

the Westword



25 cents
(Suggested Donation)



december issue/2008

Are you feeling it? That warm and fuzzy Christmas spirit? This is the time of the year when near hysteria meets depression. Warmth and good intentions around the family dinner table often meet resentments. Once again, Uncle Gus has one-too-many and does a face plant into the mashed potatoes. Then there's the stress of trying to get it all done, of trying to be all things to all people.

No one knows the ups and downs of the season like alcoholics. Many of us have seen our darkest days when the rest of the world was opening presents, and singing carols during Christmas mass.. All some have known are Christmas's filled with a shot of rum and egg nog followed immediately by a good dose of bitter conflict. Although it wasn't much, it was definitely predictable. We knew what to expect, and our Christmas traditions, although sad, gave us a measure of security. If you're new to the program, the drinking is gone, and so is that predictability. It may be your first Christmas sober. And we know how afraid you are.

Happily, this issue of The Westword can provide you with information that will get you through Christmas intact (at least physically). There are gratitude meetings, open houses, and potluck dinners almost around the clock before and after December 25th.

At these events, you'll find others who have been there, and have learned to love the season in their own way. But the parties are not just for the newcomer. Let's remember that no matter the years of sobriety, loneliness and regret can still plague all of us.

An annual open house at my group got me through many of my first Christmas's. I was estranged from my family and had no where to go. I didn't know what to make of a holiday season without booze. I mean, what was the point if you had to actually remember it?

I had to find out what Christmas meant to me. I developed my own healthy traditions and one of them was taking a shift at an open house, donating some food and just giving. I figured out that Christmas is really about sharing myself, and my experiences, not buying someone a new toaster.

Early in sobriety I was lucky to find orphans my own age, and will always be grateful for their support. We took each others hands and just hung on. After all, there is safety in numbers.

Merry Christmas!
Westword Editor
Carla T.

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 Thru: 8:30am – 1:00pm, 2:00pm – 5:00pm

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

Closed Sundays and Stat Holiday Weekends

VALUABLE 12 STEP OPPORTUNITIES

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: **Greg (403) 561-6051 or Mathew (403) 777-1212**

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

More Information: **Greg (403) 561-6051 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 & 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

Do Your Christmas Shopping at Central Office This Year!

We have books, pamphlets, magazines,
book covers, book markers, medallions,
chips, pins, DVD's, CD's, fridge magnets,
key tags, 2009 calendars and planners.

We even have service material !!

Central Office is CLOSED

Christmas Day
(December 25)

Boxing Day
(December 26)

Sat. Dec. 27th

New Years
Day (January 1st)

NEW MEETINGS

Tuesday Night Ladies

closed discussion meeting. Tuesdays
at 7:00 p.m. Strathmore Full Gospel
Church (back door). 50 Maplewood
Drive, Strathmore.

The Bridge Group Closed Mixed Discussion

Saturday 10:00 a.m.
St. John Lutheran Church
204-6A St. NE
(main entrance)

District 78 Speaker Meeting

Every second Thursday starting
December 11, 2008 7:30p.m.
Adult Day Support Room, Colonel
Belcher Seniors Residence
1939 Veteran's Way NW

MEETING CHANGES

The Garnet Block has MOVED!

New address: Odd fellows' Centre
1507-14 Ave. S.W. Downstairs

Dalhousie Men's Group

Effective Thursday Jan 8, 2009, group
meets on Thursday evenings.

Borderline Group

Meets Sundays in NW. First Sunday
of the month now tradition meeting

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

UPCOMING CHRISTMAS EVENTS



New Beginnings

Christmas 4th Annual
Pot Luck Supper on Dec. 25 2008
6:30 PM Shepherd King Church
804 75 Ave. S.W. Please R.S.V.P. to Nancy & Marron 403-225-1344 if attending

New Beginnings will be open from 9 AM to the 5:15 on Christmas Day at 11625 Elbow Dr. S.W.

Action Group - Christmas Party

December 10th, 2008- 8:00 p.m.
Calgary First Mennonite Church- 2600 Richmond Rd S.W.-Meeting and Potluck Dinner

District 86 Annual Christmas Party

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

Daily Reflections Annual Christmas Party

December 16,2008- Rutland Community Centre, 3730 40 Ave. S.W.
Santa at 3:00 p.m. Potluck dinner and sing a longs

Recovery Group Holiday Open House

Food, Fellowship and Meetings for All.- "Never Alone"
December 24 1:00 p.m. to 11:00 p.m. December 25 1:00 p.m to 11:00 p.m.

