

The Westword

25 Cents

(suggested donation)



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

Correctional Facilities: A World of Opportunity for Service Work

Ten meetings every week. Three facilities. One-on-one encounters between inmates and volunteers from AA (a new program launching March 14 to reach inmates who can't attend group meetings).

Meetings in Corrections Facilities in Calgary represent a world of opportunity for service work, bringing a message of experience, strength and hope to those most desperate for it. James D. is the new Chair for Corrections and determined to engage more members in this important work. "You have to be strong and have a year of solid sobriety to get involved," he said. "You don't need a halo, in fact past troubles with the law or an experience of incarceration can be useful. What you do need is a focus on the solution and a willingness to make a one year commitment. If that's you, we have meaningful volunteer work to offer."

James volunteered for the Corrections Committee because he wanted to give back to the community where he came

from. "If you do this work, you're introducing people to AA. You're carrying a message to people who are really suffering." Several members of the fellowship are already active but more are needed. With so many meetings every week, the Committee requires chairs they can count on to turn up. "There are evenings the doors are closed because we're shorthanded. We're trying to attract more people so that, at least in the short term, there are two AA members for each meeting. We offer an orientation and lots of support. It takes two months to get your clearance to participate, so you have to be patient."

The work in correctional facilities is rewarding for James. "We offer all levels of service, from organizing meetings and finding volunteer chairs, to actually chairing meetings. There is something for everyone."

To learn more about this opportunity, contact James at 403-999-2833 or email him at soberboy@hotmail.ca.

Andree I., Westword Contributor

Make the 12 Concepts relevant in your home group and everyday life

Are the 12 Concepts for World Service working in your life? Probably for many in the AA program the answer is "no, what are the 12 Concepts?"

The short version of the 12 Concepts, is found at the back of the Big Book — pages 574 and 575, and while on first read they appear to be guidelines for operating the world service structure of Alcoholics Anonymous, a long-time AA member in Calgary says they also contain a message for guiding our own work and personal lives.

"I would say that 80 per cent of my sobriety over the years comes from applying the 12 Concepts of World Service in my life," Duane T. told about 50 AA members at a recent 12 Concepts workshop. "They are not rules or regulations, but the 12 Concepts are just that, concepts of thinking, that can be applied to our AA home groups, as well as to our work and personal lives."

(article continued on page 4)

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 April 22 and 23 for Easter)

In Brief:*Newly Reopened***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

Contact: Everett W. at 403-836-1933

**Introductory Service
Seminar**

Saturday May 7th, 2011

10am-3pm (Includes lunch)

**Scarboro United Church
134 Scarboro Ave. S.W.**

Cost is: \$8.00 (includes lunch)

**This event is sponsored by Calgary General
Service & Intergroup**

For further information please contact:

Dana H. 403-701-2826

**Telephone Monitoring 12-Step List
Duties and Responsibilities sub-workshop**
Approximately ½ hour in duration,
follows the Introduction to Service Seminar

For further information please contact:

Abby 403-836-8904

On the Horizon:

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

Local:

Calgary Gratitude Roundup: June 10, 11, and 12, 2011 at the Coast Plaza Hotel, 1316 – 33rd Street NE. Registration is \$25 for all speakers plus 2 dances and the Saturday night banquet is \$65 per person. Tickets are available from GSR, or at Calgary Central Service Office. For more information contact Kate K at 403-630-9366, Dale R. at 403-828-0659 evenings or simpleessence@live.ca.

At Large:

Sobriety is Golden: 44th Annual Golden Round-up on May 6, 7, 8, 2011 at the Golden Senior Centre, 1401 South 9th Street Golden B.C.. For more information contact Wayne at 250-344-6547, Roy at 250-344-5448 or e-mail goldenroundup@gmail.com.

**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: April 13th and May 11th.

Please contact kckncal@shaw.ca or elock@prutp.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 For more information e-mail pichair.calgary@gmail.com

CALGARY ARCHIVES: We are currently looking for person(s) interested in taking over the Archives Chair position. Anyone interested in this service opportunity should contact Harry P., the Intergroup Chair either by email or by phone through Central Office (403-777-1212 or centraloffice@telus.net).

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

Thank you Harry P., Intergroup Chair

CALGARY ARCHIVIST: We are currently looking for a person interested in becoming the Calgary Archivist, working with the Calgary Archives Chair and committee to maintain a history of AA in Calgary. Anyone interested in this service opportunity should contact Harry P., the Intergroup Chair either by email or phone through Central Office (403-777-1212 or centraloffice@telus.net).

