

The Westword

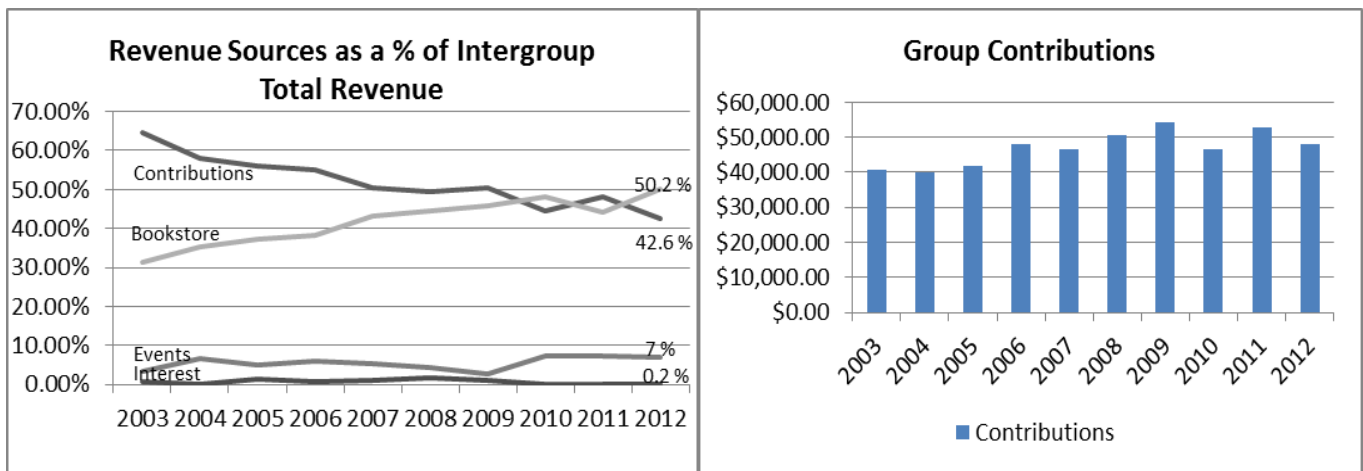
25 Cents
(suggested donation)

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



IT'S About Money!

Group and Individual contributions are an important part of being self-supporting. Financial contributions to the Calgary Intergroup funds activities that carry the message to alcoholics that still suffer, as well as, supporting those in recovery. The following graphs indicate the level of group and individual contributions for the last ten years and reflect the percent contribution that each revenue source provides to the total of Calgary Intergroup operating costs.



*2012 data includes 10 months actual and 2 months proforma

As you can see, group and individual contributions seem to have declined by 20% over the last seven years while revenue from other sources has been required to supplement funding for continued Intergroup operations in the face of rising costs. This is a concern as the other revenue sources can swing considerably from one year to the next. Calgary Intergroup's prudent reserve (defined to be 6 months of operating expenses) continues to be underfunded and we have not been able to make any contributions to the reserve in some time. The value of the prudent reserve basically remains the same while operating expenses continue to increase. This in turn reduces the number of months of operating costs the prudent reserve can fund if required. We need to fully fund the prudent reserve to ensure Calgary Intergroup's financial integrity. To this end on October 27th, the Central Office Management Committee will sponsor a brainstorming workshop to look for ideas on how to increase the prudent reserve to the 6 month operating expense goal. (see page 4 for more information) Submitted by Keith S. Calgary Intergroup Treasurer

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 Sat Sept 1 and Mon Sept 3 for Labour Day)

Haddon Road Special Events

Sunday September 9, 2pm
Haddon Road 25th Anniversary
Potluck/Music/Celebration



**Friday September 21,
7pm**

Friday Night at the Movies

“The Lost Weekend”

Academy Award Winner

Starring Ray Milland & Jane Wyman

Enjoy Ed’s famous Popcorn
& Terry’s Big Smile!!

Wednesday September 26, 7 pm

Panel Presentation

We are going to be Amazed
“The Promises”

Panel

Steve G, Carol W, Karla R, Greg S

Moderator: Harry P

For information Call
Denis G 243-1049 or Harry P 284-1166



Calgary Intergroup Archives Committee

Annual Pioneers Dinner & Speaker Meeting

WHEN: Saturday, October 20th 2012

FROM: 5pm –10pm

**WHERE: Dalhousie Community Church
5511 Baroc Rd. NW**

**COST: \$25.00 includes dinner and
refreshments and amazing speakers**

****Please Note****

**Tickets must be purchased by October
15th, 2012,**

There will be no tickets at the door

AA Speakers

**Maggie N. Southlanders Pancake
Group**

Brian O’F. Cremona Group

Alanon Speaker

Hélène F.(Al-Anon)

**For TICKETS or further information
contact**

Central Office 403-777-1212

email:centraloffice@telus.net

**(Payment accepted by cash, cheques,
Interac, Mastercard or Visa)
through your Intergroup Rep, GSR or DCM**

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 email: 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.

