

# theWestword

**25 Cents**  
(suggested donation)



**April issue/2009**

## Stay sober, get into service

If there was one message that came across loud and clear to alcoholics attending an Introduction to Service Seminar in March it's 'if you want to stay sober, get into service.'

Whether it be making coffee for your home group, or representing one of the largest AA areas in North America at the General Services Conference in New York, there is a service opportunity for everyone, members were told.

Duane T., a long time Calgary AA member who represented Area 78 (Alberta and the North West Territories) at the 2002 General Services Conference in New York, told the 75 AA members attending the seminar, he got into service within days of attending his first meeting.

"It was a long time ago," said Duane T. "But they said they needed someone to set up chairs for each meeting, they shoved a key in my hand and said 'you have a job.' It was a wonderful feeling because for a long time before I got to AA no one trusted me with anything. And here was an organization after my first couple meetings that trusted me with a key. And I have never looked back. There was always a lack of wholeness inside of me before I came to AA, but being involved in the program and being involved in service helped me discover a vital spiritual awakening which has filled that void."

The chairs and representatives of the various services committees for Calgary and area AA, in their presentations at the seminar, drove home a similar message that service work is an invaluable two-way street.

"Service work, in any capacity, means you are helping to carry the message of AA to those who still suffer," said Bruce G. chair of Calgary Intergroup. While Barry B. chair of the Calgary General Services Committee said "that giving back to others what was so freely given to us, is what keeps us sober. As we help others we get out of ourselves which is so important for an alcoholic."

Several speakers fondly talked about 'being railroaded' into their first service jobs. At the beginning they just wanted to sit on the sidelines, until someone coerced them into or just dumped a job in their laps. Others talked about being fearful of that first service work. They didn't know what they were doing. Didn't know if they were qualified.

All agreed taking on service was the best move they'd ever made to help maintain their sobriety. And while a job may seem daunting at first, they quickly found their way, and learned there was always ready support.

(cont'd Page 5)

*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 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

(Office will be closed April 10 & 11/09 for Easter)

## 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*

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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)

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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.

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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 or Mathew 403-777-1212 or email [centraloffice@telus.net](mailto:centraloffice@telus.net)

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

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### BRIDGING THE GAP

Thursday March 26, 2009, 7 pm Central Office - 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 DCMs/GSRs a presentation on BTG program details. Chairing positions at treatment centers currently available to individuals or groups. Your help is needed. Please contact Cheryl at: [cheryl.k@shaw.ca](mailto:cheryl.k@shaw.ca) for further information.

Bridging the Gap is also looking for members willing to work in NE Calgary as well as centres outside of Calgary. Contact Mathew at 403-777-1212 or email: [centraloffice@telus.net](mailto:centraloffice@telus.net).

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

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### 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

### District 78 Speaker Meeting

Every Thursday at 7:30 p.m. New location - Thornhill Baptist Church - 128 Tache Ave. NW - Upstairs, Fireside Room. April meetings hosted by Sunday Morning 11 AM Group; May by SMOG Group. **Please come out and support us in the north central part of the city.**

### Strathmore Tuesday Ladies -

Tuesdays, 7 p.m. - Strathmore Full Gospel Church (Backdoor), 50 Maplewood Dr. Discussion, closed, ladies. Call Faye: 403-901-1163; Marsha 403-973-1039

**The Bridge, Saturday 10 am,-** St. John Lutheran Church, main entrance, 204-6A St NE, closed mixed, Step & Tradition.

**As Bill Sees It -** Friday, 8 pm, side door of hall south of Air Museum, 1601 - 21 Ave. Nanton. Open, mixed. Contact Heather E. 403-601-6967.

**TGIF -** Okotoks Open, Mixed, Big Book discussion, Friday 8 pm, Okotoks Alliance Church North, (rear). Call Gloria H. 403-933-3319.

### Just for Today Group

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

### Bow Bottom Trail Group

Closed, Mixed, Step. Thursdays 7:30 pm, Deerpark United Church, 27 Deerpoint Rd.

