

The Westword

25 Cents

(suggested donation)



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

Calgary and Area AA Service

Did you know, Alcoholics Anonymous has **two** major service bodies supporting Calgary and the surrounding area?

Did you know, any member of AA in the service area can attend and observe meetings of either of these two bodies? Your elected group representatives or their alternate are the only attendees with voting privileges but other interested members can observe these meetings at any time.

Did you know, both groups always have many service opportunities available for members of Alcoholics Anonymous? Many service opportunities require only sobriety and willingness, although others have recommended periods of sobriety or institutional requirements.

Below is a brief outline or summary of activities of the committees of CGSC and IG:

Calgary Intergroup (IG): IG is comprised of elected Intergroup representatives from local groups, and is the coordinating body for the provision of local services in Calgary and Area, through the Calgary Central Service Office (CSO) and the IG committees

Calgary Intergroup Steering Committee: Consists of the IG Chair, Alternate-Chair, Secretary, Treasurer and the subcommittee chairpersons; they coordinate the day to day operation of the subcommittees and provide subcommittee reports to the Intergroup body as a whole

Central Office Management Committee (COMC): Consists of the IG chair, Alternate-Chair, Treasurer and 4 elected members-at-large (one who chairs the committee); they oversee and support the operation of the Calgary CSO and Book Store

Central Office and Bookstore: An Office Manager and part-time support staff provide accounting, administrative support and operate the bookstore

(see IG continued on page 2)

Calgary General Service Committee (CGSC):

CGSC is comprised of the General Service Representatives (GSRs) and coordinates local general service opportunities and special activities; sees that professionals receive correct information about our fellowship; keeps groups informed about AA as a whole; and assists groups or district as requested.

CGSC Steering Committee: Consists of a CGSC Chair, Alternate-Chair, Secretary, and Treasurer; they provide input to the General Service meetings.

Introductory Service Seminar (ISS): Organizes and co-ordinates semi-annual service seminars to attract and inform members for the various service opportunities that are available for the Calgary AA community.

Records and Registrations: Maintains the registrations of AA Groups and records of memberships

(see CGSC continued on page 2)

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 Feb. 19 and 21 for Family Day)

(Closed April 22 and 23 for Easter)

Calgary and Area AA Service (cont. from page 1)

(IG continued)

(CGSC continued)

Telephone monitoring (403-777-1212): 24 hour service coverage for the Calgary AA phone number through volunteers, group participation and an answering service; maintains a "twelve step list" for calls to carry the message of AA to those in need

Banff Roundup: Organizes and hosts an annual weekend AA Roundup in Banff, usually in March

Public Information (PI): Provides support, materials and AA information to local interested organizations such as medical offices, schools, and community groups where alcohol can be a factor

Westword: A local information newsletter published monthly for AA members to keep members informed of events and other AA activities or information

Special Events: Organizes and hosts special events throughout the year such as the Christmas event and Stampede function

Calgary AA Archives: Compiles and maintains a collection of memorabilia representing Calgary's AA history; organizes displays of the archived materials

Sunday Morning Breakfast Meeting: Organizes and schedules a weekly breakfast speaker meeting supported by Calgary AA groups.

The Big Book provides this observation on page 89, "*Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics*". This article provides information on various committees that perform service work in Calgary. If you're interested, talk to your group's GSR or IG representatives to find out more about available service opportunities or just contact the committees directly.

Westword Contributor

The Westword plans to undertake a series of short articles on the activities of these committees. If you have an article in you about these committee's activities or another topic, contact us at westwordeditor@gmail.com.

In Brief:

Intergroup Sunday Morning Breakfast and Speaker Meeting

**TEMPORARILY
CANCELLED**
due to renovations at the
DOWNTOWN RAMADA INN

There will not be speaker meetings for the next 3 – 6 weeks. Intergroup Reps. will be contacted when meetings resume.

Contact: Everett W. at 403-836-1933

On the Horizon:

Excerpts from some of the posters at Calgary Central Office (403-777-1212) of AA groups planned events

Local:

Calgary Intergroup Workshop: Feb, 26, 2010 from 10:00 am to 3:00 pm at the Dalhousie Community Church. The purpose is to integrate principles of the Twelve Concepts of World Service into proposed revisions to Central Office operating guidelines. Cost is \$8.00 which includes lunch. (for more information see the ad on page 3)

At Large:

Western Regional Alcoholics Anonymous Service Assembly (WRAASA): Feb. 18, 19 and 20 at the Langley Banquet Centre, 264th and Fraser Highway, Aldergrove; Sponsored by Area 80, 91, 78 and 79. For more info call Dan at 604-525-9379 or e-mail WRAASA2011@YAHOO.CA.

