

The Westword

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

25 Cents
(suggested donation)



Home Group History The Edgemont Group

It was a cool fall day in 1995 shortly after moving to Calgary that Carrie M took a walk through the Edgemont community. She came across the Edgemont Community Association and thought, "Surely there's an AA meeting in this facility." Much to her amazement there was not but the staff members were very enthusiastic about having a meeting in their facility.

Carrie had been attending the ABC Group (Wed nights in the NW) and her first thought was to start a meeting at Edgemont on Wednesday night also. Wiser members explained that having the meeting on the same night was not necessarily a good idea. So Carrie chose Friday night and chaired the first meeting at 8 PM on November 3, 1995.

There were only 6 members present but Carrie said she would be willing to sit there for a year by herself, if need be, to give the group a chance. The original name of the group was Unity Service and Recovery but it became awkward to say and then have to clarify that it was in Edgemont. So a group conscience agreed to rename the group "The Edgemont Group."

My first meeting was in 1996 with 11 members in attendance and now at age 16 + we average 40-45 members each night. Our slogan, "The best place to be on a Friday night" can be seen on our bulletin board.

We are an open, discussion meeting with 3 topics (the first one alternates between the Steps and Traditions). We celebrate our birthdays on the last Friday of the month, and on the Friday nearest to November 3 we celebrate the Group's birthday with a pot luck supper and a gratitude meeting.

I have always said that there is warm, unconditional love in our room that has helped to keep our doors open and our membership growing. As we are an open meeting we have several Alanon and other family members who attend. I believe this adds to the Love and Tolerance in our group.

The group has a strong tradition of regular business meetings, quarterly split of 7th Tradition and an annual group inventory meeting. We always have a full slate of officers including GSR, Intergroup Rep, GIR, Secretary and Birthday, Literature, calendar and supplies Chairs. Throughout each year, we commit strongly to service by speaking at various locations, monitoring, and member's participation on the 12 step list and with Bridging the Gap.

We close our meeting with the Serenity Prayer and a statement of commitment that, "The Edgemont Group finds it vital to have a Big Book, a sponsor and a home group."

I hope to see you all at the best home group in the NW on a Friday night north of John Laurie Boulevard.

Submitted by Marilyn L, Alcoholic

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. 18 and Feb. 20 for Family Day)

Calgary Intergroup's 39th Annual

Banff Roundup



Spirit of Fellowship

March 16, 17 & 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

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



Campus Group Meeting Of Alcoholics Anonymous

Every Wednesday 12:00 PM to 1:00PM

January 18, 2012 thru April 11, 2012

Brown Bag Lunch Meeting

Closed: Limited to those with a desire to stop drinking

Mixed: Men and Women

***Closed February 22nd for Reading Week**



West Gate Entrance off Richardson Way
Room Z013, Lower Level, Wyckham Ho
(downstairs near Ticket Master & Post

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: Jim H 403-808-0408

**DOWNTOWN SATURDAY NIGHT
SPEAKER MEETING**

at 8 PM

Nexen (Fortis) Building, North Tower

801 – 7th Avenue SW, Calgary

**The Saturday Night NE Group
2523 56 Street NE**

Speaker Meeting the 2nd Saturday of each month.

Please join us

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:**At Large**

North Shore Roundup April 6-8, 2012, Hyatt Regency Hotel, Vancouver BC

Golden Roundup, May 4-6, 2012, Golden BC

47th Annual Niagara Blossom Time Convention, May 4-6, 2012, Niagara Falls, ONT

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

**HADDON ROAD
NEW MENS MEETING
Mens Step Meeting**

Commenced on

Thursday, March 1st at 7:30pm

New Meetings

Bring Your Own Cup Group: Friday at 8:00 PM; Open, Step Discussion; Langdon Community Church, 23 Centre St. N, Langdon AB)

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).

HADDON ROAD Mens Step Meeting will commence on Thursday, March 1st at 7:30pm

HIGHWAY MEN CLOSED GROUP (Strathmore/out of town): Tuesday at 8:30 pm; closed men's discussion; Full Gospel Church, 50 Maplewood Drive (back door)

NW Step & Tradition Group: Tuesday at 8:00 PM; closed men's; Bow Valley Christian Church, 5300 – 53 Ave. NW

SHIPWRECK AT SUNSET GROUP: Tuesday at 7:45 pm; closed, beginners; 126 – 10 St. NW (Sanctuary Coffee House, back of the coffee shop, downstairs).

Meeting Cancellations

Ladies H.O.W. Group, NW Tuesdays has been **cancelled**
Plain Language Group, SW Monday 7pm is **suspended** until further notice

The Champlain Group, Central, Wednesdays 8pm is **cancelled**

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.

SHIPWRECK at SUNSET, Central, Tuesday meeting ONLY is **cancelled**.

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**

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

The Garnet Men's, (meeting list error) Sundays central, meets at 11:00 AM, not 11:30 as in the meeting list.

