

# The Westword

25 Cents

(suggested donation)

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



## Home Group History

I remember attending a party early in sobriety marking a significant anniversary of a group's formation. I was impressed by the album containing the story of the establishment of the group and photos of the meeting place and some of the members. (We need only be anonymous at the public level.) The group's structure was based on the home group of one of the founding members in his old hometown.

Does your group have a formal history? Are you willing to document the group's history and submit an article to the Westword? Even if you are a fairly new group we would like to hear from you.

Let us know

- When and why your group started?
- Was there a certain person or group of people that decided to start a new group?
- Are there regular events apart from your normal meetings that are a tradition for your group?
- How did you decide what type of meeting it would be?
- Can you identify a characteristic(s) about your group that has helped it stand the test of time?
- Was there a challenging period(s) that your group rallied from?

Express your interest and/or submit your stories (subject line "x" group history) to [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com). We will publish the stories over time and then provide them to the Archives committee.



### 2011 Christmas Open House

I would like to take this opportunity to thank everyone who made the 2011 Christmas Open House Potluck dinner such a success. First I would like to acknowledge the committee members Dale, Maryann, Bruce, Kevin, Rosco, Mike and Mark for their time and effort before and during the event. And of course, we are grateful to Santa for his contributions. Thanks as well to all the intergroup reps for taking the message back to their home groups. The steering committee was a huge help with ideas and hitting the phones just days prior to the event. This event could not have been a success without the participation and contributions from all the groups and individual members who contributed food, time and money.

**Jeffrey F., Special Events Chair**

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*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](mailto: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 Year)

(Closed Feb. 18 and Feb. 20 for Family Day)

Calgary Intergroup's 39<sup>th</sup> Annual

# Banff Roundup



## Spirit of Fellowship

March 16, 17 &amp; 18, 2012

at the

Banff Park Lodge, Banff, Alberta



### PROGRAM

#### Friday

4:00 pm Registration  
 6:30 pm AA Meeting  
**8:30 pm Speaker**  
**Maxim G. – AA – Winnipeg, MN**  
 10:00 pm Friday Night Music Jam  
 10:30 pm AA Night Owl Meeting

#### Saturday

8:00 am Registration  
 8:00 am AA Meeting  
**10:00 am Speaker**  
**Dave P. – AA – Jacksonville, FL**  
 12:30 pm Al-Anon Meeting  
**2:00 pm Speaker**  
**Mikky L. – Al-Anon – Slave Lake, AB**  
 4:00 pm AA Meeting  
**6:00–7:30 pm Banquet**  
 7:45 pm Countdown  
**8:00 pm Speaker**  
**Polly P. – AA – Jacksonville, FL**  
 10:00 pm Dance (DJ)  
 10:30 pm AA Meeting

#### Sunday

7:30 am AA Meeting  
 7:30 am Al-Anon Meeting  
**9:30 am Speaker**  
**Gary B. – AA – Indianapolis, IA**

### 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 10, 2012!** 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
- \* Your GSR
- \* Central Office at (403) 777-1212
- \* [centraloffice@telus.net](mailto:centraloffice@telus.net)

### ACCOMMODATION

Rooms available at:

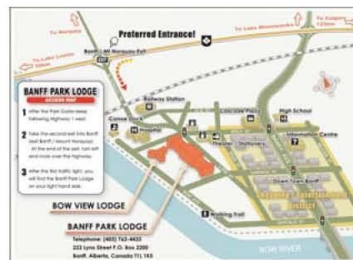
Banff Park Lodge from \$130  
 Bow View Lodge from \$110  
 Homestead Inn from \$100

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  
 T0L 0C0

Contact the Banff Park Lodge for details,  
 Toll-Free: 1-800-661-9266  
 Or 1-403-762-4433



**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 – 8<sup>th</sup> Avenue SW

Breakfast at 9 am, speaker at 10 am

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

Toast & Coffee \$6 – Coffee \$3

*7<sup>th</sup> 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

**CSO Birthday Contributions**

In 2010, CSO began to accept Birthday Contributions from individual members to celebrate their length of sobriety. Contributions range from a penny a day to a dollar a year.

**2010 Club Members**

Chris HD.	Lisa L.
Mathew M.	Ashley
Angie G.	Maryan M.
Jesse F.	Sharon S.

**2011 Club Members**

Garry Y. – 2 yrs.	Katie M. – 1 yr.
Chris HD. – 5 yrs.	Mathew M. – 25 yrs.
Tanya S. – 4 yrs.	Landon G. – 1 yr.
Jessie F. – 3 yrs.	Angela G. – 3 yrs.

**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)

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

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

**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:****Irricana Recovery Group Pot Luck Supper and Birthday**

**Event:** January 29, 2012 at the Irricana United Church at 6:00 (Birthday meeting starts at 8:00 pm celebrating 229 yrs. of sobriety). For more information see poster on page 5.

