

THE WESTWORD

The Westword is a monthly newsletter published by Calgary Intergroup
 The deadline for submission for publishing in the Westword is the last Thursday of the month.
 Additions will not be made after this date.

25 Cents
 (suggested donation)



HOW CAN I BE OF SERVICE?

“The Home Group is where service begins” will be the key message in the upcoming Introductory AA Service Seminar planned for November 23 at Scarboro United Church.

There are all kinds and all levels of service opportunities in AA and for most it starts at the Home Group level, says Doug F. outgoing Service Seminar chair with the Calgary General Services Committee (CGSC).

“The literature tells us and our experience shows us one of the most important elements in the whole recovery process is giving back, helping others, getting involved in service,” says Doug F. “So for the newcomer and perhaps some longer-term members who haven’t been that involved lately, this upcoming seminar will hopefully give them some ideas of where and how to get into service.”

The November 23 seminar, which runs from 10 a.m. to 3 p.m., will kick off with a skit involving AA members demonstrating service at the home group level. That will be followed by a question and answer period.

After an excellent lunch, the afternoon program will include presentations from members involved in service positions on both the Calgary General Service Committee and Calgary Intergroup. These are the two main bodies that through various committees help deliver a wide-range of AA services to groups and to the community at large, all geared to the primary purpose of “carrying the message.”

“A cornerstone of the AA program is giving back to others what was so freely given to us,” says Doug F. “AA just doesn’t happen, it takes the effort and commitment of all members to keep the doors of Home Groups open and offer the services “when anyone, anywhere reaches out for help” and through service we can make sure the hand of AA will always be there.”

The seminar again: Saturday November 23 at Scarboro United Church, 134 Scarboro Ave. SW, Calgary. It runs from 10 a.m. to 3 p.m. Cost is \$8 which basically covers the cost of lunch. Tickets are available at the door, and are also available from Central Office, from Intergroup Reps, General Service Reps and District Committee Members. For more information contact Doug F. at 403 923 8689.

Announcements & Help Needed

Introductory Service Seminar

Saturday November 23, 2013
 10am – 3pm \$8.00 (includes lunch)
 Call Central Office to purchase tickets (403) 777-1212

Christmas Eve Breakfast

8 – 11am Deerfoot Inn & Casino
 Tickets \$25 available at Central Office
 Or call Gerry (403) 874-6441

CYOC Chair Persons

CYOC needs chair people. Must be 21 years of age, 1year sobriety and available Tuesday evenings.
 Please contact Marilyn at 403-239-4923

Weekend Retreat Big Book Study

Date: Nov 15th to 17th
 At: Camp Horizon, Bragg Creek
 Presented By: Amanda B (Alabama)
 Price: \$160/person (includes food and lodging)
 Sheila K. ph. 403-689-8817
 Ticket Deadline: October 23rd

To receive the Westword and event updates via email please email the Westword Editor and ask to be added to the distribution list.

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I am Responsible. When anyone, anywhere reaches out for help, I want the hand of AA to always be there, and for that I am responsible!

INTERGROUP CONTACTS**New Meetings**

Haddon Road: "On Awakening". Monday – Friday 7am – 8am. 200 Haddon Rd. SW, RM 200L (upstairs)

Haddon Road: "Sponsorship in Action" meeting. Thursday evenings from 7:30 to 9 PM. 200 Haddon Rd. SW, Rm. 200L (upstairs).

NW Calgary Group: Saturday, 5:30pm, Open, Step & Tradition. Foothills Alliance Church, 333 Edgemark Blvd NW.

Living Lacombe Group: Friday, 8PM St. Patricks Parish Church, Father Lacombe Room, 1414 Shawnessy Blvd. SW

Plain Language Meeting: Monday, 7PM, Calgary Society for Persons with Disabilities – 3410 Spruce Drive SW. Open beginners discussion.

Struggle No More: Child friendly AA meeting, Sunday, 6:30PM, Peace Lutheran Church – 14640 6th St SW. Open Big Book.

Old Time Group: Saturday, 830PM, Ascension Lutheran Church – 1423 19th St NE. Open 12 Step.

