



## Delegate's Corner

Dave B.

Area 78 Delegate to New York  
Calgary, AB  
July, 2008

Greetings fellow AA members. Coming up – much too quickly – is our Area 78 Fall Assembly which is scheduled for September 19-21 in Red Deer, AB. Most Groups will have received Agendas already, but if you haven't received one please contact the Area 78 Secretary (Karen C) at: [secretary@area78.org](mailto:secretary@area78.org) and she will make sure you get a copy.

Over the past few months I have enjoyed the opportunity of meeting with AA members in different parts of our huge Area to give them a report on the 2008 General Service Conference and answer their questions regarding the Conference and what is happening in AA as a whole. The meetings have resulted in some excellent sharing on the primary purpose of Alcoholics Anonymous and the responsibility of AA members. One question I have not been able to answer yet came from some members in Calgary who were interested in knowing what constituted "bad debt" on one of the financial reports from our General Service Office. I am still digging into this and hope to have an explanation for the Assembly in September.

One of the main topics of discussion within Alcoholics Anonymous over the next year or two will also have to do with finances—primarily our 7th Tradition of being self supporting and how and if this can be achieved. The idea of no longer using profits from the sale of literature to fund Group Services at our General Service Office was thoroughly discussed by Delegates at the 2008 Conference. Sharing on the subject included references to some of Bill W.s thoughts on the topic: in one article, Bill talks about the spiritual benefit of being self supporting through contributions from AA groups and members and laments that we have had to use profits from literature sales. In another later article Bill suggests that these so called 'profits' are not really profits, but are small contributions made through purchasing literature. Discussion at the Conference generally raised more questions than answers on this subject, such as: "If profits from literature sales are 'contributions', then AA has been – and currently is – accepting contributions from outside of AA, mainly correction and rehab institutions which purchase huge numbers of Big Books and other literature. "Should AA literature therefore be sold to outside agencies?", "Should literature be sold at cost to anyone outside of AA?", "Should AA members be charged more for literature than outside enterprises?" The discussion at the Conference was passionate and lively, but only lead to the conclusion that this subject needs further review of all benefits and liabilities of our current practice and any

## 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

**Spirit Walkers**  
Wednesdays  
Calgary, AB

**Podium Group**  
Tuesdays, 8:00pm  
Calgary, AB

**Bonanza Group**  
Tuesdays  
Calgary, AB

changes we may want to make and that more discussion in the home groups is the prudent course at this time. So, talk it up in your home group and at your District meetings! "What are the spiritual benefits and liabilities of using or not using 'profits' from literature sales to fund Groups Services at our General Service Office? Is our current practice OK or do we, as a whole, need to change how we pay for the Group Services we all receive?"

Another question I was asked frequently was when the results from the 2007 Membership Survey would be available - the information is now available through ordering the pamphlet or on the General Service Office website: [www.aa.org](http://www.aa.org). The information is a very useful tool for Public Information (PI) and Cooperation with the Professional Community (CPC) work - it is also very interesting for AA members who want to see who makes up AA today.

It has been an exciting privilege to serve Alcoholics Anonymous as Area 78 Delegate. If I can be of service to you or your group please feel free to contact me - email: [delegate@area78.org](mailto:delegate@area78.org) or by phone at 403-577-3082.

**PS:** All of the Area 78 Table Officers and Committee Chairs who serve our groups are available to help with PI or CPC presentations or with Inventory Meetings and Workshops - they have a lot of experience and enthusiasm to share and can be contacted through the area website. ☺

Dave B. is the Area 78 Delegate to New York, serving Alberta/NWT

## 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](mailto: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](mailto: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](mailto: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](mailto:pichair.calgary@gmail.com)**

“We are continuously being asked to speak at non-AA meetings. PI can always use more “informed” speakers for non-AA occasions. This is a very good opportunity to be of service to the still suffering alcoholic. Please join us!”

-Public Information Committee

## 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 starting September 6, 2008**

**Place: Central Office**

**Time: 7:00 PM**

*"In memory of those that have gone before."*

**All submissions to be included in any upcoming editions of the Westword newsletter should be sent to [westwordeditor@gmail.com](mailto: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

## Joke of the Month

AA Grapevine

January 1990

“My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.

My wife asked, “Do you know her?”

“Yes,” I sighed, “She’s my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn’t been sober since.”

“My God!” says my wife, “Who would think a person could go on celebrating that long?”

And then the fight started... ☹

Overheard - If you have any funny jokes you think are suitable for Westword publication, send them to [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)

## UPCOMING EVENTS

**District 86 Pig Roast**

August 9th - August 10th, 2008

5 miles East of Balzac on Hwy. 566

Turn South on Range Rd. 290

Go 2.7 miles to site.

There will be signs to guide you!