## Meeting changes

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

**Borderline Group -** Meetings Sundays in NW. First Sunday of the month now tradition meeting.

**Okotoks Monday Night Group -** now at the Freemason's Hall, Elma Street; **Ladies Candelight Group** moving to Freemasons' Hall, Elma Street starting April 5; and **Railway Group** now meeting at the Performing Arts Centre, corner Elma St. and Centre Ave. Same times, same days.

## Cancelled meetings

**University Group -** NW, Tuesday, Last meeting Feb. 24, 2009.

## The 7th Tradition keeps AA operating at all levels

I was in the program for about five or six months, when at a business meeting, I heard the words "shall we do a split". I had no idea that the money we contributed to the 7th tradition did anything more than pay for our coffee, cream and sugar. I didn't even imagine that we paid rent. I thought we were doing a great service to the community and rent was gratis.

It was explained to me that the split meant contributing to other areas of AA, such as our Intergroup which supports the operations of our Calgary Central office and ensures that our phones are answered 24 hours a day. The voices of our monitors are often the first contact an alcoholic, who is still suffering, has with our fellowship. It also helps to support the Calgary General Service Committee, Area, and our General Service Office in New York.

We at Northlanders, are able to do a split three or four times a year, as suggested in the pamphlet 'Self Support – Where Money and Spirituality Mix'.

In 1957 Bill W. wrote that "our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world." He went on to say that our groups, our areas, and AA as a whole will not function unless our services are sufficient and our bills are paid. For this we are responsible. Our New York Headquarters is absolutely essential to our continued expansion, to our survival as a Fellowship, and those costs rest squarely upon all of us, as we do not accept outside contributions.

One of the things our New York Office does to carry the message is writing and publishing all our literature. Our Big Book is now in its 4th revision and is translated to over 20 different languages – the English to Spanish translation cost \$25,000.

AA directories are printed each year to ensure anyone in the world can find a contact phone number and find a meeting anywhere in the world.

They ensure that the message is carried behind the walls of prisons, institutions, hospitals, remote communities, and to people in isolation.

All of this and to say nothing of the regular business operations, and spreading the message around the world.

Gratefully, Fran M.

## Getting the word out

**Calgary Intergroup Public Information (PI) committee could use the help of city AA groups to get information packages on the AA program delivered to medical centres and doctor's offices in all quadrants of the city. "These are information kits about the program that doctors can hand to patients who may be struggling with alcohol," says Fran M., PI committee chair. There are about 15 offices in each quadrant that need new or replenished information packages delivered every three months. If your group would be interested in taking on deliveries on a rotating basis please contact Fran M. at 403-282-8720 or email: pichair.calgary@gmail.com**

## Share in the Gratitude

The Calgary Gratitude Roundup planning committee is asking for the help of AA groups in the city on two fronts.

First, as the June 12 to 14 Roundup approaches, the committee is looking for groups to host the five speakers who will be attending the Roundup.

"We have five speakers from out of town," explains Harry P., Roundup chair. "As a host group you would be responsible for picking the speaker up at the airport, getting them to the hotel, and perhaps show them a few of the attractions of Calgary and area during their stay," he says. "And we'd also like the host group to introduce the speaker at the Roundup. These speakers are volunteering their time to be here and we want to show them our great Calgary hospitality."

For more information on hosting a speaker contact Doug H. at 403-235-0810 or email: boxingcoach11@hotmail.com

The Calgary Gratitude Roundup committee is also asking for the help of city groups to provide complimentary Gratitude Roundup registration tickets to help newcomers or any AA in Calgary who can't afford the cost of registration.

"We're asking each group if they could cover the cost of one or two tickets (\$20 to \$40) that can be given to any AA member who would like to attend but can't afford it," says Harry P. "The Gratitude Roundup is a wonderful opportunity for AA members to learn more about the program and fellowship of AA and we want as many as possible to have the opportunity to be there."

If your group can help out with one or two complimentary tickets contact: Keith M. at 403-288-2609 or email rambo12@telus.net.

## Volunteers/cash needed for Stampede BBQ & carnival

The Intergroup Stampede BBQ and Carnival welcomes volunteers and cash donations to help stage its upcoming event Sunday, July 12.

