

HAPPY AA BIRTHDAY!

October

ABC Group: Kim M. 6 yrs. Sue K. 6 yrs. Robin R. 22 yrs.	Dalhousie Men's Group: Lenny G. 1 yr. Chuck C. 2 yrs.	Harmony Group: Andy B. 2 yrs. Kathy B. 10 yrs.	Marlborough Park: Jack N. 32 yrs.	Ogden Group: Glen W. 2 yrs. Charlie 5 yrs.
Back from Hell: Denise 1 yr. Michelle D. 1 yr. Colleen B. 2 yrs. Judy Q. 3 yrs.	Desperation Group: Alanna C. 9 yrs.	Inglewood Group: Lynda H. 17 yrs.	New Beginnings: Crystal T. 1 yr. Dianne F. 1 yr. Nancy F. 1 yr. Phil C. 2 yrs. Beth G. 4 yrs. Rob S. 4 yrs. Jerry S. 5 yrs. Danny O. 7 yrs. Donna E. 10 yrs. Marvis O. 11 yrs. Gail W. 12 yrs. Richard O. 16 yrs. Elodie G. 17 yrs. Maria V. 20 yrs.	Recovery Group: Austin 1 yr. Billy B. 1 yr. Brad B. 1 yr. Jason T. 3 yrs.
Crossroads Group: Doug R. 24 yr. Tim H. 27 yrs.	Glenmore Group: Mike V. 1 yr. Artur 1 yr. Dave D. 1 yr. Scott L. 3 yrs. Rene 33 yrs.	Link Group: Sheila S. 1 yr. Susan R. 6 yrs. Bob L. 16 yrs.	Sun. Morn. 11am Group: Joe R. 15 yrs. Ken L. 25 yrs. Jim H. 34 yrs.	Tue. Morn. Ladies: Irene B. 35 yrs.
	Highland Park: Caesar O. 5 yrs. Gerry E. 24 yrs.	MAAT Group: Charlene S. 4 yrs. Dawn S. 5 yrs. Kim 6 yrs. Ross M. 47 yrs.		

November

Back from Hell: Billie Sue P. 1 yr. Hilary S. 1 yr. Steve J. 1 yr. Doug F. 2 yrs. Cathy B. 3 yrs. Len V. 29 yrs.	Desperation Group: Axel K. 4 yrs.	Recovery Group: Donna H. 1 yr. Margrit D. 4 yrs. Valerie B. 4 yrs. Adrienne B. 8 yrs. Linda G. 11 yrs. Marlene R. 12 yrs. Irene R. 20 yrs. Jane R. 20 yrs. Sandy A. 20 yrs. Sharon B. 22 yrs. Deb C. 22 yrs. John R. 23 yrs.	<p>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</p>	<p>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</p>
Back to the Drawing Board: Bill P. 2 yrs. Buddy B. 4 yrs.	Highland Park: Kristin D. 6 yrs. Norm S. 11 yrs.	Inglewood Group: Kelly R. 1 yr.		
Dalhousie Men's Group: Brian S. 27 yrs.	Northlanders: Fran Mc. 10 yrs. Marsh C. 30 yrs.	Sun. Morn. 11am Group: Jim H. 18 yrs. Leo Mc. 21 yrs. Marion K. 43 yrs.		
	Open Door: Carroll R. 18 yrs.			



SUNDAY MORNING BREAKFAST

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

UPCOMING GROUPS:
The majority of the month of November is still currently open. If you are interested in inquiring about speaking opportunities in November or December, call Jacques at 714-5101.

Come and join us for breakfast:
Buffet Breakfast \$12.00
Healthy Start Breakfast . . . \$9.00
Toast & Coffee \$4.00
Coffee \$2.00



DOWNTOWN SATURDAY NIGHT SPEAKER MTG.

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

KEY CONTACTS

Intergroup Chairpersoncalgaryintergroupchair@gmail.com
Public Information Chairperson..... pichair.calgary@gmail.com
Telephone Monitoring Chairperson.....monitorchair@gmail.com
Intergroup SecretaryCalgaryAA@shaw.com
Westword Editor westwordeditor@gmail.com
Intergroup Special Eventscalgaryintergroupevents@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)



november issue/2008

Letting the Spirit Join In...

Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tom W.
Buffalo, NY
November 1995

Practicing our Eleventh Step develops my ability to do one thing at a time. At meetings, people are sometimes amused when I say that. One man told me, "That's ridiculous, everyone knows how to do one thing at a time." Later on, when I asked him how he meditated, he said, "I can't stop my mind from racing long enough to do that." That remark demonstrates the purpose of the practice.

I wasn't born with the quiet mind needed to meditate. I work hard to develop it. The problem with me is that I'm alcoholic and as Alcoholics Anonymous says, "we alcoholics are undisciplined." So the real problem is lack of discipline.

My first sponsor showed me that I couldn't wait until I felt better to work the Steps. He said, "You must work the Steps in order to feel better." And so my work, my new purpose in life, was cut out.

When I decide to sit still, for twenty minutes, it is alcoholic mind that has the ability to distract me. Distraction usually comes to me in the form of a thought or a subtle sensation, a twitch, or an urge telling me to stop meditating and to do something else. Quieting this alcoholic mind is why I meditate. Following through on a decision to sit still for twenty minutes--no matter what happens--is spiritual practice.

With the purpose of discipline in mind, and without regard

to the results, I have a simple method that I use for meditation. Allow me to pass it on.

Before assuming the posture to meditate, I set a timer for twenty-one minutes (twenty-one is a spiritual number). Next, I say a prayer and ask God, as I understand God, for clear contact. Then for twenty minutes twice a day, morning and evening, I sit with my back straight, in my quiet spot, with reverence for the practice. With my chin held level, and my eyes closed, I focus on my breathing.

The only thing that exists now is the breath. When thoughts enter my mind I simply label them as "thinking." I don't chase after them. On the out breath I say, "be done."

This is my formal practice of our Eleventh Step. However, I'm an alcoholic and when something is good, I want more; so I've learned how to meditate even when I'm not sitting in my formal practice.

For example, I keep rhythm with my footsteps when I'm walking. Doing one thing--walking--with my body, and paying attention to it with my mind, gives my spirit a chance to join in. When I pay full attention to what I'm doing, I'm meditating. I'm united--body, mind, and spirit--with a singleness of purpose. This helps quiet my alcoholic mind.

Another example is when I do the dishes. I no longer view the dishes as an unpleasant task. I see them as an opportunity to meditate. In fact, I stretch the job out. I touch the warmth of the water. I listen to it's rich flow. While watching the formation of bubbles I feel a loving God. I concentrate on washing the dishes and not on what I'm going to do next. The most important thing is what's in front of me--now.

One AA member who frequents my home group describes mindfulness this way: "Wherever you are--be there." Likewise: "When I walk, I walk; when I do dishes, I do dishes." You'd be amazed at the opportunities that are given for meditation during a twenty-four-hour period. Being united in body, mind, and spirit is spiritual; it keeps me sober. ☺

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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

Loneliness – AA has the Answer

Anonymous
Muskegon, MI
July, 1951

One of the great problems of the alcoholic is loneliness. Alcoholics Anonymous has an answer to this basic problem for each and every alcoholic.

As a new man in AA I was desperately lonely. I had loneliness of that heart-achy type that wears a man down and down. Loneliness and friendlessness go hand in hand with chronic alcoholism. The friendliness of an AA meeting constitutes the first break in this horrible condition. For once the alcoholic meets people on a common ground, the ground of people like himself, afflicted with the same set of troubles, almost note by note.

At first I looked forward in desperation to the 'next meeting.' I was unable to see that I now had the means of carrying the meeting right with me into the work a day world. But that is what successful members all accomplish. It is like this, the meeting is over but the facts of life go on. The truths of the AA Program go on. The parts of this Program that adhere to us, miraculously keep us sober from day today. At each meeting something new is added; it cannot be seen, counted, weighed or assessed. These particles seek each other out, join with other particles and the sobriety again miraculously continues.

