

The Westword

25 Cents
(suggested donation)



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

Calgary General Services Committee and Intergroup Elections

CGSC elections take place on October 31st (see notice on page 2) and Intergroup elections will take place on November 14th (see notice on page 4).

COMC works behind the AA scenes

The role of the Central Office Management Committee (COMC) probably doesn't mean much to most Calgary and area AA members working to understand the program of recovery and rebuild their lives.

But it is all the behind-the-scenes business details that keep Calgary Central Office open, meeting lists printed, and supplies and literature in the hands of home groups and individual members that is important to the primary purpose of AA described in Tradition 5 "carrying the message to alcoholics who still suffer."

Fortunately most AA members don't have to worry about the placement and cost of the Alcoholics Anonymous listing in the Yellow Pages, the amortization details of the new computer system at Central Office, or whether certain headings on the monthly financial statement could be deleted so other key figures fit on the page.

All those glamorous details and a mountain more, fall on the plate of the COMC — a committee created by Calgary Intergroup. As an elected group of nine business-minded AA members, COMC is charged with managing the operation of Central Office in Calgary, which serves as the hub of AA program delivery. COMC is funded by 7th tradition contributions, book store sales, as well as proceeds from Intergroup special events such as The Banff Roundup.

COMC plays a similar role in carrying the AA message of recovery, as a cake pan does in the creation of a favorite dessert. The pan itself contributes little if anything to the flavor of the cake, but without it the presentation would likely be a real mess.

Behind the fellowship and spiritual principles of recovery, which are forefront in the minds of AA members, is the very necessary task of looking after the business of AA in Calgary and area. For COMC members that includes the responsible management and proper reporting of all AA finances, renting and running an office, hiring a manager, maintaining a book store with AA literature and other supplies, paying the bills and otherwise keeping the lights on.

Currently serving on the COMC are Duane T. chair; Harry P. Intergroup chair; Kris M. Intergroup alternate chair; Jayne R. Intergroup treasurer; Mathew M. Office Manager and Louise M., Bert G., Rich W., and Daryl M., all members-at-large."

And it is Central Office business that COMC keeps in focus. During regular monthly COMC meetings, if discussion wanders into territory about the AA program or services, they don't hesitate to rein the meeting back to the committee's primary purpose — central office management.

Depending on the topic, the committee is quick to ask, "Is this a COMC or an Intergroup issue? We are here to manage the affairs of central office, not Intergroup", reminding all it may be a question best addressed by the group conscience of all Calgary AA members through the Intergroup network.

It is still home groups and individual AA members who are responsible when "anyone, anywhere reaches out for help.", but it is invisible hand of COMC that plays an important role in helping others observe the key traditions of carrying the message and maintaining AA unity upon which personal recovery depends.

Lee H., 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 Oct. 8 and 10 for Thanksgiving)

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 of taking members through the steps

Starts First Sunday of each Month
at 2:00 pm

4 - 1 hour meetings

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

McKenzie Town Group**10 yr. Anniversary Potluck Dinner**

Saturday September 24th, 2011

Potluck dinner starts at 5:00 pm,

Speaker at 6:00 pm

Fellowship to follow

7 McKenzie Towne Gate SE

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:

District 15 AA Roundup Drumheller: October 1, 2011 at the Church of 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.

Calgary Intergroup Archives Annual Pioneer Dinner: October 22, 2011; Dalhousie Community Church, 5511 Baroc Road NW; Cost \$25 for dinner and refreshments. Tickets and more information available through your Intergroup Rep or GSR reps or from Central Office at 403-777-1212 or email.

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.

At Large:

District 10's 28th Annual Unity Roundup: October 14, 15, 16, 2011; Blueberry Hall, West of Stony Plain; For banquet dinner tickets contact Chris M. at 780-233-8747.

Special Events:

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

Haddon Road Big Book Studies: The first one starts Tuesday September 13th at 7:30 pm, facilitated by Glenn B. and Chris H. and runs for approximately 12 weeks. The second one starts Thursday, September 15th also at 7:30 pm, facilitated by Lawrence M. and Chris H. and runs for approximately 12 weeks.

3rd Annual Calgary Weekend Big Book Study: October 21, 22, 23, 2011; at Rosscarrock Community Centre, 4411 – 10th Ave. SW; Ticket cost is \$35 which includes continental breakfast and lunch on Saturday and Sunday plus an evening meal on Saturday; Big Books and highlighters are available at cost. For more information and tickets contact Jim B. at 403-667-3582, Kristen M. at 403-850-2606 or Central Service Office at 403-777-1212.

