the Westword



February Issue/2009

Book now for Banff

AA members in Calgary are urged to act in the next few days if they plan to attend the 2009 Banff Roundup, set for March 13, 14, and 15 at the Banff Park Lodge.

"We have a great program, with several speakers bringing a great message of courage and hope," says Alison R., chair of the Banff Roundup planning committee. "There is always room for people to attend the speaker sessions, but we have limited seating for the Saturday night banquet.

"Anyone planning to attend should contact their home group Intergroup representative or call Central Office in Calgary (403-777-1212) for tickets."

With a theme this year of Happy, Joyous and Free, the Roundup is an excellent opportunity for newcomers to learn more about the AA program and

make lifelong connections in the fellowship, she says. And it is also an opportunity for those who have been in the program for a while to renew acquaintances.

One added feature this year is live music at the Saturday evening dance.

Registration is \$30 per person, which covers all speakers and meetings during the Roundup, or \$75 which includes all speaker sessions plus the Saturday night banquet and dance.

The Roundup is headquartered at The Banff Park Lodge and anyone planning to attend needs to book their room reservations directly with the hotel by calling 1800-661-9266.

'Helping hands' needed to pick up the phone

As long as you can answer the phone and read the Calgary meeting directory, you have two of the main qualifications needed to be a telephone monitor for AA in Calgary, says the chair of the Intergroup Telephone Monitoring Committee. Phone monitors are always needed, says Axel K. "It is not a difficult or even a time

consuming job," he says. "Ninety percent of the calls are from people looking for meeting times and locations and if someone calls who needs more advice or counseling there is team of experienced AA12th steppers able to help."

Cont'd Pg 3.....

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 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 – 5:00pm
Fri: 8:30am – 5:30pm, Sat: 9:00am – 1:00pm
Closed Sundays and Stat Holiday Weekends
(Office will be closed Feb. 14 & Feb. 16
for Family Day)

Getting into service

There is much more to AA than home-group meetings

Building on the long-standing belief that nothing helps an alcoholic stay sober more than working with another alcoholic, both newcomers and oldcomers to Alcoholics Anonymous in Calgary are encouraged to spend a few hours in early March learning about what AA service opportunities are available.

The annual Introductory Service Seminar will be held March 7 starting at 10 a.m. at the Oddfellows Centre, 1507 -14th Ave. SW. (That's the new home of the Garnet Block meeting.) The \$8 seminar cost includes lunch.

"This is an excellent opportunity for newcomers to the program to learn about getting involved and giving back," says Barry B. seminar chairperson. "The program and the fellowship has given us all so much, so at this seminar people can learn about the various projects and committees that need help from AA volunteers. The three sides of the AA logo talk about unity, service and recovery. This is the service side. I encourage people to get involved, be part of it and through service grow in the program."

The seminar gets underway at 10 a.m. Some of the service areas involved in the seminar include telephone monitoring, The Westword newsletter, public information, Cooperation with the Professional Community (CPC), corrections centres, alcohol treatment centres, AA archives, The Grapevine magazine, and more. A representative from each service area will give a brief overview of their activities, which will be followed by a discussion. For more information, contact Central Office at 403 -777-1212 or email: aaoffice@telusplanet.net

DID YOU KNOW....Central office manager Mathew M. reports as of early January 2009 there were 113 AA groups in the city of Calgary running 257 meetings per week. If you include AA groups in the immediate outlying area and special meetings (such as restricted meetings at jails), there are 134 groups running 320 meetings per week.

Yahoo volunteers needed

Special events co-ordinator Sarah P. is looking for volunteers to help with the Intergroup Stampede breakfast in July – Call 403-671-3046 or email: Calgaryintergroupevents@gmail.com

Helping Hands, cont'd from Pg 1...

The monitor chair encourages AA groups in Calgary and area to take on a week of telephone monitoring during the coming months as service work. There are 11shifts per week. Weekday shifts run from 5 pm to 11 pm and there are three shifts on each of the two weekend days – morning, afternoon and evening until 11 pm. "These are six hour shifts each and you don't have to sit home by the phone," says Axel K. "As long as you can answer your cell phone and be in a place to look up meeting information you can do the job. You can be at an AA meeting, at the arena, in your back yard, or relaxing by a lake somewhere.

