen.

Meanwhile, Noah arrived for the meeting, barefoot and wet. I threw open the car door and he climbed in. "Listen brother", I said, "this is AA at its' best. Soon Pondros arrived, also barefoot, after walking nine miles through the rain. So did Luke, Tokesko, and Kapi, but not the secretary with the key to the gate. The tape rolled on. Clarence was telling how he started the first AA group in Cleveland, Ohio in 1938. That first meeting had been literally a riot, with drunks and reporters fighting. But the meeting kept going. (I turned up the sound. With the rain drumming on the roof and all those bodies packed into the car, full volume was necessary)

Someone, it seemed, had brought a few signs reading "Think" to the first Cleveland meetings. Said Clarence of this, "Any alcoholic coming into AA cannot think; he has nothing left to think with. The alcoholic feels, he does not think. The Third Step sorts out the men from the boys when you select a caretaker whom you trust with your will and your life. If you've done the first nine steps of the program, don't ask your Higher Power for another day of sobriety. You are sober. There must be better things to ask for your needs right now! When you pray and meditate, remember the Lord gave you two ears and one mouth." When you pray, Clarence said, you are talking to God. When you meditate, you are listening.

The tape was over. The time had gone too quickly, and the secretary had never come. The rain pelted down. We said the Serenity Prayer, drove to a roadhouse, and had some coffee and a bite to eat.

What a meeting it was!

taken from: "I Am Responsible: The Hand of AA, Selected Stories from the AA Grapevine", 2005.

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 & Jun 30, Jul 2

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)

Come and See, Open
Sunday 7:00pm
St. Joseph's Church
640 19 Ave NW

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

New You Sailor Bill's, Open Mixed,
Step & Tradition
Tuesday 7:30pm
Main Floor Meeting Room,
Bowness Sportsplex 7904 43 Ave NW

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)
Fri, Sat 7:00pm, Sun 5:00pm
Forest Lawn Physiotherapy
(Basement)
1803 - 35 St SE

Cancelled Meetings

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

First Things First
Thursday 7:00pm

Inside Out
Tuesday 7:30pm

New You
Wednesday 8:00pm

Properties Group
Thursday, 8:00pm

Sailor Bill's
Tuesday 7:30pm

One Minute at a Time

from Lincoln, Nebraska:

It wasn't until I had hit rock-bottom in my drinking career that I finally learned to live for the moment. I was going through de-toxification at a Midwest treatment center famous for bringing drunks down cold turkey. I had been drinking and popping pills for eighteen years. When they told me I was going to spend the next three days navigating on orange juice and hard candy, I had visions of insanity.

I knew I would have to accept my plight and turn my life over to the care of God. In the next few days, I learned something I had never known before: We must accept what we have now, not what we have had or what we might have had. I learned to live for the life-giving orange juice and the sporadic moments of sleep that God saw it to allow me.

To a newcomer in AA, staying away from a drink one day at a time may not be very easy. Many of us have had to endure sobriety five minutes at a time. When I was suffering from withdrawal, it was 60 seconds at a stretch. I prayed for God to deliver me through the next minute. Every time the second hand on my watch hit twelve, I would utter a short prayer of gratitude. The minutes got shorter, my prayers got longer, and even to my suffering mind, it was a joyous moment when I made it through twenty-four hours.

For the person who is having trouble living a day at a time, I might note that clock-watching isn't advisable. It has a tendency to prolong things. If time seems to drag, do something you would normally hate doing: Scrub the bathroom, iron shirts, weed the garden. I guarantee you that you won't be too concerned about your pain if you're doing something you'd normally abhor doing. This may sound like cruel advice, but it is a proven method; and the results are what count.

M.R. Nov.1977

Taken from: "Thank You For Sharing; Sixty Years of Letters to the Grapevine", 2003

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

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 or in centers outside 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



CHECK THIS OUT



Valuable Service Work Opportunities Up For Grabs!!!

Calgary Intergroup is looking for AA members to partake in the following positions of **Secretary and Special Event's Chair**

Secretary is responsible for taking minutes at the Intergroup Meetings

Special Events Chair is responsible for all the fun events that happen through Calgary Intergroup (Dances, BBQ's, Parties, etc)!!!!

If you are interested or know of anyone who might be interested, please call Central Office (777-1212)

CGSC is looking for someone to fill the position of **Registrar & Introductory Service Seminar Chairs** if you are interested please attend the next CGSC Meeting (last Monday of the month) or call Central Office (777-1212)

Calgary Archives is looking for the following:

- AA members with more than 30 years sobriety willing to do oral histories.
- Group willing to submit histories of their groups.

