

theWestword

25 Cents
(suggested donation)



June issue/2009

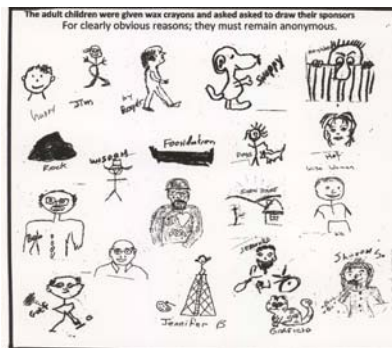
What about sponsorship?

How does a newcomer or any member of Alcoholics Anonymous find a sponsor? And, what sort of qualifications do you need to be a sponsor?

Those were two questions on the minds of about 60 Calgary AA members at a recent sponsorship workshop hosted by District 79. "There is no simple answer to the questions," says Duane T., a long time A.A. member who facilitated the workshop.

He says the A.A. pamphlet on sponsorship is probably the best source of information. For finding a sponsor it says: "The process of matching newcomer and sponsor is as informal as everything else in A.A. Often the new person simply approaches a more experienced member who seems compatible and asks that member to be a sponsor."

And for anyone wondering about qualifications to be a sponsor it says: "The most successful sponsors are



men and women who have been in A.A. long enough to have some understanding of the suggested recovery program outlined in the Twelve Steps.length of sobriety is a factor, but not the only factor, in successful sponsorship. Of equal importance are an individual's capacity for understanding and patience, and willingness to devote time and effort to new members..."

In the District 79 workshop, which was made up of people looking for

sponsors, those looking to be sponsors and those who are current sponsors, participants were asked to sketch out their concept of what a sponsor looks like (see samples at left), and then write down key words they felt described a sponsor, from both the sponsee and sponsor perspective.

The exercise, didn't identify specific sponsors or prospective sponsees, but it did get everyone thinking and talking about sponsorship qualities and traits. Of those participating in the workshop, 85 percent were sponsees, 53 percent were sponsors, while the rest were interested in service sponsees or sponsorship. Here are top qualities or characteristics sponsees felt a sponsor should have.

The sponsor should be: 1. someone who is doing the 12 Steps themselves; 2. someone who can be trusted; 3. someone who does not judge; 4. someone who helps the

(continued Page 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 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 Wed. July 1 for the Canada 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

KINCORA GROUP - SYMON'S VALLEY RANCH UNITED CHURCH, 38 Kincora Rise, NW, Calgary. Wednesdays, 8 pm. Open Mixed Beginners Step and Big Book Meeting. (Talisman Group cancelled). Contact: Steve C. 403-451-4126.

Step 11 Meeting (Sought through prayer and mediation....) 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. June meetings hosted by Fellowship of The Spirit with 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, Deepark United Church, 27 Deerpoint Rd.

**Copies of
The Westword Newsletter
also available at Central Office**

**Intergroup Financial Snapshot
(\$thousands)**

7 months to 04/30	<u>09</u>	<u>08</u>
Group Contributions	\$37.6	\$33.3
Surplus/(Deficit)	\$5.9	\$11.2

In Brief....

Gratitude Roundup Week

The 28th annual Calgary Gratitude Roundup kicks off Friday, June 12 at the Coast Plaza Hotel on 36th Street N. in northeast Calgary.

Tickets are still available for all speaker sessions and the two dances during the weekend event, and anyone interested in attending the Saturday evening banquet should check with Calgary Central Office for ticket availability.

The Roundup will feature several key speakers during the weekend. Registration begins at 5:30 pm Friday, with the first part of a Big Book seminar beginning at 6:30 pm. Myers R. of Lewisville Texas is the first speaker at 8 pm. A dance to live music by Adelle and The Crusaders follows at 9:45 pm.

Saturday sessions get underway at 8 am, with Calgary AA member Ray M. speaking at 9 am. The buffet-style banquet begins at 6 pm, with Mary Anne W. of Tulsa Oklahoma as banquet speaker. The dance, with DJ Sounds Unlimited gets underway at 9:30 pm. Tickets for general registration including the dances are \$20, while registration tickets that also include the banquet are \$58 each.

