

The Westword

25 Cents
(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup
(westwordeditor@gmail.com)

December's Introductory Service Seminar

Calgary General Service Committee's semi-annual Introductory Service Seminar takes place December 3rd at Scarboro United Church and offers participants a comprehensive look at the different ways to be of service in our AA community. Representatives from the Calgary General Service Committee and Calgary Intergroup will address the audience about their mandates and how to become involved. The event is invariably uplifting and informative.

The seminar's organizer, Dana H explains, "AA's three legacies are Unity, Recovery and Service. Service is a fundamental aspect of our program and is essentially "how it works." We carry the message that was so freely given to us to the still suffering alcoholic, so that they too may know a new freedom and a new happiness. In turn, our own sobriety is richer. We keep what we have by giving it away."

Participants have many options when it comes to service work. CGSC and Intergroup will be represented at the seminar by members from Public Information, Cooperation with the Professional Community, Corrections and Treatment Facilities and AA Archives, to name a few. Participants also learn more about AA Service Structure as a whole — from General Service Representation at the group level to the AA World Services Board.

Dana offered several good reasons for participating, noting "Service opened up a door of rewarding experiences for me and best of all it offered the gift of fellowship. Service is a great way of connecting with members who most often become dear friends on the journey."

Tickets will be available as of October 31st through Group GSRs or Intergroup reps and at the Calgary Service Office until the week before the seminar. Tickets can also be purchased at the door; however AA members are encouraged to purchase them prior to the deadline to facilitate planning and for catering purposes. Grace P. is once again generously offering her catering services to the Service Seminar and her meals are always fantastic!

Mark your calendars: Saturday, December 3rd at Scarboro United Church from 10am - 3pm. The church is located at 134 Scarboro Avenue SW, Calgary. To learn more speak to your group's GSR or Intergroup rep.

For more information see the poster on page 5.

Andrée I., Westword Contributor

Sad news from CSO

Sharon S., our part-time wonder for the past 4 years, is resigning. When asked for a reason she said, "*Tell them the old bat is retiring!?*" We are going to miss her terribly and it's going to look pretty drab without her holiday decorations – maybe she'll come back just to decorate. Come in and cry and say good-bye on Fridays or Saturdays until December 30. *We wish her well!*

Calgary Intergroup Christmas Event, December 10th – see the poster on page 5
Introductory Service Seminar, December 3rd – see poster on page 5

I am responsible

When anyone, anywhere reaches out for help, I want the hand of AA always to 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

Office Hours:

Mon. to Thur.: 8:30 am – 1:00 pm, 2:00 pm – 5:00 pm
Fri.: 8:30 am – 5:30 pm, Sat: 9:00 am – 1:00 pm
Closed Sundays and Stat Holiday Weekends
(Closed Dec. 24, 26 and 27 for Christmas)
(Closed Dec. 31 and Jan. 2 for New Years)

In Brief:**Intergroup Sunday Morning Breakfast and Speaker Meeting**

Join us for good food, good fellowship and personal stories of the speaker's journey

at the

DOWNTOWN RAMADA INN

708 – 8th Avenue SW

Breakfast at 9 am, speaker at 10 am

Buffet Breakfast \$15 – Healthy Start Breakfast \$11

Toast & Coffee \$6 – Coffee \$3

7th Tradition is observed

Contact: Everett W. at 403-836-1933

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING

at 8 PM

Nexen (Fortis) Building, North Tower

801 – 7th Avenue SW, Calgary

Back to Basics

Complete the 12 Steps in one Month
Based on Dr. Bob's 1940's rapid method

4 - 1 hour meetings on succeeding Sundays

Program is **cancelled** as of December 1, 2011

Last Sessions start Sunday, November 5th
to November 26th at 2:00 pm

Encourage newcomers to join

We welcome members to assist as a sharing partner.

at New Beginnings: 11625 Elbow Drive SW
(Canyon Meadows Shopping Center, upstairs room 203)

For more information Contact: Margery K. 403-228-0339
Ian M. 403-589-3237

Calgary CSO Birthday Contributions

Club members contribute to CSO to celebrate their birthdays. Contributions range from a penny a day to a dollar a year. This year we have celebrated 34 years of sobriety, so far... JOIN THE CLUB!!!!

2011 Club Members

Garry Y. – 2 yrs.

Jessie F. – 3 yrs.

Chris HD. – 5 yrs.