Organized by the Calgary Intergroup Special Events committee the BBQ and games afternoon being held at the South Calgary Community Centre, 16th Street SW. promises a fun filled time for AA members and their families. Group cash donations are welcome and the 7th Tradition will be taken. To volunteer contact Mary Anne at 403-247-8749 and to make a donation contact Mathew at central office at 403-777-1212.

# Special Events

## NW Calgary Group

### 4<sup>th</sup> Anniversary celebration

Thursday **April 16, 2009**

Foothills Alliance Church  
(Sarcee Trail and Country Hills Blvd. NW next to Superstore)  
Refreshments and snacks from 7 to 8 pm. Speaker Blair T. at 8 pm. All Welcome.

## Dalhousie Men's Group

### 10<sup>th</sup> Anniversary celebration

Thursday **April 30, 2009** – 8 pm

Dalhousie Community Church,  
5511 Baroc Rd. NW (corner of  
53<sup>rd</sup> and Crowchild Tr. - west of  
Safeway). Open Speaker,  
Birthday Potluck meeting. Food  
contributions graciously  
accepted.

## De Winton Group Roundup

**April 25, 2009**

Elks Hall, 62 Elizabeth St.  
Okotoks, AB

Registration at 12 noon, speaker  
program runs from 1:15 p.m. to  
5:45 pm. Roast beef dinner at 6  
p.m. followed by a banquet  
speaker. Admission is \$10.  
Children under 10, \$5. For  
advance tickets call Jack at  
403-938-3071 or cell 403  
312-5757.

## Nanton 3<sup>rd</sup> Annual Roundup

"Don't Take Yourself So Dang  
Seriously" May 2, 2009

Nanton Community Centre

South side of Air Museum  
Highway 2, southbound

Registration begins at 10 am  
with speaker program beginning  
at 11 am. Program runs until 5  
p.m. followed by a banquet at  
6:30 p.m. and a guest speaker.  
Cost is \$20 (only 130 banquet  
tickets available). Contact  
Heather E. 403-646-2009, Susan  
S. 403-646-2056, or Gerry E.  
403-669-4157.

## Brooks Back to Basics

### RoundUp

Saturday **May 2, 2009**

Brooks Lutheran Church  
811 Cassils Road West, Brooks,  
AB. Registration begins at 10  
a.m. Speaker sessions run from  
11 am to 5 pm. Banquet at 5:30  
pm followed by guest speaker  
Darryl D. of Calgary. Full  
registration \$20, or speaker  
sessions and lunch only, \$10.  
Call Donna P. 403-362-6359,  
Dave B. 403-633-0878, Jake H  
403-793-0173 or Al and Laurie  
O. 403-362-4482.

## Front Runners Calgary

### Sober & United Roundup

**May 29, 30, 31, 2009**

Hillhurst United Church  
1227 Kensington Close NW  
Calgary, AB. Registration \$60  
includes banquet, speaker  
program only is \$30. For  
information contact Krista O.  
sober.and.united@gmail.com or  
call 403-481-0340.

## Calgary Gratitude Roundup

**June 12 to 14, 2009**

Coast Plaza Hotel  
1316 – 33 St. NE  
Speakers Include Alfred D. of  
Vancouver; Myers R. of  
Lewisville Texas; Mark H. of  
Manor, Texas; Mary-Anne W. of  
Tulsa Oklahoma; Ray M. of  
Calgary, Lorraine F. Al-Anon  
Calgary. Registration opens  
Friday at 4 pm. Contact Calgary  
Central Office for more details at  
403-777-1212. Or email  
[aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net).  
Registration is \$20 for speaker  
sessions and two dances, or \$58  
for full registration with includes  
a buffet banquet.

