

# theWestword

**25 Cents**  
(suggested donation)



*Westword is a monthly newsletter published by Calgary Intergroup*

## November elections ahead

### *Nominees sought for Intergroup chair positions*

All jobs are open. In keeping with the Alcoholics Anonymous policy of rotation of service, all chair positions of the Calgary Intergroup Body are open for election this November.

Calgary Intergroup is the main body representing all A.A. groups in Calgary and area, and is responsible for the operation and services provided by the Central Service Office in Calgary. Individual A.A. home groups name a representative of their home group to serve as Intergroup representative and those individual representatives make up Calgary Intergroup body. The collective Calgary Intergroup then elects individuals to serve as a chairperson of various areas of responsibilities. It is those chair or service positions on Intergroup that are up for election in November.

Along with attending the general Intergroup monthly meeting, the various chair persons also form the Intergroup Steering Committee, which has a regular monthly meeting, prior to the general Intergroup meeting. All Intergroup chair positions are elected for a one year term. The chair and vice-chair positions must rotate after one year, while all other chair positions can be re-elected for a second one-year term.

Any A.A. member in Calgary and area, preferably with at least one or more years of sobriety, interested in serving in one of the chair positions, is urged to let their name stand for election in November. Anyone planning to let their name stand for election is required to attend the Intergroup election meeting **November 9 at 7 p.m. at St. Mark's Church, 1802 33 Avenue SW, (Marda Loop), Calgary,**

Following is a list of the Intergroup chair positions up for election this fall. For more information on positions or the election process please contact outgoing Intergroup chair Bruce G. at 403-241-3223 or email [Calgaryintergroupchair@gmail.com](mailto:Calgaryintergroupchair@gmail.com). Here is a list of positions with a brief description of key duties:

#### **Intergroup Chairperson:**

- Ensure functions of Intergroup are carried out in an effective manner.
- Responsible for business operation of Central Office, ensuring duties are carried out accurately and the financial obligations of Central Office and Intergroup are satisfied.
- Responsible for reporting to the Steering Committee and Intergroup body any problems, including financial, that may jeopardize or lessen the effectiveness of Intergroup.
- Responsible for calling and chairing monthly Steering Committee and Intergroup Body meetings.
- Be available to assist Steering Committee members in carrying out their duties and responsibilities, wherever possible, when asked.
- Ensures all motions passed by the Steering Committee and the Intergroup Body are acted upon promptly.
- Liaise with other AA service bodies.
- Ensures accurate reports of results of any Intergroup activity are provided to the Intergroup Body.

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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 A.A. Central Office**

#2, 4015 1st Street S.E.

Calgary, Alberta - T2G 4X7

Phone: 403-777-1212, Fax 403-287-6540

Email: [centraloffice@telus.net](mailto:centraloffice@telus.net)

#### **Office Hours:**

Mon. to Thur. 8:30 am - 1 pm; 2 - 5 pm

Fri. 8:30 am - 5:30 pm; Sat. 9 am - 1 pm

Closed Sundays and Stat Holiday Weekends

(Closed Wed. Nov. 11, 2009 for Remembrance Day)

## 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 are needed to carry the message to Bowden Institution. (Please note: Security clearance is required.) For more information: email [corrections@area78.org](mailto:corrections@area78.org)

Members are needed to carry the message to the Remand Centre, Spy Hill Jail and Calgary Youth Offenders Centre (Please note: all three require security clearance and minimum one year sobriety) For more information call: Grace P. 403-698-2666.

Members are needed at Central Service Office as telephone monitors. One shift per week, Monday to Friday, 9 am to 1 pm or 2 pm to 5 pm For more information contact: Buddy at 403-285-9258 or Mathew 403-777-1212 or email [centraloffice@telus.net](mailto:centraloffice@telus.net)

Calgary AA members are needed for 12th Step List. For more information call Buddy 403-285-9258 or Mathew 403-777-1212 or email [centraloffice@telus.net](mailto:centraloffice@telus.net)

### 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. Meetings are the last Wednesday of every month- Central Office - [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

### OLD GRAPEVINES NEEDED

Calgary and Area 78 Corrections Committee is always in need of current or old Grapevines. Please drop them off in a special box at Central Office and they will be read several more times and help inmates to find sobriety.