There comes a day when these particles have joined to form a pattern in our make-up. Something is now in us and of us that did not exist before. We begin to see beauty in surprising things; it can be a cloud, a flower, a child, a building, a sunset. A myriad of things change their relationship to us and us to them. We are in the company of all these new found things for the first time. None of these things can coexist with fear, so fear diminishes and finally leaves for parts unknown.

A man cannot read and re-read the Second Step without soon feeling its stabilizing effect. A man can't 'turn his life and will over to the care of God as he understands him' time on end without feeling a sense of close companionship. At first it gives a feeling of distinct relief to turn his life and will over to some power that is so much better qualified to carry the load. The feeling of companionship in all things grows. It never diminishes once it starts. The alcoholic begins to live with himself, not just hate himself. Automatically he begins to live with other people.

How can loneliness endure in the presence of the 11th Step? This is where we tune in on the universe. This is where we start to roll with it. Here we join forces with unseen power operating over us, around us, through us, and under us. How can loneliness remain when we

begin to know that we are an important part of the scheme of things with a job to do. What job?

'Having had a spiritual experience, as a result of these steps, we tried to carry this message to other alcoholics'—and this is the grand pay off in all AA. I never knew an AA who had time to be lonely, once he turned his mind and heart to some form of 12th Step work. And praise be, it can consist of so many things. Twelfth Step work has no boundaries, from simply making coffee clear down to sitting on the chest of a DT patient while the straps are being applied.

To you in AA who have a problem of loneliness and the number is large, for we all have it in one form or another—may I tell you of one of the most thorough remedies that ever came my way. It was from a man in AA, comparatively new to the Program. He said that he used his watch to help him operate the 24 Hour Program. If it was two o'clock when he looked at his watch he said to himself, 'Came to believe that a power greater than myself could restore me to sanity.' Whatever tendency to be 'screwed' at the moment leveled off. It was ten o'clock, he 'continued to take inventory' for an instant, and this served as a check point for whatever activity he was engaged in. Should the hour hand point near 'Eleven,' what better time could there be to tune in with the power who made him in the first place. Particularly so if the time was evening.

Practice Step Eleven at bed time [folks] and soon you will know again what they mean when they say 'slept like a baby.' In my case it turned out to be for the first time in over 30 years. ☺

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UPCOMING EVENTS

**Strength & Hope Last Chance
19th Annual AA Roundup**
Nov. 14th - Nov. 15th, 2008
Sacred Heart Church of the First People Hall
10821 - 96 St.
Tickets: \$15.00
Edmonton, AB
More Info: 780-455-3242

**Sorrel Rider Group
AA Roundup
Siksika Nation - "Keep it Simple"**
November 22nd, 2008
Gordon YellowFly Memorial Arbour
(North Camp) off 901 near Gleichen
More Info: 403-734-2622

Action Group - Christmas Party
December 10th, 2008
Calgary First Mennonite Church
2600 Richmond Rd. S.W.
Calgary, AB
Meeting and Potluck, 8:00pm

District 86 Annual Christmas Party
Only 150 tickets, \$20.00/ea
December 13th, 2008
Balzac Community Hall
Balzac, AB
More Info: 403-888-5185

**Western Regional Alcoholics Anonymous
Service Assembly (WRAASA)**
Feb. 20th - Feb. 22nd, 2009
"Our Commitment to Carry AA's Message...
Enthusiasm and Gratitude in Action."
Viscount Gort Hotel
Winnipeg, MB
More Info: Flyer @ Central Office

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

Our next scheduled meeting at Central Office is **November 11th, 7pm**.
Effective January 2009 Bridging the Gap will meet at Central Office the **LAST Thursday of the month**.
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**

New Years Eve Dinner & Dance

(Sponsored by the Sat. Night Forest Lawn Group)

You are invited to participate in fun and fellowship to ring in the new year at the 8th Annual New Years Eve Dinner & Dance, hosted this year at the Alexandra Centre, and sponsored by the Saturday Night Forest Lawn Group.

This year we will dance the night away with music by Jim Reil and enjoy a catered Alberta Beef Roast dinner!

Tickets are \$45.00 dollars and the Alexandra Centre is located at 922 - 9th Ave. S.E.