Thank you Harry P., Intergroup Chair

INFORMATION REQUEST: The Calgary Intergroup Treasurer is looking for input on what type of financial information may be of interest to the AA fellowship in Calgary. This information could be published monthly in the Westword so more AA members have an opportunity to review and consider the financial side of AA in Calgary. As always, your thoughts and comments will be greatly appreciated.

Please contact Jayne R. either through Central Office (403-777-1212) or email at cqigtreasurer@gmail.com.

New Meetings:

PLAIN LANGUAGE GROUP: Mondays at 7:00 pm; beginner and discussion, for persons with development disabilities; 3410 Spruce Drive SW (CSPD Building, upstairs)

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 only**, 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 only, 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

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).

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)

Meeting Cancellations:

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

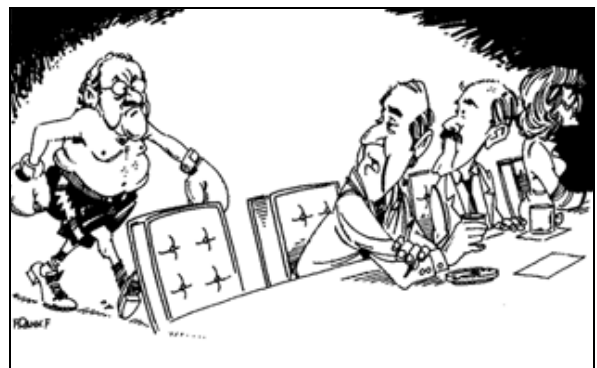
HANNA (out of town): Mondays and Friday at 7:00 pm in the Hanna Hospital cafeteria are cancelled.

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.



"He's not ready yet. He still thinks he can fight this disease!"

Make the 12 Concepts relevant in your home group and everyday life (from page 1)

Duane T., who is also chair of the Central Office Management Committee (COMC) in Calgary, says applying aspects of the 12 Concepts in daily living can in affect be as fundamental as changing the way a person handles rush hour traffic on Deerfoot Trail in Calgary, or how they relate to their children.

The 12 Concepts of World Service were written by Bill W. in 1962 as a framework for future management of the AA organization. The short version of the Concepts is found in the Big Book, while the long version, with much more detailed explanation, is found in 75 pages at the back of the AA Service Manual.

The Concepts, which have never been revised in the 50 years since they were first written, provide a reference point for AA individual members, home groups, area and district committees and ultimately the general service office, to conduct their affairs and maintain the business and service functions of AA.

Several of the Concepts — Concept 3, 4, 5 and 9 and 12 — deal with spiritual principles as they relate to the organization, and can also be applied in everyday life, says Duane T. And within those Concepts, he points to another little known set of markers — “The AA Bill of Rights”.

The Rights, included in these Concepts, are the Right of Decision, the Right of Participation, the Right of Appeal and the Right of Petition.

“The Right of Decision reminds me to permit others, not just me, to make decisions, whether it be in AA, at work, or at home,” says Duane T. “And as someone who likes to be in control of things, that is an important right to remember and to practice.”

AA service members elected to positions, at the home group or any other level, as trusted servants, must be allowed to make decisions – that is the right of decision. However, Bill W. in his writings further warns against using this right as an excuse for failure to make proper reports of action taken, or for exceeding authority, or for failure to consult people before making important decisions. But, he concludes “Our entire program rests squarely upon the principle of mutual trust. We trust God, we trust AA and we trust each other”.

The Right of Participation ensures that each member of AA is allowed a vote or a voice in all matters. That same principle should apply in our work and personal lives, allowing all those affected to have input into decisions.

The Right of Appeal assures that the minority opinion will be heard. “I believe personally that the single most important voice in AA is the quiet voice or even the silent voice,” says Duane T. “In the pursuit of what is good for AA I can be easily distracted by a hasty, angry, or misinformed majority. Yet keenly alert to the minority voice, I am kept from harming myself and others and AA.”

At a personal level, he says this Right of Appeal can have a sobering impact on parents if they take a moment in the midst of family issues to consider “your kids may be right.”

And the Right of Petition assures that personal grievances will be carefully heard. “My kids were not long in picking up on the concept that no matter what Dad says; they can ask Mom,” says Duane T.

Similarly in AA there is a “Mom” available to all AA members and that is the General Service Office in New York. “No matter what your Delegate says, or your DCM thinks, or your Sponsor ‘encourages’ you to do, you can phone directly to “Mom” at the General Service Office,” he says. “She loves to hear from all of her children.”