272 Group NW Fridays, effective March 2 meeting time will change from 8:30pm to 8:00pm.

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 March 9th 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, Art G., CPC Chair - Calgary

Treatment Facilities & Hospital Committee

(sub-committee of CGSC Calgary General Service Committee)

The Treatment Facilities & Hospital Committee meets the 3rd Monday of each month at 7:00 pm at Central Office. Our monthly meetings are open to any members who are interested in service positions (or want to learn more about service) in the many Treatment Facilities and Hospitals. We are always looking for volunteers to chair and/or share once or twice a month at various facilities. So come on out to our monthly meetings or contact the committee chair, Jason O @ (587) 580-5588

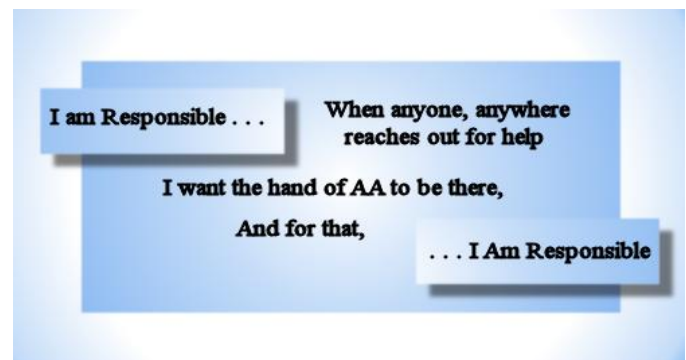
12 Step List Update

"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 updating and simplifying the 12 Step List used by our telephone monitors to make it easier for them to find the area of the city and the 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

Contact Central Office by phone or by email for applications.





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 2012

LINK GROUP

Rob S 4 yrs
Don McC 32 yrs

February 2012

ABC GROUP

Phil S 1 yr
James S 3 yrs
Paula J 3 yrs
Peter L 5 yrs
Don G. 37 yrs

DAILY REFLECTIONS

Marilyn C 1 yr
Bill R 1 yr
Selena F 1 yr
Troy R 1 yr

Margaret V 11 yrs
Charlie M 19 yrs
Tom M 37 yrs

THE LINK GROUP

Rod L 23 yrs

Feb 2012 cont'd

GLENMORE GROUP

Kyle 1 yr
Andrea 1 yr
Nancy 1 yr
Danielle 1 yr
Pat W 1 yr
Trish 2 yrs
Lucas 2 yrs
Tanya 5 yrs
Evelyn 10 yrs
Lyll 17 yrs
Gene A 22 yrs
Gale B 22 yrs
Betty A 25 yrs
Gerry S 53 yrs

NEW BEGINNINGS

Jaime L 1 yr
Scott F 2 yrs
Ray H 2 yrs
Annamarie W 7 yrs
Danny P 7 yrs
Roxanne M 10 yrs
Joan B 20 yrs

March 2012

ABC GROUP

James D 3 yrs
Laura H 28 yrs
Gary M 31 yrs
Rick M 31 yrs

AIRDRIE REFLECTIONS

Halvar J 1 yr

CANDLELIGHT GROUP

Lori L 32 yrs

EDGEMONT GROUP

Robert F 2 yrs
Brent V 25 yrs

MARLBOROUGH PARK

Chris B 4 yrs

NE CALGARY GROUP

Gerry T 10 yrs

April 2012

ABC GROUP

Scotty C 3 yrs

EDGEMONT GROUP

Linda H 8 yrs
Audrey B 13 yrs

LINK GROUP

Jonathon A 1 yr

MARLBOROUGH PARK

Ashly D 2 yrs
Judy S 32 yrs

NE CALGARY GROUP

February Corrected

Ashok 15 yrs

IN MEMORY



MITCHELL, Amy Louise (nee Dick and Haskayne)

October 17, 1932 - February 16, 2012

Our beloved Mum and Grandma passed away peacefully at the Rockyview Hospital in Calgary, after a brief illness. She will be sorely missed by her children Murray (Shirley), Wendy (Don) and Jim (Licia) and five grandchildren: Kelsey, Kaitlyn, Megan, Corey and Christopher. Funeral Services will be held on Monday, February 27, 2012 at 1:00 p.m., at the Bergthal Mennonite Church, located 75 km north of Calgary on Bergthal Road. Bergthal Road intersects Hwy 2, 13 km north of Hwy 581 (to Carstairs) and 2 km south of the Didsbury turnoff (Hwy 582). The Church is 7 km east of Hwy 2, on the south side of Bergthal Road. Expressions of sympathy may be forwarded to the family via the website www.fostersgardenchapel.ca. FOSTER'S GARDEN CHAPEL FUNERAL HOME & CREMATORIUM. Telephone: 403-297-0888. Honoured Provider of Dignity Memorial.



PARTY ANIMAL?

There is a Solution
Call Alcoholics Anonymous

403-777-1212
calgaryaa.org

Have you spotted any of the AA Ads on the LRT?
This is sample 2 of 4
Let us know where and when you have seen them

Send an email to the Public Information Chair
pichair.calgary@gmail.com
We'll have a draw for an AA Item

Gratitude Roundup

The **Calgary Gratitude Roundup Committee** is looking for volunteers to fill vacant committee positions. The committee meets every second Wednesday of the month at Central Office at 7 pm.

