

the Westword

25 Cents
(suggested donation)

Westword is a monthly newsletter published by Calgary Intergroup



®

STAY IN THE MIDDLE OF THE AA PROGRAM

Let go and let God, be honest with yourself, and stay involved with the Alcoholics Anonymous program are three of the most important elements to maintaining long term sobriety, says a colorful and dynamic AA speaker, who herself has been sober for more than 30 years.

Her faith in her higher power, her eventual willingness to face the truth about her life, and an on going commitment to give back to the program what was so freely given to her, has all helped Mary Anne W. of Tulsa Oklahoma stay sober for 32 years, she told some 350 guests at the 2009 Gratitude Roundup Banquet in Calgary.

“I was a child of an alcoholic and I was an alcoholic. I had a genetic disposition for the disease,” Mary Anne said in her remarks as the keynote speaker. “I came out of the birth canal and went straight to the bar.”

Mary Anne’s father sobered up when he was 46, but he wasn’t well and as a young girl at the time, she didn’t want to stay home and be a caregiver to her dad.

At 15 she married the love of her life, Bob, who was 16 and they set up household. While she thought getting married would be a solution to her problems, “and then it got worse”, said Mary Anne using a phrase that punctuated several points of her talk. As

teenagers they struggled along, soon trying to raise two children of their own. One night Bob brought home a bottle of liquor to have with their dinner “and it was at that point that I discovered a solution to all my problems,” she said. “Having a drink gave me the power to get through this cruel, ugly world. And then it got worse.”

After years of drinking and repeated confrontations with her family, she finally sought help. Although there were many things in her life she regretted she was finally able to admit she was an alcoholic. “It came from a part of me that God would not allow to be soiled,” she said.

She got involved in the AA program to save her life and to save her family. After many years sober, she and her husband happened to be living in Africa. Mary Anne recalls seeing animals gather at night, forming a circle, to protect themselves from predators. The ones in the centre of the circle were safe and the ones on the outside were at risk of being prey for the lions.

“It’s the same with Alcoholics Anonymous, if we get involved with the program – stay in the centre, we are safe,” she says. “And that’s what I have done. The lion of alcoholism will not get me.”

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

#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 Thur.: 8:30 am – 1:00 pm, 2:00 pm – 5:00 pm

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

Closed Sundays and Stat Holiday Weekends

(Closed Fri. Dec. 25, Sat. Dec. 26, Mon. Dec. 28 for Christmas, and Fri. Jan. 1 and Sat. Jan. 2, 2010 for New Years)

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 Center (Please note: All three require security clearance and a minimum one year sobriety.)

For more information call: Grace P. 403-698-2666.

Calgary AA members are needed for the 12 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 the 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 and 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.

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
Calendars	Book Marks	CDs
Key tags	Big Book Covers	Literature
Medallions	Pins	

#2, 4015 – 1st Street S.E. Calgary

New meetings:

(new name) **SATURDAY NIGHT TRAIN WRECK GROUP** – New open/step/tradition meeting, Saturday 11 PM, NCFC 4620a Bowness Rd. NW

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

(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 Square Mall)

STEPS, STORIES & BEYOND GROUP, Pembroke Community Hall, 6100 – 8 Ave. SE, Calgary. Open, Mixed, Big Book – Mondays 7 pm.

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

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

LANGUAGE OF THE HEART – Monday, Wednesday, and Friday at 7:00 am. Format is readings from the book, Language of the Heart, #134, 1111 – 6th Avenue SW, Calgary

CAMPUS GROUP – Mount Royal University – Wed. noon –Suspended until classes resume in January.

Meeting Changes:

DISTRICT 78 SPEAKER MEETING at Thornhill Baptist Church, 128 Tache Ave. NW, **will not** be held on Thursday evenings **December 24th** and **December 31st**. Regular meetings will resume again in January, every Thursday evening at 7:30 pm

UNIDOS (Spanish) 204 – 6A Street NE (St. John’s Lutheran Church). **Change of meeting times** to: Wed, Thurs, Fri to 7:00 pm; Sat. & Sun. to 5:00 pm. Contact Info: Ricardo – 403-478-0823, 403-761-7594, 403-560-3391

HARVEST HILLS BIG BOOK STUDY – NW, **new format** – Monday 7:30 pm, now Closed meeting

OLDS THURSDAY NIGHT – **new format** – meeting are now Closed meetings.