Katie M. – 1 yr.

Tanya S. – 4 yrs.

Sharon S. – 19 yrs.

On the Horizon:

Excerpts from posters at Calgary Central Office (403-777-1212) of AA groups planned events (doesn't include all planned events)

Local and Area:

10th Annual Journey Weekend Retreat: Nov. 18, 19, and 20, 2011 at Camp Horizon in Bragg Creek. For more information and tickets contact Shelia K. at 403-282-5138, Barry B. at 403-454-1875 or e-mail retreat05aa@yahoo.ca.

*District 86**Christmas Dinner and Dance*

December 17th, Balzac Community Hall

Doors open @ 6pm, Dinner served @ 7pm

Tickets: \$20 (children under 12 are free)

Santa and Kidz Korner / Raffle and 50/50

Dance to follow dinner

Directions: Take Hwy. 2 to Balzac exit West, cross the tracks and turn South into the hall.

Whitesheep AA Men's Group

Hosts the 15th Annual Christmas Eve Breakfast

Saturday December 24th

at the Carriage House Inn, 9030 MacLeod Trail S

8:00 -11:00 am.

Doors open at 8:00 am

Breakfast starts at 8:30 – Open mike sharing @ 9:30

Tickets \$25.00 each

Available @ AA Central Office 403-777-1212

For information: Contact Shea. at 403-818-3135
or e-mail sheasoutha@live.com

Special Events:

(Events and information are listed here solely as a service to our readers, not as an endorsement by Calgary Intergroup).

A.A. New Year's Eve: Saturday December 31, 2011 at the Red Deer Lodge; Supper at 6:00 pm, call to meeting at 7:00 pm, AA Speaker Morris K. at 8:00 pm, Dance at 9:00 pm; Cost is \$40.00 or for the dance only if there is room \$15.00; party favors, late night snacks and prizes, 50/50 draw. Tickets available at the Balmoral bible chapel Sundays, Men's meeting at Sunnybrook United on Mondays at 7:30 pm or call 403-340-1831 or 403-986-3965.

In Brief (cont.):**CAMPUS GROUP**

A Meeting of ALCOHOLICS ANONYMOUS at
Mount Royal University

*If you want to drink, it's your business.
If you want to stop, it's ours.*

Closed, Mixed, Brown Bag Lunch Meeting

Every MONDAY, 12:00 pm to 1:00 pm,

From Sept. 19, 2011 to Dec. 5, 2011
(Closed October 10th for Thanksgiving)

Room Z013 Lower Level,
Wyckham House

(West Gate Entrance off Richardson Way)
(Z013: downstairs near Ticket Master & Post Office)



**I know they say 'rebellion dogs our every step,'
but I didn't know they meant my front step**

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*

Public Information Committee

The **Public Information Committee** is looking for support from the Calgary Area Groups for their activities to carry the word to those who still suffer. The PI committee **meets at Central Office the last Wednesday of every month at 7 pm.**

Many hands lighten the load so if each group could supply a representative to this committee, it would be appreciated. If you're interested in this service opportunity please come and join us at a PI meeting.

VALUABLE 12 STEP OPPORTUNITIES (cont.)**CPC Planning Meeting**

The CPC monthly meetings started on Thursday Sept 8th at 7 PM at Central Office. We meet the second Thursday of the month so please mark your dance card full for that evening!

We are expanding and do need help from people who are interested in helping the professional help us. We are currently influencing young Doctors and Nurses at both Universities and will soon be doing presentations for the Social Work faculties. We do lots of other fun stuff too!

This format for presentations is for professionals and is different than telling our stories for Public Information. So if you're interested please come check us out!

Thanks for your service in AA - together we can do so much!
In Service, Karen C., CPC Chair - Calgary

Gratitude Roundup

The **Gratitude Roundup Committee** is looking for volunteers to fill some vacant committee positions. The committee meets every second Wednesday of the month at Central Office at 7 pm. We are especially looking for a vibrant MC for this year's (2012) roundup and a speaker chair to gather speakers for the 2013 roundup. These are a few of the needs of our committee.

The **next meeting is on December 14th at 7:00 pm at Central Office.** We have a lovely group of people, who welcome others to come out, get involved and have fun.