Cost is a 7th Tradition donation

**Central Office has flyers with maps!**

**District 20's Annual AA Roundup**

August 15th - August 17th, 2008

Riverdale Mini Park

20km North of Wainwright, AB

More Info: 780-842-4752

**Central Office has flyers with maps!**

**20th Anniversary Celebration**

Vulcan Thursday Nite Different Group

August 15th - August 17th, 2008

Carmangay Campground

More Info: 403-485-2769

**CORN ROAST!**

August 22nd - August 24th, 2008

Writing on Stone Provincial Park

41km East of Milk River, AB

More Info: 403-362-4914

**Central Office has flyers for more info!**

**Grande Prairie's 49th Annual AA Roundup**

Sept. 12th - Sept. 14th, 2008

Clarkson Hall, Evergreen Park

Grande Prairie, AB

More Info: 780-897-9255

**District 14's Annual AA Roundup**

Saturday Oct. 4th, 2008

Rosedale Community Hall

Hussar, AB

More Info: 403-334-0246

## CSO NEWS

### ALREADY HERE!

2009 Grapevine Calendars..... \$10.00

2009 Grapevine Pocket Planners..... \$6.50

**Both are available in English, French & Spanish**

### 4 AWESOME AA DVDs!

Markings on the Journey - A history of AA

**\$22.50**

Bill tells his story - from Stepping Stones, NY

**\$22.50**

Bill discusses the 12 traditions

**\$14.00**

Alcoholics Anonymous - about AA in general

**\$14.00**

## Still Discounted!!!

Big books are still only \$9.00!!!

Keep those contributions coming so they can remain that price!



# HAPPY AA BIRTHDAY!

## July

### Airport Group:

Morgan 11 yrs.  
Gordon B. 19 yrs.  
Bev T. 20 yrs.  
Morris B. 28 yrs.  
Ray H. 31 yrs.

### Back to the Drawing Board:

Rick B. 16 yrs.  
Ross T. 21 yrs.

### Crossroads:

Audrey C. 16 yrs.  
Steve M. 30 yrs.  
Flo J. N. 40 yrs.

### Dalhousie Men's:

James N. 1 yr.  
Bill C. 3 yrs.  
Keith M. 16 yrs.  
Moe R. 34 yrs.

### Glenmore Group:

Pat W. 1 yr.  
Lynn 3 yrs.  
Treena 5 yrs.  
Isabelle 16 yrs.

### Highland Park:

Margaret L. 29 yrs.  
Amy M. 34 yrs.  
Frank L. 34 yrs.

### Link Group:

Norm C. 11 yrs.  
Randy S. 16 yrs.  
Bill A. 16 yrs.  
Lorene S. 16 yrs.

### MAAT Group:

Ken R. 22 yrs.

### Recovery Group:

Carlos T. 1 yr.  
Adam B. 1 yr.  
Tanner M. 1 yr.  
Daryl Y. 1 yr.  
David G. 2 yrs.  
Rob W. 4 yrs.

### New Beginnings:

Dan B. 3 yrs.  
Greg B. 7 yrs.  
Dave W. 9 yrs.  
Tom L. 9 yrs.  
Joan S. 15 yrs.  
Jennifer S. 16 yrs.  
Al S. 18 yrs.  
George V. 19 yrs.  
Morag M. 19 yrs.  
Debbie K. 26 yrs.

### Northlanders Group:

Vera 4 yrs.  
Shannon F. 25 yrs.

### NW Calgary Group:

Chris L. 8 yrs.

### Ogden Group:

Al L. 9 yrs.  
Donna P. 11 yrs.  
Don C. 23 yrs.

### Sun. Morn. 11am:

Dennis D. 5 yrs.

### Unity Group:

Jill B. 1 yr.  
Colleen C. 8 yrs.  
Chuck B. 10 yrs.  
Katherine B. 12 yrs.  
Joanne G. 20 yrs.

## August

### 272 Group:

Gary L. 18 yrs.

### Airport Group:

Jason D. 6 yrs.

### Back From Hell:

Coleene K. 12 yrs.  
Jim M. 21 yrs.

### Dalhousie Men's:

Blaine A. 5 yrs.  
Wally T. 9 yrs.  
Roger D. 21 yrs.

### Desperation Group:

Theresa B. 1 yr.  
Scott B. 2 yrs.

### Highland Park:

Gin W. 1 yr.  
Ellen L. 21 yrs.  
Orland W. 22 yrs.

### Link Group:

Wendell M. 16 yrs.  
Beth 23 yrs.

### MAAT Group:

Angie P. 20 yrs.

### Marlborough Park:

Ray I. 21 yrs.

### Recovery:

Jason F. 2 yrs.  
Darryl P. 5 yrs.  
Mo B. 14 yrs.  
Tom E. 32 yrs.  
Dick W. 40 yrs.

### Open Door:

Jiven S. 1 yr.  
Patty F. 27 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

### UPCOMING GROUPS:

- Genreation 12 (Sept. 7)
- Genreation 12 (Sept. 14)
- Generation 12 (Sept. 21)
- Generation 12 (Sept. 28)

### 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 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 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

## Not Under the Rug

T.P. Jr.