## Westword opportunity

Anyone with an interest in writing or basic desktop publishing skills (or willing to learn) is urged to contact The Westword editor to help out with the production of the monthly newsletter. Rewarding career, chance for advancement, great benefits. Contact Westword Editor, Lee H. at 403-815-0380 or email: [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com) (The lines are open 24/7.)

## New meetings

**LATE NIGHT SATURDAY** - New open/step/tradition meeting Saturday 11 PM, NCFC, 4620a Bowness Rd. NW. Starts Oct. 17,2009.

**THE LADIES H.O.W. GROUP** - Tuesdays, 7:30 pm, NCFC 4620a Bowness Rd. NW. Ladies Big Book & 12 x 12.

**CAMPUS GROUP at Mount Royal University.** Wednesday noon meetings resume Sept. 23. Brown bag lunch meetings, closed, mixed - 12 to 1 PM. Room Z013, lower level, Wyckham House, (west gate entrance off Richardson Way).

**NORTH EAST - NEW LADIES MEETING - Sundays**, starting Sept. 13, 1:30 to 3 PM, Closed, 12 x 12 reading and discussion. Robert McClure Church, 5510 - 26th Ave. NE (Beside Village Square Mall).

**STEPS, STORIES & BEYOND GROUP, PEMBROOKE COMMUNITY HALL**, 6100 - 8 Ave. S.E., Calgary. Open, mixed, Big Book - Mondays 7 p.m.

**MONDAY NIGHT LADIES**, Lutheran Church, 13811 Deer Ridge Dr. SE, Closed, Step, Discussion, at 7 PM.

**KINCORA GROUP - SYMON'S VALLEY RANCH UNITED CHURCH**, 38 Kincora Rise, NW, Calgary. Wed., 8 pm. Open Mixed Beginners Step and Big Book Meeting. (Talisman Group cancelled).

**Step 11 Meeting (Sought through prayer and meditation....)** Open Mixed AA meeting. Prayer, Meditation, Discussion. Sundays 3:30 to 5 pm. Central United Church, 131 7th Ave. SW. in Dining Room (Downstairs, enter by rear alley door).

## Meeting changes

**HARVEST HILLS BIG BOOK STUDY - NW, new format** - Mondays 7:30 p.m., now Closed meetings.

**OLDS THURSDAY NIGHT -new format** - meetings are now Closed meetings.

**Candlelight Group - Calgary** - previously meeting Mondays, Now meeting Thursday, 7:30 pm, Kadilac Room, Southview Community Centre, 2020 - 33 St. SE, Calgary. Open/Mixed meeting.

**HARMONY GROUP, SE, - Moved** - Wednesdays, 7:30 PM to Eastside Victory Outreach Building, downstairs (1840 - 38 St. SE).

**LINK GROUP - New time** - Now meeting Friday at 8 PM, 134 Scarboro Ave. SW, Scarboro United Church.

**OKOTOKS RAILWAY GROUP - New location** - Thursdays, now at 8 p.m. at The Station, 53 North Railway Street, Okotoks.

**LADIES CANDLELIGHT- Okotoks - New day and location** - Meets Sunday 8 PM, 13 Elma St. (Freemason's Hall), Okotoks. Contact Vivian 403-938-2456.

**Front Runners** - Tuesday and Thursday and Saturday, Central - All three meetings now begin at 8 PM. (instead of 8:30 PM).

**Walking Eagle** - Knox United Mondays 8:30 pm. No longer closed on Holiday Mondays.

- **(Elections - Continued from Page 1)**

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- Attends monthly Central Service Office Committee meetings as the Intergroup Body liaison.
- Recommends to CSOC, or reviews recommendations from other such committees, as it relates to salary levels for employees.
- Must be available to sign cheques at Central Office.

**Intergroup Vice-chairperson:**

- Responsible for carrying out the duties of the Chairperson, when absent, and to assist Chairperson as needed.
- Be prepared to become Chairperson at conclusion of current Chairperson's term.
- May coordinate Intergroup Workshops as required.
- Must be available to sign cheques at Central Office.

**Intergroup Treasurer:**

- Ensures accurate records are kept of all income received and all expenses and payments made.
- Ensures Intergroup financial guidelines issued in August 2000, and December 2002, are followed.
- Ensures bank account balances are reconciled.
- Oversees preparation of monthly financial statements for review by the Steering Committee and to present them to the Intergroup Body at their monthly meetings.
- Responsible for signing cheques and overseeing disbursement of funds for Central Office and Intergroup expenses.
- Reviews quarterly GST returns and payments for submission to Canada Customs and Revenue Agency.