Stampede BBQ needs volunteers

Any Calgary AA members who can spare a few hours are urged to volunteer their time Sunday July 12 to help out with the Intergroup Stampede BBQ and Carnival being held at the South Calgary Community Centre. Organizers have set up a schedule of two hour shifts during the day. Setup is

at 10 am, they need help serving lunch and organizing games at 12 noon and at 2 pm and help with cleanup at 4 pm. If you can help please call Mary Anne at 403-247-8749. The event could also use cash donations from Calgary AA groups to offset event costs. To make a group donation contact Mathew at Central Office at 403-777-1212. (See poster on Page 4 for more details)

Old meeting lists sought

If you are cleaning out files or bookshelves, the Calgary Intergroup Archives Committee would be interested in any old meeting lists you might find. The archives committee is most interested in meeting lists from 1978 through 1988; 1990 through 1992 and 2000 through 2002. If you have any of these lists contact Tim H. at Intergroup archives at 403-373-2846 or 403-294-8518 or email: calgaryintergrouparchives@gmail.com

More COMC resumes needed

Resumes are still being sought to fill one vacancy on the Central Office Management Committee. Ray M., who has been active in many areas of Calgary A.A. for years was unanimously endorsed to fill one COMC post in May, however one chair on the six member board remains vacant. If you have at least two years of sobriety, and have a business or management background you are urged to call for more information or send your resume to Calgary Central Office at 403-777-1212 or email: centraloffice@telus.net.

Sponsorship...cont'd from page 1..

sponsee to be honest with themselves - calls them on their B.S.; and , 5. is prepared and able to share their experience, strength and hope. Among those seeking to be sponsors, here are the top characteristics or traits they felt a sponsor should have. They felt a sponsor should be someone who: 1, is able to carry the

message; 2. works the steps in all of their affairs; 3. has a good sense of humor; 4. is non-judgmental and is accepting; and 5. loves to see sponsees who are passionate about change. The District 79 workshop was only the second time Duane T. had facilitated that format of a sponsorship workshop and he hoped to be able to share the approach with other Calgary and area districts.

Meeting List On-Line

**The current Calgary and District Meeting Directory is available on-line at:
www.calgaryAA.org**

Special Events

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.

AA ANNUAL POTLUCK PICNIC

Sat. JUNE 20, 2009

11 am to 3 pm

Site 4

Bowness Park, Calgary

Sponsored by District 77

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

Crowsnest Pass Campout

July 24 - 26 2009 Island Lake

Provincial Park (West of

Coleman on Highway 3, follow

the signs.) Potluck Dinner.

Registration 5 pm Friday. Call

Doug K. 403-562-2466; Barry H.

403-563-5473, or Norma-Jean

G. 403-563-5318; email:

curelysgirl@hotmail.com

22nd Annual Ya-But Golf

Tournament -August 30, 2009

Nanton, AB - BBQ supper and 18

holes of golf. Contact Norm N.

403-272-1935

Meeting Reminder

New Beginnings - Be advised for all meetings held after 6 pm, members please enter and leave premises by the Rexall Store West Entrance, effective immediately.

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

Talisman Group - NW, Wednesday, now cancelled. See Kincora Group under New Meetings.

Pincher Creek Group - Thursday meeting cancelled, Tuesday meeting suspended until September 1, 2009

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



AA PRESENTS
INTERGROUP STAMPEDE BARBAQUE
AND
CARNIVAL

COME OUT FOR A DAY OF FOOD, FUN AND FELLOWSHIP! MUSIC, GAMES AND MORE!
ALL ARE WELCOME!!

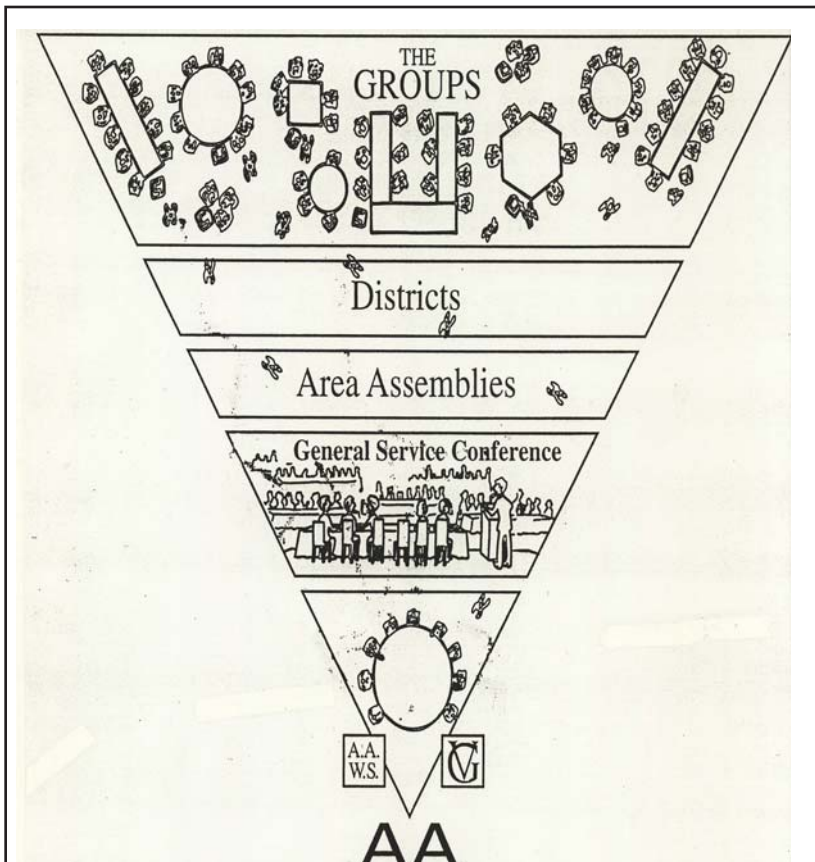
WHERE? SOUTH CALGARY COMMUNITY CENTRE
3130 - 16TH STREET SW

WHEN? JULY 12, 2009 FROM 12PM - 4PM.

