

# 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](mailto:centraloffice@telus.net)

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

(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 -14<sup>th</sup> 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](mailto: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](mailto: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 11 shifts 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](mailto: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  
27DeerpoinRd

### **District 78 Speaker Meeting**

Every second Thursday starting February 5<sup>th</sup> 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



# HAPPY AA BIRTHDAY!

## January/09

### 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

Ron W. - 5  
Tim S. - 5  
Dale 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

### Marlborough 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  
Peter A. - 14  
Sean O'B - 20  
Doreen T R - 21

### 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

### Highland Park

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.....calgaryintergroupchair@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**