(The Chairperson, Vice-Chairperson and Treasurer serve as the Management Committee).

**Intergroup Secretary:**

- Responsible for recording the minutes of all regular and special meetings of the Steering Committee and Intergroup Body.
- Ensures an accurate typed copy of all minutes is made available to the Central Office Manager for photocopying prior to all Steering Committee and Intergroup Body meetings.
- Ensures copies of all minutes and attachments are kept on file at Central Office.

**Monitoring Chairperson:**

- Responsible for arranging groups to monitor phone lines after regular business hours on a weekly basis.
- Continually encourages members to volunteer for inclusions on the 12<sup>th</sup> Step List.
- Maintains an accurate and up-to-date monitoring calendar.
- Assembles and distributes Monitoring Packages to Intergroup to Intergroup Rep's at monthly meetings.

**Public Information Chairperson:**

- Responsible to contact inquirers to determine specific information requested, i.e. a speaker, type of audience, location, date, time, etc.
- Responsible for maintaining an up-to-date list of speakers available to attend P.I. functions at schools, Impact, etc.
- Co-operates with the Intergroup Chairperson on matters relating to P.I. and refers professional organization requests to the Co-operation with the Professional Community Committee (CPC) via the Calgary General Service Committee.
- Reports on P.I. activities at monthly Intergroup Body meeting.
- Attends Area 78 Assembly in March and September as part of the Area 78 P.I. Committee.

**Breakfast Chairperson:**

- Ensures an AA group hosts each Sunday Morning Breakfast meeting at Ramada Hotel.
- Ensures AA literature is available at meetings.
- Must be available to host each breakfast meeting or arrange for a responsible alternate in their place.
- Must collect money for meals, Seventh Tradition, and ensure financial obligations are met.
- Keeps accurate records of attendance and finances and submits a monthly report to Steering Committee and Intergroup Body meetings.
- Encourages Intergroup Rep's to volunteer their groups and fill in the Breakfast Calendar dates.

**Westword Editor**

- Responsible for producing the monthly Intergroup newsletter using the guidelines laid out at the Steering Committee meeting of April 1977. They are available at Central Office.
- Assembles all information submitted for printing, verifying information as needed.
- Prepares a master copy and has first proof ready for approval by the Steering Committee at the monthly meeting.
- Responsible for producing the needed number of copies, folding and collating into bundles of 10.

**Special Events Chairperson:**

- Responsible for setting up monthly meetings of the Intergroup Body at St. Mark's Church (i.e coffee, chairs, tables, etc.)
- Directs responsibility for all Special Events such as Christmas Open House and Stampede Barbecue, and ensures a sub-committee is formed for all events.
- Attends all Special Events sub-committee meetings and acts as a liaison between these committees and Intergroup, ensuring that the Intergroup Body is kept informed of the progress of each Special Event, and that final reports (including financial) are submitted at the completion of each event.

**Liaison to Calgary General Service Committee:**

- Attends all Calgary General Service Committee meetings (held on last Monday of the month at St. Mark's Church at 7 p.m.) as the Intergroup Body representative.
- Reports on the activities and functions of the CGSC at Steering Committee and Intergroup Body meetings.

**Archives Chairperson:**

- Establishes an advisory committee particularly relevant to all historical data and records received.
- Maintains archive files, current and historical.
- Maintains archive display at Central Office.
- Updates records of all data and artifacts received.
- Attends monthly Steering Committee and Intergroup Body meeting to report on all activities of the committee and any updates.
- Has a Calgary and Area Archives display available for local activities; Roundups, Public Information, etc.
- Ensures Calgary and area is aware of the Archives and the importance thereof.
- Attends Area 78 Assemblies in March and September as a member of the Area Archives Committee.