ADMISSION IS FREE BUT DONATIONS ARE APPRECIATED.

VOLUNTEERS ARE NEEDED
CONTACT: Mary Anne at 403-247-8749

TO MAKE A GROUP DONATION
CONTACT: Mathew at Central
Office 403-777-1212



It's is a 'top down' organization

Any time you think your thoughts don't matter, remember it's the 'home group conscious' that runs the show in Alcoholics Anonymous. It is input from each group that feeds through to the district, then to the area assembly, then to the general service conference, and eventually to the AA World Service office. So stay involved with your home group. It matters.

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 Building, North Tower

801 7th Ave. SW, Calgary

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 speaker's 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

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 July 9, 7 PM

New committee members and more group participation is always welcome.

Did you know....

According the most recent survey conducted by A.A. General Service Office there are about 4,900 A.A. groups in Canada with a combined membership of about 96,000 people.

In the United States there are about 54,000 A.A. groups with a combined membership of 1.3 million.

In Canada and the U.S. there are about 2,500 groups in correctional facilities, with a combined membership of 64,000 people.

And around the world there are 227 individual men and women who describe themselves as Loners. These are people living in isolated areas where it was not possible to form a group. Many achieved sobriety solely through study of A.A. literature.

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**

HAPPY AA BIRTHDAY !

APRIL/09

DAILY REFLECTIONS

Rick C. - 11 years
 Donna Z. - 2
 Lauren R. - 1

HOMEWARD

BOUNDERS

Sharon J. - 10 years

MAY/09

NEW BEGINNINGS

Danny W. - 2 years
 Barb. M. - 10
 Clarence L. - 14
 Dennis F. - 15
 Bernie P. - 20
 Jerry S. - 21

OPEN DOOR GROUP

Bea G. - 28 years

INGLEWOOD

Susan L. - 1 year

GLENMORE

Jim H. - 12 years
 Cindy H. - 6
 Sid H. - 4
 Frank C. - 4
 Chris D. - 3
 Daren O. - 1
 Dave W. - 3

Don W. - 4

Don N. - 4

RECOVERY GROUP

Beto C. - 24 years
 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

NW CALGARY

Jason F. - 15 years

AWAKENINGS

Keith S. - 2 years
 Richard T. - 2

NORTHLANDERS

Neil F. - 5 yrs
 Patrick - 5
 Heather - 1
 Trish - 1

JUNE/09

272 GROUP

Malcolm - 2 years

MARLBOROUGH PARK

Ron S. - 14 years

Carlene D. - 3

Emilian D. - 22

RECOVERY GROUP

Lacey O. - 4 years
 Joel T. - 2
 Ian P. - 2
 Tiro - 2

Terry C. - 1

Rob L. - 1

Aaron L. - 1

Bob C. - 1

Jimmy V. - 1

Rob P. - 1

Richard W. - 1

SUNDAY MORNING

11 AM GROUP

Bob N. - 18 years

Maryan Mc - 11

EDGEMONT GROUP

Dwayne M. - 2 years

Stan A. - 4

Brent M. - 11

TUES. MORNING

LADIES

Susan M. - 22 years

Eileen G. - 10

Gail P. - 5

NORTHLANDERS

Mark A. - 1 year

Ray M. - 27

Garfield A. - 14

IRRICANA RECOVERY

Burt G. - 26 years

HOMEWARD

BOUNDERS

Judy D. - 14 years

Lynda B - 9

GETTING THERE

GROUP

Claire S. - 4 years

Shane C. - 1

Nick M. - 4

Gerry A. - 30

THE LINK GROUP

Geoff S. - 24 years

Lorna G. - 16

JULY/09

HIGHLAND PARK

Margaret L. - 30 yrs

Frank L. - 35

Amy M. - 35

AUGUST/09

HIGHLAND PARK

Stefanie C. - 1 year

Ellen L. - 22

Orland W. - 23

Gin W. - 2

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

Westword Editor - westwordeditor@gmail.com

Special Events - calgaryintergroupevents@gmail.com

Intergroup Archives - calgaryintergrouparchives@gmail.com

Calgary Central Office- centraloffice@telus.net