If you're interested in being a part of our Archives contact Tim-273-2846

Please Note:

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

Upcoming Events

Didsbury Family BBQ & Campout

May 25-27, 2007

Info: Bob 335-9990, Rick 335-9525

Pat L, Area 78 Delegate Report

7:30pm, May 28, 2007

at CGSC Meeting

St Marks Anglican Church
1802 33 Ave SW, Calgary

Value of Service Workshop & Delegates Report

1:00pm, June 3, 2007

Edmonton Central Office
#206, 10010 107A Ave

Cooperation with the Professionals Luncheon

11:45am - 1:15pm, June 7, 2007

Le Joie de Vivre 1008 14 St SE
RSVP by June 1st, Tickets \$18.00
Central Office, Angie 403-207-3360
or Barry 403-660-6583

26th Annual Gratitude Round-Up

June 8-10, 2007

Glenmore Inn, 2720 Glenmore Trail S
Registration (Mtgs & 2 Dances) \$18.00
Registration & Banquet: \$53.00
Info: Fred 403-619-7907 or 403-277-0313
Speakers

Fri 8:00pm Dick A (AA) Lithia Springs
Sat 9:30am Maggie C (AA) Calgary
Sat 11:00am TBD (Alateen)
Sat 1:15pm Dennis G (Al-Alon) Victoria
Sat 2:45pm K.C.C (AA) Los Angeles
Sat 7:30pm Clancy I (AA) Los Angeles
Sun 8:30am TBD
Sun 10:00am Sharon C (AA) Los Angeles

Brooks Roundup

June 16, 2007

Deadline for Banquet tickets June 4

Info: Donna 362-6359, Dave 362-7251 or
Al/Laurie 362-4482

District 86 Roundup

June 22-23, 2007

Strathmore Curling Rink

Info: Bob 816-8887, Shirley 934-7876
Tim 934-0059

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 BIRTHDAY

Mar

Fireside

Richard N. 30 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

Peter A. 6 yrs

Edgemont

Linda H. 3 yrs
Jenny C. 7 yrs
Audrey B. 8 yrs
Carole L. 10 yrs
Vasu 13 yrs
Ed S. 33 yrs

Glenmore

Chris D. 1 yr
Susan L. 5 yrs
Tania 5 yrs
Mike P. 12 yrs
Claude 19 yrs

Inglewood

Darmody M. 7 yrs

Irricana Recovery

Garry O'K. 19 yrs

MAAT

Rita V. 1 yr
Ron D. 13 yrs
Len B. 39 yrs

Midnapore

Reed B. 2 yrs
Real H. 3 yrs
Kevin S. 5 yrs
Don H. 8 yrs
Sheila C. 11 yrs
Brian W. 13 yrs
Gord E. 16 yrs
Paul P. 21 yrs
John B. 25 yrs
Fred R. 28 yrs
Doug N. 39 yrs
Garth N. 44 yrs

Northlanders

Serena 2 yrs
Jeff P. 14 yrs

Recovery

Jenn T. 1 yr
Bill H. 1 yr
Leslie R. 2 yrs
Sandy M. 17 yrs
Keith H. 17 yrs
Terry W. 17 yrs
Judy H. 19 yrs
Jim P. 20 yrs
Stan K. 32 yrs

Step by Step

Lee-Ann D. 16 yrs

Wed Morn Eye Opener

Leslie C. 1 yr

May

272

Stan R. 2 yrs
Anneliese W. 18 yrs
Phil D. 21 yrs

ABC

Mike M. 3 yrs
Rick F. 3 yrs
Byron L. 8 yrs
Karen C. 17 yrs
Tim S. 26 yrs

Crossroads

Tony S. 31 yrs

Desperation

Greg S. 1 yr
Richard M. 1 yr
Robin H. 3 yrs

Fireside

Carolyn S. 15 yrs

Highland Park

Verona S. 18 yrs

Irricana Recovery

Ron Mc. 15 yrs

Link

Brenda B. 12 yrs

MAAT

Jerard D. 17 yrs
Melvin S. 19 yrs
Gary O'B. 25 yrs

Midnapore

Terry H. 2 yrs
Brad W. 2 yrs
Michelle C. 2 yrs
Peter W. 3 yrs

New Beginnings

Kerry 1 yr
Eva M. 1 yr
Anorea 2 yrs
Chad H. 4 yrs
Jason F. 6 yrs
Joan E. 7 yrs
Linda M. 9 yrs
Hubert M. 9 yrs
Chris G. 9 yrs
Karry G. 10 yrs
Tim R. 12 yrs