Banff Roundup: March 11, 12 and 13 at the Banff Park Lodge, Banff, Alberta. Three days of program with a banquet Saturday evening. Cost of registration is \$35.00 and the banquet is \$85.00 per person. No banquet tickets will be available at the door (for more information, see the ad on page 5).

Calgary Intergroup Workshop

Twelve Concepts for World Service, *by Bill W.*



Sponsored by: Calgary Intergroup body and Central Office Management Committee (COMC)

Purpose: To integrate principles of the Twelve Concepts into proposed revisions to Central Office operating guidelines.

Saturday, February, 26th, 2011

Dalhousie Community Church

5511 Baroc Rd. N.W., 10 am-3 pm

Cost is: \$8.00 (includes lunch)

Further info: Contact Central Service Office

(403)-777-1212 or aaoffice@telusplanet.net

10:00 a.m.: Introduction – Honoring the past, capturing a strong future.

10:00 a.m.: Overview: Central Office Management Committee (COMC)

10:45 a.m.: Overview: “Twelve Concepts for world Service”, *as written by Bill W.*

11:45 a.m.: Select a COMC document(s) to work on

12:00 p.m.: Lunch

1:00 p.m.:

- Brainstorm for ideas – *Concept IV – “Right of Participation” – All of us deeply desire to belong.*
- Rank the ideas – *Concept IX – “Leadership” – progress is nearly always characterized by a series of improving compromises.*
- Implement change – *Concept III – “Right of Decision” – “We trust God, we trust AA, we trust each other”.*

2:45 p.m.: Review

3:00 p.m.: Adjourn

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

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" – Big Book Pg. 89

GRATITUDE ROUNDUP COMMITTEE: needs anyone willing to step forward and volunteer for position on the Gratitude Roundup Committee. They need an Extra Meeting Chair, Alternate Chair and help in other areas. The next meetings at Calgary Central Office starting at 7:00 pm are: March 9th, April 13th and May 11th.

Please contact kckncal@shaw.ca or elock@pruip.com for any information, or just come out.

PUBLIC INFORMATION COMMITTEE: There are many service opportunities available on this fun and exciting committee. The Public Information Committee is dedicated to spreading the 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 at Central Office – pichair.calgary@gmail.com

Calgary Archives***Please Note***

We are currently looking for person(s) interested in taking over the Archives Chair position as the current chairman cannot continue in this role due to health issues. Anyone interested in this service opportunity should contact Moe R., the current Archives Chairperson or Harry P. the Intergroup Chairman either by email or phone through Central Office.

The regular monthly Saturday meetings are cancelled until a new Archives Chair is elected or notification of the resumption of meetings is announced.

Thank you Moe R. Archives Chairperson

Campus Group

A Meeting of Alcoholics Anonymous
at Mount Royal University
Closed, Mixed, Brown Bag Lunch Meeting
Every Wednesday from 12 to 1 pm, January 19 to
March 30, 2011

Room Z013, Lower Level, Wyckham House
(West gate Entrance off Richardson Way
(Z013; downstairs near Ticket Master & Post Office)

New Meetings:

NEW BEGINNINGS: Saturday at 10:00 pm; open, mixed, discussion; room 203 (upstairs), 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre)

AIRDRIE SUNDAY NIGHT GROUP: Sunday at 8:00 pm; open, mixed, daily reflection discussion; 126B Main Street, Airdrie (back door)

HANNA (out of town): Thursdays at 8:00 pm; open, mixed, discussion; Hanna Hospital

SMOG GROUP: Thursday at 7:30 pm; closed, women, step; 2404 Kensington Rd. NW, (Kensington Road Church, east entrance)

SHIPWRECK AT SUNSET GROUP: Fridays at 9:00 pm; closed, mixed, mostly young people, step and discussion format; The Coffee House Sanctuary, 126 – 10 Ave. NW (downstairs back of coffee shop)

EAST SIDE NATIVE WOMEN'S GROUP: Thursdays at 7:00 pm; closed, women only, discussion format; Ghost River Rediscovery Building, # 164, 3359 – 27 Street NE (children are welcome)

WOMEN IN SOBRIETY: Wednesdays at 7:00 pm; closed, women, discussion format; 126B Main Street, Airdrie (entrance off back alley)

SMOG FRENCH GROUP: Saturday at 7:30 pm; **French speaking only**, mixed, open, French big book discussion; 2404 Kensington Rd., NW

MEMORIAL PARK MEN'S GROUP: Thursday at 7:30 pm; closed, men's step & tradition format; room 3001 (3rd floor), 1213 – 4th Street SW (Sheldon Chumir Health Centre, wheel chair accessible)

HADDON'S "I AM EVE": Sundays, 12:30 pm; closed, ladies, discussion format; Room 2001, 200 Haddon Road SW.

Meeting Changes:

AVENTA (location change): Sunday at 4:30 pm; open, ladies, beginners; 610 – 25 Ave. SW (Aventa Women's Treatment Facility, back door, ring bell).