Lee H., Westword Contributor

CSO Super AA “Garage Sale”

Calgary Central Service Office has a number of items they need to divest as they have run out of room to stock them. There’s a selection of cassette tapes and VHS videos available. There are also some foreign language literature and Big Books plus a number of unique items such as an electric typewriter, a calculator and door locks if the price you offer is right. First come, first serve on all items, don’t miss out!!

Drop down to the Central Office to view the items. Some have suggested prices marked and others you need to make an offer on if you are interested in before it is too late. Prices are negotiable! Items not sold will be disposed of at the end of the garage sale.

All offers will be considered but in true garage sale fashion, be prepared to bargain!

Names needed for 12-Step List

More names of men and women from all parts of the city are needed for inclusion on the AA Telephone Monitoring 12-Step List. (See application below). The Telephone Monitoring 12-Step List is available only to people doing telephone monitoring. If the telephone monitor has a call, particularly from someone who is new to the AA program, or perhaps coming back, who wants to talk to someone in more detail about AA, the monitor turns to the Monitoring 12-Step List and contacts someone on the list to see if they can further help the individual caller.

You can pick your times when you are available, and you don't have to sit home waiting for a call. If you are interested in this type of service opportunity, just fill in the form below and mail or send it to:

Central Service Office
 #2, 4015 1st Street S.E.
 Calgary, Alberta, T2G 4X7

For more details contact Abby, Telephone Monitoring Chair at 403-836-8904 or call Central Office, 403-777-1212 or send an e-mail to cgigtelmonitorchair@gmail.com.

12 Step List Application & Renewal Form	
(Suggested 1 year of sobriety)	
New application <input type="checkbox"/>	Change of information <input type="checkbox"/>
Sex M <input type="checkbox"/> F <input type="checkbox"/>	Home Group: _____
First Name: _____	Last Initial _____
Phone Number: _____	Cell Number: _____
Do you want to monitor the phones on the midnight shift (11:00 pm - 8:30 am)? <input type="checkbox"/>	
Or fill in the following to have your name on the 12 Step List.	
When are you available?	
Weekdays AM only (9:00 am - noon) <input type="checkbox"/>	Weekdays PM only (noon - 5:00 pm) <input type="checkbox"/>
Weekday daytime (9 am - 5 pm) <input type="checkbox"/>	Weekday evenings (5 pm - 11 pm) <input type="checkbox"/>
Weekends (9 am-11 pm) <input type="checkbox"/>	Anytime (7 days a week, 9 am - 11 pm) <input type="checkbox"/>
Weekdays @ Central Office 9am - 1 pm <input type="checkbox"/>	OR: 2 pm - 5 pm <input type="checkbox"/>
Where are you available to make 12 step calls?	
(REMEMBER - TAKE A FRIEND)	
Any where in Calgary <input type="checkbox"/>	NE <input type="checkbox"/> NW <input type="checkbox"/> SW <input type="checkbox"/> SE <input type="checkbox"/>
Town(s) around Calgary: _____	
Do you have transportation for calls? Yes <input type="checkbox"/>	No <input type="checkbox"/>
What language(s) other than English do you Speak? _____	
Are you able to be listed on the foreign language list? Yes <input type="checkbox"/>	No <input type="checkbox"/>
Please give this application to your Intergroup Rep. or mail, phone, fax or email to	
Central Service Office	#2, 4015 - 1 St. SE, Calgary AB, T2G 4X7
	Phone: 777-1212
	Fax: (403) 287-6540
	Email address: aaoffice@telusplanet.net

What is the 12 Step List?

This list contains the AA members who are willing to have their names and phone numbers listed for 12 Step calls.

Listings are by area of the city and home group.

The list is used by phone monitors when a caller needs to talk with another alcoholic.

You may talk with them a short time or for a long time. Or, with another AA friend*, you may meet them for a coffee, take them to a meeting, or visit them in their home.

You list your available times and what parts of the city you are willing to travel to. A car is helpful but not necessary.

How to sign up

Return this application form to Central Service Office or to your Intergroup Representative. Once you are on the list, any changes you want to make just call Central Service Office and ask for Mathew.

*** Never go on a 12 Step Call on your own.**

What are Midnight Monitors?

These are people willing to take calls between 11:00 at night and 8:30 in the morning.

Their phone numbers are given to the answering service who forwards calls, on rotation, directly to them during that time.