**At Large:**

**Regional Forum:** June 1 – 3, 2012 at the Coast Edmonton Plaza Hotel, 10155 – 105 St., Edmonton. For more information check [www.aa.org](http://www.aa.org), email Sally-Ann M. at 2012wcrf@gmail.com or call Pat L. at 780-907-3840.

**Special Events:**

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

**New Meetings:**

**COCHRANE CASTAWAYS GROUP (out of town):** Saturday at 7:00 pm; open, step, discussion; Spray Lakes Family Sports Center, 800 Griffin Road East, Cochrane (North East Entrance).

**HIGHWAY MEN CLOSED GROUP (Strathmore/out of town):**

Tuesdays at 8:30 pm; closed, men's, discussion; Full Gospel Church, 50 Maplewood Drive (back door)

**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 17<sup>th</sup> Avenue entrance, ring buzzer)

**SERENITY GROUP:** Wednesdays at 7:30 pm; open, discussion; at the Royal Canadian Legion Command, 2020 – 15<sup>th</sup> 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 Cancellations:**

**GO FOR IT (NW)** Monday 8pm is cancelled

**MONDAY NIGHT LADIES** Mondays at 7:00 pm at the Lutheran Church, 13811 Deer Ridge Dr. is **cancelled** as of Dec. 20.

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

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

**OUT OF TOWN**

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

**COCHRANE Sober Sisterhood (out of town)** Thursday 12:00 noon at the All Saints Church Family Centre 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 (out of town)** Friday 8:00 pm at the Hussar School is **cancelled**

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

**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.**

Some of the Public Information activities include:

- Preparing and/or distributing packages of pamphlets to doctors' offices, local social agencies and interest groups.
- Hosting booths at semi-annual Homeless Connect and other events in the City.
- Planning PI media placements (e.g. Transit Posters).
- Explore additional PI strategies and activities.

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.

## CPC Planning Meeting

The next CPC monthly meeting is on Thursday Jan 12th at 7 PM at Central Office. We meet the second Thursday of each month so please mark your dance card 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 January 11, 2012 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.

## 12 Step List Update

*"This is our *twelfth* suggestion: Carry this message to other alcoholics! You can help when no one else can."*  
Alcoholics Anonymous P.89

We are in the process of updating the 12 Step List used by our telephone monitors. First, we are simplifying the format of the 12 step list we put in our monitoring packages. The intention is to make it easier for group monitors to find which area of the city and which times the 12 step members are available. As we are doing this we are contacting each of the members on the list and confirming their information and availability.

In addition, we appeal to all individuals, and groups (through emphasis at their meetings) to make a commitment to having as many members as possible on the 12 step list.

The more individuals on the list the better, as it increases the likelihood that monitors will be able to reach someone to help the still suffering alcoholic and not be discouraged from monitoring because of excessive time required to contact a 12 step member.

On the following page there is an application for inclusion on the 12 Step list. Please complete it and return it to Central Office.

**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)**Any where 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: 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.

## Irricana Recovery Group

### Potluck Supper

Sunday Jan. 29<sup>th</sup> 2012

Held at Irricana United Church at 6:00 p.m.

18klms. East of Airdrie on Highway 567

Birthday meeting at 8:00 p.m.

Brian H. Jan. 6 <sup>th</sup> , 1983	29 yrs.	10555 days
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Wayne K. Jan. 13 <sup>th</sup> , 1986	26 yrs.	9452 days
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Al C. Jan. 15 <sup>th</sup> , 1969	43 yrs.	15659 days
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Neil R. Jan. 26 <sup>th</sup> , 1972	40 yrs.	14553 days
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George S. Jan. 28 <sup>th</sup> , 1960	52 yrs.	18934 days
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Garry R. Jan. 31 <sup>st</sup> , 1974	38 yrs.	13817 days
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Grand Total of 229 yrs. or 82972 days

**Fire Protection will be provided**



### *In Memory of Ross Myers*

*On December 24th 2011 God needed our  
friend and asked Ross to join Him.*

*Ross was a long time member of A.A. with 50 years of sobriety.  
He had started numerous meetings in Canada and throughout the world.*

*His friends and sponsees always knew when they met Ross t  
that they had found a very special friend*

*He is remembered by his loving wife, of 56 years, Joan,  
his 4 children, numerous grandchildren  
and 20 great-grand children.*

*Ross joined the Army in 1950, served in Korea  
and for 21 years following that conflict.  
He was also a lifetime member of the Korea War Veterans Association  
and of the No. 275 Forest Lawn Legion.*



# 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

### SMOG GROUP:

Emily N 1 yr  
Liz W 14 yrs

## November 2011

### NEW BEGINNINGS

Valerie S 1 yr  
Bill T 7 yrs  
John H 15 yrs  
Stu P 20 yrs  
Ellen Mc 29 yrs

### SMOG GROUP

Rosco 2 yrs  
Spence M 2 yrs  
Dorothy 4 yrs  
Margaret H 4 yrs  
Joe 18 yrs  
Bridget O 27 yrs

## December 2011

### ABC GROUP

Mel B 4 yrs  
Darmody M 9 yrs  
Mel S 47 yrs

### AWAKENINGS GROUP

Rudy N 17 yrs

## December 2011 cont'd

### HARMONY GROUP:

Dan A 1 yr.  
Perry 10 yrs.