OKOTOKS SUNDAY MEN'S GROUP: Sundays at 8:00 pm now back at the United Church, 43 Riverside Dr. W (west side "Food Bank" door).

MIDNAPORE GROUP (changed format): Thursdays at 8:00 pm now mixed, step and tradition; 14540 Bannister Rd. SE (St. Mary's College, west entrance)

STRATHMORE (out of town) NEW LIFE GROUP (location change): Now meets Sunday at 2:00 pm at the Strathmore United Church, 410 – 4 Street.

CANMORE SUNDAY NIGHT (out of town) (new location): Sunday at 8:00 pm; meeting now at 914 – 8 Street (Main Street), Scout Hall main entrance. (downstairs)

NW CALGARY GROUP (Tuesday meeting format change): Tuesdays now Big Book study and discussion format; Thursdays is still a discussion format; Foothills Alliance Church, 333 Edgepark Blvd. NW

BASSANO, (out of town) (time change): Sunday now at 8:00 pm (from 7:00 pm)

TRI-CURRIE GROUP (time change): changing back to 8:30 pm from 8:00 pm Mondays; St. James Church, 5504 – 20 St. SW.

Meeting Cancellations:

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**

HUSSARD GROUP (out of town): Friday at 8:00 pm at the Hussard School is now **cancelled**.

POUND THE ROCK: Wednesdays at 7:00 pm at the Kensington Church of Hope is now **cancelled**.

BEGINNERS TAKE 12: Monday at 8:00 pm at the Trinity Lutheran Church is now **cancelled**.

Correction to the November 2010 Meeting Directory

The **SOBER SISTERHOOD OF COCHRANE** which meets Thursdays at 7:30 pm is a closed, ladies meeting at the All Saints Family Centre, 404 – 4 Ave. N. Cochrane, not Canmore as listed in the Nov. 2010 meeting directory.

Calgary Intergroup's 38th Annual
Banff Roundup

Spirit of Fellowship

March 11, 12 & 13, 2011

at the

Banff Park Lodge, Banff Alberta

PROGRAM

Friday

4:00pm Registration
 6:30pm AA Meeting
8:30pm Speaker
 Carla M. – AA - California
10:00 PM - Friday Night Music Jam
 10:30pm – AA Night Owl Meeting

Saturday

8:00am Registration
 8:00am AA Meeting
10:00am Speaker
 Sarah M. – AA - California
 12:30pm Al-Anon Meeting
2:00 pm Speaker
 Ajit S. – Al-Anon – California
 4:00pm AA meeting
6:00-7:30pm Banquet
 7:45 pm Countdown
8:00 pm Speaker
 Doug R. – AA - California
10:00 PM - Dance (DJ)
 10:30pm AA Meeting

Sunday

7:30am AA Meeting
 7:30am Al-Anon Meeting
9:30am Speaker
 Eric H. - AA - Ontario

Banquet & Registration

Banquet & Registration \$85 / person
Registration only \$35 / person

Registration includes all the speakers plus the Friday and Saturday night events EXCEPT THE BANQUET. Banquet seating is limited – **Banquet tickets must be purchased by MARCH 7th, 2011!** Both registration and banquet tickets are available from Central Office, Calgary or purchase through your Intergroup Representative. Banquet tickets may be purchased over the phone by calling Central Office.

YOU MUST BE REGISTERED TO ATTEND

Roundups and Conferences are not AA meetings – the cost of this roundup is paid through registration fees.

NO BANQUET TICKETS WILL BE SOLD AT THE DOOR



For Further Information on Registration Contact:

- Your Intergroup Rep
- Central Office at (403) 777-1212
centraloffice@telus.net
- Gerry M @ (403) 874-6441

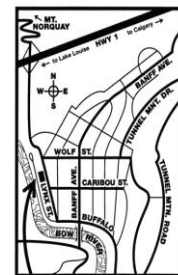
ACCOMMODATION

Rooms available from \$98 - \$128/night, Single or double occupancy.

Prices do not include taxes. Accommodation must be booked directly with the hotel. **Mention that your reservation is for the Banff AA Roundup to obtain a reservation at the special rates.**

Banff Park Lodge
 222 Lynx Street,
 Banff, Alberta, Canada T0L 0C0

Contact the Banff Park Lodge for details.
 Toll-free: 1-800-661-9266
 Or (403) 762-4433



BANFF PARK LODGE

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.)

December 2010

UNITY GROUP:
Kevin L. – 8 yrs.
Alex R. – 19 yrs.

January 2011

DALHOUSIE MEN'S GROUP:
Al W. – 1 yr.

EDGEMONT GROUP:
Jon G. – 15 yrs.
Kim W. – 35 yrs.

