

The Westword

25 Cents

(suggested donation)



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

Calgary Gratitude Round-up — Celebrating 30 Years

(Sponsored by the Calgary General Service Committee)

This spring marks the 30th anniversary of the Gratitude Round-up in Calgary. Being held June 10-12 at the Coast Plaza Hotel, it promises to be an amazing weekend of fellowship and music. With inspiring speakers and one of Calgary's best DJs, the event is expected to attract at least 900 people. The \$25 registration fee includes all of the speakers and two dances. For an additional \$40, participants can register for the Saturday night buffet banquet.

Gratitude Round-up Chair Kate K. noted, "We have phenomenal speakers lined up. This is a great place to meet people from all over the world, or to reconnect with AA members you haven't seen in years." Remembering her first round-up experience in Grande Prairie, Kate said "I was 30 days sober and just getting out of a treatment center. It was amazing to me to find so many sober people in one place. When you're young in sobriety, a round-up is an affirming experience."

This year's event will feature a Gratitude Globe where people can make donations to the work of the Central Office in New York City. Some AA groups also pool their resources to make an annual contribution. For those new to sobriety, Kate has this parting thought: "Come with an open heart and open mind. You're going to hear sensational stories that eclipse anything you've ever heard in a meeting. You might consider becoming a volunteer. Getting into service work lets you experience the round-up as an insider. It will keep you sober and you'll have fun."

(for more information, see the poster on page 5)

Calgary General Service Committee

The Calgary General Service Committee (CGSC) is an important part of what makes AA tick. Here's a quick overview of its activities and volunteer opportunities.

CGSC is the body responsible for raising awareness about AA with professionals – institutional, health and social workers – working in Calgary's three jails, three hospitals and several treatment facilities. It coordinates AA-related services and activities at these institutions to reach alcoholics who need to hear the message. CGSC also provides a liaison with Calgary Intergroup, sponsors the annual Gratitude Round-up and Introductory Service Seminars, and assists with Group registration and records.

The CGSC meets at 7:30 pm the last Monday of the month. It plays a vital role in keeping local groups informed about city-wide service opportunities. Currently, about 80 groups have a representative at the meeting, but there is always room for more reps. A new program in the jails needs extra people to carry the message, and more volunteers at CGSC would also facilitate outreach to the professional community. To learn more about these service opportunities contact your General Service Rep. or the CGSC committee chair.

Andrée I., Westword Contributor

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 May 21 and 23 for Victoria Day,)

(Closed July 1 and 2 for Canada Day)

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:

Cochrane, On the Trail of Sobriety Roundup: May 14, 2011 at Weedon Hall (hwy. 22 & 567). Cost is \$35.00 which includes registration, lunch and dinner or \$10 for just registration. For more information contact: Che B. 403-305-8843 (tickets), Stefica T. 403-202-3831 or Candace C. 403-932-2181.

Walking Eagle Mini Roundup: May 14, 2011 at the Carpenters Union Hall, 301 – 10th Street NW. Doors open at noon with 5 speakers starting at 1 pm. There is a roast beef dinner and dance for a cost of \$20. For more information contact Badger at 403-313-1460, Marilyn at 403-667-4863, Shalome at 403-512-3992 or Dave at 403-402-4702.

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 your 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. (see ad page 5)

Didsbury, Friday Night Group 13th Annual Family Campout: June 10, 11, & 12, 2011 at Rosebud Community Hall. Cost is \$20.00 per person or \$45.00 for a family. Camping, first come, first serve. For more information contact Brian at 403-335-9990 or Rick at 403-335-9525.

Stettler 32nd Annual Roundup: July 8, 9, 10, 2011 at the Nevis Community Hall. (13 miles west on Hwy.#12, then follow the signs north to the hall); For more information contact Faye at 403-741-4200 or Gary at 403-742-2966.

Okotoks Monday Night Group 12th Annual Campout: July 15, 16, & 17, 2011 at Hogg Park. Registration is \$5.00 per person or \$10.00 per family and all visitors – day users must register. Camping cost is \$15.00 per night per site. For more information contact Marty at 403-938-2246.

23rd Annual Consort Campout: July 22, 23, 24, 2011 at Gooseberry Lake Provincial Park (8 miles north of Consort o Hwy. 41 and 1 mile east). For more information call 403-577-3082 or 403-577-3613.

District 15 AA Roundup Drumheller: October 1, 2011 at the Church or Nazarene Hall, 627 – 6 Street East, Drumheller. For more information contact Michael at 403-823-6787, Deanna at 403-436-0032 or e-mail area78dist15@gmail.com.

At Large:

District 17, Area Committee Meeting: May 27 & 28, 2011 at St. Augustine's Anglican Church, 411 – 11 Street South, Lethbridge. For more information contact Mallory K. at 403-795-3694

Red Deer 2011 AA Round-up: May 27, 28, 29 at the Poplar Ridge Community Centre. For more information call 403-304-2186 or e-mail reddeerroundup@hotmail.com.

Edson and District, 51st Annual AA Round-up and Campout: July 15, 16, 17, 2011. For more information contact Marie B. 780-712-3713, Gary K. 780-712-5217, or Judy H. 780-723-4094.

