

HAPPY AA BIRTHDAY!

September

272 Group: Larry C. 13 yrs.	Dalhousie Men's Group: Gary C. 3 yrs. Don D. 9 yrs.	Inglewood Group: Russell K. 6 yrs. Danya J. 7 yrs. Joe S. 19 yrs. Rindy Y. 24 yrs. Frances Y. 25 yrs.	Hubert 10 yrs. Marron R. 11 yrs. Lanan R. 15 yrs. Bev S. 20 yrs. John W. 20 yrs. Vern F. 20 yrs. Bob S. 33 yrs.	Bill O. 1 yr. Callie M. 2 yrs. Scott C. 2 yrs. Jim DH. 2 yrs. Mark Z. 3 yrs. J.C. 4 yrs. Louise M. 19 yrs. Cam M. 25 yrs.
ABC Group: Sheila A. 7 yrs. Garry Z. 8 yrs. Ainsley T. 10 yrs. Linda D. 24 yrs. Steve P. 26 yrs. Dianne Z. 33 yrs. Ken R. 51 yrs.	Forest Lawn Group: Norm L. 32 yrs.	Garnett: Estee L. 4 yrs. Grace P. 23 yrs.	MAAT Group: Kristin B. 2 yrs. Echoe L. 4 yrs. Cate C. 17 yrs. Sharon D. 19 yrs. Tudor B. 20 yrs.	Sat. Nite Forest Lawn: Lori B. 4 yrs. Terry D. 10 yrs.
Back From Hell: Shandi B. 1 yr. Melanie B. 2 yrs.	Glenmore Group: April N. 1 yr. Brad M. 1 yr. Rick N. 2 yrs. E. Joan 7 yrs. Sheila A. 7 yrs. Shirley 28 yrs. Peter F. 34 yrs.	New Beginnings: Cathy W. 1 yr. Lynn H. 1 yr. Ross S. 1 yr. Lise B. 2 yrs. Shawn M. 3 yrs. Ann C. 3 yrs. Paul A. 4 yrs. Lise W. 8 yrs. Geri S. 10 yrs.	Northlanders Group: Lori B. 4 yrs. Terry D. 10 yrs.	Tue. Morn. Ladies: Maureen D. 26 yrs.
Daily Reflections: Badger S. 14 yrs. Nevin T. 20 yrs.	Highland Park Group: Gord R. 35 yrs.	Open Door Group: Albert D. 9 yrs.	Ogden Group: Emily 1 yr. Calvin S. 1 yr. Tom H. 6 yrs. Janet B. 12 yrs.	Unity Group: Jonathon W. 1 yr. Ken M. 2 yrs. Bob P. 3 yrs. Frank A. 21 yrs. Joan C. 23 yrs.
		Recovery Group: Eric V. 1 yr. Greg K. 1 yr. Monika B. 1 yr.		

October

ABC Group: Kim M. 6 yrs. Sue K. 6 yrs. Robin R. 22 yrs.	Desperation Group: Alanna C. 9 yrs.	Ross M. 47 yrs.		
Back from Hell: Denise 1 yr. Michelle D. 1 yr. Colleen B. 2 yrs. Judy Q. 3 yrs.	Highland Park: Caesar O. 5 yrs. Gerry E. 24 yrs.	Ogden Group: Glen W. 2 yrs. Charlie 5 yrs.		
Crossroads Group: Doug R. 24 yr. Tim H. 27 yrs.	Harmony Group: Andy B. 2 yrs. Kathy B. 10 yrs.	Recovery Group: Austin 1 yr. Billy B. 1 yr. Brad B. 1 yr. Jason T. 3 yrs.		
Dalhousie Men's Group: Chuck C. 2 yrs.	Inglewood Group: Charlene S. 4 yrs. Dawn S. 5 yrs.	Sun. Morn. 11am Group: Joe R. 15 yrs. Ken L. 25 yrs. Jim H. 34 yrs.		
		Tue. Morn. Ladies: Irene B. 35 yrs.		

PLEASE NOTE:
Calgary Central Service Office is not responsible for ensuring birthday information is correct. If you have any questions or concerns regarding birthday announcement submissions please email them to:
westwordeditor@gmail.com

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



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

The entire month of November is still currently open. If you are interested in inquiring about speaking opportunities in November, call Jacques at 714-5101.