FOREST LAWN GROUP:
Melvin – 9 yrs.
Walter C. – 9 yrs.
Colin W. – 7 yrs.
Garry Y. – 2 yrs.
Brenda L. – 1 yr.
Tyler H. – 1 yr.

FRONT RUNNERS GROUP:
Diane A. – 16 yrs.
Deb A. – 3 yrs.
Danny W. – 1 yr.
Dan M. – 1 yr.
Matt S. – 1 yr.

GETTING THERE GROUP:
Greg P. – 1 yr.

January 2011 (cont.)

HIGHLAND PARK GROUP:
Michelle P. – 23 yrs.

SATURDAY NIGHT NE GROUP:

Linda J. – 34 yrs.
Sandra M. – 21 yrs.
Melanie M. – 1 yr.

THE LINK GROUP:
Don Mc. – 31 yrs.
(founding member)
Ron S. – 3 yrs.

February 2011

ACTION GROUP:
Donna H. – 33 yrs.
Erin J. – 3 yrs.
Keith M. – 1 yr.

AIRDRIE BACK FROM HELL GROUP:
Cheri A. – 14 yrs.
Troy C. – 1 yr.

AWAKENINGS GROUP:
Charles C. – 7 yrs.

BORDERLINE GROUP:
Scott B. – 9 yrs.

February 2011 (cont.)

CROSSROADS GROUP:
Bob D. – 31 yrs.

DALHOUSIE MEN'S GROUP:
Bill B. – 37 yrs.

FRONT RUNNERS GROUP:
Adam F. – 26 yrs.
Linda M. – 31 yrs.
Distance B. – 1 yr.

EDGEMONT GROUP:
Patrick F. – 18 yrs.
Judy P. – 15 yrs.

FOREST LAWN GROUP:
Lonnie M. – 11 yrs.
Jim C. – 21 yrs.

GETTING THERE GROUP:
Greg W. – 4 yrs.

HADDON ROAD GROUP:
Paul R. – 24 yrs.
Margaret T. – 14 yrs.
Steve P. – 4 yrs.
Mike P. – 2 yrs.
Brad L. – 1 yr.

HIGHLAND PARK GROUP:
Shaunna H. – 23 yrs.

February 2011 (cont.)

INGLEWOOD GROUP:
Karen R. – 13 yrs.
Mike S. – 7 yrs.
Steve S. – 4 yrs.

IRRICANA RECOVERY GROUP:
Cal P. – 20 yrs.
Jock W. – 25 yrs.
Bob J. – 1 yr.
Darryl L. – 2 yrs.

MARLBOROUGH PARK GROUP:
Sandie M. – 7 yrs.

MATT GROUP:
Mark H. – 5 yrs.
Billy B. – 5 yrs.
Doreen L. – 22 yrs.
Byran G. – 18 yrs.

SATURDAY NIGHT NE GROUP:
Marilyn M. – 24 yrs.
Charlie M. – 21 yrs.
Ashok P. – 14 yrs.

THE LINK GROUP:
Rob L. – 22 yrs.

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. Any materials received after the deadline will be processed on a "best efforts - space available" basis.

The deadline for submissions for March's edition of The Westword is February 28th.

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

DAILY REFLECTIONS SPEAKER MEETING
last Thursday of the month - 8:30 pm
134 Scarboro Ave. SW (United Church)

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING at 8 PM
Nexen (Fortis) Building, North Tower
801 – 7th Avenue SW, Calgary

SATURDAY NIGHT NORTH EAST GROUP SPEAKER MEETING
second Saturday of the month - 8:00 pm
2523 – 56th Street NE, Calgary

CPC Planning Meeting

The CPC Committee meets the third Wednesday of every month, 7 pm at Central Office.

We have made terrific strides in getting the message of what AA does and does not do for the professional through presentations to the Student Medical Doctors and Nurses.

It's time to grow! So we need people who are willing to participate on our committee to help branch out into the Clergy, Human Resources, Unions and the Legal Profession. Experience is not a requirement - just a willingness to serve along with an enthusiastic team.

Let's help the professionals learn to help us, present them the information they need to be able to direct a still suffering alcoholic.

It's a pretty important service commitment! Hope to see you there!

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

Intergroup Chairperson: cgigchair@gmail.com
Telephone Monitoring Chair: cgigtelmonitorchair@gmail.com
Intergroup Secretary: cgigsecretary@gmail.com
Intergroup Treasurer: cgigtreasurer@gmail.com
Intergroup Special Events: cgigevents@gmail.com
Intergroup Alternate Chair: cgigalterchair@gmail.com
Intergroup Archives Chair: cgigarchives@gmail.com
Intergroup Archivist: calgaryintergrouparchivist@gmail.com
Public Information Chair: pichair.calgary@gmail.com
Westword Editor: westwordeditor@gmail.com
Calgary Central Office: centraloffice@telus.net