

# theWestword

**25 Cents**  
(suggested donation)

*Westword is a monthly newsletter published by Calgary Intergroup*



**July issue/2009**

## The program works, if you do

Work the program and it will work for you was the message brought to about 1,000 Calgary and area A.A. members attending the 28th annual Gratitude Roundup in June.

Speakers from Canada and the U.S. made the point several times, during the two-day Roundup that sitting on the sidelines, or applying "half measures" brought no long-lasting sobriety until they fully surrendered and began honestly working the program.

Ray M. of Calgary, who marked 27 years of sobriety in mid-June, opened the conference with an inspiring talk on how he finally got honest with himself in 1982. He recalled many years of drinking that started when he was 13, being a young man "full of attitude" living a life "that was all about me" and pushing every limit. "My thinking was if you're not living on the edge you're taking up too much room," said Ray M. He drank, did drugs, and struggled with bouts of uncontrollable rage that over the years threatened to destroy his family and a successful business. Realizing he needed help, he dabbled in A.A. initially, but figured it wasn't for him. "I thought I had an educational deficiency," he said. "I thought I could learn to control my drinking."

Finally in 1982, after being in and out of A.A. rooms several times, he faced the reality of where he was. "It was a tough time. I had to make a decision. I could give up everything that was important to me and stay drinking or I could go to A.A.," he said. "By the Grace of God I chose A.A."

Ray M. not only surrendered and turned his life over to a higher power, but also got active in the A.A. program and continues to be involved at the group, district level and area level. He has just completed a term as member of AA Grapevine Corporate Board in New York and was recently elected a member of the Calgary Central Office Management Committee.

Other highlights of the 2009 Roundup will be covered in future issues of The Westword. The sobriety countdown at the 2009 banquet totaled 4,988 years, 317 days of sobriety.

***Thank you...*** on behalf of the 2009 Calgary Roundup Committee, we would like to take this opportunity to thank the A.A. community as a whole and our A.A. friends, for their support which helped make this year's Gratitude Roundup a great success. Also thank you for giving us the honor and privilege to serve The Fellowship. ***Harry P., Chair.***

*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 A.A. 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 Heritage Day Weekend, Saturday August 1 and Monday August 3, 2009)

## 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](mailto: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](mailto: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](mailto: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](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).

### 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 last Wednesday of every month - Central Office - [pichair.calgary@gmail.com](mailto: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. July meetings hosted by Desperation 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.

**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.

## 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

**Front Runners** - Tuesday and Thursday and Saturday, Central - All three meetings now begin at 8 PM. (instead of 8:30 PM).

## Cancelled meetings

**Portal Group**, Wednesdays 8 PM, Central, are now cancelled.

**9th Tradition** - Thursday N.E. Calgary, closed until a new meeting place is found.

**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.

# Special Events

**272 GROUP Annual BBQ-Simon Fraser Fish Hatchery - July 17, 2009, 8:30 PM.** There will be no regular meeting at Northminster United Church that night.

**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

**4th Annual District 86 Pig Roast - August 8 & 9, 2009** - 10 km east of Balzac on SR 566, then south 2.7 km on RR 290. Campfire open meeting Saturday, Sunday pancake breakfast. Camping, no hookups, Pork roast and potluck, Bring chairs, items for raffle table. Contact 403-650-5916.

**Red Deer Round Up - August 21 & 22, 2009,** Elks Hall, 6315 Horn St. Red Deer, AB, Registration Friday 6 p.m. followed by speakers and meetings; Sessions begin Saturday at 9 a.m. Cost \$30 per person includes Saturday dinner, \$10 general registration only. Call 403 309-8323 or 403 357-9032.

## 22nd Annual Ya-But Texas Golf Scramble, 12 noon



**August 30, 2009**  
 - Nanton, AB -  
 BBQ supper and  
 18 holes of golf.  
 \$85 entry fee.  
 Contact Norm N.  
 - 403 272-1935  
 (dr.golf@shaw.ca)  
 or Joe H. 403 256-3871

## Calgary Intergroup Archives Committee Annual Pioneers Dinner Saturday, Oct. 24, 2009

5:30 to 10 PM

Dalhousie Community Church

5511 Barock Rd. NW, Calgary

### Speakers:

Flo J.-N., Crossroads Group,  
 Maryon K., Al-Anon & Eddie A.  
 Champlain Group.

Cost: \$25 includes dinner and refreshments.