More Info:

Norm - (403) 272-1935

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

NEW MEETINGS

**Nadzieja Group
(Closed, Mixed, Polish Speaking)**
Thursday, 7:30pm
St. Joseph's Church
640 - 19 Ave. N.W. (East side door)
Open Birthday Meeting last Thursday of the month.

**The Bridge Group
(Closed, Mixed, Step & Discussion)**
Saturday, 10:00am
St. John Lutheran Church
204 - 6A St. N.E. (Main Entrance)
Open Birthday Meeting last Saturday of the month.

**Forest Lawn Group
(Big Book Meeting & Discussion)**
Starting Tuesday Nov. 11th, 12 Noon
United Church (Basement)
2236 - 35th St. SE

**Forest Lawn Group
(Topic & Discussion)**
Starting Thursday Nov. 13th, 12 Noon
United Church (Basement)
2236 - 35th St. SE

**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

**Dalhousie Men's Group
Effective January 8th!**
New day and time:
Meeting will change **FROM Thursday's at 8:00pm TO Friday's at 8:00pm.**

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

CANCELLED MEETINGS

Garnett Group
Various Days, NW
Calgary, AB (Suspended until a new place can be found!)

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

Thank you!

On behalf of The Calgary Intergroup Archives Committee Pioneers:

We wish to thank the A.A. Community as a whole & The Friends of A.A. for their support & Attendance of this year's edition of the Pioneers Dinner.

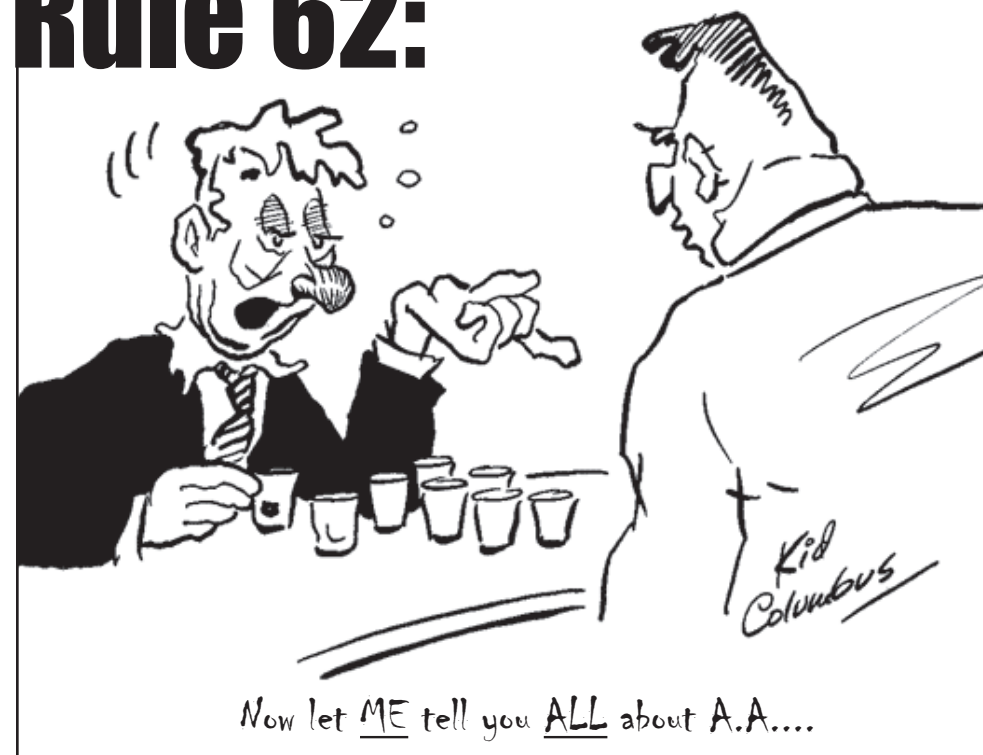


Intergroup Christmas Party

The Intergroup Special Events Committee is looking for members willing to help with the 2008 Intergroup Christmas Party. If you are interested, please email:

calgaryintergroupevents@gmail.com

Rule 62:



Now let ME tell you ALL about A.A....

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