U of C Campus Group, "Friends of Bill W.": Fridays 11:00 am, open, until December 6/13, Contact Jesse 403-619-3844, Mac Hall west side 3rd floor, Meditation Room, Faith & Spirituality Centre (MSC 373), beside the Wellness Centre.

Soberiders: Mondays 8:30 pm, open, Step discussion, Ogden House Senior Citizen Club, 2102 – 69 Ave. SE

Out of Town

Sunrise Group: 9AM, Closed, Knox United Church (side door) 195 3 Ave East. Drumheller

Meeting Cancellations

Garnet: Saturday, NW 3pm. **CANCELLED**

Garnet Young People's: Sunday, NW 3pm. **CANCELLED**

Garnet Nightowl: Saturday, NW 10pm. **CANCELLED**

Grapevine: Friday, NE **CANCELLED**

Thursday Afternoon Drop-in: Central **CANCELLED**

Step 11 Meeting: Sunday Central **CANCELLED**

Eye Opener: Saturdays, 11:00 AM **CANCELLED**

Knockin' on Heaven's Door: Sundays, 2:30 PM **CANCELLED**

Out of Town

Sundre: Friday Night Ladies meeting **CANCELLED**

Trochu: Wednesday PM is **CANCELLED**

Canmore: Friday, Knock Turn All Group. **CANCELLED**

Strathmore: Tuesday Ladies Group. **CANCELLED**

Meeting Changes

Sunday Morning Group: Sundays, 11:00 AM, last meeting at current location is December 8th. New location to be announced.

Generation XII: Wednesdays, 8:30 PM, has moved to Foothills United Church, 3803 – 69 St. NW

Saturday Night Trainwreck: Saturdays, 10:00 PM, has moved to 1609 – Centre St. NW, downstairs

Stamperders: Saturdays, now meets at 3:00 PM, have moved to Rock Point Church, 12 Bow Ridge Drive NW

Fun Seekers: Monday to Friday, 12:00 noon, have moved to Parkdale Community Association, 3512 – 5 Ave. NW

Sooner Than the Nooner Group: Sundays, 11:00 AM, has moved to Parkdale Community Association, 3512 – 5 Ave. NW

District 77 Speaker Meeting: Sundays, 8:00 PM, has moved to Parkdale Community Association, 3512 – 5 Ave. NW

Homeward Bounders: Monday to Friday, 5:15 PM, have moved to Parkdale Community Association, 3512 – 5 Ave. NW

Go For It Group: Daily, all meetings now meet at 7:00 AM, has moved to Bowness Seniors' Centre, 6422 – 35 Ave. NW

New You/Sailor Bills: Tuesdays, now meets at 8:00 PM, has moved to 6228 Bowness Road NW effective Sept. 17

Garnet Block: Daily, SW, moved to 1609 Centre St. NW. basement, parking in rear.

Regal Group: Thursdays, NE, moved to Renfrew United Church, 956 Radnor Ave. NE.

Westend Step & Tradition: Saturday, NW, moved to Foothills United Church, 3803 69 ST NW, use single door labeled "Food Bank" on south side

Whitesheep Men's Meeting: Thursday, SW, moved to Woodgreen Presbyterian Church, 12777 Candle Cres SW, enter Main Entrance to Kids Worship Room

Recovery Group: Daily, SW. - Monday to Friday: 7:30 PM, Saturday: 9:00 AM, 11:30 AM, 7:30 PM, Sunday: 7:30 PM

East Side Native Women's Group: Thursdays, closed temporarily.

High River: All meetings combined on Wednesday and Friday nights in the Disaster Relief Centre (1204 10th St SE High River) at 7:00PM

Walking Eagle: Mondays, 8:30, open, Step & Tradition, Sharon Lutheran Church, 210 – 10 Ave. NE

Last Gaspers: Moved to Parkdale Community Association, 3512 – 5 Ave. NW, main door, upstairs.

Airport Group: Moved back to Sharon Lutheran Church, basement, 210 – 10 Ave. NE

Looking for a child friendly AA meeting? We have the solution...