CRITICAL SERVICE OPPORTUNITY



**MONITORS REQUIRED AT
CENTRAL OFFICE**

**Fri & Sat AM (9 am thru 1 pm) and
Wed & Thurs PM (2 pm thru 5 pm)**

These commitments are at Central Office except Statutory holiday weekends when the office is closed and Saturday AM is covered by regular group monitoring. Primary duties are answering the 12 Step phone line.

This ensures, for security, that 2 people are at Central office whenever it is open.

Contact Don E Monitoring Chair @ cgigtelmonitorchair@gmail.com

On the Horizon

*Excerpts from posters at Calgary Central Office
(403-777-1212) of AA groups of **SOME** planned events*
Call for additional details or come in to see more events

Local and Area:

September 2012

Hudson Bay SK, 43rd Roundup

Sept 15

Speaker Brian H, Calgary

Morinville AB Sept 22 2-11PM



October 2012

DISTRICT 15 AA Roundup, "Road of Happy
Destiny" Sat Oct 6 \$10.00 Speakers Only, \$25.00
Speakers, Lunch/Banquet

November 2012

DISTRICT 77 AA Roundup, November 2012 District
77 AA Roundup – "A New Freedom", Saturday Nov.17
See details p.



**CURRENT MEETING LISTS AVAILABLE
JULY 2012**

Check it out online www.calgaryaa.org/

New Meetings

Current in JULY 2012 Lists

Meeting Cancellations

Current in JULY 2012 Lists

Meeting Changes

DALHOUSIE MENS NW 1st Thursday of the month will now be a
Big Book Discussion Meeting

NORTHLANDERS GROUP NW (birthday meeting change)

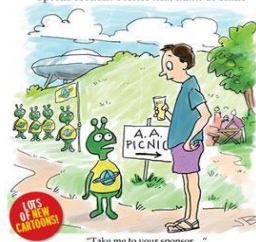
Birthday meeting is now held on the last Monday of the month
(formerly on the first Monday)

SHIPWRECK AT SUNSET, CENTRAL, Fridays now 9:30 on Main
Floor

WHITESHEEP MEN'S MEETING. (C) THURS 8 pm, SW, MOVED
now at Woodgreen Presbyterian Church, 12777 CANDLE CRESC SW
(corner of Canyon Meadows Drive and Elbow Drive) enter Main
Entrance to Kids Worship Room

GRAPEVINE

AA'S MEETING IN PRINT SEPTEMBER 2012 AA.GRAPEVINE.ORG
THE HUMOR ISSUE
Special section: Stories that make us smile



*"Outsiders are sometimes
shocked when we burst into
merriment over a seemingly
tragic experience out of the
past."—Bill W., Alcoholics
Anonymous*

In this month's special section,
we feature light and humorous
stories that make us smile.

VALUABLE 12 STEP OPPORTUNITIES

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other

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, Karen Cookson Acting CPC Chair – Calgary

LET\$ TALK ABOUT MONEY**FELLOW\$HIP WORK\$HOP**

Who: Enthusiastic Members of Alcoholics Anonymous

What: Discussion and Brainstorming Session

Where:??Can your Group Arrange This??

When: Sat October 27, 2012, 10 AM – 3 PM

Why: To ensure we can continue to Carry the Message to the suffering alcoholic inside and outside the rooms of AA

Bring: Enthusiasm (gr: having the god within), Creative Ideas, LIVING STEPS for Problem Solving, No Hard Feelings

Though money is necessary, more important are the spiritual benefits we receive when we take responsibility for "prudence in all our affairs"; prudence in thought, prudence in action.

a giggle from an AA friend

"Save on booze by drinking cold tea instead of whiskey. The following morning you can create the effect of a hangover by drinking a thimbleful of dishwashing liquid and banging your head on the wall, repeatedly. "

One BIG thank you to Calgary and Area AA Members

The 272 Group was monitoring phones the week of Aug 27-Sept 2 and Anneliese W received "the most thankful, inspiring call" from Patricia M "who had had such excellent help since coming into AA at the beginning July" and wanted to know if there was any way to thank all AA members who had helped her so much. (She was leaving for a treatment centre the following day.) With her permission we are recording it here.

