

theWestword

25 Cents
(suggested donation)



May issue/2009

Bridging the newcomer gap

Calgary and area AA members with a good handle on the program are urged to share their experience, strength and hope with those alcoholics coming out of treatment centres.

Both male and female volunteers are needed to serve as temporary contact persons for the Bridging The Gap (BTG) program.

"This isn't a long term commitment for any one person," says Cheryl K., BTG committee chair. "There are several ways you can help, but the main idea is to help someone who is coming from a treatment centre make those first couple contacts with AA meetings and the AA program."

Bridging The Gap is a temporary contact program designed to assist newcomers make the transition from a treatment facility to Alcoholics Anonymous.

People are often introduced to AA while they are in a treatment facility or a hospital, says Cheryl K. When they return to their own community, it can

be very difficult for them to reach out to AA for help in getting started in the program of recovery.

"The purpose of Bridging The Gap is to supply the newcomer with a temporary contact once they get home from the facility," she says. "The contact assists them until they become comfortable attending meetings on their own."

BTG can use help in three main service areas. 1. volunteers to serve as a temporary contact person for the newcomer; 2. volunteers to chair and/or share their experience at information meetings; and 3. volunteers to coordinate those who are sharing and chairing at information meetings.

Anyone able to serve as a temporary contact, is asked to fill out a form, and then their name goes on file. When a treatment centre contacts Calgary Central Office, BTG will then go to that list to find someone to work with the newcomer.

"The BTG temporary contact person will get in touch with the newcomer to take them to two or three meetings to introduce them to the AA program," says Cheryl K.

The main qualifications for BTG service is having a good grasp of the AA program. People fairly new to the program are welcome to chair and share their experience, while those working as temporary contacts should have at least several months to a year of good solid recovery and involvement in the AA program. Anyone in southern Alberta or southeastern BC interested in helping should call central office at 403-777-1212 or email centraloffice@telus.net or cheryl.k@shaw.ca with their name and number. The BTG form can be faxed, mailed or picked up at central office.

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

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 May 16 & 18 for Victoria Day Holiday)

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

BRIDGING THE GAP

Meeting, last Thursday of each month - 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 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.

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

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

Step 11 Meeting (Sought through prayer and meditation....) Open Mixed AA meeting. Prayer, Mediation, Discussion. Sundays 3:30 to 5 pm. Central United Church, 131 7th Ave. SW. Room 3 (Downstairs, enter by rear alley door) Contact John M. 403-815-3393.

Language of the Heart- Readings from the book, Language of the Heart, Monday, Wednesday, Friday, 7 am, #134, 111 -6th Ave. SW, Calgary, AB

District 78 Speaker Meeting

Every Thursday at 7:30 p.m. New location - Thornhill Baptist Church - 128 Tache Ave. NW - Upstairs, Fireside Room. May meetings hosted by SMOG Group, with Fellowship of The Spirit hosting in June and Desperation Group in July. **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.

Cancelled meetings

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

Home stretch for Gratitude Roundup tickets

At the 2008 Calgary Gratitude Roundup, Chris R. of Hunt, Texas challenged the 1,000 conference delegates to avoid "middle-of-the-road solutions," and get back to the basics of the AA program as spelled out in the Big Book.

It will be interesting this year at the 28th Annual Calgary Gratitude Roundup to hear what message his brother, Myers R., brings to the gathering, as one of seven speakers addressing the June 12 to 14 event.

"I nearly died getting to AA," Chris R. told the 2008 conference. "I was a product of middle-of-the-road solutions. Middle-of-the-road solutions are anything that don't jibe with the Big Book. We have a fellowship that is choc-a-bloc full of people who feel they can say anything at a meeting because it sounded good, or some counsellor told them something, or they heard it from some sponsor who should have known better. They share at meetings

like it is the gospel. What is gospel is the Big Book of Alcoholics Anonymous. That is the bottom line."