CANDLELIGHT GROUP – Calgary – previous meeting Mondays, now meeting Thur., 7:30 pm, Kadiac Room, Southview Community Centre, 2020 – 33 St. SE, Calgary, Open/Mixed meeting.

HARMONY GROUP, SE – **Moved** – Wednesday, 7:30 pm to Eastside Victory Outreach Building, downstairs (1840 – 38 St. SE)

OKOTOKS RAILWAY GROUP – **New location** – Thursdays, now at 8 pm 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 – **New times** -Tuesday, Thursday and Saturday, Central – All three meeting now begin at 8 pm (instead of 8:30 pm)

BANFF MOUNTAIN VIEW GROUP – **location change** – now back at the Mineral Springs Hospital, Cafeteria at 8 pm.

Calgary General Service Committee Officers 2010 – 2011

The following are the elected officers to the Calgary General Services Committee. These officers serve a two year term however the Gratitude Round Up Chair will only be serving for 2010.

CGSC Chair	-	Jim C.	Correction Facilities Chair	-	Tania M.
CGSC Alternate Chair	-	Craig S.	Grapevine Chair	-	Scott B.
CGSC Treasurer	-	Brent McC.	Gratitude Round Up Chair	-	Marilyn L.
CGSC Secretary	-	Victoria N.	Liaison to Intergroup	-	Travis A.
Bridging the Gap Chair	-	Patricia A.	Treatment facilities Chair	-	Mike H.
Introductory Service Seminar	-	Dana H.	Group Records and Registration Chair	-	Barry B.
Co-operation With the Professional Community Chair	-	Karen C.			

On the Horizon:

Lethbridge & Southern Alberta Round-up 2010 When: April 9 th & 10 th , 2010 Where: Lethbridge Senior Citizens Organization 500 – 11 th Street South in Lethbridge Fun, Fellowship & Food, all in one weekend, More details to follow.	Vulcan Annual Family Roundup Theme: FUBAR until AA When: March 6, 2010 Where: Vulcan Royal Canadian Legion (from centre St. turn right at Magnuson Realty – before the tracks) Cost: \$20.00 Contacts: Glen A. 403-485-2362, Gary K. 403-485-5818 PATRICIA B. 403-485-2769, LEROY B. 403-485-2095
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37th ANNUAL BANFF ROUNDUP 2010

Spirit of Fellowship

Banff Park Lodge

222 Lynx Street

Banff, Alberta T0L 0C0

March 12, 13, 14

Banquet & Registration: \$85.00

Registration only: \$35.00

Registration information will come out in December

Speakers: Tim T. (Cleveland OH) Mary S. (Cleveland OH) Carl H. (Hollywood CA)
 Mildred F. (Toronto ON) Sarah H. (Hollywood CA)

New Beginnings

**Christmas Day, December 25, 2009,
Schedule**

**Open every hour on the hour from 9:00 am
until 5:00 pm**

Location: Room 203, 11625 Elbow Drive SW
 Canyon Meadows Shopping Center
 Snacks would be appreciated

New Beginnings

Pot Luck Christmas Dinner

Bring your favorite dish

Location: Shepard King Church
 804 – 75 Avenue S.W.

Dinner served around 6:15 PM

Contact : Nancy & Marron R. at 403-225-1344 for any questions

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

Dalhousie Men's Group
Annual Gratitude Potluck Meeting
Thursday December 17th, 2009
8:00 pm
Dalhousie Community Church
5511 Baroc Rd. N.W., Calgary
Food contributions welcomed.

Irricana Recovery Group

December 20, 2009

Christmas Potluck at 6:00 pm
Meeting 8:00 pm
The United Church
216 First Avenue N.E., Airdrie

HAPPY NEW YEAR
Celebration Time!! Come on !!