## District 86 Round Up

### Strathmore, AB

**June 19 – 20, 2009**

Strathmore Curling Rink  
180 Brent Blvd. Strathmore  
Theme: The Three Legacies  
Friday events 8 pm, Sik'sika  
Nation AA, Drumming Circle  
followed by a Campfire Meeting.  
Saturday, registration begins at 8  
am Meeting and speaker  
sessions run from 9 am to 5 pm.  
Banquet from 5 to 6:30 p.m.  
followed by guest speaker – Go  
For It – Ron McN. Calgary. Cost  
– 7<sup>th</sup> Tradition and Raffle Table  
donations are welcome.  
For details calls Arnie D.  
403-901-7154, Peter D.  
403-935-4559 or Elsie W.  
403-934-3898.

## Irricana Recovery Group

### 30<sup>th</sup> annual anniversary

#### Potluck Supper

**Sunday June 28, 2009**, 4 pm  
Irricana Lions Hall, Irricana, AB.  
For more information contact  
Gary O. 403-947-2766 or Garry  
R. at 403-947-3456 or email  
[raymond8@efirehose.net](mailto:raymond8@efirehose.net)

## Okotoks Monday Night

### Group

#### 10<sup>th</sup> Annual Campout

Hogg Park on the Highwood River  
**July 10, 11 and 12, 2009**

Camping cost \$15/site/night

Saturday pot luck supper \$5 per  
person/\$10 per family

Contact: Ivan at 403-803-8255; or  
Marty at 403-938-2246

## Calgary Intergroup

### Stampede BBQ & Carnival

**Sunday July 12, 2009**

South Calgary Community Centre

12 noon to 4 p.m.

Group donations appreciated, 7<sup>th</sup>

Tradition will be taken, Volunteers

needed. Contact Mary Anne

-403-247-8749 to volunteer, or

Mathew at 403-777-1212 to make a

donation.

**Stay sober, get into service (cont'd from Pg. 1)**

There are dozens of service opportunities within AA in Calgary and area ranging from being involved in the AA organization itself at the area, district or group level; working with alcoholics directly through projects such as Bridging the Gap, treatment facilities, correction centres; working with the professional (medical) community, carrying the AA message to the general public, organizing special AA events, recording and preserving the history of AA in Calgary, and the list goes on.

"One of the most important service opportunities we as alcoholics can provide is telephoning monitoring," said Alex K. a former chair of the phone monitoring service. Telephone monitoring involves answering calls to Calgary Central Office after regular business hours. "Much of time you are just helping an AA member find the time and location of an AA meeting in the city or area, which is important. But often too you are the first contact a struggling alcoholic has with the AA program. By sharing your experience as well as further contact with someone on the 12<sup>th</sup> Step list you are introducing them to the miracle of this program that has helped so many. And that is a tremendous feeling."

For more information on AA service opportunities see some of those listed on Page 2 of Westword, contact AA central office, or ask your Intergroup or General Service Committee representative at your home group.

**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 &amp; Coffee \$4 - Coffee \$2

***DOWNTOWN SATURDAY NIGHT******SPEAKER MEETING - 8 PM***

Fortis Buidling, North Tower

801 7th Ave. SW, Calgary

**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 not 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**

**Coming events...****SPONSORSHIP WORKSHOP****Saturday April 18, 2009**

Dalhousie Community Church, 5511 Baroc Rd NW ( 53<sup>rd</sup> and Crowchild Tr. West of Safeway),

**1 - 4 PM****(potluck lunch from 11:30 to 1 p.m.)**

Everything you wanted to know about the role of a sponsor, being a sponsor, and finding a sponsor will be discussed. Ideal opportunity for newcomers to learn more about the whole area of sponsorship. Facilitated by Duane T. past delegate. 7<sup>th</sup> Tradition. Contact Blaine A. 403-547-0986

**CPC PLANNING MEETING**

Regular meetings of the Cooperation with the Professional Community (CPC) committee are now being held the first Wednesday of each month at Central Office.

**Next meeting****Wednesday May 6, 7 PM**

New committee members and more group participation is always welcome.

