

NEW MEETINGS

Ladies Living Sober
(Closed, Ladies, 12 x 12, Discussion)
Thursday, 7:00pm
Lutheran Church
13811 Deer Ridge Dr. SE

New Beginnings: Open Ladies Big Book
(Open, Big Book)
Wednesday, 10:30am
7620 Elbow Drive SW

Knocking on Heaven's Door Group
(Open, Mixed, Discussion)
2nd & 4th Sunday of the Month @ 2:00pm
NCFC
4620A - Bowness Rd. N.W.
Music Jam follows meeting: 3:00pm - 5:00pm

Chestermere Group
(Open, Mixed)
Sunday, 7:00pm
Canal Room
Chestermere Town Hall
105 Marina Rd.

Saturday Sunrise Group
(Closed, Mixed, Discussion)
Saturday, 9:00am
Salvation Army Church
242 - 1 St. W
Drumheller

"Back to Basics"
(Closed, Mixed)
Monday, 6:15pm AND 8:00pm
Trinity Lutheran Church
840 3rd Ave. SW
Beginners/12-Step
(Intense, 12 steps in 4 weeks!)

soc. Building - #2, New Brighton Dr. SE
(Buzz for entry)

Daily Reflection Ladies
Sunday, SW
Listing incorrect in new Meeting List!
Meeting is held Sundays at 1:30PM not AM.

Sorrel Rider Group
Siksika Nation
Listing incorrect in new Meeting List!
This meeting is held Wednesdays at 7:00pm.

Stettler Heartland Group
Stettler
Listing incorrect in new Meeting List!
This meeting is held Tuesdays at 8:00pm.

Springbank Tuesday Night
NOW STARTS AT 7:30pm
Springbank Community Church
2nd Ave. & 181st St. NW
(South of Calaway Park entrance)

CANCELLED MEETINGS

Tsuu T'ina Spirit Healing Lodge Meeting
Monday & Thursday, 8:00pm
Tsuu T'ina Reserve

Turf Group
Thursday, 8:30pm
Calgary, CENTRAL

continued from page 1: "Sanity"

When I came on the General Service Board of Alcoholics Anonymous, I had the profound belief that the AA program really worked. That belief grew from knowing people who wrote me letters of amends after I sent them to jail, from seeing sober members of AA give their time to bring meetings to jails, and from the hard work and productivity of those in the community who were sober, thanks to the Fellowship of AA.

The passing on of health and wholeness, otherwise known as sanity, is part of the marvelous AA way. Hearing friends share their experience, strength, and hope has helped me make huge changes in my work life. Twice I have reinvented my career, risking my ego and financial security. The first time, my Higher Power nudged me to leave an unfilled term on the Indiana Court of Appeals to go to Purdue University. That turned out to be a wonderful experience, which has helped me grow. I worked with people whom I continue to love to be in projects with and conduct other work with. The first change opened the door to the second change, and now I work for both Purdue University School of Agriculture and the Indiana University School of Medicine, seeking collaborative ways to improve public health and to face up to the challenges alcohol and addiction pose to the health of all of us.

That Second Step is all about getting healthy and getting real. Thank you, AA, for sharing Step Two. ☺

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MEETING CHANGES

"Back to Basics"
Monday, 6:15pm AND 8:00pm
Early meeting time changed from
6:00pm TO 6:15pm

Tsuu T'ina Reserve Meeting
Tuesday, 5:00pm
Meeting time changed from
Wed. 8:00pm TO Tues. 5:00pm

Spirit Walkers
Wednesday, 7:00pm
Meeting time changed from
8:00pm TO 7:00pm
Based on Native Spirituality

Sobriety & Beyond
Mondays, SE
This meeting is now held Mondays at 7:30pm
(NOT 8:00pm) at the New Brighton Residence As-

A Letter From The Mother Of The Man I Killed

James B.
Forks, WA
AA Grapevine
December 2006

On February 20, 2001, while drinking and driving, I killed a man on a bicycle. I ran from the scene. A half hour later, I dialed 9-1-1 and turned myself in. I had skipped work that day and started drinking in the early afternoon. At about six-thirty that evening, I left a friend's house and began my six-mile journey home. The accident happened so fast I had no time to react.

I have been incarcerated for vehicular homicide since that night. Until then--despite three drunken driving citations in eleven years--I refused to admit that I had a problem with drinking. Those previous citations added six years to my prison sentence for killing the man whom I will call "John."

The night of the accident, I swore I would never drink again. But, after a year or so of being locked up, I changed it and said I will never drink and drive again.