CGSC Elections

Here is a reminder that the CGSC elections will be held on October 31, 2011.

A copy of the Calgary General Service Guidelines and Job Descriptions will be available at the next CGSC meeting being held September 26th at 7:30 at St Marks.

Hope to see you there and that you will find a position you would like the opportunity to participate in.

In Love and Service, Jim C., CGSC Chair

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

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 Working 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

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 35 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. |

Thank you!!

Thank you to all who came out to the Intergroup Summer BBQ on July 23rd at Bowness Park, helping to make the BBQ a great success.

Thanks to committee members, Dale R., Jeff F., Bruce B., and Sheila C. for all their hard work planning and caring out this successful event.

A special thanks to Jane for providing the fantastic music and to Mike for his continued support helping with setup, preparation and food service.

We really do appreciate all that provided service for this event. Without you events such as this could not be held for our members.

Jan K., Special Events Committee Chair

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)

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

Meeting Changes:

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

BOWDEN SUNDAY NIGHT (change of format): Sunday at 7:30 pm; now open; Lions Hall.

THURSDAY NIGHT LADIES (format correction, new location): Thursdays at 7 pm; closed, step and tradition; now at 5010 Spruce Drive SW (Woodcliff United Church, rear door.) (This meeting format was incorrectly identified as a Big Book Study format last edition).

BOW TRAIL GROUP (location change): Wednesdays at 8:00 pm, now at St. Michaels Community Catholic Church, 800 – 85 St. SW (formerly at St. Michaels Church, Bow Trail and 45 St. SW)

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

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).

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**

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**.

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.

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

CHILI COOK OFF CHALLENGE

TO ONE AND ALL A.A. MEMBERS

Come and show your chili cooking talent

Hot * Mild * Vegetarian * Meaty *
however you make it

WHEN: Saturday, November 12, 2011

WHERE: Pembroke Community Hall
6100 – 8 Ave. SE

If you make chili and would like to let others enjoy it,
this could be your time to shine!

Be it individuals or 1 member representing each meeting;
you could be the prize winner.

The fellowship of all members, their families and friends
are most Welcome!

Sample tasting will start at 3 p.m. – 6:45 p.m.

Ballots will be counted and the winner
will be announced prior to a 7:30 meeting.

Speaker meeting to following with
current delegate to New York, Daryl D.

Those who would like to participate please contact:

Buddy B. @ 403-285-9258

Intergroup Elections

Intergroup elections will be occurring on November 14th at the regular scheduled Intergroup meeting. If you or someone you know are interested in a service opportunity please plan you attend this meeting. Only those present at the meeting will be considered for nomination to any of the positions. Intergroup Reps, serving table officers and activity chairs have voting privileges in the election process. The positions that are available include:

- Intergroup Chairperson
- Intergroup Vice-chair
- Intergroup Treasurer
- Intergroup Secretary
- Monitoring Chair
- Public Information Chair
- Breakfast Chair
- Westword Editor
- Liaison to CGSC
- Archives Chair

More information on each position will be available in the October issue of the Westword. If you have further questions or concerns with the voting process or what the position entails, please contact Harry P. at 403-284-1166 or email to cgigchair@gmail.com.

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)

CALGARY 24 HOUR PHONE MONITORING

AA's telephone monitors were busy in July.

- Daytime office monitors answered the phone 281 times in July (2,123 for 2011)
- Of these calls 49 were directed to the office so 232 were "12 Step" calls (1,782 "12 Step" calls in 2011)
- At home telephone monitors took 522 calls (3,547 at-home calls in 2011)
- Our busy bee office and at-home monitors handled a total of 754 calls in July (5,329 total calls in 2011).

*The message is getting out
thanks to our diligent fone-fokes.*



Calgary Intergroup Archives Committee
Annual Pioneers Dinner

October 22nd, 2011
Dalhousie Community Church
5511 Baroc Road N.W.
From: 5pm-10pm
Admission is \$25

(Includes dinner and refreshments)

**Tickets Must Be Purchased No Later Than
Saturday, October 15th.**

Dinner served @ 5:30pm

SPEAKERS:

- 1) Arlene & Ed. W., (Wednesday Nooners) Swift Current.
- 2) Catherine W. (Al-Anon)
- 3) Jack B. (Midnapore Group)

**FOR TICKETS CONTACT: CENTRAL SERVICE OFFICE:
(403)777-1212 OR AT aaoffice@telusplanet.net**

**TICKETS MAY ALSO BE PURCHASED THROUGH YOUR
INTERGROUP REP. OR YOUR GSR.**

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.)