DOWNTOWN SATURDAY NIGHT SPEAKER MTG.

Fortis Building
North Tower
801 - 7th Ave. SW
Speaker - 8:00pm

KEY CONTACTS

Intergroup Chairperson	calgaryintergroupchair@gmail.com
Public Information Chairperson	pichair.calgary@gmail.com
Telephone Monitoring Chairperson	monitorchair@gmail.com
Intergroup Secretary	CalgaryAA@shaw.com
Westword Editor	westwordeditor@gmail.com
Intergroup Special Events	calgaryintergroupevents@gmail.com
Intergroup Archives	calgaryintergrouparchives@gmail.com
Calgary Central Office	centraloffice@telus.net
Area 78 website	http://www.area78.org

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 Axel at:
355-5600
monitorchair@gmail.com

the Westword



25 cents
(Suggested Donation)



october issue/2008

How It Feels to Join A. A. Long Before You Have To...

Beatrice
AA Grapevine
November 1944

It was a lovely spring morning last June, warm and full of promise--a day that fills you with love of life and a desire to live it fully, to accomplish all the things you have dreamed, to work, to love your fellow man. It was the first day of my vacation after a busy year--a vacation eagerly planned for and set aside to do a piece of creative work which was a joy to me. The night before there had been a late party to celebrate the finish of the old and the bright beginning of the new. I was shaky that morning, having celebrated thoroughly, so before I started to shop for my new equipment I decided to have a martini or two before lunch. I awoke at twilight with a bewildered sense of loss. The lovely day was gone. A shiver of terror went through me and then the slow, steady creep of smothering panic. Something terrible was the matter with me but WHAT? This wasn't the first time this had happened in spite of my best intentions and plans. It had happened with increasing frequency whenever I was released from responsibility. A cold, damp sweat folded around me like a blanket and I was filled with violent nausea. Later I phoned the liquor store. I had to have a drink so I could think this through clearly.

At the end of a week with days beginning and ending in the same way I was reduced to despair and gibbering panic. I couldn't go out in the street, let alone ride in a bus. I was afraid to get in an elevator. I couldn't sit in a movie for fear of screaming out loud. Safe in the apartment the walls started moving in on me. The long vacation yawned ahead like a dark valley of horror. In my despair I doubted if I'd find myself alive at the end of it, let alone well and ready for work. There was no reality but the fight between me and my panic and the only weapon I knew to fight it with was a drink. I had had psycho-analysis and supposedly should not be suffering this recurrence of panic but it was worse than in its original form. There was no further help to be sought from that angle. Slowly a thought had begun to focus in my terrified mind. Could the panic have any relationship to my drinking?

I didn't believe it for a moment but in my despair I couldn't afford to ignore the possibility. If that were all, then everything was simple. I'd just stop drinking and things would straighten out.

I hated to stop drinking, of course, because I actually enjoyed everything about it: the taste, the smell and the effect which gave me a sense of well-being, gaiety and courage, for I suffered from an awful shyness and tension with people. Also, liquor had been a daily part of my life for years; helping me through difficulties, being a reward for work well done and a solace when I was depressed. In fact, as I thought about it, liquor was a pretty constant companion in good health and ill, for better or for worse. It went on weekends with me and came home with me. It was waiting for me after work and spent many evenings with me when I should have been following some of my other interests. It frequently went to bed with me and was there in the morning whenever I needed it in the last couple of years. It had lunch with me when it could. It monopolized my vacations because I was carefree. I took it with me where I knew I wouldn't find it. Several times I decided that a temporary vacation would do me good but I never stayed away more than several days.

Generally, it had been a good companion, reliable and restrained for years, especially when I had work to do. It indulged itself on weekends and at parties and plagued me with hang-overs--some pretty bad ones in the last two years, but it had never interfered with a job or made me sick for more than a holiday or Sunday. It hadn't separated me from my friends or landed me in a hospital. My doctor had never discussed it with me, having no reason and my analyst had told me that it was not the factor in my disturbance though it might be wise not to drink so regularly. But now I made up my mind to stop drinking entirely for the rest of my vacation. To my horror I found I couldn't. The decision to do so seemed to enhance terrifically the desire to drink and all I accomplished was to make of myself a battle ground--one part of me fighting to drink and the other part fighting not to drink. The battle lasted one day and that night I got plastered. The victor rode the field for a week in varying degrees of being slightly tight to being drunk. I never passed out but I kept trying through the fog to figure out what in hell had broken loose. One side of me was making a souse out of me with all the symptoms, while the other was reeling around helpless.