Two years later, I received a letter from John's brother. He said he wasn't angry with me, and he forgave me, but he wanted my perspective on what had happened that night. Not a day went by without me thinking about the accident, but writing about it made me think even more about my actions on that day. After writing the letter, I knew I had to change, but I didn't know how. My counselor had suggested AA, but I refused to go.

While lying on my bunk one Friday evening, I heard the announcement for the AA meeting. I jumped up and went. Halfway through the Preamble, I real-

ized that the date -- February 20, 2004 -- was exactly three years since the accident. I took this as a sign and have been active in AA and practicing the Twelve Steps ever since.

After a year in the program--and four years after the accident--I wrote another letter to John's brother. I told him I belong to AA and practice the Twelve Steps in my life. I hoped my story might reach another alcoholic, I said, and--in John's memory--save at least one family from the tragedy I had put his family through.

Ten months later, I received a miracle in the mail. This is the first page of an incredible letter I received from John's mother:

"Dear James,

I am John's mother and will celebrate five years of sobriety on the twenty second of this month. I do not know what direction this letter will take -- I leave it to God to guide me. Twenty nine years ago, I gave birth to John and, in honor of the way he lived and the loving memories I have of him, I find the right thing to do is to reach out to you. John's brother shared your letter of amends. I cannot describe the gratitude I felt and the healing that letter brought. I sobbed in my sponsor's arms and let go of so much of what I had kept inside me. Thank you. I pray that you will keep on the path of sobriety and receive God's love and forgiveness."

Her letter helped to lift a weight off of me and strengthened my faith in the AA program. A Higher Power working in my life is the only explanation. Because of my faith and trust in a Higher Power, in my sponsor, and in working the Twelve Steps, I have, for today, closed the door on my drinking as I try to carry the message of recovery and practice these principles in all my affairs. ☺

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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: Mellissa R. (403) 264-5268

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

If you are still interested in a service position with this years Banff Roundup Committee the **next meeting is: Monday, February 4th at 6:00 PM at Central Office.**

- **Many Hands Make for Light Work!** -

Contact Jeff P. at 685-2012 or jdpoole@poolelawyer.cm for more information.

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.

Women Needed to Chair Meetings Once a Month

Women are needed to chair a Beginners Meeting once a month at women's treatment facilities.

The commitment is either Saturday morning or Sunday evening.

NEW! The experience is very rewarding to those who have been involved.

If you are interested, please contact Colleen C. at 667-2780.

Join the Gratitude Round Up Committee!

If you are new to service there are experienced members of the committee available to mentor you.

FUN! Next meeting: Central Office - Wednesday, February 20th at 7:00pm.
Contact Jim C. at 264-0712 or kalgarian@hotmail.com for more information.

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)

PL! Next meeting: Central Office - Wednesday, February 27th at 7:00pm.

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

Camrose Intergroup Valentine's AA Roundup

Feb. 16th - Feb. 17th, 2008

The Moose Hall
5001 - 52nd Ave.
Camrose, AB

More Information: Annette 672-8398

2008 Western Canada Regional Forum

Feb. 22nd - Feb. 24th, 2008

Ramada Plaza and Conference Centre
Abbotsford, BC

More Information: 212-870-3120

Saskatoon & Area 41st Annual Roundup

Steps to Freedom

Feb. 22nd - Feb. 24th, 2008

Saskatoon Inn - 2002 Airport Dr.
Saskatoon, SK

More Information: 665-6727

In the Fellowship of the Spirit

6th Annual Big Book Journey

Feb. 29th - Mar. 2nd, 2008

Camp Horizon
Bragg Creek, AB

More Information: Shelia K. 282-5138

2008 Banff Roundup

Mar. 14th - Mar. 16th, 2008

Banff Park Lodge
Banff, AB

Get your tickets fast as the Special Conference

Rate only available until **Feb 14th**.

More Information: Jeff P. 685-2012

HELP WANTED

New part-time worker needed!

Johnny B. is resigning to pursue his career on the large & small screen.

Hours are:

Fridays: 8:30 - 5:00 (less 1hr. lunch)

Saturdays: 9:00 - 1:00

(Also, relief for full time staff vacation and sick days.)

Bookkeeping, computer, and people skills will be required.

Bring resume in person to CSO.

Minimum 2 years if AA member, non-AAs can apply, too.

Super Deal!!!

• 2008 Grapevine Calendars: \$2.00
(previously \$12.50!)

***Please note: the 2008 Grapevine Pocket Planners are SOLD OUT!**

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!

January

Airport Group:

Dwayne G. 7 yrs.
Judy M. 9 yrs.

Crossroads:

George W. 14 yrs.
Glenn W. 29 yrs.

Dalhousie Mens:

Mike B. 1 yr.