- We come into Alcoholics Anonymous with many bridges burned. Sometimes we have lost jobs, watched our families walk away from us, seen our vehicles repossessed, stood in the courtroom awaiting sentencing.... Sometimes we have even witnessed Child Protective Services usher our young children into the vehicles of strangers, wondering if they will ever come back.
- The miracles that unfold in the lives of alcoholics who choose recovery are awesome to see! Many times, in the first year of sobriety, members sit in awe and smile as we watch jobs return, bank accounts fill up, and children returned to their newly sober parents.
- As a parent I understand the pressure to attend meetings and find suitable child care. Bringing a child to a meeting can be distracting, and the parent is often so busy entertaining the child that they miss out on the important message being shared in the room.
- STRUGGLE NO MORE, the new meeting starting in SW Calgary in November will solve this issue. An open big-book meeting in a child friendly setting will bring the solution to newly sober moms and dads who have not yet built the resources for adequate child care while at a meeting.
- The meeting space is attached to a play-room where children can play, and be free to move. The meeting is focused on the big book, with 15 minutes reading through the book, and then the sharing portion of the meeting is centered on sharing about the reading. STRUGGLE NO MORE does not provide supervision for the children, but having the meeting space directly attached to the play area allows parents to participate in the meeting while still being in sight of their child.
- We hope this meeting will provide the solution to alcoholics who are reaching out for help with children in tow. Interested in checking us out? Even if you don't have children, we would love your support! - A.W

Come see us on Sunday Nights, 6:30pm at Peace Lutheran Church - One block west of the Fish Creek LRT. 14640 6th St. SW.

Service Commitments

			November	December
			If you are interested in speaking please contact westwordeditor@gmail.com	
Alpha House	Tuesday	8:00 PM		Unity
Renfrew	Tuesday	7:00 PM	Recovery Group	S.M.O.G.
Renfrew	Wednesday	7:00 PM	Desperation Group	Shipwreck at Sunset
Renfrew	Thursday	7:00 PM	Unity Group	
Renfrew	Sunday	7:00 PM	ABC Group	The Link Group
Centre of Hope	Monday	8:00 PM	Ogden Group	McKenzie Towne
Sunrise	Tuesday	8:00 PM	Haddon Road Group	

Please note: Renfrew Speakers must have minimum 1 year sobriety.
 * Alpha House meetings are back at the original location

Sunday Morning Breakfast at the Ramada

November 3	Ogden Group	December 8	
November 10	Go For It Group	December 15	Go For It Group
November 17	Desperation Group	December 22	
November 24		December 29	
December 1			

Telephone Monitoring

Nov. 11 - 17	New Beginnings	December 16 - 22	Shipwreck at Sunset
Nov. 18 - 24	Haddon Road	December 23 - 29	Ogden
Nov. 25 - Dec. 1	Daily Reflections	Dec 30/13 - Jan 5/14	Action
December 2 - 8	Ogden		

For information on Calgary AA, visit our NEW website!

www.calgaryaa.org

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Happy Birthday!

All birthdays are entered as received.
Please note, we do not print birthdays in advance as this is a One Day at A Time program.

October		November	
Glenmore	Daily Reflections	Awakenings	ABC Group
Sarah 1 year	Dan M 1 year	Lee H 6 years	Lisa K 5 years
Heather 4 years	Rusty M 2 years	Bev H 9 years	Alex P 19 years
Mike V 6 years	Dallas P 6 years		Marsh C 35 years
Tamara 6 years	June 7 years		
	Craig S 10 years	Action	MAAT
		Kelly D 1 year	Bill P 7 years
Getting There	McKenzie Towne	Aidrie Reflections	Getting There
Jeff L 13 years	Larry A 1 year	Len V 34 years	George H 4 years
Back From Hell	Calgary NW Group	Candlelight	
Holy T 1 year	Wayne D 1 year	Dan D 17 years	
Shane F 5 years	Martin L 1 year		
Doug F 7 years	Fred P 2 years	Marlborough Park	
Jessica Z 9 years	Jamie F 2 years	Jack N 37 years	
Pam S 10 years	Mike J 2 years		
Javed 13 years	John F 3 years		
Mike G 14 years	Pat H 3 years		
	Aimee G 4 years		
New Beginings	Sarah C 4 years		
John B 1 year	Ron B 5 years		
Billy R 1 year	Katrina W 15 years		
Melody 7 years	Roger D 26 years		
Gerry S 10 years			
Lavonne D 11 years			