Hankins, NY

AA Grapevine

January 1967

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

In approaching Step Eight for the first time, those of us who tend to fight or question various of the Steps until we become convinced they are vital to our sobriety, need reassuring on several points. We may be tempted to tell ourselves that we have done enough housecleaning in the Fourth and Fifth Steps. If we are truthful though, we will have to admit that the biggest obstacle to our taking this Step is that we are afraid to face the unpleasant aspects of our past, especially where we have been at fault.

The first part of the Eighth Step is neither difficult to understand nor hard to go through with. As a matter of fact, if we have written out our Fourth Step inventory, we may already have the list of persons we have harmed. However, becoming willing to make amends to them all is another matter. To make amends means to mend or repair, in this case damaged relationships with people, organizations and institutions we have wronged.

This Eighth Step is to our relations with others what the Fourth was to our relations with ourselves. And obviously the Ninth and Fifth Steps are similarly related to one another. When I went through with the Fourth Step inventory for the first time, it was with the understanding that I would move on to the Fifth Step as soon as possible. Clearly, I do well to approach this "became willing" part of the Eighth Step with the idea that it feeds directly into the action in' Step Nine of going out and making such amends as I can.

Here honesty becomes all important. The quickest way for me to put myself in bad relationship with the Step is to kid myself that I am willing to make an amend if I am not really completely ready. The best method I know of for dealing with unwillingness is this: 1) face it honestly, 2) remember that I have agreed to "go to any lengths to gain victory over alcohol" and 3) ask God to make me willing. This approach works—maybe not in five minutes—but if persisted in, it does work.

Then the question arises of just what constitutes an amend. Many of us find that the old rationalization, "If I stay sober, that's amends enough to those I have hurt," just doesn't work. We have to be willing to go further. Some of the most common amends have to do with: people we owe money; wives, parents, children, relatives and friends we have mistreated; employers, employees and business associates we have harmed; people with whom we

25 cents

(Suggested Donation)



august issue/2008

have become involved morally in an injurious manner.

This list is only a partial one, but it gives a pretty good general idea of the different types of messes we are dealing with. It is impossible to lay down general rules for handling these various situations. For me, there is no substitute for sitting down with my sponsor and thrashing put each individual case, keeping in mind the intention to do whatever turns out to be necessary to thoroughly and honestly go through with the Step.

In the case of money amends, I didn't have enough money to make them all good at once, but a willingness to pay when and as I could, backed up by small monthly installments, did wonders in putting matters right. In the case of family members I had wronged, a sincere apology was often amend enough, although I sometimes found it difficult to become willing to go even this far.

My natural inclination with unpleasant life situations or soured personal relationships is to sweep them under the rug, look the other way, justify myself and hope they will resolve themselves in time. It seems to be a plausible enough approach but, unfortunately, it never worked very well. These wrongs refused to stay forgotten, didn't solve themselves, and even thrived on this treatment to the extent that they drove me back to the first drink again and again.

Facing the people I had hurt and the difficulties I had created seemed impossible, but those who had gone before me on the road to recovery in AA assured me that not only was this method possible but, if followed through, it produced freedom from the guilt, fear, self-pity, resentment and depression which these situations had produced in my life.

I gained faith in the principle which the Eighth Step is about, through experience. When I went through with the process, it did produce the results my sponsor and AA friends said it would.

I'm a guy who used to make god out of what others thought of me. This Step helped free me from a slavish dependence on other people's opinions. It helped teach me the value of placing principles before personalities in my life. It is not a Step that I feel I have taken. What I have made is a beginning. As it says in Chapter Five of the Big Book, "We are not saints." I still have character defects, and I still hurt other people (though not as often or seriously as before AA). Each time I become aware of an amend I owe, there is another chance to become willing with God's help to put the principles of the AA program before my fear of personalities (mine or anyone else's).

The wonderful thing about growth on the program is that each time I make a right decision in the area of becoming willing to make an amend it makes the next one a little easier to make. And strangely, I find that the more willing I become to admit it when I am wrong, the less often am I in the position of having to make such an admission. Sure I am still wrong, but only sometimes now—not all the time as I used to be. ☺

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Phone: (403) 777-1212 Fax: (403) 287-6540

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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, Aug. 30th & Monday, Sept. 1st



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](mailto:aaoffice@telusplanet.net)



# YA-BUT 2008

Texas Scramble Golf Tournament  
(Wray Reid Memorial)

12 Noon Sunday Aug. 17th 2008

NANTON GOLF CLUB

ENTRY FEE \$20.00 INCLUDES;

*Green Fees ; Baron O' Beef ; Prizes*

To register contact;

Norm Nelson; 272-1935 (dr.golf@shaw.ca)

Joe Harley 256-3871

*Cheques payable to "YABUT GOLF"  
DONATIONS TO PRIZES ARE APPRECIATED !*