

the Westword

25 cents
(Suggested Donation)



september issue/2007

A Pat On the Back

Dale C.
Tacoma, Washington
AA Grapevine
September 2001

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

When I was just shy of my fifth AA birthday, I finally completed my Eighth Step, and I was very proud of the list I had compiled of the people I'd harmed and was willing to make amends to. I even carried a pocket notebook around with me so that as names from the past popped into mind I could jot them down. The list had dozens of names on it, and several "John Does" whose names I couldn't remember.

But as I looked over the list, I realized it was missing the name of one of the most important people in my life: my mother's. Why had I forgotten hers? Her name was left off because I didn't think I could make direct amends to her since she was in a hospital suffering from Alzheimer's disease, and it had been several years since she had recognized or talked to anybody. Since she wouldn't know who I was, I saw no use in trying to make amends to her.

Nothing I read in AA literature, however, told me that I could make amends only to people who could talk to me. In fact, the Ninth Step said I was to make "direct amends. . . whenever possible," and there was no valid reason why I couldn't make amends to my mother.

Although my mother didn't react to people, she was physically active and spent hours walking around the yard of the nursing home. She would walk in a straight line, with her hands held to her chest, until she met a fence or a tree and then she would make a sharp turn, and continue on until she met another obstacle.

During a visit to the nursing home, I joined her, putting my arm around her and walking with her as I made my amends. I told her that I was her youngest son, that I loved her and missed her, and that I was an alcoholic and had done many things I knew had hurt her.

I was crying by this time, but as we walked together I continued. I told her that I was sober and met with other alcoholics who helped me stay sober, and that one of the things I had to do was make amends to people I had harmed. And I told her I had to do more than just apologize to her for the harm I had done; I had to make changes. There was no reaction from my mother as we walked, but patients and staff certainly had odd looks for the crying, middle-aged man walking with his arm around a five-foot-tall woman who hadn't spoken to anyone for three years.

My mother was not reacting at all to what I had to say, but I continued with my amends. I would, I told her, try to make amends to her in two ways: first, I would continue to do what I had done for over four years to stay sober: go to meetings, pray, read the Big Book, and work with other alcoholics. . . and do it just a day at a time. Second, every day I would try to do something nice for somebody, without telling anyone what I had done. If I did tell someone about my good deed, then that deed wouldn't count as part of my amends. Maybe I would empty an ashtray or pick up a piece of litter or slow down on the freeway so a car could get into my lane. Whatever I did, it was to be spontaneous and dedicated to my mother.

As I finished telling my mother all of this, I felt something touch my back. I had been talking and crying and not paying much attention to anything except keeping pace with my mother and telling her my story, and I assumed someone was walking behind us without me knowing it. But when I turned around, no one was there. What I had felt was my mother's hand as she put her arm around my back and patted me.

Did she understand what I'd told her? I don't know. She never patted me again, or reacted to me or other visitors. I chose to believe, however, that through my mother my Higher Power had told me that I'd done the right thing, and that, as a gift, I was being left not with the memory of a mother who had lost contact with the world, but with the memory of a mother who could still show her love and forgiveness.

That was a gift I never would have received if I was still on the streets drinking. ☺

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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: Oct. 6th & Oct. 8th

for Thanksgiving Holiday.

NEW MEETINGS

**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)

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

**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 - 5th St. SE
(3rd Floor, Ring #1015)

**New You Sailor Bill's
(Open, Mixed, Step & Tradition)**

Tuesday, 7:30pm
Bowness Sportsplex
7904 - 43rd Ave. NW
(Main floor meeting room)

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)

Rule 62:



"I wonder if this is the deep end or shallow end?"

Newest Stuff at CSO

- **"The Language of the Heart"** (Large Print), collected writings of Bill W. to the Grapevine, \$20.00.
- **"The Best of Bill"** (Audiobook), Grapevine booklet read on to CD, \$16.00.
- **"In Our Own Words"**, Grapevine book of articles written by young people, \$11.00.

CENTRAL OFFICE WILL BE CLOSED:

Sat., Oct. 6th AND Mon., Oct. 8th for
Thanksgiving Holiday.

ALREADY IN!

- CSO has 2008 Grapevine Pocket
Planners & Calendars.

Planners: \$7.00 Calendars: \$12.50

Joke of the Month

Beth B.
Georgia
AA Grapevine
September 2007

““ Soon after coming into AA, I stopped by my sister's house on the way to a meeting. When I got there, I realized that when I left my house I'd forgotten a can of mixed nuts I'd agreed to bring to the meeting that night. I told her I had to run because I had to pick up some nuts for the meeting.

She asked, very seriously, "How many of those people do you have to pick up?"

"The Promises"

pg. 83 - 84
Alcoholics Anonymous
1931

““ If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear we will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole at-

titude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that god is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.” ☺

*Editors note: As has been the practice for some time, the Westword Editor tries to focus each issue of this publication on the step which corresponds to the month of the year. September is the 9th month, and thus, the story on the front page focuses on the 9th step. In keeping with the 9th step theme, it seems appropriate to publish the "promises", which occur in the book Alcoholics Anonymous immediately after the 9th step is outlined.

