The Westword

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

25 Cents

(suggested donation)



The Banff Round Up March 16, 17 and 18, 2012

The Spirit of Fellowship was prevalent during the Weekend of the 39th Banff Round Up.

On Friday evening, Maxim G set the tone of the weekend with his honest and sincere sharing. He came to AA not believing in God and like many of us, he was told to go home and write a description of the God he would want to have. Maxim went home and wrote down five points: God is everywhere; God is every when; God loves me; God forgives me; God protects me from me.

Maxim shared about the ten year period of time when he did not go to meetings and what it was like. "When you don't go to AA meetings no day is worse than the day before."

While speaking of his experience, strength and hope, Maxim shared that he and his wife Martha are in a life struggle and went on to say "Life happens no matter how long you are sober." When desperate things happen what do you do? What is left after the disasters? God and AA.

Maxim summed up his sharing with 2 things he has learned in sobriety: When he was drinking his life was filled with fear, guilt, self pity and vengeance; if he goes to meetings, lives in Steps 10 and 12 and especially, helping newcomers through the steps, then his life is filled with 5 emotions and these are what he is living today; Peace, Love, Joy, Harmony and Freedom.

This year's Round Up exceeded all expectations. General Registration is estimated to be over 230 and Banquet Registrations were also 230. The committee would like to thank the membership of AA for allowing us the opportunity to serve you. We would also like to thank you for your overwhelming support as attendance this year was 80 registrations more than last year.

I would like to thank the committee; your hard work and enthusiasm were evident all weekend long. A big thank you for Harry P, Scottie C, Sherry S, Ted L, Nancy R, Moe R, Jo-Lynn H, Kris M, Doug H, Marilyn L, Al R and Wanda M.

The atmosphere throughout the weekend spoke to the theme, "The Spirit of the Fellowship." It was evident in the sessions, the hallways, on the streets of Banff and in the restaurants. You could hear the laughter and sharing among friends (old & new.) What a gift!

Yours in service and love, Jan Kline, 2012 Banff Round Up Chair

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

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)

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

Deb H. AA NewOrleans, Louisiana

Frank J. AA
Sherman Oaks , California

Kerri G. AA

Sheldon F. AA
LasVegas, 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

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.

The next meeting is on April 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. A good way to get your sponsees active in service.

Home Group History The Recovery Group (Part I)

As a retired Calgary AA Archives chairman from a few years past I commend you for your efforts in stirring interest in home group histories. And I also want to thank Dawn (of the Daily Reflections Group) for motivating me into writing this blurb. **My name is Denny B.** and was a long time member of the Recovery Group in Calgary. I am now enjoying retired life to the ultimate here in Mazatlan, Mexico. (I assure you it is safe here in spite of the media reports.) I read my copy of the Westword faithfully every month and on occasion print it off for those Calgarians who come here and attend our meetings.

The following is a history as written by Vern T. prior to his death in 2004. I know it is too lengthy to appear as is. Please edit it to fit whatever space you can give it.

"I, like most all members of the fellowship, feel a great deal of pride in belonging to the "best group" in the city. So I decided to create it. I wanted a permanent meeting room with kitchen facilities, space for tables like a beer parlor or restaurant with seating for, say, 100 people. We would have a "recovery" meeting, and then sit around in fellowship, getting to know one another.

In 1983 I had found five people with lengthy sobriety who were as interested in forming a new group as I was, making a long term commitment and sticking by it. There was Bert F (Jan 66) Jim S. (Nov 53) Ches E (Nov 77) Jack W (Aug 82) and myself, Vern T (Mar 69). We all agreed to find a permanent meeting room. It was Denny B. who saw a "For Rent /Sale" sign on the Knights of Columbus Hall at 2439 54th Avenue S.W. Denny lived in the Lincoln Park area, less than a block from the hall. He was aware of the new group and our plans. *Due to a previous commitment in service he could not join our venture.*"

"I phoned the advertised number. The Knights thought they should sell. The property wasn't being used for what it was intended and they were short of cash flow. They were not sure what they should do. We met the representative at the hall. It was exactly what I had dreamed. It had a large hall with a stage, kitchen, chairs and tables etc.