Chris R. says too many alcoholics are told to take it easy when they first come to AA. "Whose bright idea was the nonsense to tell people to take their time working the steps?" he says. "The Big Book is explicit, we have to 'be fearless and thorough from the very start'". People have to get with the program. "...it often happens right after people come into the program, they get sober and they find a comfortable spot and it is at that time that we are suppose to finish working the steps," he says. "Some people mess around, sit on their butts, take it easy. They don't do the things necessary to get the channel between themselves and God cleaned out again. Many just sit and wait and the stink of obsession comes back to kick them in the butt and they do what everyone else does, they'll drink."

(Continued Page 4)

Special Events

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.

Didsbury Family BBQ Campout - June 5, 6, 7, 2009

Rosebud Community Hall.
Begins June 5 with registration at 6 pm, Regular open speaker meeting 8:30 pm, Night Owl Campfire Meeting 10 pm. June 6 sessions begin at 8 am, speakers, potluck wiener roast lunch, bbq burgers for dinner. Camping on first come/first serve basis; tickets \$20 per person or \$45 for family. Call Brian 403-335-9990, or Rick 403-335-9525.

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 – 7th 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 30th 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

Okotoks Monday Night Group

10th 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, 7th Tradition will be taken, Volunteers needed. Contact Mary Anne -403-247-8749 to volunteer, or Mathew at 403-777-1212 to make a donation.

Crowsnest Pass Campout July 24 - 26 2009

Island LK
Provincial Park (West of Coleman) Potluck Dinner. Call Doug K. 403-562-2466; Barry H. 403-563-5473

**Copies of
The Westword newsletter
also available from
Central Office**

Irricana Recovery Group 30th Anniversary Potluck Supper

←—————→
**Sunday June 28th 2009
4 p.m.**

**In the Irricana Lions Hall
Irricana, Alberta**

**for more information contact:
Gary O. at 403-947-2766
or Garry R. at 403-947-3456
or email: raymond8@efirehose.net**

Intergroup Financial Snapshot (\$thousands)

7 months to 04/30	09	08
Group Contributions	\$28.5	\$31.4
Surplus/(Deficit)	\$4.1	\$14.4

ROUNDUP TICKETS....(continued from Page 3)

Myers R. of Lewisville, Texas will be joined at the podium by six other AA and Al-Anon speakers from across North America. Also speaking will be Calgary's own Ray M, Alfred D. of Vancouver, Mark H. of Manor, Texas and Mary-Anne W. of Tulsa Oklahoma. Also speaking at Roundup will be Lorraine F. of Calgary representing Al-Anon, and an as-yet unconfirmed Alateen speaker.

The 2009 Gratitude Roundup will be held at a new venue, points out Harry P., Roundup committee chair.

"While the event has been at the Glenmore Inn for many years, the committee felt the Coast Plaza Hotel was a more central and more accessible location for AA members," says Harry P. "The hotel has ample parking and is also located next to a northeast Calgary LRT station, as well as a major bus route.

"We felt it is a better location for the event, and at the same time we were able to keep the conference registration costs the same as last year."

The event gets underway, Friday with registration at 4 p.m., with an evening dance to a live band. Saturday registration opens at 8 a.m. with a full day of speakers and other sessions, with a banquet at 6 p.m. followed by a dance.

Sunday morning events will also include a speaker session.

Cost of general registration for all speaker sessions, and the two dances during the weekend is \$20 per person. The cost of registration including the banquet is \$58.

Tickets are available from Roundup committee members, many General Services Committee representatives as well as Central Office.

Come for Sunday breakfast and be a guest speaker too

Organizers of the regular Sunday Morning Breakfast meeting at the downtown Ramada Inn, not only welcome more Calgary AA members to attend, but also could use more speakers over the coming weeks. Speaker duties at the 9 am breakfast are covered for May 2009, but most of June and following months are still open, says Stephane, who has taken over from Jacques B. as event coordinator.

"I welcome individuals or any groups interested in being a speaker or providing speakers as part of AA service to give me a call," says Stephane. "Even though I have only been involved with the breakfast meeting for a short time, I see there are many AA members who come to the Sunday breakfast on a regular basis.

"It is an excellent opportunity not only for a good breakfast, but also for AA fellowship and furthering our own recovery."