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**. **PLEASE SEE INSERT!**

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 as **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.

CGSC is looking for volunteers to fill the following positions:

Registrar, Introductory Service Seminar Chair & Intergroup Liason Positions.

If you are interested please attend the next CGSC Meeting (last Monday of the month) or call Central Office at (403) 777-1212

CHECK THIS OUT!

Valuable Service Work Opportunity Up for Grabs!

Calgary Intergroup is looking for a volunteer for the position of **Special Event's Chair**. The **Special Event's Chairperson** is responsible for **all the fun events** that happen through Calgary Intergroup (Dances, BBQ's, Parties, etc.)!!!

If you are interested, or know of any one who might be interested, please call Central Office at (403) 777-1212

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

District 15 Annual Round Up

Saturday, Sept. 29th, 2007
Rosedale Community Hall
120 - 2nd St. W
Hussar, AB

More Information: Cathy R. (403) 820-7788

30th Annual Hope Round Up

Saturday, Oct. 13th, 2007
Legion Memorial Hall
344 Fort St.
Hope, BC

More Information: Michelle (604) 869-5961

34th Annual "AA Family Round Up"

Oct. 13th & 14th, 2007
Claresholm Community Centre
Claresholm, AB

More Information: Dale V. (403) 625-2137

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

"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!

August

ABC: Don H. 18 yrs. Lib B. 20 yrs.	Edgemont: Monica B. 12 yr.	MAAT: Dave P. 1 yr. Angie P. 19 yrs.	Linda W. 3 yrs. Lise W. 7 yrs. Cheryl B. 9 yrs. Kimberly S. 14 yrs.	Recovery: Jonathan W. 1 yr. Martin M. 1 yr. Mike F. 1 yr. Rose S. 5 yrs. Jim H. 7 yrs. Mo B. 13 yrs. Tom E. 31 yrs. Dick W. 39 yrs.
Back to the Drawing Board: Kim W. 10 yrs.	Glenmore: Eric 2 yrs. Chris 3 yrs. Lonny 5 yrs. Joni 16 yrs. Marvin 28 yrs.	Marlborough Park: Ray I. 20 yrs. Harry M. 21 yrs.	Northlanders: Kim G. 20 yrs. Sunil 20 yrs.	Sun. Morning 11am: Bruce H. 4 yrs. Mike Mc. 22 yrs.
Crossroads: Bonita N. 25 yrs.	Highland Park: Ellen L. 20 yrs. Orland W. 21 yrs.	Midnapore: Claire M. 1 yr. Maggie S. 5 yrs. Bob M. 7 yrs. Jerry M. 17 yrs.	Open Door: Patty F. 26 yrs.	Tues. Morning Ladies: Karen M. 2 yrs. Melanie 2 yrs. Susan 2 yrs. Faye H. 17 yrs. Pat J. 25 yrs.
Dalhousie Mens: Bud J. 1 yr. Blaine A. 4 yrs. Kelly B. 6 yrs. Roger D. 20 yrs.	Inglewood: Russel K. 5 yrs. Rindy Y. 23 yrs. Francis Y. 24 yrs.	New Beginnings: Mike L. 1 yr. Alison F. 2 yrs. Carolyn S. 2 yrs. Don M. 2 yrs. Shawn M. 2 yrs. Shaynes 2 yrs.		Unity: Wayne T. 4 yrs.
Desperation: Scott B. 1 yr.				

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.	Edgemont: Eduardo 2 yrs. Edrie 12 yrs.	Northlanders: Lori B. 3 yrs. Terry D. 9 yrs. Mike J. 10 yrs.	JC. 3 yrs. Stan B. 6 yrs. Loiuse M. 18 yrs. Cam M. 24 yrs.	Tues. Morning Ladies: Maureen D. 25 yrs.
Dalhousie Mens: Gary C. 2 yrs. Don D. 8 yrs.	Irricana: Maria B. 8 yrs. Eunice B. 11 yrs. Wayne D. 29 yrs.	Open Door: Albert 8 yrs.	Sat. Nite Forest Lawn: Norm N. 31 yrs.	
	MAAT: Kristen B. 1 yr. Echoe L. 3 yrs. Sharon D. 18 yrs. Tudor B. 19 yrs.	Recovery: Jenny F. 1 yr. Cameron R. 1 yr. Jim D.H. 1 yr. Cam F. 1 yr. Mark Z. 2 yrs.	Step by Step: Warren D. 11 yrs. Marshall D. 25 yrs.	



SUNDAY MORNING BREAKFAST

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

UPCOMING GROUPS:

- Recovery (Sept. 9th)
- 272 (Sept. 16th)
- UNKNOWN (Sept. 23rd)
- Marlborough Park (Sept. 30th)
- Desperation (Oct. 7th)

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.

UPCOMING GROUPS:

- UNKNOWN (Sept. 17th - 23rd)
- Haddon Rd. (Sept. 24th - 30th)
- Recovery Grp. (Oct. 1st - 7th)
- LINK Grp. (Oct. 8th - 14th)

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