Medicine Hat & District Round-up: September 9, 10, 11, 2011 at the Medicine Hat Legion, 701 – 1 Street SE, Medicine Hat. For more information contact: Hugh E. at 403-502-5863, Larry L. at 403-527-2725 or Doug Z. at 403-977-0016.

New Meetings:

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)

New Meetings (cont.):

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 09:30 pm (originally at 10:00 pm); open, mixed, discussion; room 203 (upstairs), 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre)

AIRDRIE REFLECTIONS 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)

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

Meeting Changes:

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

BOWMONT GROUP (change of duration and location):, Mondays at 8:00 pm, meeting now 2 hours long; new location at the Bowness Community Centre, 7904 – 43 Street NW

AIRPORT GROUP (time change starting June 1st): meets Wednesdays now at **8:00 pm** (from 8:30 pm) at 210 – 10 Ave. NE (Sharon Lutheran Church side entrance).

SMOG Women's Group: (time correction): meets on Thursdays at **7:30 pm** not am as listed in the March meeting directory.

OKOTOKS RAILWAY GROUP (location change): Thursday at 8:00 pm; now meets at the Okotoks United Church, 43 Riverside Drive (west "food drive" back door).

NEW BEGINNINGS GROUP: Saturday at 8:00 pm; is now a speaker meeting on the first Saturday of the month (was the last Saturday of the month)..

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:

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**

HUSSAR GROUP (out of town): Friday at 8:00 pm at the Hussar 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**.

GUIDELINES FOR 12 STEP WORK

1. We recommend a minimum of one year sobriety, or with your sponsor's approval.
2. Never go alone to their home or coffee shop if at all possible.
3. Men with men, women with women - could be both sexes, but women should take the lead with a woman, and vice versa.
4. It is most important to not be judgmental on anything, especially their drinking.
5. Be patient, tolerant and understanding, no matter what they say, and try to follow this guideline: RGA
 - * R – **Remember** where you came from and what it was like.
 - * G – You are there to **give back** what was so freely given to you.
 - * A – With these two things in mind, make yourself **available** to get them started; meetings, coffee etc.
6. Our Higher Power, through the telephone monitor has passed this responsibility to you the 12 stepper. Trust yourself to make the right choices, what to say and do. You are the hand of AA reaching out. Don't be afraid.
7. Trust your instincts, they're usually right.
8. Don't take anything they say personally. Use this if it helps for any objections; **Feel-Felt-Found**. (I know how you **feel**. I **felt** the same way. This is what I **found** helped.)
9. This may be only one little step on their road to recovery. Do not feel that you failed in any way if they don't get on the way to recovery right now. It may just mean they are one step closer to their bottom.
10. If they are drunk, be respectful and friendly, but don't let the conversation go on too long. Say something like "things will look a lot different once the alcohol is out of your system."
11. When calling the client to arrange a meeting or just to talk, never leave a message on their voice mail or with someone else especially the reason for your call. Remember anonymity is our foundation. (a good idea is to use the *67 feature on your phone if you can).
12. Do remember to evoke your higher power, whatever that means to you, say a little prayer, and then turn it over. You're now free to use your best judgment and trust everything will work out. Remember that service work is as much to help you as it is to help others. Be willing to give, and it will be returned.

God Bless.



12 Step List Application & Renewal Form

(Suggested 1 year of sobriety)

New application Change of information

Sex M F 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)?

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) Weekdays PM only (noon - 5:00 pm)
- Weekday daytime (9 am - 5 pm) Weekday evenings (5 pm - 11 pm)
- Weekends (9 am-11 pm) Anytime (7 days a week, 9 am - 11 pm)
- Weekdays @ Central Office 9am - 1 pm OR: 2 pm - 5 pm

Where are you available to make 12 step calls?
(REMEMBER - TAKE A FRIEND)

Anywhere in Calgary NE NW SW SE

Town(s) around Calgary: _____

Do you have transportation for calls? Yes No

What language(s) other than English do you speak? _____

Are you able to be listed on the foreign language list? Yes No

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: asooffice@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.

30th Annual
CALGARY GRATITUDE ROUNDUP
 June 10, 11, & 12th, 2011

SPONSORED BY THE CALGARY GENERAL SERVICE COMMITTEE

Coast Plaza Hotel, 1316 - 33rd Street NE, Calgary Alberta
 Hotel Reservations: 403-248-8888
 Toll Free: 1-800-661-1464

<p>SPEAKERS: Theresa F., North Hollywood, California Jenn S., Calgary, Alberta Lorraine K., Lynwood, Washington Don L., Bellingham, Washington Chris C., San Francisco, California Al-Anon, TBA</p>	<p>REGISTRATION: \$25.00 person Includes all speakers plus 2 dances!</p> <p>REGISTRATION PLUS SATURDAY NIGHT BUFFET BANQUET: \$65.00 person (NO RESERVED BANQUET SEATING UNLESS YOU HAVE A TICKET)</p>
---	--

YOU MUST BE REGISTERED TO ATTEND

Roundups and Conferences are not AA Meetings. The cost of the Roundup is paid through registration fees.