It was scary. We, the group, talked it over. Was it too grandiose? How could we swing a deal and live by it? What about our Traditions? (The Knights really wanted to sell.) Even to rent, the five of us were sure excited but how could we handle it? I'm not sure today how it came together and from November of 1983 to January 1984 we did a lot of talking. Each one of us would commit to one fifth of the rent over our seventh tradition. I'm not positive of the numbers but from our minutes, it would appear we offered \$50.00 per month. It looks like the Knights wanted \$75 per month. We agreed but the \$75 would be paid as we grew. Each member agreed to \$10 a month over our 7th Tradition contribution and hopefully as we became better known, the group would get more" Vern T.

Watch for Part II in the May 2012 edition



CAN'T STOP?

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

EVER ATTENDED A REGIONAL FORUM??

HERE'S YOUR CHANCE - WE'RE HOSTING ONE HERE IN AREA 78

Friday June 1 - Sunday June 3, 2012

THE COAST EDMONTON PLAZA HOTEL

10155 - 105 STREET NW EDMONTON, ALBERTA 780.423.4811 / 1.800.716.6199

http://www.coasthotels.com/hotels/canada/alberta/edmonton/coast_edmonton/overview

(a black of rooms has been set aside at a conference rate for out-of-town attendees)

These forums provide a unique opportunity for AA members & local trusted servants to meet, exchange information & share experience with representatives of our General Service Board, AAWS & the AA Grapevine, & our General Service Office.

THERE'S NO REGISTRATION FEE!

LOOK FOR:

WORKSHOPS & PANEL DICUSSIONS

EXPLANATIONS & SHARING OF BOARD & OFFICE ROLES

LOTS OF QUESTIONS & ANSWERS

DISPLAYS & HANDOUTS

AA MEETINGS & FELLOWSHIP

A HOSPITALITY ROOM & AN ICE CREAM SOCIAL

FINANCIAL REPORTS

FIRST TIME ATTENDEES AS WELL AS 'OLD HANDS' ARE WELCOMED & ENCOURAGED TO COME.

"Regional Forums originated in 1975 at the suggestion of Dr. Jack Norris, then [non-alcoholic] Chair of the General Service Board of Alcoholics Anonymous. They were to be weekend sharing & informational sessions designed to help the General Service Board, A.A. World Services, Inc., the Grapevine Corporate Board, the Grapevine Staff, & the General Service Office Staff stay in touch with A.A. members, trusted servants & newcomers to service throughout the A.A. service structure."

MEET YOUR GSO STAFF & MEMBERS OF OUR BOARDS

SEE FOR YOURSELF HOW YOUR SEVENTH TRADITION IS USED & HAVE THE UNMISSABLE EXPERIENCE OF WATCHING AAs IN ACTION PRACTICE OUR "PRIMARY PURPOSE"

FOR MORE INFO CHECK www.aa.org or call Pat L @ 780-907-3840 or email Sally-Ann M @ 2012WCRF@gmail.com

CELEBRATING RECOVERY AT HADDON ROAD

200 Haddon Road SW Friday Night at the Movies Friday April 25, 7 p.m. "28 Days" starring Sandra Bullock

Panel Presentation Wednesday April 25, 2012 7 pm "SERVICE"

Moderator Eric V

Panel: Marty K, Matthew M, Bonnie L, Duane T

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 or cgigbrkfst@gmail.com

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:

Calgary Gratitude Roundup June 8-10, 2012

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

Lethbridge Roundup, April 13-14, Fritz Senior Centre, Info Greg 403-330-6105, Jimmy 403-634-2095

Fort St John BC, April 13-14, Stonebridge Hotel, Info 250-262-9939

District 50 Roundup, Bonneyville AB, 5011 49th Ave, 780-666-0286

Carry the Message, Steps & Sponsorship, April 2- 28 2012, Salmon Arm, with Myers R, Texas, \$20.00, Ph 250-804-6217

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.