### MARLBOROUGH PARK GROUP:

Ed D 30 yrs

### GLENMORE

Glenn 2 yrs  
Deana 3 yrs  
Carol 7 yrs  
Gail N 8 yrs  
Jackie B 14 yrs  
Patty 17 yrs  
Dallon 21 yrs  
Bill M 21 yrs  
Barry D 22 yrs  
David 31 yrs

### NEW BEGINNINGS

Cory C 1 yr  
Daryl K 1 yr  
Cory C 1 yr  
Laura M 1 yr  
Mary Jo Z 1 yr  
Sharon H 6 yrs  
Margo H 12 yrs  
Suzanne V 15 yrs  
Nancy R 19 yrs  
Mary Z 20 yrs

## January 2012

### ACTION GROUP

Tim M 5 yrs  
Dellas S 10 yrs  
Jerry S 31 yrs

### AIRDRIE BACK FROM HELL

Ken K 5 yrs  
Jack J 9 yrs

### EDGEMONT

Eric B 1 yr  
Jon G 16 yrs  
Kim W 36 yrs

### HADDON ROAD

Angela S 1 Yr  
Dana B 1 Yr  
Marc M 1 Yr  
Tara D 1 Yr  
Louis B 3 Yrs  
Wenda D 7 Yrs  
Gene G 33 Yrs

### MATT GROUP

Eric B 1 yr

## January 2012 cont'd

### OGDEN GROUP:

Bryan 2 yrs  
Tammy 3 yrs  
Sherry 7 yrs  
Brock 8 yrs  
Jesse 11 yrs  
Vince 19 yrs

### RECOVERY GROUP

Don M 7 yrs  
Frank L 7 yrs  
Donna R 9 yrs  
Bernie H 10 yrs  
Marie CU 24 yrs  
Roy S 27 yrs

### SATURDAY NIGHT NE

Vicki 2 yrs  
Sandra M 22 yrs  
Linda 35 yrs

### HARMONY GROUP:

Dan A 1 yr.  
Perry 10 yrs.

### MARLBOROUGH PARK GROUP:

Ed D 30 yrs

### SMOG GROUP

Rog W 1 yr  
Harry 5 yrs  
Brian M 6 yrs  
Laurie B 7 yrs

## The Problem

*"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are with defense against the first drink."*

Alcoholics Anonymous, There is a solution p.24

## The Solution

*"The great fact is just this and nothing less: That we have had deep and effective spiritual experiences\* which have revolutionized our whole attitude toward life, toward our fellows and toward God's Universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."*

Alcoholics Anonymous, There is a solution p.25

*\*Fully explained---Alcoholics Anonymous Appendix II P. 567*

# 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.

### BROWN BAG LUNCH MEETING

CLOSED: Limited to those with a desire to stop drinking  
MIXED: Men and Women

Every Wednesday  
12:00 PM to 1:00 PM

January 18, 2012  
to  
April 11, 2012

Closed February 22nd for Reading Week

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

### 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 the February edition of The Westword is January 31st.**

Please email any notices for the Westword to: [westwordeditor@gmail.com](mailto: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](mailto: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](mailto:cgigtelmonitorchair@gmail.com)

### INTERGROUP CONTACTS

Intergroup Chairperson:	<a href="mailto:cgigchair@gmail.com">cgigchair@gmail.com</a>
Telephone Monitoring Chair:	<a href="mailto:cgigtelmonitorchair@gmail.com">cgigtelmonitorchair@gmail.com</a>
Intergroup Secretary:	<a href="mailto:cgigsecretary@gmail.com">cgigsecretary@gmail.com</a>
Intergroup Treasurer:	<a href="mailto:cgigtreasurer@gmail.com">cgigtreasurer@gmail.com</a>
Intergroup Special Events:	<a href="mailto:cgigevents@gmail.com">cgigevents@gmail.com</a>
Intergroup Alternate Chair:	<a href="mailto:cgigalterchair@gmail.com">cgigalterchair@gmail.com</a>
Intergroup Archives Chair:	<a href="mailto:cgigarchives@gmail.com">cgigarchives@gmail.com</a>
Public Information Chair:	<a href="mailto:pichair.calgary@gmail.com">pichair.calgary@gmail.com</a>
Westword Editor:	<a href="mailto:westwordeditor@gmail.com">westwordeditor@gmail.com</a>
Calgary Central Office:	<a href="mailto:centraloffice@telus.net">centraloffice@telus.net</a>