"As the monitor you are often the caller's first line of contact with the AA program. You answer the phone by saying 'how can I help' and then you connect them with the meeting or the person they need." For information on phone monitoring opportunities call 403-355-5600 or email: monitorchair@gmail.com

New Meetings

Nadzieja Polish Speaking Meeting, Closed (open birthday last Thursday of the month), Mixed, Thursdays 7:30 PM, St. Joseph's Catholic Church, 640 - 19 Ave. NW (enter at office door, east side)

Just for Today Group

Open, Mixed, Tuesdays & Thursdays 12:00 noon Forest Lawn United Church 2236 - 35 St. SE (basement)

Bow Bottom Trail Group

Closed, Mixed, Step, Thursdays 7:30 PM, Deerpark United Church 27DeerpointRd

District 78 Speaker Meeting

Every second Thursday starting February 5th 7:30pm Adult Day Support Room, Colonel Belcher Seniors Reside 1939 Veteran's Way NW

MEETING CHANGES

Knox Knooners meets weekdays noon in Central, 1st & 3rd Fridays now Slogans discussion, 2nd Friday now speaker, last Friday is birthday

The **Garnet Block** has **MOVED!** New address: Odd fellows' Centre

1507-14 Ave. S.W. Downstairs

Dalhousie Men's Group

Northwest, 8 pm, Thursday's (meeting moved from Friday to Thursday)

Borderline Group

Meets Sundays in NW. First Sunday of the month now tradition meeting

CANCELLED MEETINGS

SMOG Group-NW, Mon. & Wed. 7:30 pm, & Sat. 11 am, all meetings cancelled until new meeting place is found.

University Group – NW – Tuesday, last meeting Feb. 24.

Sowers of Hope -Wednesdays, SW Calgary, AB (Until a new place can be found!)

Ladies Living Sober -Thursdays, SE, Calgary, AB

Palliser Group -Thursdays, SW Calgary, AB

Chestermere Group, Sundays

WESTWORD DEADLINE

All submissions to be included in any upcoming editions of the Westword newsletter should be sent to westwordeditor@gmail.com or dropped off at Central Office no later than the last day of each month. Anything sent past this deadline MAY NOT be received in time to be included in the next edition.

Thank you - Lee H. - Westword Editor - (403) 815-0380

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: 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) 355-5600 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 as Centres Outside of Calgary.

More Information: Mathew (403) 777-1212 or email: 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

Bridging The Gap

Feb. 26, 7 pm at Central Office (always the last Thursday of the month)
All groups are urged to send a representative to learn about the vast number of service opportunities available. We also can attend district or group business meetings to give DCM's/GSR's a presentation the BTG program in detail. Chairing positions at treatment centers currently available to individuals or groups. Your help is needed. Please contact Cheryl @ cheryl.k@shaw.ca for further information.

More Meetings Changes

New 'Campus Group' Mount Royal College

(formerly Friends of Bill W. Meeting)
Brown bag lunch meeting Wednesdays
12 to 1 pm until April 8, 2009.
Room ZO13 Lower Level, Wyckham

House (use college west gate.)

News from Okotoks

New meeting – TGIF in Okotoks, open, mixed, Big Book discussion, Fridays 8 pm Okotoks Alliance Church North (rear) Call: Gloria H. 403-933-3319.

Changes – Okotoks Monday night, Railway & Ladies Candelight Groups all moved from The Station to the Performing Arts Centre, corner Elma St. & Centre Ave. Same times, and days, just new location.

Under Rule 62....

The alcoholic's daily prayer

"So far today, God, I've done all right. I haven't had a drink, haven't gossiped, haven't lost my temper, haven't been greedy, grumpy, nasty or self-centered. I'm really glad about that. But in few minutes, God, I'm going to get out of bed, and then I'm going to need a lot of help. Thank You."

Coming Events

> GARNET BLOCK 57TH ANNIVERSARY

ALACTHON
Feb. 20 to 22, 2009
1507 -14 Ave. SW
Oddfellows Centre (downstairs)
Starts Friday, 8:30 pm Gratitude
Meeting, Pot luck dinner Saturday at 5
pm, Roast beef dinner Sunday at 5 pm
(\$5/person)

Fair (403)273-7310, e: sewfair@shaw.ca

HAPPY AA BIRTHDAY!