Desperation:

Lyle K. 9 yrs.
Same G. 28 yrs.
Peter C. 31 yrs.

Edgemont:

Jon G. 12 yrs.
Ann U. 17 yrs.
Kim W. 32 yrs.

Glenmore:

David W. 1 yr.
John M. 1 yr.
Norm 6 yrs.
Mike R. 8 yrs.
Marsha 8 yrs.
Shawn 12 yrs.
Roy R. 13 yrs.
Arnie D. 15 yrs.
Dwayne 19 yrs.
Pat R. 25 yrs.

Highland Park:

David D. 10 yrs.
Michelle P. 21 yrs.
Brian H. 25 yrs.

Al C. 39 yrs.

Inglewood:

Melanie S. 4 yrs.

Irricana:

Wayne K. 21 yrs.
Garry R. 33 yrs.
Neil R. 35 yrs.
George F. 47 yrs.

Link Group:

Steven C. 6 yrs.
Lyndon F. 15 yrs.
Don M. 28 yrs.

MAAT Group:

Karen M. 13 yrs.
Barb G. 27 yrs.

New Beginnings:

Grame N. 1 yr.
Kayla R. 1 yr.
Liza C. 1 yr.
Noella S. 1 yr.
Sally R. 1 yr.
Desirae S. 2 yrs.
Chris T. 3 yrs.
Teresa G. 9 yrs.
Sheryl M. 10 yrs.
Miles P. 11 yrs.
Twyla T. 17 yrs.
Ted V. 24 yrs.

Northlanders:

Jennifer F. 10 yrs.
Marilyn B. 14 yrs.
Mary Jo 17 yrs.

Open Door:

Wavne F. 9 yrs.

Recovery:

Sean K. 1 yr.
Kristen B. 1 yr.
Chris E. 1 yr.
Jay J. 1 yr.
Tiffany K. 2 yrs.
Don M. 3 yrs.
Frank L. 3 yrs.
Donna R. 5 yrs.
Bernie H. 6 yrs.
Marie U. 20 yrs.
Roy S. 23 yrs.

Sat. Nite NE Group:

Sandra M. 18 yrs.
Linda J. 30 yrs.

February

Back to the Drawing Board:

Ian B. 1 yr.
Terry M. 2 yrs.

Dalhousie Mens:

Bruce M. 20 yrs.
Bill B. 34 yrs.

Edgemont:

John H. 3 yrs.
Judy P. 12 yrs.
Patrick 15 yrs.

Inglewood:

Jim C. 18 yrs.

Irricana:

Jock W. 21 yrs.

Link Group:

Gerry E. 11 yrs.
Deorgina R. 17 yrs.
Rod L. 19 yrs.

MAAT Group:

Billy B. 2 yrs.
Mark H. 2 yrs.
Mike S. 4 yrs.

Terry K. 16 yrs.
Doreen L. 19 yrs.

Ogden Group:

Stephen S. 1 yr.
Tania D. 2 yrs.
Jason P. 8 yrs.
Keith K. 17 yrs.
Laurie A. 28 yrs.

Open Door:

Diane D. 17 yrs.

Recovery:

Sean S. 1 yr.
Tasha R. 2 yrs.

Barb O. 2 yrs.
Carrie F. D. 2 yrs.
George H. 2 yrs.
Joe R. 4 yrs.
Karen R. 10 yrs.
Peter A. 13 yrs.
Sean O'B. 19 yrs.
Doreen T. R. 20 yrs.

Sat. Nite NE Group:

Charles M. 18 yrs.

Sun. Morn. 11am Group:

Cheryl F. 3 yrs.

NOTE:

Please remember, if you would like your groups monthly birthday's listed, please be sure to submit them to Central Office, or email westwordeditor@gmail.com, no later than the first Monday of each month.



SUNDAY MORNING BREAKFAST

Downtown Ramada Inn
708 - 8th Ave. SW

Breakfast - 9:00am
Speaker - 10:00am

UPCOMING GROUPS:

- Crossroads (Feb. 3rd)
- Crossroads (Feb. 10th)
- Crossroads (Feb. 17th)
- Crossroads (Feb. 24th)

Come and join us for breakfast:

*Buffet Breakfast \$12.00
Healthy Start Breakfast . . . \$9.00
Toast & Coffee \$4.00
Coffee \$2.00

To inquire about speaking opportunities in the future, call Jacques at 714-5101.