Drop in to Central Office, Have a coffee and see the many more events posted on the bulletin board

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 CPC monthly meeting is held on the second Thursday of each month at 7 PM at Central Office.

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

The Treatment Facilities & Hospital Committee meets the 3rd Monday of each month at 7:00 pm at Central Office. 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



NEW MEETING LISTS AVAILABLE MARCH 2012

Check out the most recent Meeting List online @ www.calgaryaa.org/

New Meetings



HADDON ROAD NEW MENS MEETING

Mens Step Meeting Commenced on Thursday, March 1st at 7:30pm

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).

OUT OF TOWN

COCHRANE CASTAWAYS GROUP: Saturday at 7:00 pm; Open Step Discussion; Spray Lakes Family Sports Center, 800 Griffin Road East, Cochrane (North East Entrance).

BRING YOUR OWN CUP GROUP: Friday at 8:00 PM; Open Step Discussion; Langdon Community Church, 23 Centre St. N, Langdon AR

Meeting Cancellations

Plain Language Group SW Monday 7pm is **suspended** until further notice

SHIPWRECK AT SUNSET, Central, Tuesday meeting ONLY is cancelled

UNIDOS GROUP: Wednesday and Thursday meetings <u>only</u> 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)

OUT OF TOWN

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

Recovery ~Unity ~Service; these are our Three Legacies

The Legacy of Service ~ Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

How do we carry the message?



Introductory Service Seminar

Come join us and learn more about AA's Legacy of Service. There are so many different and exciting ways to get involved!

Saturday May 5th, 2012 10am-3pm (Includes lunch)

Scarboro United Church, 134 Scarboro Ave. SW

Cost is: \$8.00

This event is sponsored by Calgary General Service & Intergroup

For further information please contact:

Doug F. (403)923-8689 or Harry P. (403)698-2666

Tickets can be purchased from your GSR/Intergroup Rep or

Central Office (403) 777-1212

centraloffice@telus.net



CALGARY ARCHIVES COMMITTEE MINING** OUR PAST TO CARRY THE MESSAGE TO OUR FUTURE

Ladies and gentlemen are <u>desperately needed</u> to serve on the new ARCHIVES COMMITTEE

Qualifications: Love of Service, Attitude of Gratitude,...maybe some computer skills **Hours of Service:** Very Few at Calgary Central office on Saturday mornings.

Commit to Service: Contact Harry M Calgary's Archive Chair

email: cgigarchives@gmail.com

phone: 403-909-3899

Hope you will join, help, discover and share Calgary AA Golden Nuggets of History

** No picks or shovels required

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 HADDON ROAD CORRECTION		March 2012 cont'd NEW BEGINNINGS		April 2012 ACTION GROUP		April 2012 cont'd THE LINK GROUP	
		Dell G	13 yrs	Holly V	1 yr	Ross M	9 years
	Jennifer H		1 yr			MAA	T GROUP
March 2012		Vanessa L	2 yrs	AIRDRIE		Ron D	18 yrs
		Selina B	2 yrs	BACK FROM HELL		Jody B	26 yrs
BEACON'S REFUGEES		Craig H	2 yrs	Terri S	2 yr		
Jeanne D	33 yrs	Pat M	3 yrs (Feb)	Keith S	2 yr		
	-	Jean S	6 yrs	Karen G	15 yrs) +	(*) * :
GLENMORE GROUP		George L	7 yrs	Marsh E	38 yrs	5	- C+ +
Fran	7 yrs	Kelly K	9 yrs (Feb)		•		
Willie P	25 yrs	Wendy S	15 yrs	AWAKENINGS			* 6
Terry B	25 yrs	Maggie C	18 yrs	Kevin D	28 yrs	< * V	× 1
Peter G	25 yrs	Greg P	25 yrs		,	2	
Darrell H	31 yrs	,		DAILY REFLECTIONS		(**	*
Elizabeth C	31 yrs	OGDEN		Barry C	1 yr	*	
		Rob M	7 yrs	•	•	5* 7	*
HADDON ROAD		Julius	19 vrs	HADDON ROAD		* \ (\ \)	
Gary I	1 yr	Owen	19 yrs	Erin C	1 yr	- X	
Brian I	2 yrs	Yvonne O	20 yrs	Korissa B	1 yr	3	*
Michael M	11 yrs		•	Bob B	2 yrs	* >* ~ \	*
Harry P	31 yrs	TUESDAY MORNING		James P	5 yrs	, \	
	•	LADIES GROUP		Peter W	8 yrs	* * *	*
		Iris	8 yrs		,	Har	ny Rirthd