Bring in the New Year!!!
Thursday December 31ST. 2009



Where: Edgemont Community Centre
33 Edgevalley Circle N.W.
Dance: 9:00 P.M.
Cost: Contributions only
Contact: Marilyn L 239-4923



Irricana Recovery Group

Big Birthday Bash

Come help us celebrate 148 years of sobriety for:
George S. – 50 yrs., Neil R. – 38 yrs.,
Garry R. – 36 yrs, Wayne K.-24 yrs.
January 31, 2010

6:00 pm Fellowship and Food
(Food Provided)
8:00 pm Regular Meeting
The United Church
216 First Avenue N.E., Airdrie

Action Group

Christmas Gratitude Meeting and Potluck

Wednesday December 16, 2009.
Open meeting starts at 8:00 p.m.,
potluck to follow

Everyone Welcome

First Mennonite Church Basement
2600 Richmond Road SW

272 Group
Annual Gratitude Night
 December 18, 2009 at 8:30 pm
 Northminister United Church
 3311 Centre Street N,

Intergroup Elections

On Monday November 9th, elections were held to fill the vacant positions for the Calgary Intergroup Chair positions. Calgary Intergroup are responsible for the operations and services provided by the Central Service Office in Calgary. Individual home groups have representatives that serve as Intergroup representatives making up the Intergroup body. The collective Calgary Intergroup then elects individuals to serve as chairperson of various areas of responsibility. These are the results of the Intergroup elections:

Intergroup Chairperson:	Harry P.	Dalhousie Men's
Vice-chairperson	Tree B.	Desperation
Treasurer:	Jayne R.	New Beginnings
Secretary	Melanie T.	Deer Ridge
Public Information:	Kris M.	Desperation
Monitoring:	Buddy B.	Back to the Drawing Board
Westword Editor:	Lee H.	Northwest Calgary
Intergroup Breakfast Chair:	Stephane N.	Bowmont
Special Events:	Keith M.	Dalhousie Men's
Liaison for GSR:	Maryan McC.	Wake Up
Archives Chair:	Bill P.	Unity
Archivist:	Tim H.	Crossroads
Banff Roundup Chair:	Margery K.	(previously elected)

Intergroup Sunday Morning Breakfast and Speaker Meeting

*Join us for good food, good fellowship and personal stories
of the speaker's journey*

at the

DOWNTOWN RAMADA INN

708 – 8th Avenue SW

Breakfast at 9 am, speaker at 10 am

Buffet Breakfast \$15 – Healthy Start Breakfast \$11

Toast & Coffee \$6 – Coffee \$3

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING – 8 PM

Fortis Building, North Tower

801 – 7th Avenue SW, Calgary

In brief....

- * **See you in Texas.** The AA 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 online to www.aa.org for details.
- * **Calgary Dream Center** is looking for sponsors for men in lockdown. If you can help call D'Arcy at 403-730-8755. Also, speaker Mtg. now Sunday at 7:00 pm. Speakers needed, call Rick B. at 403-852-7645.

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 and See Group – Sundays St. Joseph Church, NW. Cancelled.

Sewing the Seed – cancelled up to and including January 5th. Meetings will resume on Tuesday January 12, 2010 at Mustard Seed Creative Centre basement, 106 – 11th Avenue SW

2010 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)

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!

November 2009

NEW BEGINNINGS:

John D. – 1 yr.
Nancy P. – 2 yrs
Nicole C. – 2 yrs.
Kaylee K. – 1 yr.
Pauline K. – 1 yr.
Patrick M – 4 yrs.
Bill T. – 5 yrs.
Alison R. – 7 yrs.
Sandy D. – 12 yrs.
Jayne R. – 17 yrs.
Lyn S. – 17 yrs.
John H. – 13 yrs.
Maria V. – 21 yrs.
Ellen Mc. – 27 yrs.