Intergroup Christmas Open House

Saturday December 13,2008 11:00 a.m. until 3:00 p.m.
St. Mark's Church 1802-33 Avenue S.W.
Food and /or cash donations gratefully accepted
For more information contact Axel K @403-355-5600 or Bruce K @ 403-966-2592

Dalhousie Men's Group, Annual Potluck and Gratitude Meeting

Friday December 19,2008 8:00 p.m.
Dalhousie Community Church 5511 Baroc Rd. NW.
This is an open meeting, everyone welcome.

New Year's Eve Dinner and Dance

December 31,2008 Doors open @ 6:30p.m. Dinner @ 7:30p.m. Live Music @ 9:30 p.m.
Alexandra Dance Hall 922 9 Ave. S.E.
\$45 per person. For tickets contact Norm Nelson 403-272-1935

ABC Group

The regular, closed meeting will be OPEN for Christmas Eve.
Potluck Dinner New Year's Eve prior to regular open speaker meeting.
For more information call 403-288-6883

Come and help The Edgemont Group ring in the New Year!

December 31,2008 9:00 p.m. Edgemont Community Centre, 5311 Edgevalley Circle N.W.
Bring finger foods and munchies. Potluck dinner will be held at ABC in Varsity Presbyterian Church 6:30p.m.
For more information: Marilyn (403) 239-4923

272 Group

272 is holding a Gratitude night December 19,2008 @ 8:30, Potluck supper after meeting

CSO NEWS COMING SOON!!!

4 HOT NEW GRAPEVINE CDs!

Emotional Sobriety - vol. 1 & 2
Spiritual Awakenings - vol. 1 & 2
\$14.50/ea.

4 AWESOME AA DVDs!

Markings on the Journey - A history of AA \$22.50
Bill tells his story – Stepping Stones, NY \$22.50
Bill discusses the 12 traditions \$14.00
Alcoholics Anon. - about AA in general \$14.00

ATTENTION GROUPS

Central Service Office is putting together a contact list of names and numbers for all of the groups in Calgary and area. Please ask a member of your group to contact CSO with that information.

403-777-1212



HAPPY AA BIRTHDAY



NOVEMBER

New Beginnings:

Nicole C 1 yr
Nancy P. 1 yr
Doug B. 2 yr
Jean B. 4 yr
Bill T 4 yr
Alison R 6 yr
Sherry S 8 yr
Bill J 9 yr
Sandy D. 11 yr
John H. 12 yr

New Beginnings con't

Jayne R. 16 yrs
Brady W. 17 yrs
Lyn S 16 yrs
Ellen Mc 26 yrs
Sean D 27 yrs

Back to the Drawing Board

Bill P 2 yrs
Buddy B 4 yrs

Back From Hell

Hilary S 1 yr
Billie Sue P 1 yr
Doug F 2 yr
Cathy B 3 yr
Len V 29 yr
Steve J 1 yr

The Link Group

Carolyn D 16 yrs

Glenmore Group

Al C 14 yrs
Lanny M 19 yrs
Shannon 5 yrs
Donna 17 yrs
Lee M 21 yrs
Tim A 31 yrs
Clay W 14 yrs
Robert 4 yrs
Heather M 1 yr
Jason M 1 yr

Open Door

Carroll R 18 yrs

Marlborough Park

Jack N 32 yrs

Maat Group

Marjorie B 5yr
Doug H 1 yr
Ann B 16 yr

DECEMBER

Maat

Ron W 5
Dale R 3
Jim K 5

Front Runners

Mathew M 22yr
Vic H 1 yr

Marlborough Park

Ed. D 27 yrs
Nadine S 5 yrs
Tammy 2 yrs

Link Group

Jack M 26 Yrs

272 group

Percy W. 27 yrs

Recovery group

Pamela L 1yr
Nancy S 2
Eleanore F 3 yrs
Dianna L 3 yrs
Stella T 4 yrs
Terri-lynn S 5 yrs
Woody H 25 yrs
Marie M 32 yrs

Highland Park

Jean L. 9 yrs

Dalhousie Men's Group

Scott M., 1 year.

Ogden group

Amber K 1 Yr
Nancy H 2 yrs
Eric P 18 yrs
Darryl D 20 yrs
Cecillia PJ 13 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.**

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



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 Greg at:

561-6051

monitorchair@gmail.com