Northlanders

Neil F. 3 yrs

Open Door

Bea G. 26 yrs

Wed Morn Eye Opener

Bill M. 44 yrs



TELEPHONE MONITORING

May 7-13 - Recovery Group

Group Monitoring

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

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

DOWNTOWN SATURDAY NIGHT SPEAKER

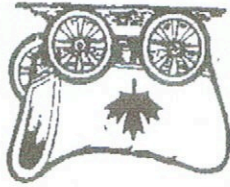
801 - 7th Ave SW
(Fortis Building
North Tower)

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

May 5: Inglewood
May 12: Inglewood
May 19: ABC
May 26: ABC
Jun 2: Knox Knooners
June 9: Knox Knooners

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

REGISTRATION COST
 \$18.00 -includes all meetings and 2 dances
Banquet Cost
 \$53.00 -includes all registration cost and dinner



Fred Hunley
 277-0313
 FOR MORE INFORMATION PLEASE CONTACT:

10:00am - Sharon C. (AA), Los Angeles, CA.

8:30am - TBA at Roundup

Sunday, June 10th

7:30pm - Clancy I. (A.A.), Los Angeles, CA.

2:45pm - K.C.C. (A.A.), Los Angeles, CA.

1:15pm - Dennis G. (Al-Anon), Victoria, B.C.

11:00am - Alateen Speaker (TBA)

9:30am - Maggie C. (A.A.), Calgary, AB.

Saturday, June 9th

8:00pm - Dick A. (AA) Lithia Springs, GA.

Friday, June 8th



SPEAKERS

(403) 279-8611, FAX (403) 236-8035

CALGARY, ALBERTA, CANADA

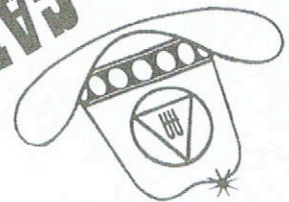
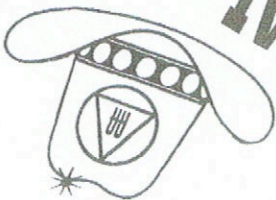
2720 GLENMORE TRAIL S.E.

GLENMORE INN



JUNE 8, 9, 10, 2007

CALGARY'S 26TH ANNUAL GRATITUDE ROUNDUP



Traditions Workshop – April 1, 2007 Westlock Alberta

Introduction and Acknowledgements:

AA's Twelve Traditions were drawn and first put to paper in 1946.

They came from the experience of early AA members as they struggled together to keep AA going with little guidance beyond the lessons of fearsome experience.

The first reception of the Twelve Traditions was interesting and amusing. The reaction was mixed to say the least. Only groups in dire trouble took them seriously. From some quarters there was a violent reaction, especially from groups that had long lists of "protective" rules and regulations. There was much indifference.

Time changed all that. The Twelve Traditions of Alcoholics Anonymous were confirmed at AA's first International Convention held in Cleveland in 1950. Several thousand AA members declared that AA's Twelve Traditions constituted the platform upon which our Fellowship could best function and hold together in unity for all time to come.

Against this background we now consider the Twelve Traditions, the vital principles upon which the survival of Alcoholics Anonymous so heavily depends.

Implicit throughout AA's Traditions is the confession that our fellowship has its sins. We confess that we have character defects as a society and that these defects threaten us continually.

Our Traditions are a guide to better ways of working and living, and they are also a antidote for our various maladies. The twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's sobriety and peace of mind.

But the Twelve Traditions also point straight at many of our individual defects. By implications they ask each of us to lay aside pride and resentment. They ask for personal as well as group sacrifice. They ask us never to use the AA name in any quest for personal power or distinction or money.

The Traditions guarantee the equality of all members and the independence of all groups. They show how we can best relate ourselves to each other and to the world outside. They indicate how we can best function in harmony as a great whole.

For the sake of the welfare of our entire society, the Traditions ask that every individual and every group and every area in AA shall lay aside all desires, ambitions, and untoward actions that should bring serious division among us or lose for us the confidence of the world at large.

The Twelve Traditions of Alcoholics Anonymous symbolize the sacrificial character of our life together and they are the greatest force for unity that we know.

The Twelve Traditions make clear the principle that AA, as such, should never be organized, that there are no bosses and no government in AA. Yet at the same time, the Traditions recognize the need for some kind of organization to carry the message in ways that are impossible for the local groups – such as publication of uniform literature and public information sources, helping new groups get started, publishing an international magazine and carrying the message in other languages and into other countries.

Tradition One – Our common welfare should come first. Personal recovery depends upon AA unity.

Pride and fear and anger – these are the prime enemies of our common welfare. True brotherhood, harmony, and love, fortified by clear insights and right practices are the only answers. And the purpose of AA's traditional principles is to bring these forces to the top and keep them there. Only then can our common welfare be served; only then can AA's unity become permanent.