Elizabeth L., Gratitude Roundup Committee Chair

Resumes Sought for COMC Vacancy

Calgary AA members with five years sobriety, a background in AA service, and experience in business, finance, human resources, or similar fields, plus a working knowledge of the Steps, Traditions and Concepts are urged to send their resumes for the position of member-at-large on the Central Office Management Committee (COMC). New members are elected by Calgary Intergroup upon the recommendation of the current members of COMC. This is a two-year term with an option for another two-year term. The Chair of COMC is elected from the members-at-large.

COMC reports to Calgary Intergroup, a body made up of representatives from Calgary and district AA groups. COMC manages, oversees and monitors the operations of the Calgary Central Service Office including policies, procedures, strategic planning, finances, and personnel. COMC also act as an advisory group to Intergroup.

COMC meets monthly at a closed meeting where each member has a vote. It then delivers its report for acceptance by the monthly Calgary Intergroup meeting.

For more details, or to submit a resume, please contact AA Central Office at 403-777-1210 or e-mail resume to:

centraloffice@telus.net

VALUABLE 12 STEP OPPORTUNITIES (cont.)**Central Service Office is looking for a part-time person.**

Position: Part-time person to staff the office

Duties includes: Literature & recovery merchandise sales; answer office phone; data entry and financial records preparation; filing & stocking; and other duties as assigned

Hours: Fridays 8:30 AM to 5:00 PM (less 1 hour lunch)
Saturdays 9:00 AM to 1:00 PM (except long weekends)
All Office Manager's vacation days (15 days per year)
All Office Manager's sick days (max. 6 days per year)

Requirements: 5 years sobriety; knowledge of the AA Fellowship and its service organizations; pleasant demeanor, courteousness, ability to talk and deal with customers and others in a professional manner; elementary understanding of accounting or willingness to learn; elementary understanding of computers, Excel, Word, Simply Accounting, or willingness to learn; patience & a sense of humor are mandatory

*Drop résumés off at CSO (in person preferred).
An e-mailed résumés as well as the hard copy would be appreciated.*

In Brief (cont.):

Calgary Intergroup Archives Committee

Annual Pioneers Dinner

To those in the A.A. Community in Calgary who may not be aware, on October 17th of this year Alcoholics Anonymous in Calgary turned 66 years old. A.A. in Calgary was started by a non-alcoholic, the late Jack Johnson, who started A.A. in Calgary to help his brother who had a drinking problem. Unfortunately Jack's brother was not able to achieve sobriety but others have.

From the very first meeting in the basement of The York Hotel on October, 17th, 1945, and with God's Grace, we've continued to grow in effectiveness and to be of service to God and our fellows. Pioneers Dinner has become an annual event since October 2005. There were other old-timers dinners & old-timers month (Speaker Meetings) which was held at Dr. Carl Safran School for a number of years.

This annual dinner is to honour A.A. and give old-timers/long-timers the opportunity to share their experience, strength and hope and to show others how they recovered from a seemingly hopeless state of mind and body. The Pioneers Dinner is sponsored by Calgary Intergroup Archives Committee and any surplus from the dinner goes to Archives in helping preserve the archives that we have acquired.

Again, we'd like to thank the Calgary & Area A.A. Community and our friends from Al-Anon for their support and participation.

Harry P., Calgary Intergroup Chairman.

New Meetings:

SHIPWRECK AT SUNSET GROUP: Tuesday at 7:45 pm; closed, beginners; 126 – 10 St. NW (Sanctuary Coffee House, back of the coffee shop, downstairs).

WOMEN OF HOPE: Monday at 2:00 pm; women's, closed: Alpha House, 203 – 15 Ave. SE (use 17th Avenue entrance, ring buzzer)

SERENITY GROUP: Wednesdays at 7:30 pm; open, discussion; at the Royal Canadian Legion Command, 2020 – 15th Street NW (main door, down stairs)

A BETTER WAY GROUP: Sunday at 7:00 pm; open, men's, "As Bill Sees It" discussion; Calgary Dream Centre, 4510 MacLeod Trail SW (back door)

FIRST LIGHT GROUP (MORLEY): Wednesday at 11:00 am; open, step & discussion; Wesley Elders' Lodge, Morley (33 km. west of Cochrane on Highway 1A)

Meeting Changes:

CROSSROADS GROUP (birthday meeting change): Birthday meeting is **now an open meeting on the first Monday of the month** (formerly closed meeting on the last Monday of the month)

SOBER SISTERHOOD OF COCHRANE (time change): meets Thursdays **now at 12:00 noon** (formerly 7:30 pm).