One specific need is for alternate chair person. The **next meeting is on March 14, 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.

2012 - CALGARY GRATITUDE ROUNDUP



June 8, 9 & 10th

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

Roundups and Conferences are not regular AA meetings, the cost of the Roundup is paid for through registration fees.

2012 GUEST SPEAKERS

Bob D. AA
Las Vegas, Nevada
Deb H. AA
New Orleans, Louisiana
Frank J. AA
Sherman Oaks, California
Kerri G. AA
Calgary, Alberta
Sheldon F. AA
Las Vegas, Nevada
Vannoy S. Al-Anon
Dallas, Texas
TBA. Al-Ateen
Calgary, Alberta

REGISTRATION

\$25.00 per person

Includes all speakers & Sat. night dance

REGISTRATION & BANQUET

\$65.00 per person

Includes all speakers, Sat. night Banquet & dance

To reserve a banquet seat, a ticket must be presented.
Multiple seats require matching tickets (1 ticket = 1 seat)
Seating is based on a first come, first choice basis.

For Sunday Only:

\$15.00 per person

or a valid registration ticket.
Tickets will be available at the door.

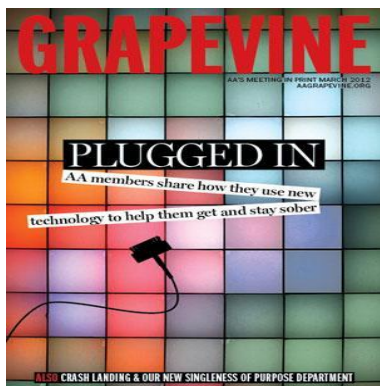
Tickets may be purchased from your home group, GSR & Intergroup reps.
or at Calgary Central Service Office (Credit Cards Accepted)

For further ticket information, please contact :

Bruce B. 403 815-9588 or Dale R. at simpleessence@live.ca

Spotlight on Literature and other Items

The March 2012 Grapevine is Here



In this month's special section, members share how they use new technology to help them get and stay sober.

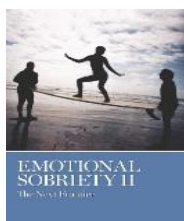
<http://www.aagrapevine.org/>

I-Poll **Take the action at the website**

This month's Grapevine features stories about using technology in sobriety and a survey opportunity online for you to identify the ways you have used technology to enhance your sobriety.

Purchase the Grapevine at Central Office \$3.25 Cad

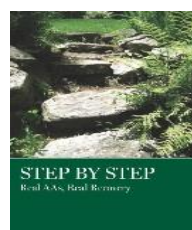
Featured Literature



Emotional Sobriety II SOFT COVER

Only through his own painful, closely observed experience could Bill W. have identified “the next major development in AA ... real maturity and balance.” He was telling us that emotional sobriety is our next frontier. Here are the creative, heartfelt insights of several dozen sober seekers whose articles in the Grapevine offer insights that can light the way to our own “quiet place in bright sunshine.”

Purchase Emotional Sobriety II at Central Office \$ 14.00 CDN



Step by Step SOFT COVER

Real AAs, Real Recovery shows how AA members of all ages and all lifestyles from around the world; spiritual, religious and atheists; newcomers and old-timers have recovered and found a new way of life by working the Twelve Steps. Discover a variety of experiences from AAs that have written about the Steps for the pages of Grapevine from the 40's to the present.

Purchase Step by Step at Central Office \$ 15.50 CDN

Items available at reduced prices

Gift Boxed Ballpoint pens five kinds at \$3.00 ea Black Ink, ballpoint, with logos (AA) or slogans (e.g. “One Day at a Time”)



The 2012 Wall Calendars feature full-color photographs taken by grapevine readers, accompanied by brief quotes selected from Grapevine articles. The quotes aren't directly related to either AA or alcoholism, so the calendar may be displayed anonymously. Use them as gifts for sponsors or sponsees and to record other service commitments.

Calendars are reduced to **\$5.00 Cad** and the pocket planners are reduced to **\$3.25 Cad**.

HADDON ROAD CELEBRATING RECOVERY
200 Haddon Road SW. (Upstairs)



Panel Presentation

"The Deep Healing Experience of Steps 5 & 10"

More than 20 people attended the Panel discussion at Haddon Road on February 29, 2012

The panel consisted of
 Father Dennis M , Carole W
 Sister Mary Kelly and Ron S
 Moderator was Harry P

The presentations were well put forward by the panelists and generated great discussion. It was especially helpful for members who are new to sobriety.

A lot of their questions were answered as to how completing their Step 5 and continuing to practice the healing powers of Step 10 on a daily basis will enhance their sobriety.

The session lasted about an hour and a half.

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."
 -Alcoholics Anonymous p. 85

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 April 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.

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.

12th Step Late Night Monitoring

THANK YOU ALL WHO SIGNED UP AS LATE NIGHT MONITORS (11pm-9am) 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