DOWNTOWN SATURDAY NIGHT SPEAKER

Fortis Building
North Tower
801 - 7th Ave. SW

Speaker - 8:00pm



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

axel.koenig@shaw.ca

the Westword



25 cents
(Suggested Donation)



february issue/2008

A Judge's Thoughts On Sanity

Linda C.
AA Grapevine
February 2003

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

I have learned from AA in many ways, but one of the most unexpected is the deeper understanding and appreciation of sanity it has given me. This is not a backhanded compliment. I served on the bench for many years in Indiana. During the time I was a trial court judge, I issued mental commitment orders and reviewed the continuing commitment for cases on my docket. I, like most judges and lawyers, gained my knowledge about alcohol and mental illness from on-the-job experience.

I thought I understood sanity. I would have defined it as the absence of all the illnesses for which I committed people to treatment. You know, conditions like paranoia or manic depression, illnesses requiring the people concerned to be led into the court room in a strait jacket and prompting them during the ten-minute hearing to chew their shoelaces loose and take their shoes and socks off with their teeth. I would conduct a mental commitment hearing and be struck by the sadness of the person and often of the families. I saw parents weep over a child who was not present except in body. But I never connected sanity or lack of sanity with alcoholism. I conducted only one commitment hearing for an alcohol-related psychosis. It was in the dead of winter, and the man was in danger of freezing to death in the car he lived in. Most of the alcoholics I dealt with were in criminal or civil court for divorce or family matters, not the probate docket for mental illness. Alcoholics were drunk, not crazy. If one was not crazy, one was sane.

Or so I thought. But, as the saying goes, when the student is ready, the teacher will appear. My teachers appeared as AA speakers. Listening to them tell the stories of their drinking and their restoration to sanity, I began to understand that sanity is more than the opposite of insanity. Alcoholics may not live sane lives even when they are not insane. That is true for most of us. My own life has elements that can be restored to sanity, and I will share that with you in due time

People have their idiosyncrasies. Who am I to call these occasional oddities manifestations of insanity? I love puns and good humor, but there is nothing funny about the suffering of an alcoholic who is not in recovery or about someone with mental illness. So when I talk about cases I handled in court, sometimes there is a natural humor in the story, but in no way is it meant to diminish

the importance of the struggle in those lives for health and wholeness. It is also important to be clear that alcoholism is a distinct and separate disease. There are mental illnesses and while an alcoholic may have a mental illness in addition to alcoholism, it is not a prerequisite in being restored to sanity.

And that brings us to Step Two, a Step of simple words. The words "restore us to sanity" are so affirming. All of us start out sane. These words give hope of returning to that health and saneness. Step Two is the restoration to a healthy life that is grounded in the reality of today. "One day at a time" is a phrase of sanity. It keeps me here and now. It is the opposite of sanity to fret and mourn over that which you can't undo, and it is equally unhealthy to live in tomorrow. Today is the only day anything will ever get done.

There are three parts to Step Two. The first part is coming to believe, the second is a higher power, and the third is the restoration to sanity. For Step Two to work, I have to believe in a higher power. Each member of the Fellowship has a different understanding of who or what that higher power is. My personal higher power is God. While I follow Christ, I understand that the details of my belief should not be imposed on anyone else. Indeed, AA is about attraction, not promotion. That prohibition against promotion includes making sure I do not use the AA fellowship as a way to promote or evangelize the outside issues of my personal faith. So for the Second Step to work, one needs a higher power of one's own understanding. (If anyone wants my higher power, I am happy to share when asked.)

Now to share about the third part of the Step, the restoration to sanity, I'd like to describe the preceding twenty-four hours of my life with this excerpt from an e-mail I just sent to my office:

"I left my laptop power pack in Chicago. No wait, the worse part is that I left my prescription glasses in a restaurant in Washington, DC. Oh, wait! Maybe the worst part is that I dropped chicken parmesan on my tan slacks and had to run over and buy a clean pair for the press conference. That was not what I intended to do with a hundred dollars. I will be back in the office and in town all next week. I will check e-mail as soon as I can find Internet connections. I will be in Huntsville until Sunday afternoon. In any case, the cell phone will get me—until I lose it."

This is not an exaggerated statement. It describes exactly what happened, and it doesn't even mention that I am running late with the final copy for this article. But as the third part of Step Two says, my Higher Power has restored me to sanity. How do I know? Because the events of this week have not driven me crazy.

The word sanity is derived from the Latin, sanus, which means healthy, whole, and clean. The word sanitary is a close relative of the word sanity. I'm grateful for the lives of my AA friends. They are recovering, and they have shared their healthy way of approaching the challenges of life with me. I am grateful to one friend in particular, and if we lived a little closer to each other, I would seek her counsel even more.

continued on pg 2: see "Sanity"

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: Saturday Feb. 16 & Monday Feb. 18.

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.*