

theWestword

25 Cents
(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup

‘Precise’ program of action

Steps should be completed in hours or a few days at most

Don't delay in doing the steps, was one of the key messages delivered to about 200 Calgary and area AA members attending a weekend Big Book Study in late October.

There is nothing in the Big Book to suggest doing the steps should take years, months or even weeks, said Jim B., study moderator. Referring to the Big Book as a text book, with precise directions on how to recover from alcoholism, Jim B. says anyone in the program should be completing – particularly Steps 1 to 9 - in a matter of hours and at most a few days. Steps 1 to 9 are the foundation for recovery, while Steps 10 to 12 deal with the daily maintenance of that recovery.

While he has heard of some people believing it best to do one step per month or even one per year, that approach simply delays recovery, and creates a real risk for those suffering from the disease of relapsing or never finding sobriety at all.

While Jim B. acknowledges that times have changed since the Big Book was first written in 1938 – the fact that alcoholic sufferers around the world now have a well established support system of the AA program and local AA groups – the reality is that the message of the Big Book has not been changed in 75 years. He says while there are 831 ‘suggestions’ in the Big Book, the forward to the

First Edition (Page xiii) still states “To show other alcoholics ***precisely how we have recovered*** is the main purpose of this book.” The Big Book lays out a precise program of action.

He points to the word “recovered’ which is used several times in the book. There is no cure for alcoholism, but by following and living the AA program millions of people have “recovered from the seemingly hopeless state of mind and body.” And that’s what we are all here for.

This was the first, of what is hoped will become an annual weekend Big Book Study offered by Jim B., who has been in the AA program for 15 years. He emphasized that he doesn't hold himself out as an expert or the final word on the interpretation of the Alcoholics Anonymous program. He has studied the AA program over the past 15 years, has attended a number of Big Book studies himself including workshops led by the well known Joe and Charlie, and in Calgary workshops offered by the late Cowboy Ray. Jim B. himself has led some 88 weekly Big Book studies over the years.

The October weekend workshop followed a similar format as presented by Joe and Charlie. Jim B. was assisted by Shane C. and James W. in reviewing and explaining the AA program.

Westword Editor

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

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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; Fri.

Dec. 25, Sat. Dec. 26, Mon. 28 for Christmas, and Fri.

Jan. 1 and Sat. Jan. 2/2010 for New Years)

One stop Christmas shopping

Calgary Central Office has a wide selection of AA materials that make excellent Christmas gifts or stocking stuffers. Stop into the office to check out the selection of:

Plaques	Pocket Planners	Pens	Pins
Calendars	Book Marks	CDs	Medallions
Key Tags	Big Book Covers		Literature

#2, 4015 1st Street S.E. Calgary

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

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

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

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

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.

New meetings

THE BRIDGE - Thursday 8 pm, Closed, mixed, Step & Discussion, St. John’s Lutheran Church, Main Entrance, 204 6A St. NE, Calgary.

(new name) SATURDAY NIGHT TRAIN WRECK GROUP - 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).

(new name) WOMEN’S NORTH EAST GROUP - Sundays, starting Sept. 13, 1:30 to 3 PM, Closed, 12 x 12 reading and discussion. Robert McClure Church, 5510 - 26th Ave. NE (near Village Squ. 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. Ph: 403-938-2456.

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

Successful Pioneer dinner

Some 232 Calgary AA and Al-Anon members and guests attended the annual Calgary Intergroup Archives Committee Pioneer Dinner, in October marking the 64th anniversary of AA in Calgary. Speakers for the evening included Flo J.-N of Crossroads Group, Eddie A. of Champlain Group and Maryon K. - Al-Anon. Results of the Sobriety Countdown showed 168 AA members with a total of 2659 years, five months and 20 days of sobriety. Of the AA members at the dinner 145 members averaged 17 years of the sobriety, 18 averaged six months, four averaged 15 days and there was one member with 24 hours.

Message from the Treasurer

On behalf of Intergroup, I want to thank all groups for their generous support for our business year that ended Sept. 30, 2009. As a result, we were able to set a record of \$49,500 in group contributions. Altogether 90 groups participated in this support. This enabled Intergroup to achieve a surplus of \$3,800. for the year. Again, our many thanks – good work.

Your Treasurer

Calendars and Pocket Planners

The 2010 AA calendars and pocket planners are now available at Calgary Central Office. The calendars sell for \$10, while the pocket planners are \$6.50. Central Office, at #2, 4015 1st. Street SE is open 8:30 AM to 1 PM and 2 to 5 PM daily, Saturday from 9 AM to 1 PM. (Closed Sundays and holidays.)

New COMC chairperson

With all positions on the Central Office Management Committee now filled, Louise M. has been elected as chair. COMC is a committee, responsible to Intergroup to oversee the operations of Calgary Central Office.

Banff Roundup

Reminder that the next Banff Roundup is being planned for March 12 to 14, 2010, at the Banff Park Lodge. Check with your Intergroup rep. and watch Westword for more details in January.

Whitesheep

AA Men's Group

hosts the



13th Christmas Eve Breakfast

Thursday December 24th

At

Carriage House Inn

8:00 -11:00 AM.

Doors open at 8:00 AM

Breakfast starts at 8:30

Tickets \$25.00 each.