Garnet Block

Doug T – 27 yrs Susan F – 25 Mitchell - 8 April D - 1 Layne - 4

Edgemont

Jon G. – 13 Kim W. - 33

Desperation

Chris N – 1 yr Lyle K. - 11 Peter C - 33 Robin S - 2 Sam G. - 30

Action Group

Kevin O. – 1 yr Gary H. -1 Tim M. – 2 Dellis Z. - 7 Jerry S. - 28

Saturday Night NE

Linda J. - 32 yrs Sandra M. – 19

MAAT Group

Barb G. - 27 Karen M. - 13 Mike V. - 1

Glenmore

Norm - 7 yrs Jackie B. - 11 Angela P. - 3 Jeff C.- 3

Glenmore cont'd

Ginny A. - 10 Pat R. - 26 Ross M. - 14 Chris B. - 6

Mike R. - 9 Cam C. - 2 Charles N -17

Dwayne P -20 Roy R. – 14 Johai McG - 2 Pat N. - 7

Irricana Recovery

Group George S. -49 yrs Neil R. -37

Garry R. -35 Wayne K.-23 **NWCG**

Craig J. -19 yrs

December/08

Last Gaspers

Marv S. - 13 yrs Ella P-5

MAAT $\overline{\text{Ron W.}} - 5$

Tim S. - 5Dale R. -3

February/09

MATT Group

Terry K. – 17 yrs. Doreen L. - 20 Mike S. - 5 Billy B. – 3 Mark H. - 3

Sat. Night NE

Charlie M. – 19 yrs. Front-Runners

Brad P. - 5 yrs.

Tues. Morning

Ladies

Darlene P. 9 yrs

Action Group

Mike K. – 16 yrs. Donna H. - 31

Edgemont

Patrick – 16 yrs Judy P. - 13

Crossroads

Mike S. - 5 yrs Bonnie L. - 11 Bob D. - 30

<u>Marlborough</u> Park

Alissa – 2yrs

Dalhousie Men's

Alok S. - 1 yr Kebreab A – 1 Bruce M. - 21 Bill B. - 35

Irricana Recovery

Jock W. - 23 yrs

Desperation Group

Bernie D - 32 yrs Darcy B - 2

Open Door Group

Andre N. - 7 yrs Diane D. - 18

Recovery Group

Gordon Mc – 1 yr. Shane A - 1 Wington M - 1 Sean S. - 2 George H. - 3 Laura B. – 4 Karen R. - 11

Sean O'B - 20 Doreen TR - 21

Peter A. - 14

Inglewood Group Stephen S. - 2 yrs

Link Group

Rod L. - 20 yrs Jerry E. – 12

272 Group

Shelia - 1 yr Brad T. - 2

Southland Pancake Group

Ed K. - 2 yrs

Sandy R. - 1 Paul P. - 4

Mike B. - 1

Mark L. - 1

March/09

Mary Anne R. - 2 yrs

Peter J. -5

Murray L. - 20

Sunday Morning Breakfast



Downtown Ramada Inn

708 - 8th Ave. SW Breakfast – 9 am Speaker-10 am

Come and join us for breakfast:

Buffet Breakfast.....\$12. Healthy Start Breakfast \$9. Toast & Coffee.....\$4. Coffee \$2.



DOWNTOWN SATURDAY NIGHT SPEAKER MTG.

Fortis Building

North Tower 801-7AveSW 8pm

KEY CONTACTS

Intergroup Chairperson......calgaryintergroup chair@gmail.com Public Information Chairperson..... pichair.calgary@gmail.com Telephone Monitoring Chairperson..... monitorchair@gmail.com Intergroup Secretary... calgaryintergroupsecretary@shaw.ca Integroup Treasurer... aatreasurer@shaw.ca Westword Editor......westwordeditor@gmail.com Intergroup Special Events......calgaryintergroupevents@gmail.com Intergroup Archives......calgaryintergrouparchives@gmail.com Calgary Central Office... centraloffice@telus.net



TELEPHONE MONITORING

This is an experience you must not miss. "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 K. at:

355-5600

monitorchair@gmail.com