Then I remembered reading about A.A. and hearing that a friend of mine had joined. I phoned and went to see her not, of course, telling her the whole story but inquiring about symptoms. She advised

continued on pg 2: see "How It Feels..."

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. 11th (Remembrance Day)

NEW MEETINGS

Northwest Calgary Group: New Meeting (Open, Mixed, Step/Tradition)
Tuesday, 8:00pm
Foothills Alliance Church
333 Edgepark Blvd. N.W.

New Fellowship Group (Open, Mixed)
Monday & Friday, 7:00pm
Hanna Hospital Cafeteria
Hanna, AB

MEETING CHANGES

Wake-Up Group
Sunday, 9:00am
New Address:
#203 - 11625 Elbow Drive S.W.
Canyon Meadows Shopping Centre

New Beginnings
ALL meetings, ALL days, ALL times!
New Address:
#203 - 11625 Elbow Drive S.W.
Canyon Meadows Shopping Centre

CANCELLED MEETINGS

Sowers of Hope
Wednesdays, SW
Calgary, AB (Until a new place can be found!)

Ladies Living Sober
Thursdays, SE
Calgary, AB (Ending Oct. 30th)

Paliser Group
Thursdays, SW
Calgary, AB

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: email: corrections@area78.org

Members needed to carry the message to the **Remand Centre, Spy Hill Jail and Calgary Youth Offenders Centre**.
(Please note: ALL THREE require security clearance & min. 1 yr. sobriety)
More Information: Grace P. (403) 698-2666

Members needed at Central Service Office as **Telephone Monitors**.
One shift per week, Monday to Friday
9:00am to 1:00pm or 2:00pm to 5:00pm
More Information: Axel (403) 355-5600 or Mathew (403) 777-1212

Calgary AA would like members for the **12 Step List**.
More Information: Axel (403) 355-5660 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 & 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.

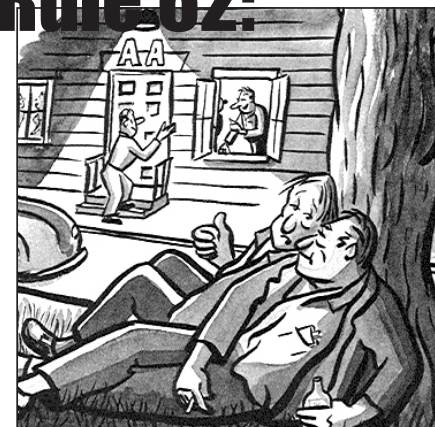
Join the Public Information Committee!

There are many service opportunities available on this fun and exciting committee. The public information committee is dedicated to spreading word to the public about the **"solution on which we can absolutely agree and join in brotherly and harmonious action!"** (BB pg. 17)
Next meeting: **Central Office - Always the LAST Wednesday of the month.**
More information: pichair.calgary@gmail.com

Gratitude Roundup Committee - 2009:

The 2009 Gratitude Roundup Committee, which meets the **third Wednesday of every month at 7:00pm at Central Service Office**, is in need of member to fill the following Alternate Chairpersons Positions; Alternate Speaker Chairperson, Alternate Ticket & Registration Chairperson and Alternate Food Services Chairperson. For further information contact: **Harry P. (403) 284-1166**

Rule 62:



"I think I'll look into that Athletic Association - they all seem so damn healthy and happy."

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 10's Unity Roundup
Oct. 17th - Oct. 19th, 2008
Blueberry Hall
Btwn. Hwy. 16 & 16A on Range Rd. 15
Stoney Plain, AB
More Info: 780-818-5070

35th Annual "AA Family Roundup"
Oct. 18th - Oct. 19th, 2008
Claresholm Community Centre
"The Joy of Living!"
Claresholm, AB
More Info: 403-625-2137

Wetaskiwin 26th Annual Roundup
Nov. 7th - Nov. 9th, 2008
Best Western Wayside Inn
4103 - 56th St. (on HWY 2A)
Wetaskiwin, AB
More Info: 780-387-5841

47th Anniversary Celebration
Innisfail 24 Hour Group
November. 8th, 2008
Ol' Moose Hall
51st Ave. and 49th St.
Innisfail, AB
More Info: 403-506-7502



Best Service Position EVER!