Tickets may be purchased from your home group, GSR, or at Calgary Central Service Office 403-777-1212

For further ticket information, please contact
 Kate K. 403-630-9366, or Dale R. 403-828-0659 *evenings* or simpleessence@live.ca

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 meeting is at Calgary Central Office starting at 7:00 pm on May 11th.

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

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

DAYTIME MONITOR: Calgary Central Service Office needs a daytime monitor for the Wednesday afternoon (1 pm to 5 pm) shift. Monitors should have a minimum of 3 years (5 preferred) sobriety and knowledge of the program; Intergroup and it's committees; and the General Service structure in Calgary. Monitors should be prepared to deal with new potential members, mostly on the phone but sometimes in person. A six month commitment would be appreciated.

District 77's Annual Potluck, Picnic & Barbeque
Saturday, June 25th, 2011



Bowness Park, Site 1
 from 11am-3pm

Food contributions & monetary contributions welcome!

For further information contact:

Jeff F., 403-479-9113

or

Clayton S., 403-690-2529

The 7th Tradition will be observed.

Organizational Meeting

for

District 86 Roundup in September (Irricana)

Come and help out

May 15th, 2011

at **3:00 p.m.**, in the

Back From Hell Meeting Room
 126B - Main Street (back door), Airdrie

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.)

April 2011

ABC GROUP:

Sharron M. – 4 yrs.

GLENMORE GROUP:

Don W. – 6 yrs.
Mike P. – 16 yrs.
Claude B. – 23 yrs.
Stan K. – 36 yrs.
Rick C. – 13 yrs.
Gloria – 3 yrs.
Darrell H. – 30 yrs.

MEMORIAL PARK GROUP:

Ed S. – 40 yrs.
Dennis T. – 22 yrs.
Manny V. – 17 yrs.

NEW BEGINNINGS GROUP:

Gloria B. – 1 yr.
Crystal – 2 yrs.
Steve O. – 2 yrs.
Kerry R. – 5 yrs.
Lance M. – 6 yrs.
Barbara L. – 10 yrs.
Linda M. – 13 yrs.
Karry G. – 14 yrs.
David S. – 23 yrs.

April 2011 (cont.)

FOREST LAWN GROUP:

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

May 2011

272 GROUP:

Anneliese W. – 22 yrs.
Heath – 1 yr.
Marty – 6 yrs.
Phil D. – 23 yrs.
Jack M. – 2 yrs.

ABC GROUP:

Tim S. – 30 yrs.
Rick F. – 7 yrs.
Karen C. – 21 yrs..

ACTION GROUP:

Bob B. – 22 yrs.
Keith S. – 4 yrs.
Raj B. – 2 yrs.

AIRPORT GROUP:

Bonnie-Anne – 14 yrs.
Carla J. – 12 yrs.
Dave B. – 8 yrs.

OPEN DOOR GROUP:

Bea G. – 30 yrs.

May 2011 (cont.)

AWAKENINGS GROUP:

Jen A. – 6 yrs.
Richard T. – 4 yrs.
Deb W. – 1 yr.

CROSSROADS GROUP:

Tony S. – 35 yrs.
Carol L. – 22 yrs.

DALHOUSIE MEN'S GROUP:

Ryan F. – 3 yrs.

EDGEMONT GROUP:

Bill F. – 11 yrs.
Tom W. – 13 yrs.
Dave R. – 13 yrs.
Fraser G. – 39 yrs.
Dorothy – 4 yrs.
Mike S. – 3 yrs.
Shaun M. – 12 yrs.

FOREST LAWN GROUP:

Chris G. – 9 yrs.
Jackie N. – 30 yrs.
Lou C. – 4 yrs.
Laurie C. – 29 yrs.

GETTING THERE GROUP:

Dave M. – 3 yrs.

HIGHLAND PARK GROUP:

Verona S. – 22 yrs.

May 2011 (cont.)

HADDON ROAD GROUP:

Shirley T. – 24 yrs.
Mickey S. – 10 yrs.
Don S. – 9 yrs.
Ben P. – 2 yrs.
Dan R. – 1 yr.
Brad W. – 1 yr.
Ed V. – 1 yr.

MATT GROUP:

Gary O. – 29 yrs.
Sandra F. – 29 yrs.

MEMORIAL PARK GROUP:

Wade Mc. – 31 yrs.
Richard C. – 24 yrs.

RECOVERY GROUP:

Daniel V. – 4 yrs.
Meggan S. – 3 yrs.
Jen Mc. – 2 yrs.
Mark W. – 1 yr.

TUESDAY MORNING LADIES GROUP:

Marjorie – 27 yrs.
Gaye – 10 yrs.

THE LINK GROUP:

Brenda M. – 16 yrs.

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

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!

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING at 8 PM

Nexen (Fortis) Building, North Tower
801 – 7th Avenue SW, Calgary

WESTWORD DEADLINES

The deadline for submissions for June's edition of The Westword is May 31st.

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

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
Public Information Chair: pichair.calgary@gmail.com
Westword Editor: westwordeditor@gmail.com
Calgary Central Office: centraloffice@telus.net