IN MEMORY

LOEWEN, Frank Alton

23, 2012

May 8, 1942 - March

Frank Alton Loewen, beloved husband of Ellen Loewen of Calgary, passed away peacefully on Friday, March 23, 2012 at the age of 69 years, after a three year battle with colon cancer. Frank was born in Carstairs on May 8, 1942. Frank was a welder most of his life, and during the last few years of his career he created ornamental iron for his many customers in Central Alberta. Calgary has been home for the past six years. His true loves were his wife, Ellen, his dogs, camping, sunny trips to Mexico and watching the Flames play. Frank was a dedicated member of AA and celebrated 38 years of sobriety on July 27, 2011. His wisdom, courage, and "saying it like it was" earned the respect from many who touched his life. Frank leaves to mourn his wife, Ellen and stepchildren Darrel, Jim, and Shauna (Murray); sons, Dean and Michael and their families; brothers, Allan (Donna) and Bob (Bev) and nieces, nephews, as well as extended family members and friends. Frank was predeceased by his mother Hazel, his daughter Sandy and by his nephew Ken Loewen. You are invited to join the Celebration of Frank's life at McINNIS & HOLLOWAY'S Park Memorial Chapel (5008 Elbow Drive S.W., Calgary, AB) on Wednesday, March 28, 2012 at 2:30 p.m. Condolences may be forwarded through www.mcinnisandholloway.com. If friends so desire, memorial tributes may be made directly to the Alberta Cancer Foundation, c/o Tom Baker Cancer Centre, 1331 - 29 Street N.W., Calgary, AB T2N 4N2 (Telephone 1-866-412-4222, www.albertacancer.ca/memorial).

In living memory of Frank Loewen, a tree will be planted at Big Hill Springs Provincial Park, Cochrane. (Calgary Herald)

Items available at reduced prices from Central Office 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 ihem as gifts for sponsors or sponsees and to record other service commitments. Calendars are reduced to \$5.00 cdn; pocket planners are reduced to \$3.25 cdn.

Meeting after the Meeting Intergroup Social April 21st



Calgary Intergroup is hosting a special event for all members of AA groups in the city.

Drop in, enjoy fellowship with members of other groups and feast on luscious desserts.

Coffee, tea and juice will be available 7th Step Tradition will be observed.

This is an informal event, so bring your mates after your own meeting wraps up and chill out at the social.

When: SATURDAY April 21, 7:00 - 10:30 pm Where: St. Mark's Anglican Church, 1802 33rd Ave. SW, Calgary

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 April 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.

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:
Telephone Monitoring Chair:
12 Step List Chair
Intergroup Secretary:
Intergroup Treasurer:
Intergroup Special Events:
Intergroup Alternate Chair:
Intergroup Archives Chair:
Public Information Chair:
Westword Editor:
Calgary Central Office:
Banff Roundup Chair
Sunday AM Breakfast Chair

cgigchair@gmail.com
cgigtelmonitorchair@gmail.com
cgig12steplist@gmail.com
cgigsecretary@gmail.com
cgigsecretary@gmail.com
cgigtreasurer@gmail.com
cgigevents@gmail.com
cgigalterchair@gmail.com
cgigarchives@gmail.com
pichair.calgary@gmail.com
westwordeditor@gmail.com
centraloffice@telus.net
cgigbanffchr@gmail.com
cgigbrkfst@gmail.com