She said, "The help the AA members have given me has been unbelievable and I am extremely thankful. I already feel the freedom, I am a lot happier and I am very thankful to the members for their help

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.



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 2012	AUGUST 2012 cont'd	SEPTEMBER 2012	SEPT 2012 cont'd	SEPT 2012 cont'd
WEST END STEP AND TRADITION Brian D 10 yrs	GLENMORE Rob 1 yr Kerry G 1 yr Siobhan 1 yr Bradley 4 yrs Stephanie 4 yrs Lois 4 yrs Paul C 5 yrs Rachelle 5 yrs Eric 7 yrs Joni 21 yrs Marvin 33 yrs	ACTION GROUP Brian R 1 yr Matt S 1 yr Dave P 2 yrs Thomas McF 3 yrs Al D 3 yrs Rosanne M 18 yrs Al D 3 yrs Rosanne M 18 yrs	IRRICANA RECOVERY Dan S 5 yrs Brenda H 8 yrs Maria B 13 yrs Euinice B 16 yrs Wayne D 36 yrs Gordon R 39 yrs	RECOVERY GROUP Devin F. 2 yrs Mark H 2 yrs Trayce S 2 yrs Gerry H 4 yrs Greg M 4 yrs Joe M 4 yrs Bill O 5 yrs Monika B 5 yrs Callie 6 yrs Jim H 6 yrs Estee I 8 yrs Jane P 13 yrs Louise M 23 yrs
JULY 2012 DESPERATION Whitney S 1 yr	NEW BEGINNINGS Todd G 1 yr Kathy L 1 yr Jaimie J 2 yrs James S 2 yrs Penelope R 2 yrs Lisa S 3 yrs Anne S (July) 3 yrs Don M 7 yrs Allison W 7 yrs Dave H 12 yrs Colleen K 16 yrs Morag (July) 23 yrs Donna Marie M 27 yrs	AIRDRIE BACK FROM HELL Ben S 4 yrs Shandi B 5 yrs	OGDEN GROUP Annette M 3 yrs Greg M 4 yrs Marla G 4 yrs Yvonne S 9 yrs Tom H 10 yrs Andy B 25 yrs	TUES AM LADIES Maureen D 30 yrs
WEST END STEP AND TRADITION Dale S 1 yr Aaron B 2 yrs Suzy G 9 yrs	DESPERATION Tree B 5 yrs Nathan S 13 yrs	AWAKENINGS Elizabeth L 18 yrs	OPEN DOOR Albert D 13 yrs	WALKING EAGLE Badger S 18 yrs
AUGUST 2012 DAILY REFLECTIONS Rob J 1 yr Gay F 1 yr Todd G 1 yr Terri Jo 2 yrs Ken S 3 yrs Wally D 3 yrs David L 8 yrs	WEST END STEP AND TRADITION Lynn H 4 yrs Dave L 9 yrs Leslie P 13 yrs Trevor U 13 yrs	DESPERATION Brett S 3 yrs	RECOVERY GROUP Devin F. 2 yrs Mark H 2 yrs Trayce S 2 yrs Gerry H 4 yrs Greg M 4 yrs Joe M 4 yrs Bill O 5 yrs Monika B 5 yrs Callie 6 yrs Jim H 6 yrs Estee I 8 yrs Jane P 13 yrs Louise M 23 yrs	OCTOBER 2012 TUES AM LADIES Irene B 39 yrs
FOREST LAWN Shane E 5 yrs Kim W 15 yrs Sharon S 20 yrs		FOREST LAWN Maurice L 2 yrs Norm N 36 yrs		
		HADDON ROAD Eric V 1 yr David N 1 yr Kevin L 1 yr Ryan N 2 yrs Jay M 3 yrs Sean C 5 yrs Bob P 7 yrs Tanya J 8 yrs Marty K 12 yrs Brian B 14 yrs Cassie S 17 yrs Dave C 37 yrs		

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 October edition of The Westword is Wednesday Sept 26, 2012.

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 HAVE SIGNED UP AS LATE NIGHT MONITORS (11pm-9am) AND MORE ARE REQUIRED

IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY PLEASE EMAIL

The Monitoring Chairperson at cgigtelmonitorchair@gmail.com or CALL Central Office at: **403-777-1212**

INTERGROUP CONTACTS

Intergroup Chairperson: cgigchair@gmail.com
 Telephone Monitoring Chair: cgigtelmonitorchair@gmail.com
 12 Step List Chair: cgig12steplist@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
 Banff Roundup Chair: cgigbanffchr@gmail.com
 Sunday AM Breakfast Chair: cgigbrkfst@gmail.com