***"Faith without works is dead."***

Alcoholics Anonymous, Pg. 88

**Calgary Intergroup Archives Committee**  
**Annual Pioneers Dinner**



**Saturday , October 24<sup>th</sup> , 2009 , 5:30-10pm**  
**Dalhousie Community Church**  
**5511 Baroc Rd. N.W., Calgary, Alberta**

**Cost : \$25.00 includes dinner and refreshments**

**Speakers:**

**Flo J.-N., Crossroads Group, Maryon K., Al-Anon**  
**Eddie A., Champlain Group**

**For further information contact Central Office**  
**403-777-1212, [a.a.office@telusplanet.net](mailto:a.a.office@telusplanet.net)**

**Introductory**  
**Service Seminar**



**Saturday, November 7<sup>th</sup>, 2009,**  
**10am –4pm**  
**Scarboro United Church, 134 Scarboro Ave. S.W.,**

**Cost : \$8, (includes lunch)**

**Sponsored by Calgary General Service & Calgary Intergroup**

**For further information contact:**  
**Barry B. at 403-454-1875 or**  
**Central Office 403-777-1212, [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net)**

# Big Book studies

Anyone interested in gaining a greater understanding of the 12 steps and the principles of the Alcoholics Anonymous program may be interested in one of the Big Book studies being offered in different formats this fall.

**Westgate Community Hall:** A weekend Big Book Study is planned for Westgate Community Hall, Oct. 30 through November 1. The session runs Friday from 6 to 10 PM, Saturday from 8 AM to 6 PM, and Sunday 8 AM to 5 PM. Tickets for the study, which cost \$30, cover all meals including breakfast, lunches and a Saturday evening BBQ. To reserve a seat call Jim B. at 403-667-3582 or Shane C. at 403-606-5275. Westgate Community Hall is located at 4843 - 8 Ave. SW, Calgary.

**Bragg Creek/Camp Horizon:** The 8th annual Fellowship of the Spirit "Journey through the Big Book" is being held at Camp Horizon in Bragg Creek, (35 minutes west of Calgary) Nov. 20 through 22, 2009. Guest facilitator is Bob D. of Las Vegas, Nevada. Cost is \$160 per person which includes accommodation and meals for the weekend. Deadline to register is Nov. 16, 2009. For more information contact Terry at 403-510-0495; Joanne at 403-771-2086, Ron at 403-797-1957 or Jacqueline at 403-869-4297, or visit the website: [www.fellowshipofthespirit.com](http://www.fellowshipofthespirit.com)

## Storage space needed

The Area 78 Archives is looking for storage space in Calgary to house all of the Alberta and NWT AA archive materials. These archives were originally kept in Edmonton, so it is a real asset to have the collection now coming to Calgary. Tim H., Calgary Archivist, says they need about 350 square feet of office space for the archives. If anyone can help out, please call Tim H. at 403-273-2846.

## Sunday Morning Breakfast

### DOWNTOWN RAMADA INN

708 - 8th Ave. SW

Breakfast at 9 am, speaker at 10 am.

Buffet Breakfast \$12 - Healthy Start Breakfast \$9

Toast & Coffee \$4 - Coffee \$2

## DOWNTOWN SATURDAY NIGHT

### SPEAKER MEETING - 8 PM

Fortis Building, North Tower

801 7th Ave. SW, Calgary

## In brief....

- **Volunteers and speakers** are needed for the 2010 Banff Roundup planned for March 12 to 14. For more information contact Margery K. at 403-228-0339.
- **Calgary Dream Centre** is looking for sponsors for men in lockdown. If you can help call D'Arcy at 403-730-8755.
- **See you in TEXAS...** The A.A. 2010 International Convention is being held July 1 -4 in San Antonio, Texas. Registration is \$120 CDN. Deadline is May 14, 2010. Some registration brochures at Central Office or go on line to [www.aa.org](http://www.aa.org) for details.

## Cancelled meetings

**Garnet - Central Calgary - Monday to Saturday 1:30 pm** meetings are now cancelled.

**Sarcee Group** - Monday and Thursday meetings in SW Calgary. Cancelled.

**Count Your Blessings Group** - Saturdays NW, Huntington Hills Com. Assoc. Cancelled.

**As Bill Sees It** - Friday, 8 pm, side door of hall south of Air Museum, 1601 - 21 Ave. Nanton. Open, mixed. Cancelled.