Contact Gerry M. at 403-874-6441 or e-mail
gmelsted@dancoequipment.com.



Calgary

Intergroup

Christmas Open House Potluck Dinner

Saturday, December 12, 2009

12 noon to 3 p.m.

Open to all members and their families

St. Mark's Anglican Church

***1802 33 Ave SW (Marda Loop)
Calgary, AB***

**Food contributions are required. For details please contact:
Calgary Central Office at 403-777-1212; Bobby A. at 403-835-0162;
or Harry P. at 403-698-2666**

7th Tradition will be observed

Thank You Monitors

“Nothing ensures immunity from drinking more so than working with another...”

With that being said here's kudos to all groups that willingly answered the phone for all who called Alcoholics Anonymous this year.

19th Hole Group	3 times	Haddon Road	3 times
Action		Highland Park Group	
Airport Group	2 times	Marlborough Park	3 times
Back From Help Group		McKenzie Town	
Back to the Drawing Board		New Beginnings	4 times
Daily Reflections		NW Calgary Group	4 times
Dalhousie Men's	2 times	Northlanders	2 times
Desperation	2 times	Ogden Group	
Edgemont		Recovery Group	2 times
Fellowship of the Spirit		Sunday Morning 11 a.m.	
Front Runners		The Link Group	
Getting There		Tuesday Morning	
Glenmore Group	3 times	Ladies Group	2 times
Go For It Group		Unity Group	2 times

A huge 'Thank You' too, to Lynda H. for all her help with monitoring packages.

KEEP UP THE GOOD WORK AND KEEP COMING BACK

Calgary Intergroup Monitoring Chair

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** are still 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 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 !

OCTOBER/09

NEW BEGINNINGS

Nancy P. - 2 years
Beth G. - 5
Bob C. - 5
Jerry S. - 6
Dan G. - 7
Floyd M. - 7
Marvis O. - 12
Gail W. - 14
Elodie G. - 18
Richard O. - 17
Maria V. - 21

RECOVERY GROUP

Lynn S. - 25 years
Alex S. - 20
Alison S. - 8
Conor L. - 4
Jason T. - 4
Brad B. - 2
Austin - 2
Brian F. - 1
Barry B. - 1
Dale L. - 1
George S. - 1
Vincent M. - 1
Julie - 1
Adrian - 1
Pamela - 1
Brian K. - 1

CROSSROADS GROUP

Tim H. - 28 years
Doug R. - 25

TUES. MORNING LADIES GROUP

Irene B. - 36 years

DAILY REFLECTIONS

Selina O. - 7 years
Tom P. - 10

GLENMORE GROUP

Bryan - 1 year
Artur - 2

Evren - 2

Mike V. - 2

Dave D. - 2

Scott - 4

Twyla - 4

Eric M. - 4

Bill - 24

Rene - 34

Back From Hell

Tuesday D. - 1 year

Colleen B. - 3

Michelle F. - 2

Jody Q. - 4

Darlene T. - 2

NOVEMBER/09

LINK GROUP

Carolyn D. - 17 years

GETTING THERE

Lisa K. - 3 years

Tracy S. - 2

HIGHLAND PARK

Kristin D. - 7 years

Norm S. - 12

DEER RIDGE GROUP

Dana H. - 3 years

Adrienne - 9

Darrell F. - 37

DESPERATION GROUP

Axel K. - 5 years

Kris M. - 1

IRRICANA RECOVERY GROUP

Peter D. - 8 years

Nick. D. - 1

John D. - 1

Sam C. - 29

Shane F. - 1

Jesse N. - 5

RECOVERY GROUP

John R. - 24 years

Deb C. - 23

Sharon B. - 23

Eric B. - 21

Sandy A. - 21

Irene R. - 21

Jane R. - 21

Marlene R. 13

Linda G. - 12

Margrot D. - 5

Valerie B. - 5

Vicki H. - 2

Christina W. - 1

Brent G. - 1

Jennifer W. - 1

Daniel B. - 1

DALHOUSIE MEN'S

Marcus K. - 1 year

Scott L. - 2

Rick T. - 18

Brian S. - 28

BACK FROM HELL

Shane - 1 year

George M. - 1

Cathy C. - 1

Hillary S. - 2

Doug F. - 3

Billie Sue P. - 2

Cathy B. - 4

Steve J. - 2

Len V. - 30

Michael G. - 8

272 GROUP

Bruce S. - 7 years

Don K. - 40

OPEN DOOR GROUP

Carroll R. - 18 years

MATT GROUP

Rob S. - 1 year

Marjorie B. - 6

MARLBOROUGH PARK

Jack M. - 33 years

NW CALGARY GROUP

Lee H. - 2 years

HOMEWARD BOUNDERS

Joan G. - 28 years

Monitors needed for late night calls

The Calgary Intergroup Telephone Monitoring committee needs volunteers to take on late night telephone monitoring shifts between 11 pm and 9 am. Admittedly it isn't a very busy shift, says Buddy, Telephone Monitoring Chair, "but it is important that the voice of AA be there if someone needs help". The monitor can have late night calls directed to their home phone or cell phone next to their bed. "Even if there are only one or two calls a month, it is important that our phones are covered 24 hours a day," says Buddy. To help call Buddy at 403-285-9258.

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

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