AIRDRIE COUNTRY GROUP (time change): meets Mondays and Thursdays **now at 8:00 pm** (formerly 8:30 pm)

EAST SIDE NATIVE WOMEN'S GROUP (address change): Thurs. at 7:00 pm; now meet at the Sunrise Native Additions, 1231 – 34 Ave. NE

UNIDOS (new start time): Saturday now at 7:00 pm (changed from 5); Spanish speaking; 204 – 6A St. NE (St. John's Lutheran Church).

SUNDRE TOWN AND COUNTRY GROUP (location change starting Sept. 7th): Wednesdays at 8:30 pm now at the Sundre Gospel Centre, 801 – 1 St. NE

Meeting Cancellations:

UNIDOS GROUP: Wednesday and Thursday meetings only **are cancelled**. Other group meetings (Fri., Sat. and Sun.) are still active.

CANMORE NOON OASIS GROUP (out of town): Thursday at 12:00 noon, at the Scout Hall is **cancelled**.

SMOG (French Speaking): Saturday at 7:30 pm; Kensington Road Church is **cancelled**.

PINCHER CREEK (out of town): Tuesdays at 7:30 pm at the Elk's Hall is **cancelled**.

HANNA (out of town): Mondays and Friday at 7:00 pm in the Hanna Hospital cafeteria are **cancelled**.

HANNA (out of town): Monday 8:00 pm at the Community Services Building is **cancelled**

Meeting Directory Corrections:

SHIPWRECK AT SUNSET GROUP (location correction): meet Fridays at 9:00 pm; 126 – **10 Street** NW (not 10 Ave, NW as indicated in the June 2011 Meeting Directory).

PLAIN LANGUAGE GROUP (location correction): meet Monday at 7:00 pm; at **3410 Spruce Dr. (CSPD Bldg., upstairs)** not COPD bldg. at 3210 Spruce Dr. SW as indicated in June 2011 Meeting Directory.

To the Calgary AA Community:

On behalf of your Calgary Intergroup Committee, I am pleased to announce that this year we had the second largest contributions to Calgary Intergroup (Central Office) and we would like to thank the Calgary and Area A.A. Community for their contributions to help continue to collectively carry the message to the alcoholic who still suffers.

Respectfully yours: Harry P., Chairman,
Calgary Intergroup Committee.



Christmas Open House **Potluck Dinner**

Saturday, December 10, 2011

11 a.m. 'til 3 p.m.

Open to all members and their families

St. Mark's Anglican Church

1802 - 33 Ave SW (Marda Loop), Calgary, AB

Contributions are most welcome. For information regarding food contributions contact:
Jeff F. 403-650-6033 or e-mail simpleessence@live.ca

Financial contributions contact Mathew at central office **403-777-1212**
7th Tradition will be observed

Recovery ~Unity ~Service; these are our Three Legacies

**The Legacy of Service ~ Each group has but one primary purpose-to carry its message to
the alcoholic who still suffers.**

How do we carry the message?



Introductory Service Seminar

Saturday December 3rd, 2011

10am - 3pm

Scarboro United Church, 134 Scarboro Ave. SW

Cost is: \$8.00 (which includes lunch)

*Come join us and learn more about AA's Legacy of Service.
There are so many different and exciting ways to get involved!*

This event is sponsored by Calgary General Service & Intergroup

For further information please contact: Dana H. (403)701-2826

HAPPY AA BIRTHDAY!

(All birthday notices are entered as received on a best efforts basis and may occasionally include unintended errors. If this is the case, let us know and we will attempt to correct them.)

October 2011

FOREST LAWN GROUP:

Al F. – 26 yrs.
Greg G. – 21 yrs.
Nichole C. – 5 yrs.
Chad L. – 2 yrs.

GLENMORE GROUP:

Penny – 1 yr.
Landon – 1 yr.
Gerald B. – 1 yr.
Aimee – 2 yrs.
Elise – 2 yrs.
Mike V. – 4 yrs.
Tamara – 4 yrs.
Janice – 19 yrs.
Deb – 21 yrs.

MARLBOROUGH PARK GROUP:

Larry R. – 1 yr.

McKENZIE TOWN GROUP:

Dave S. – 6 yrs.
George B. – 6 yrs.
Mike R. – 7 yrs.
Noelle RF. – 5 yrs.
Steve G. – 9 yrs.
Steve G. – 13 yrs.