June 2011

MARLBOROUGH PARK GROUP:

Larry – 12 yrs.
Allen – 2 yrs.
Emilian – 24 yrs.

July 2011

NORTHLANDERS GROUP:

Helena W. – 3 yrs.
Brian – 3 yrs.

August 2011

FOREST LAWN GROUP:

Sharon S. – 19 yrs.
Kim W. – 14 yrs.
Shane E. – 4 yrs.

GLENMORE GROUP:

Janice S. – 2 yrs.
Randy B. – 2 yrs.
Lois – 3 yrs.
Bradley – 3 yrs.
Rochelle – 4 yrs.
Eric – 6 yrs.
Joni – 20 yrs.
Marvin – 32 yrs.

McKENZIE TOWN GROUP:

Ryan M. – 1 yr.
Phil L. – 10 yrs.
Jason B. – 5 yrs.
Jeff I. – 2 yrs.
Lise – 11 yrs.
Sue W. – 2 yrs.

August 2011 (cont.)

DESPERATION GROUP:

Tree – 4 yrs.
Scott – 5 yrs.

NEW BEGINNINGS GROUP:

Jamie J. – 1 yr.
Alan M. – 2 yrs.
Lisa S. – 2 yrs.
Jolena F. – 3 yrs.
Linda A. – 3 yrs.
Don M. – 6 yrs.
Linda W. – 7 yrs.
Dave H. – 11 yrs.
Patti F. – 30 yrs.

NW CALGARY GROUP:

John R. – 1 yr.

OGDEN GROUP:

Karol – 35 yrs.
Bob B. – 23 yrs.
Jeff P.J. – 18 yrs.
Mary – 9 yrs.
Pamela – 1 yr.

TUESDAY MORNING LADIES GROUP:

Pat – 29 yrs.
Fay – 21 yrs.
Susan – 6 yrs.
Sylvia – 2 yrs.

September 2011

ACTION GROUP:

Rosanne M. – 17 yrs.
Al D. – 2 yrs.

September 2011 (cont.)

AIRPORT GROUP:

Janet L. – 17 yrs.
Derek P. – 13 yrs.

EDGEMONT GROUP:

Art G. – 7 yrs.
Titus – 1 yr.

FOREST LAWN GROUP:

Norm N. – 35 yrs.
Maurice L. – 1 yr.

HADDON ROAD GROUP:

Brian B. – 13 yrs.
Marty K. – 11 yrs.
Melody M. – 7 yrs.
Tanya J. – 7 yrs.
Bill T. – 4 yrs.
Ray P. – 3 yrs.
Greg M. – 3 yrs.
Jay M. – 2 yrs.
Brian I. – 2 yrs.
Joel D. – 1 yr.
Ryan N. – 1 yr.
Cam H. – 1 yr.
Alan H. – 1 yr.

TUESDAY MORNING LADIES GROUP:

Maureen – 29 yrs.

HIGHLAND PARK GROUP:

Cate C. – 20 yrs.

MAAT GROUP:

Sharon D. – 22 yrs.
Sherry F. – 16 yrs.

September 2011 (cont.)

NW CALGARY GROUP:

Jamie W. – 2 yrs.
Tara B. – 1 yr.
Trevor Y. – 1 yr.

OGDEN GROUP:

Tom H. – 9 yrs.
Yvonne S. – 8 yrs.
Marla G. – 3 yrs.
Annette B. – 2 yrs.

OPEN DOOR GROUP:

Albert D. – 12 yrs.

RECOVERY GROUP:

Louise M. – 22 yrs.
Estee L. – 7 yrs.
Callie – 5 yrs.
Jim H. – 5 yrs.
Monika B. – 4 yrs.
Bill O. – 4 yrs.
Prasad G. – 3 yrs.
Ryan H. – 3 yrs.
Joe M. – 3 yrs.
Greg M. – 3 yrs.
Dean G. – 2 yrs.
Michael B. – 1 yr.
Cam H. – 1 yr.
Charlene S. – 1 yr.
Brandi – 1 yr.
Trayce S. – 1 yr.

272 GROUP:

Larry C. – 16 yrs.

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.

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 October's edition of The Westword is September 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

| | |
|-----------------------------|--|
| Intergroup Chairperson: | cgigchair@gmail.com |
| Telephone Monitoring Chair: | cgigtelmonitorchair@gmail.com |
| Intergroup Secretary: | cgigsecretary@gmail.com |
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