It usually involves only talking & listening, and occasionally getting someone on the 12 Step list to call them back the next day.

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.)

January 2011

MATT GROUP:

Eric B. – 1 yr.

NEW BEGINNINGS GROUP:

Jill L. – 1 yr.
 Scott F. – 1 yr.
 Stephanie F. – 1 yr.
 Holly D. – 2 yrs.
 Ingrid S. – 4 yrs.
 Lenora G. – 4 yrs.
 Liza C. – 4 yrs.
 Teresa G. – 12 yrs.
 Sheryl M. – 13 yrs.
 Jim E. – 17 yrs.
 Ted V. – 27 yrs.
 Ian N. – 30 yrs.

February 2011

GLENMORE GROUP:

Trish – 1 yr.
 Lucas – 1 yr.
 Tanya – 4 yrs.
 Heather – 5 yrs.
 Evelyn – 9 yrs.
 Mike – 9 yrs.
 Lyle – 16 yrs.
 Gale – 21 yrs.
 Gene – 21 yrs.
 Betty – 24 yrs.
 Douglas – 25 yrs.
 Gerry S. – 52 yrs.

February 2011 (cont.)

FOREST LAWN GROUP:

Lonnie M. – 11 yrs.
 Jim C. – 21 yrs.

NEW BEGININGS' GROUP:

Raina – 1 yr.
 Ray H. – 1 yr.
 Pat M. – 2 yrs.
 Annamarie W. – 6 yrs.
 Danny P. – 6 yrs.
 Kelly K. – 8 yrs.
 Roxanne M. – 9 yrs.
 Joan B. – 19 yrs.
 Mary Z. – 19 yrs.

NW CALGARY GROUP:

Lyle R. – 40 yrs.
 Ed K. – 22 yrs.

SMOG GROUP:

Don M. – 10 yrs.
 Scott B. – 21 yrs.
 Rob C. – 4 yrs.

UNITY GROUP:

Marcie M. – 18 yrs.
 Ron B. – 15 yrs.

March 2011

ACTION GROUP:

David M. – 2 yrs.

AWAKENINGS GROUP:

Doug H. – 23 yrs.

March 2011 (cont.)

AIRDRIE BACK FROM HELL GROUP:

Greg P. – 4 yrs.
 Nick T. – 8 yrs.
 Sandy B. – 9 yrs.
 Shona B. – 3 yrs.
 Trevor W. – 3 yrs.
 Bruce W. – 3 yrs.
 Roger H. – 1 yr.
 Brian J. – 20 yrs.
 Nancy J. – 20 yrs.
 Chris R. – 2 yrs.
 Chad M. – 5 yrs.

CROSSROADS GROUP:

Patricia G. – 1 yr.

DALHOUSIE MEN'S GROUP:

Tim M. – 2 yrs.
 Harry P. – 30 yrs.

FRONT RUNNERS GROUP:

Theresa K. – 3 yrs.
 Krista O. – 3 yrs.
 Janneane M. – 2 yrs.

EDGEMONT GROUP:

Brent V. – 24 yrs.
 Robert S. – 1 yr.

FOREST LAWN GROUP:

Mike C. – 32 yrs.
 Julie A. – 31 yrs.
 Dennis H. – 2 yrs.

March 2011 (cont.)

HADDON ROAD GROUP:

Sharon S. – 11 yrs.

HIGHLAND PARK GROUP:

Peter J. – 7 yrs.
 Murray L. – 22 yrs.

INGLEWOOD GROUP:

Leslie A. – 26 yrs.
 Yvonne O. – 19 yrs.

MATT GROUP:

Linda L. – 27 yrs.
 Bruce B. – 3 yrs.
 Bev C. – 34 yrs.

NW CALGARY GROUP:

Doug H. – 23 yrs.
 Catherine M. – 7 yrs.
 Dan L. – 4 yrs.
 Mellissa W. – 2 yrs.
 Rob H. – 2 yrs.
 Tim M. – 2 yrs.

SMOG GROUP:

Simon – 22 yrs.
 Adam H. – 1 yr.
 MaryAnne R. – 4 yrs.
 Joe L. – 9 yrs.

272 GROUP:

Dale K. – 13 yrs.
 Yvan – 28 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. Generally the deadline for next month's issue is the last day of the current month. Any materials received after the deadline will be processed on a "best efforts - space available" basis.

The deadline for submissions for April's edition of The Westword is March 31st.

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
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