NW CALGARY GROUP:

Don M. – 3 yrs.
Ron B. – 3 yrs.

October 2011 (cont.)

NEW BEGINNINGS GROUP:

Kate N. – 1 yr.
Lise B. – 5 yrs.
Melody L. – 5 yrs.
Beth G. – 7 yrs.
Jerry S. – 8 yrs.
Elodie G. – 20 yrs.
Jane M. – 20 yrs.

November 2011

AIRDRIE REFLECTIONS GROUP:

Len V. – 32 yrs.

AIRPORT GROUP:

Hayley – 24 yrs.

AWAKENINGS GROUP:

Bev H. – 7 yrs.
Lee H. – 4 yrs.

AIRDRIE BACK FROM HELL GROUP:

Javed – 11 yrs.
Jessica – 7 yrs.
Doug F. – 5 yrs.
Hillary S. – 4 yrs.
Shane F. – 3 yrs.

DALHOUSIE MENS GROUP:

Filip S. – 2 yrs.
Tommy F. – 2 yrs.
Scott L. – 4 yrs.
Rick T. – 20 yrs.

November 2011 (cont.)

EDGEMONT GROUP:

Terry D. – 3 yrs.
Ken F. – 6 yrs.
Jay M. – 6 yrs.
Marilyn L. – 15 yrs.
Ray S. – 20 yrs.
Edgemont Group – 16 yrs.

FOREST LAWN GROUP:

Rose R. – 39 yrs.

HADDON ROAD GROUP:

John M. – 27 yrs.
Dan J. – 9 yrs.
Kevin – 7 yrs.
Bill J. – 7 yrs.
Ryan H. – 4 yrs.
Bob C. – 3 yrs.
Irene R. – 23 yrs.
Adrian J. – 2 yrs.
David – 2 yrs.
Don – 1 yr.
Mayan K. – 1 yr.
Rick A. – 1 yr.
Denis G. – 7 yrs.

HIGHLAND PARK GROUP:

Kristin D. – 9 yrs.
Norm S. – 14 yrs.

ABC GROUP:

Alex P. – 17 yrs.
Lisa K. – 3 yrs.

November 2011 (cont.)

MAAT GROUP:

John L. – 6 yrs.

MARLBOROUGH PARK GROUP:

Jack N. – 35 yrs.

NW CALGARY GROUP:

Brian S. – 29 yrs.
Lee H. – 4 yrs.
Rob D. – 1 yr.
Ted W. – 16 yrs.

OGDEN GROUP:

Jason R. – 1 yr.
Cameron – 2 yrs.
Dana H. – 5 yrs.

RECOVERY GROUP:

Eric B. – 23 yrs.
Sandra A. – 20 yrs.
Dana H. – 5 yrs.
Lynette T. – 3 yrs.
Luke W. – 2 yrs.
Phil N. – 2 yrs.
Paige F. – 2 yrs.

THE LINK GROUP:

Carolyn D. – 19 yrs.

TUESDAY MORNING LADIES GROUP:

Joan G. – 30 yrs.

Calgary General Services Committee Election Results

CGSC Chair:	Craig S.	Alternate Chair:	Rick B.
Secretary:	vacant	Treasurer:	Peter K.
Treatment:	Jason O.	Corrections:	Jo-Lynn H.
Bridging the Gap:	Tree B.	CPC:	Art G.
Grapevine:	Susan R.	Intergroup:	Maryan M.
Introductory Service Seminar:	Doug F.	Records and Registration:	Jim W.

WESTWORD DEADLINES

Calgary AA groups need to get their birthdays, meeting changes, special events and other notices into the Westword Editor or Central Office well before deadline for the coming issue. Generally the deadline for the next month's edition is the last day of the current month.

The deadline for submissions for December's edition of The Westword is November 30th.

Please email any notices for the Westword to: westwordeditor@gmail.com or drop notices off at Calgary Central Office.

The Westword is available electronically by e-mail if requested. Please forward your request to the westwordeditor@gmail.com to have your e-mail address added to the distribution list.

Telephone Monitoring

THANK YOU ALL WHO SIGNED UP AS LATE NIGHT MONITORS! IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY, PLEASE CALL:

Abby at: **403-836-8904**

or Central Office at: **403-777-1212**

cgigtelmonitorchair@gmail.com

INTERGROUP CONTACTS

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