For details Contact Calgary Central Office, 403-777-1212, or centraloffice@telus.net

**Copies of The Westword are also available at Calgary Central Office**

## 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:*

**August 12/09, 7 PM**

*New committee members and more group participation is always welcome.*

## Meeting List On-Line

*The current Calgary and District Meeting Directory is available*

*on-line at:*

**[www.calgaryAA.org](http://www.calgaryAA.org)**

## 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

## 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 !

## MAY/09

### DAILY REFLECTIONS

Doug B. – 3 years  
 Deb M. – 1  
 Maureen K. – 1  
 Sandra N. – 7  
 Tom M. – 14  
 Tim H. – 3  
 Melissa A. – 2

### UNITY GROUP

David M. – 20 years  
 Ryan M. – 2  
 Olivier R. – 2

### BACK FROM HELL GROUP

Mike S. – 38 years  
 Dale C. – 24  
 Donna P. – 16  
 Sharon M. – 16  
 Michelle C. – 6  
 Murray B. – 1  
 Scott C. – 1

## JUNE/09

### DAILY REFLECTIONS

Mike B – 1 year  
 Krista Z. – 3  
 Lawrence – 1  
 Jim C. – 13  
 Carol – 4

### UNITY GROUP

Shawn Mc. – 6 years  
 Patrick D. – 7  
 Jim H. – 8

### BACK FROM HELL GROUP

Erin H. – 2 years  
 Austin R. – 1

## NEW BEGINNINGS

Christie M. – 1 year  
 Janice N. – 1  
 Reid H. – 1  
 Kari S. – 1  
 Danie W. – 2  
 Lara H. – 2  
 Joanne B. – 2  
 Susan W. – 2  
 Darryl B. – 3  
 Jean M. – 4  
 Margery K. – 5  
 Tamara F. – 7  
 Cornelia M. – 8  
 Dave D. – 10  
 Jennie D. – 10  
 Tom L. – 10  
 Anne H. – 11  
 Bill D. – 11  
 Ted S. – 13  
 Jim B. – 15  
 Jason M. – 16  
 Jan H. – 20  
 Leslee M. – 21  
 Bob R. – 24

## GLENMORE GROUP

Peter H. – 1 year  
 Dominic F. – 1  
 Mike R. – 5  
 Mark M. – 15  
 Tom R. – 17

## CROSSROADS GROUP

Wendall – 25 years

## JULY/09

### CROSSROADS GROUP

Flo J.N. – 41 years  
 Audrey C. – 17  
 Steve M. – 31

### MATT GROUP

Ken R. – 23 years

### EDGEMONT GROUP

Chad – 1 year  
 Andy D. – 2  
 Joanne M. – 5  
 Lloyd F. – 7  
 Linda G. – 16

### BACK FROM HELL GROUP

Carla R. – 10  
 Mike H. – 5  
 Brian J. – 1  
 Dennis K. – 1  
 Cory – 1

### LINK GROUP

Lorene S. – 17 years  
 Bill A. – 17  
 Randy Smith – 17  
 Norm C. – 17

## SUNDAY MORNING

### 11 AM GROUP

Phillip D. – 21 years  
 Dennis D. – 6

### RECOVERY GROUP

Jim C. – 28  
 Dan B. – 4  
 David G. – 3  
 Daryl Y. – 2  
 Tanner M. – 2  
 Adam B. – 2  
 Greg C. – 2  
 Carlos T. – 2  
 Alex J. – 1

Brad K. – 1  
 James M. – 1  
 Ian K. – 1  
 Safet C. – 1  
 Jason B. – 1  
 Paul J. – 1

### GETTING THERE

Bill C. – 19 years  
 Gail A. – 3  
 Gary H. – 1  
 Mike P. – 5

### INGELWOOD GROUP

Christine E. – 3 years

### DALHOUSIE MEN'S GROUP

James N. – 2 years  
 Bill C. – 4  
 Keith M. – 17  
 Moe R. – 35

### 272 GROUP

Christine M. – 1 year  
 Len Q. – 20

### DESPERATION GROUP

Kathy SC – 1 year  
 Scott B. – 3

### IRRICANA RECOVERY GROUP

Ray F. – 34 yrs  
 Betty S. – 1

## AUGUST/09

### DESPERATION GROUP

Theresa B. – 2 years

### INGLEWOOD GROUP

Jan. H. – 1 year  
 Russell C. – 7  
 Rindy Y. – 25  
 Francis Y. – 26

## 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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