**CALGARY GENERAL  
SERVICES COMMITTEE  
SPECIAL SPEAKER AND  
POTLUCK MEETING**

**MONDAY, JUNE 1, 2009****6:30 PM**

Oddfellows Centre, 1507 14th Ave. SW  
Special speaker, Dave B., Area 78  
Delegate. Food contributions greatly  
accepted. The 7th Tradition will be taken.  
Contact Marilyn L. 403-239-4923

# HAPPY AA BIRTHDAY !

## FEBRUARY/09

### **UNITY GROUP**

Marci M. - 16 yrs  
Ron B. - 13  
Val D. - 10

### **BACK FROM HELL**

Cheri H. - 12

## MARCH/09

### **UNITY GROUP**

Adam R. - 4 yrs  
Kevin M. - 7

### **DESPERATION GROUP**

Abby R. - 1 yr  
Courtney R. - 2  
Dale P. - 1

Karen M. - 5  
Dustin P. - 1

Tim M. - 10

Michelle T. - 2

Wayne G. - 3

### **BACK FROM HELL**

Denise L. - 1 yr  
Trevor W. - 1

Shona B. - 2

Greg P. - 2

Nick T. - 6

Sandy B. - 7

Brian J. - 18

Nancy J. - 18

### **IRRICANA RECOVERY**

Jock - 23 yrs

Sheri T. - 2

### **BEACON'S REFUGEES**

Jean D. - 30 yrs

### **AWAKENINGS**

Doug H. - 21

Ross V. - 8

### **HIGHLAND PARK**

Mary Anne R. 2 yrs

Peter J. - 5

Murray L. -20

### **NW CALGARY GROUP**

Richard Mc. - 1 yr.

### **FRONT RUNNERS**

Krista O. - 1 yr.

Theresa K. - 1

Ron D. - 27

Lovell Y. - 15

Warren W. - 20

David D. - 24

### **GLENMORE**

Roger H. - 3 yrs

Colin K. - 1

Gerri M. - 1

Derek C. - 5

Steve R. - 10

Peter G. - 22

Erik S. - 25

Fran - 4

Leslie M. - 1

### **NEW BEGINNINGS**

Sara B. - 1 yr

Elle - 1

Paula M. - 2

Jean S. - 3

Lynne C. - 6

Graham R. - 6

Wendy S. - 11

Miles P. - 12

Terry K. - 17

Greg P. - 23

Nancy J. - 23

## APRIL/09

### **INGLEWOOD GROUP**

Eric - 1 yr

### **FRONT RUNNERS**

Peter K. - 1 yr

Randy R. - 22

### **BACK FROM HELL**

James L. - 1

Julie - 1

### **MARLBOROUGH PARK**

Jack B. - 53 yrs

Judy S. - 29

### **272 GROUP**

Ellen - 24 yrs.

Art - 4

### **HIGHLAND PARK**

Debra S. 8 yrs.

### **DALHOUSIE MENS GROUP**

Bobby A. - 1 yr.

### **AWAKENINGS**

Kevin D. - 25 yrs

### **DESPERATION GROUP**

Cec. A. - 50 yrs

Peter A. - 8

Todd - 2

### **RECOVERY GROUP**

Stan K. - 34 yrs

Jim P. - 22

Tom Mc - 21

Sandy M. - 19

Terry W. - 19

Keith H. - 18

Manny V. - 15

Natalie I - 13

Les M. - 9

Melissa C. - 4

Leslie R. - 4

Richard - 2

James P. - 2

Philomena L. - 2

Alanna P. - 1

Sam S. - 1

David E. - 1

Alex D. - 1

### **EDGEMONT**

Linda H. - 5 yrs

Jenny - 9

Audrey B. - 10

Vasu - 15

### **SUNDAY MORNING 11 AM**

Eunice A. - 18 yrs

Doug H. - 12

Larry P. - 7

Randy P. - 1

### **NORTHLANDERS**

Jenn T. - 3 yrs

Fraser M. - 2

Jeff P. - 16

Serena P. - 4

Kristen M. - 2

### **IRRICANA RECOVERY**

Gary O. - 21 yrs

Lance - 2

### **LINK GROUP**

Craig S. - 6 yrs

## **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 -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  
Special Events - calgaryintergroupevents@gmail.com  
Intergroup Archives - calgaryintergrouparchives@gmail.com  
Calgary Central Office- centraloffice@telus.net