Ok, so I may be overstating it a little bit. Service is service, and all AA service positions are equally important. But this one is still pretty cool.

So, which position am I talking about - why, the Westword Editor position, of course...

The time has come, my friends, for this member to move on. I have had the wonderful opportunity to serve as the Intergroup Westword Editor for almost 2 years and, in the "spirit of rotation", I will not be putting my name forward for re-election at the intergroup elections in November. At the risk of sounding like I am promoting the Westword Editor service position, let me see if I can give you a few highlights of the position to help attract those who may be interesting in taking over the publication of this "little paper that could" when I move on.

First and foremost, the Westword Editor has a full subscription to the AA Grapevine digital archives (Wow!). I can't tell you how many inspirational stories I have had to opportunity to browse while searching for appropriate content each month.

Secondly - and this was important for me - the Westword Editor position offers an outlet for creativity AND service. How cool is that!

As the Westword Editor, I have had the opportunity to serve on two Intergroup Steering Committees. As someone relatively new to AA service, this was a fantastic opportunity to learn how AA functions and also participate in helping make sure our great fellowship is there for those who need it.

The best part of all - you don't have to do it alone. As Westword editor I have had the opportunity to form a "committee" of members who help in various capacities. I also offer my personal assistance to help the new Editor, making sure a transition is as smooth as possible.

The position, of course, does require an AA member who is a little more than just computer savvy. Any members with previous graphic design or desktop publishing experience would be an ideal fit for this wonderful service position.

If you think you are interested in trying out this great position, please let me know at westwordeditor@gmail.com. I would love to talk with you further.

Thank you again for allowing me to be of service.

Thank you, thank you, thank you...

Adam R.
Your Westword Editor

continued from page 1: "How It Feels..."

attending a meeting, where I behaved like the patient out-side the dentist's office who decides he doesn't have a toothache after all. I fought every identification of myself with alcoholism. I had stopped drinking with no effort after the second meeting and for two weeks I attended every meeting with the sole purpose, I recognize now, of proving to myself that I wasn't an alcoholic. But in that time I read the book several times and began to follow the program. I talked with other members but nowhere could I get what I wanted--a flat, factual statement that I was or was not an alcoholic in their opinion. It seemed that I had to decide for myself with the wealth of knowledge and experience spread before me at meetings, talks and in the literature. Then, suddenly, I had to go away for two weeks and I began to drink again with the friends I was visiting. But something had happened to me. Sometimes I think you get this program through the pores by just going to meetings, being with members and keeping your mind and heart as open as you can. Once you get inside, as my father used to say to us kids: "the Lord has you by the hand!" Something bigger than myself certainly had me by the hand. I stopped drinking with my friends and began the work I had wanted to do--placing my

whole problem in the care of the Power greater than myself of which I had heard so much. My mind cleared, an unknown sense of peace quietly took hold of me, my work went well. I humbly followed the 24 hour plan and asked no questions of myself or IT as to what path I was being lead along or what it signified.

That was two months ago. I returned to A.A. so glad to be back and with no inner resistance. Since then I have attended all the meetings that my work permits, have started some 12th step work and have grown to know many people and to depend upon their help and wisdom when I am frightened, troubled or depressed. The panic has gone and I have no desire to drink now though I don't avoid parties and situations where there is drinking. There is a new, fresh interest in my job, an unexpected reserve of material and ideas for it, and an unexpected energy of a different quality--deep, easy and relaxed. Most important of all is a consciousness of a growing experience with a Power outside myself which I depend upon and trust and which takes over for me things which are too much for me--more things than my drinking. All this fills me with awe and a profound gratitude to A.A. for this new and happy life I am living. ☺

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Fighting the Dragon of Procrastination

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

W. H.
New York, NY
October, 1997

The bridge for the land: the Tenth Step is not a stopping place. It's a connecting point between my efforts to get to know myself better and my desire to get to know God better--God as I understand him.

But that wasn't the way I saw it to start with. It looked to me as if Bill W. had run out of steam and in order to round out to twelve (the magic number), he put in another inventory Step.