Speakers for May include Highland Park, May 3; The Link Group, on May 24; and the Garnet Group on May 31. New Beginnings is providing a speaker on June 7. For more information on the breakfast and speaker service contact Stephane at 403-629-6439

Speakers needed

Calgary AA groups or even individual members looking for service opportunities can contact the Lakeview Group for more information about taking on meeting chair or speakers duties. Lakeview offers an open, mixed, speaker meeting every Friday at 8:30 pm at Lakeview United Church. If you can help contact David F. at 403-390-8992 or email: dave@helenesiding.com

Coming events...

BIG BOOK STUDY

Joe and Charlie/Cowboy Ray format, hosted by Jim B. This 13 week program begins May 14, 2009, Thursdays 7:30 to 9:30 pm, at Simon House, 5819 Bowness Rd. NW (garage annex). Bring Big Book, highlighter, pencils and note paper. Seating limited. Please call if you plan to attend, Jim B. 403-667-3582

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 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

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 June 3, 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 !

MARCH/09

GETTING THERE

Ann L. - 2 yrs

APRIL/09

GETTING THERE

Chad S. - 1 yr

GLENMORE GROUP

Darryl H. - 28 yrs

Mike P. - 14

Rick C. - 11

Teneale S. - 1

Elizabeth - 28

Gloria - 1

Claude - 21

Erik S. -25

Devyn - 10

Maria - 1

Don W. -4

Sean W. -2

Tania R. - 7

NEW BEGINNINGS

Doug M. - 1 yr

Peter K. - 1

Renee P. - 1

Tyler - 1

Kerry K. - 3

Lance M. - 4

Barbara L. - 8

Joan E. - 9

Chris G - 11

Linda M - 11

Karry G. - 12

Tim R. - 14

DAILY

REFLECTIONS

Rick C. - 11 yrs

Donna Z. - 2

Lauren R. - 1

HOMEWARD

BOUNDERS

Sharon J. - 10 yrs

Keith F. - 3

MAY/09

HIGHLAND PARK

Verona S. - 20 yrs

NORTHLANDERS

Neil F. - 5 yrs

Patrick C. - 5

Trish - 1

MARLBOROUGH

Johnny G. - 33 yrs

Jackie W. - 29

Brian F. - 8

GETTING THERE

Vicki- 32 yrs

LINK GROUP

Brenda M (nee B) 14 yrs

RECOVERY GROUP

Beto C. - 24 yrs

Jane H. - 23

Laura F. - 16

Les M. - 16

Cody W. - 5

Brett T. - 4

Dan S. - 2

Catherine S. - 2

Shelley M. - 1

Megan S. - 1

Gerry G. - 1

Dan H. - 1

Gale L. - 1

Lorraine G. - 1

Phillip - 1

OPEN DOOR GROUP

Bea G. - 28 yrs

IRRICANA

RECOVERY GROUP

Ron Mc. - 17 yrs

Steve B. - 19

272 GROUP

Phil D. - 21 yrs

Anneliese W. - 20

CROSSROADS

Tony S. - 33 yrs

Carol L. - 20

TUESDAY MORNING

LADIES

Marjorie - 25 yrs

Gayle - 8

EDGEMONT GROUP

Dorothy - 2 yrs

Steff - 2

Dave R. - 7

Gaurav - 8

Bill F. - 9

Tom W. - 11

Fraser - 39

DALHOUSIE MEN'S

Ryan F. - 1 yr

DESPERATION

Greg S. - 3 yrs

Richard M. - 3

MATT GROUP

Gerard D. -16 yrs

Gary O. - 27

Sandra F. - 27

INGLEWOOD

Susan L. - 1 yr

HOMEWARD

BOUNDERS

Jack B. - 7 yrs

JUNE/09

HIGHLAND PARK

Ida T. - 26 yrs

DESPERATION

Bob N. - 2 yrs

Mike H. - 16

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. If you can 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

Public Information Chair - pichair.calgary@gmail.com

Telephone Monitoring Chair - monitorchair@gmail.com

Intergroup Secretary - calgaryintergroupsecretary@shaw.ca

Intergroup Treasurer - aatreasurer@shaw.ca

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Special Events - calgaryintergroupevents@gmail.com

Intergroup Archives - calgaryintergrouparchives@gmail.com

Calgary Central Office- centraloffice@telus.net