THE GLENMORE GROUP:

Ken S. – 25 yrs.
Clay W. – 15 yrs.
Joe – 2 yrs.
Scott – 1 yr.
Al C. – 15 yrs.
Shannon – 6 yrs.
Mel G. – 1 yr.
Tim A. – 32 yrs.
Lanna M. – 20 yrs.
Robert – 5 yrs.
Lee M. – 22 yrs.
Jonny B. – 3 yrs.
Regan – 1 yr.

SATURDAY FOREST LAWN:

Rose R. – 37 yrs.

UNITY GROUP:

Brian L. – 3 yrs.
Bill P. – 3 yrs.
Sandy – 13 yrs.
Karen C. – 20 yrs.

December 2009

272 GROUP:

Percy W. – 28 yrs.

ABC GROUP:

Mel S. – 45 yrs.
Carol G. – 26 yrs.
Diane T. – 14 yrs.
Darmody M. – 7 yrs.

AWAKENINGS:

Rudy N – 15 yrs.
Dianne – 14 yrs.

DALHOUSIE MENS GROUP:

Jeff F. – 1 yr.
Scott M. – 2 yrs.

DESPERATION GROUP:

Barb W. – 1 yr.
Francis H. – 2 yrs.
Mary T. – 17 yrs.

HIGHLAND PARK GROUP:

Jean L. – 10 yrs.

INGLEWOOD:

Tony B. – 2 yrs.
Sher B. – 1 yr.

MAAT GROUP:

Daie R. 4 yrs.
Ron W. – 6 yrs.
Jim W. – 5 yrs.
Jim K. – 6 yrs.

MARLBOROUGH PARK:

Ed D. – 28 yrs.
Nadine – 6 yrs.

SATURDAY FOREST LAWN:

Merle C. – 35 yrs.
Helmut – 34 yrs.
Mark T. – 4 yrs.
Mark H. – 1 yr.

IRRICANA RECOVERY GROUP:

Bob K. – 6 yrs.
Bob W. – 23 yrs.
Dianne D. – 16 yrs.
Chrissy M. – 4 yrs.
Sean C. – 11 yrs.
Sam C. – 29 yrs.

THE LINK GROUP:

Jack M. – 27 yrs.
Holly S. – 10 yrs.

RECOVERY GROUP:

John R. – 24 yrs.
Deb C. – 23 yrs.
Sharon B. – 23 yrs.
Eric B. – 21 yrs.
Sandy A. – 21 yrs.
Irene R. – 21 yrs.
Jane R. – 21 yrs.
Marlene R. – 13 yrs.
Linda G. – 12 yrs.
Valerie B. – 5 yrs.
Margrit D. – 5 yrs.
Vicki H. – 2 yrs.
Christina W. – 1 yr.
Brent G. – 1 yr.
Jennifer M. – 1 yr.
Daniel B. 1 yr.

UNITY GROUP:

Kevin L. – 7 yrs.
Danny M. – 7 yrs.

January 2010

IRRICANA RECOVERY GROUP:

George S. – 50 yrs.
Neil R. – 38 yrs.
Garry R. – 36 yrs.
Wayne K. – 24 yrs.

A Word From The Editor:

As this is the last issue of the Westword for 2009, I want to take the time to thank all the people that have contributed articles, news items, stories, birthday information, etc. for each edition. Without your contributions, the pages of this newsletter would be mainly blank.

As I was elected as editor of the Westword for another term, I look forward to your contributions for the 2010 editions of the Westword. Your continued support is what keeps this newsletter going but remember, contributions must be received no later than the last week of the month to get in the next month's edition. Contributions can be sent to:

Westwordeditor@gmail.com
centraloffice@telus.net

or

Calgary AA Central Service Office
#2, 4015 - 1st Street SE
Calgary, Alberta T2G 4X7

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 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 – calgaryintergroup@gmail.com
Public Information Chair – pichair.calgary@gmail.com
Telephone Monitoring Chair – monitorchair@gmail.com
Intergroup Secretary – calgaryintergroupsecretary@shaw.com
Intergroup Treasurer – atreasurer@shaw.ca
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Special Events – calgaryintergroupevents@gmail.com
Intergroup Archives – calgaryintergrouparchives@gmail.com
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