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.

With the passage of time we soon realized that the groups wanted to name their own service committees. It is a proven fact that the conscience of the group, when properly informed of the facts and issues and principles involved, was wiser than any leader, self appointed or not. God speaking in our group conscience, is to be our final authority.

Tradition Three – The only requirement for AA membership is a desire to stop drinking.

Who are we to keep anybody out? To many a desperate drunk AA is the court of last appeal. How can we slam the door on anybody who stands outside? We must never do that. We must always take the risk, no matter who comes in. Maybe our public relations will be damaged because a few strange characters are among us. Who of us dares to say "No, you can't come in", thereby setting their selves up as judge, jury and perhaps executioner of his fellow alcoholic? "You are an AA member if you say so. No matter what you have done, or still will do, you are an AA member as long as you say so."

Tradition Four – Each group should be autonomous, except in matters affecting other groups or AA as a whole.

Many people wonder how AA can function without rules and regulations. The groups have said that we like what you are doing, sometimes your suggestions and advice are good, but whether to take you or leave you alone is going to be our decision. We are going to run our own show, The groups told us what they wanted and that included the right to be wrong. The groups use the Steps and Traditions because they think they are good principles and we want them for ourselves. Autonomy means that every AA group can manage its own affairs as it pleases except when AA as a whole is threatened.

Tradition Five – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

We think we should do one thing well rather than many things to which we are not called. Our society gathers in unity around this concept. The very life of our fellowship requires its preservation. Together we have found a substantial remedy for a terrible malady. It is our experience as alcoholics that makes us of unique value on our sector of the total alcoholic front. We shall direct our energies where they count most – to the alcoholic who still suffers. This is our basic objective, our real reason for existence.

Tradition Six – An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

In the old days our Foundation (now the General Service Board) was chartered to do every thing but lobby for Prohibition. We got involved in a lot of controversy, the moment we lent our name to any outside enterprise we got into trouble, sometimes very serious trouble. We saw as never before that we could not lend the AA name to any cause other than our own. We saw that the more AA minded its own business the greater its influence became. The more AA sticks to its primary purpose, the greater will be its helpful influence everywhere.

Tradition Seven – Every AA group ought to be fully self supporting, declining outside contributions.

Whoever pays the piper is apt to call the tune, and if AA obtained money from outside sources, its Trustees might be tempted to run things without reference to the wishes of AA as a whole. Our Trustees wrote a bright page of AA history - they declared for the principle that AA must always stay poor. Reasonable running expenses plus a prudent reserve would henceforth be AA financial policy. At that moment the principle of corporate poverty was firmly and finally imbedded in AA Tradition. The irresponsible had become responsible, and that by making financial independence part of its tradition, AA had revived an ideal that had almost been forgotten.

Tradition Eight – Alcoholics Anonymous should remain forever non professional, but our service centers may employ special workers.

Alcoholics Anonymous will never have a professional class. We know professional in other fields works very well, it just does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same; our single purpose has been defeated. We have discovered at the point of professionalism money and spirituality do not mix.

Tradition Nine – AA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.

What is meant by this tradition is that AA can never have an organized direction or government. It is clear that we ought never to name boards to govern us, but we shall always need to authorize workers to serve us. It is in this spirit of service that we elect the AA group's informal rotating committee, the Intergroup association for the area and the General Service Conferences of Alcoholics Anonymous for AA as a whole. We are a society without organization, animated only by the spirit of service – a true fellowship.

Tradition Ten – Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

AA has never been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. Members of AA as citizens will not back away from their rights as individuals to act as they see right upon issues of our time. As AA's we do not enter into public controversy because we know that our fellowship will perish if we do. AA can and will survive as long as it remains a spiritual faith and a way of life open to all men and women who suffer from alcoholism.

Tradition Eleven – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press radio and films.

This tradition to us represents more than a sound public relations policy, It is more than a denial of self seeking. Tradition Eleven is certainly a constant reminder that personal ambition has no place in AA, but it also implies that each member ought to become an active guardian of our fellowship in its relation with the general public. As we have seen anonymity is the protective mantel that covers our whole society. But it is more than protection; it has another dimension, a spiritual significance.

Tradition Twelve – Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The spiritual substance on anonymity is sacrifice. Because AA's Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of all these Traditions. It is AA's proved willingness to make these sacrifices that gives people high confidence in our future. Clearly, each AA members name and their story too, has to be kept confidential if they wish it to be.

Most of this material is taken from "Alcoholics Anonymous Comes of Age.
Pages 97 thru to 137.

Respectfully submitted
Pat L. Delegate Area 78 Panel 56.