Because of my religious upbringing, and my later revolt against religion, the wording of the Fourth Step in the "Twelve and Twelve" had been very difficult for me, with its emphasis on the moral. More helpful was the Big Book because it talks of "personal" rather than "moral" inventory, thus freeing the way for this battle-scarred veteran of the religious wars.

On Step Ten in the "Twelve and Twelve," I found discussion of "spot checks." I'd been doing that from the beginning of my AA life. But with a difference. I did it only when I thought of it, usually when I was hurting. Now my spot-checking became more conscious and regulated. As a result, I was better able to deal with such

problems as criticizing, losing my temper, sulking, and seeking to dominate.

There was one problem, however, that I seemed unable to come to grips with: resentments. My fellow AAs frequently talked about the nature of them and how they dealt with them. And I would listen politely and sympathize that they still had what evidently was a serious problem for them. Viewing myself as the most benevolent man on the eastern seaboard, I could not face the fact that resentments were coming out my ears! Thank goodness, I was finally able to make a breakthrough but only as a direct result of regular attendance at AA meetings and practicing all the Steps to the best of my ability.

I found it helpful to review the foregoing Steps, in the light of the one I was focusing on. As I came to believe that I could be restored, I began my brand-new adventure in faith. By making an act of trust, I was admitting again that my power-driven ways--my reliance on self, to the exclusion of accepting any kind of help from outside myself--did not work.

My undertaking of a fearless and searching personal inventory was yet another exposure to the deflation at depth that Doctors Jung and Silkworth saw as requisite in the recovery of an alcoholic. In my willingness to detail the exact nature of my wrongs (and of my virtues, as well), my old defect of intellectual arrogance was dealt another major blow.

In the Sixth and Seventh Steps, I mustered faith and trust and willingness, drew heavily on the hope and courage that my fellow AAs shared with me at meetings, and--in the fashion of our AA pioneers--on my knees asked that my character defects be removed.

In the amends Steps, my intellectual pride was put on the spot as I reached out to others, both in and out of AA. My plea was for forgiveness and for the chance to set right my harmful actions done in actual drunkenness or through emotional drunkenness in sobriety.

There is one thing about the Tenth Step that confounds some of us. The leader of a Step meeting at my home group summed it up: "I don't mind admitting when I am wrong," he said, "but why do I have to do it promptly?"

In a series of pieces on the Steps published by the Grapevine some years back, the author had this to say: "'Promptness' is of fire-alarm importance whenever, through Step Ten, we find ourselves to have been in the wrong. If we delay admitting the wrong it may bury itself. . .and fester into misery."

For me, the need for promptness cannot be stressed too much. I don't know about you, but I have a distorted perception of time. It comes into play whenever there is a question involving remedial action that ought to be taken. Time structures seem to crumble, and once again the dragon of procrastination has his day. At such time, the need for promptness becomes an academic matter, and I can rationalize quite easily why I should defer action or not take any at all.

It is fairly easy to spot this distortion in others, since it is so evident in myself. But whether it's the Tenth or the Fourth Step, I owe it to myself to keep the focus on me. My taking of your inventory is not going to help me one bit. And it certainly won't help you.. ☺

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INTERGROUP ELECTIONS

Monday, Nov. 10, 2008

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.

Archives Digital AA Meeting

In pursuit of going forward and digitizing the archive's old cassettes and tapes of speakers. We, your Archive Committee, would like to welcome you to attend our Weekly Digital AA Meeting.

In this meeting you will be able to listen to the old members of AA on tape recount their stories as we digitize them into our computer system.

When: Every Saturday

Place: Central Office

Time: 7:00 PM

"In memory of those that have gone before."



ANNUAL PIONEERS DINNER & SPEAKERS MEETING

SPONSORED BY
CALGARY INTERGROUP ARCHIVES COMMITTEE

SATURDAY, OCTOBER 18, 2008
5:30PM-10:00PM
DALHOUSIE COMMUNITY CHURCH
5511 BAROC RD. N.W.
CALGARY, AB

COST: \$25.00
(DINNER AND REFRESHMENTS)

!!LIMITED SEATING!!

**SPEAKERS: CEC A.(TRI-CURRIE GROUP),
KEN R.(ABC GROUP), PAT M.(ALANON)**

For more information contact
CENTRAL OFFICE
(403)-777-1212
aaoffice@telusplanet.net