**Come & See Group** - Sundays, St. Joseph Church, NW. Cancelled.

**Portal Group, Wednesdays 8 PM,** Central, are now cancelled.

**9th Tradition** - Thursday N.E. Calgary, closed until a new meeting place is found.

**Talisman Group** - NW, Wednesday, now cancelled. See Kincora Group under New Meetings.

## CPC PLANNING MEETING

*Regular meetings of the Cooperation with the Professional Community (CPC) committee are held the second Wednesday of each month at Central Office. New committee members and more group participation is always welcome.*

# HAPPY AA BIRTHDAY !

## SEPT./09

### NEW BEGINNINGS

Colin S. - 1 year  
 Estee L. - 1  
 Astrid S. - 1  
 Lynn H. - 2  
 Cathy W. - 2  
 Teresa C. - 2  
 Paul A. - 5  
 Jerry S. - 6  
 Herbert M. - 11  
 Marron R. - 12  
 John W. - 21  
 Vern T. - 21  
 Bev S. - 21  
 Bob S. - 34  
**GLENMORE GROUP**  
 Rick N. - 3 years  
 Peter F. -35  
 Scott H. - 30  
 Cathy T. - 26

Grace P. - 24  
 John H. - 20  
 Duff - 15  
 Slo Jim - 13  
 Tommy M. - 1  
 Tracey T. - 1  
 Shirley - 29  
 Joan L. - 8  
**INGELWOOD GROUP**  
 Joe S. -20 years  
 Wayne C. - 1

## OCTOBER/09

### DALHOUSIE MEN'S GROUP

Jayde M. - 1 year  
**272 GROUP**  
 Garry H. - 7 years  
 Joe P. - 25  
 Murray R. - 7  
 Brent - 1  
 Kelly - 8

Kelly M. - 1  
 Rick C. - 2  
 Harvey - 16  
**INGLEWOOD GROUP**  
 Lynda H. - 18 years  
**CROSSROADS GROUP**  
 Tim H. - 28 years  
 Doug R. -25  
**LINK GROUP**  
 Bob L. - 17 years  
 Sheila S. - 2  
 Susan R. - 7  
**HIGHLAND PARK**  
 Gerry E. - 25 years  
**HOMEWARD BOUNDERS**  
 Rob W. - 1 year  
 Paul J. - 23  
 Denise T. - 9  
 Craig S. - 6  
**NW CALGARY GROUP**  
 Ron B. - 1 year

## AWAKENINGS

Katrina W. - 11 years

## DESPERATION GROUP

Al F. - 24 years  
 Allana C. - 10  
 Caesar O. - 6  
 Ciel S. - 17

## MATT GROUP

Charlene S. - 5 years  
 Dawn S. - 6  
 Kim M. - 7  
 Ross M. -48

## REMNANTS GROUP

Ed K. 12 years

## NORTHLANDERS

Ken - 1 year

## NOVEMBER/09

## NORTHLANDERS

Mike L. - 1 year  
 Fran Mc. - 11

## Thoughts of the day...

Maryan M. sent this verse she came across a while ago, that appeared in the first volume of AA Grapevine, October 1944. An editorial written about 'simplicity' contained these words by Rudyard Kipling.

**“Not as a ladder from Earth to Heaven,  
 not as a witness to any creed,  
 But simple service simply given  
 to his own kind in their common need.”**

Those lines are from Kipling's poem "The Sons of Martha" written in 1907.

And Al C. found a web page called "I Believe". Al says "oh, that I could live according to all these principles - hope springs eternal and the only thing I

have is the willingness to try." Here are a few of the messages:

**I BELIEVE - That sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel... I BELIEVE - That we don't have to change friends if we understand that friends change....I BELIEVE - That no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that...I BELIEVE - That it's taking me a long time to become the person I want to be...I BELIEVE - That you should always leave loved ones with loving words. It may be the last time you see them....I BELIEVE - That we are responsible for what we do, no matter how we feel...I BELIEVE - That either you control your attitude or it controls you...I BELIEVE - That it isn't always enough to be forgiven by others. Sometimes, you have to learn to forgive yourself...**

## TELEPHONE MONITORING

THANK YOU TO ALL WHO SIGNED UP AS LATE NIGHT MONITORS! IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY, PLEASE CALL...**Buddy** at:

**403-285-9258**  
 or Central Office at  
**403 -777-1212**  
**monitorchair@gmail.com**

## KEY CONTACTS

Intergroup chairperson - calgaryintergroupchair@gmail.com  
 Public Information Chair - pichair.calgary@gmail.com  
 Telephone Monitoring Chair - monitorchair@gmail.com  
 Intergroup Secretary - calgaryintergroupsecretary@shaw.ca  
 Intergroup Treasurer - aatreasurer@shaw.ca  
 Westword Editor - westwordeditor@gmail.com  
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