

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)



STAYING SOBER DURING THE HOLIDAYS

I got sober in June of 2010 so my first holiday was Stampede. It was tough, mostly because every year prior, like many Calgarians, Stampede was a 10 day black out that "didn't count." But I was a month sober, so willingness oozed out my every pore and I did exactly what I was told...call my sponsor every day, pray every day, and go to a meeting every day. I made it through those 10 rowdy days and the next three Stampedes by doing the same things.

Alcoholism is also known as the Lonely Disease. As published in Living Sober (the friendly looking yellow book available at Central Office), "Alcoholism has been described as "the lonely disease," and very few recovered alcoholics argue the point. Looking back at the last years or months of our drinking, literally hundreds of thousands of us remember feeling isolated even when we were among a lot of happy, celebrating people. We often felt a deep sense of not belonging, even when we cheerfully acted sociable."

This probably isn't a foreign feeling to anyone in recovery.

The ego driven people pleaser inside of me that desperately wants to fit in, roars Her ugly head right around Christmas, and doesn't go back into hibernation until after the New Year. My emotions are like the Wheel of Fortune, except there is no winning. On any given day my emotional ticker will land on self-pity, loneliness, fear, obsession...a whole range of defective thought patterns that deter me from finding the peace that is advertised during Christmas. I can only last so long before I start to believe I was born on another planet and I can't possibly be related to THESE people; I have to leave and go sit in one of the many 24 hour AA rooms for a while to find my sanity again.

While the holiday might change and the length of my sobriety might change the solution never changes.

That is the biggest miracle that I found in AA. The true solution was carried to me through Big Book studies and I was able to apply the steps to all my problems...even the emotional hurricane **I create** for myself around the holidays. The Big Book tells me I have a daily reprieve contingent on the maintenance of a spiritual program. And in my experience I have learned that I need to work a lot harder during stressful times, like December 24th – January 1st, to maintain that spiritual program.

In 2010 I had the willingness of a dying woman, because that is what I was. I knew without any doubt that if I continued to drink I would end up in jail, institutionalized, or dead; getting sober was my only option and I clung to the hope that AA offered with all the fervor I could muster. Somehow my willingness has changed though, I have started down the "I know" path, and as my friend B.G tells me, "no you don't know."

When the holidays approach, I find success in transporting myself back to June 2010 and remembering how I felt. I need to dive deep within myself and find the H.O.W (honesty, open-mindedness, and willingness) to not only survive the Christmas season, but also to be of maximum service to others during this time.

So, the advice I have to offer regarding Staying Sober During The Holidays...

Mentally revisit your first 30 days in recovery. Remember the brokenness, and the hope; the destruction, and the instruction. Apply it.

Blessings to you and yours – KSM.

Announcements & Help Needed

District 86 Christmas Dinner & Dance

Saturday December 14 2013
Balzac Community Hall
Tickets \$20

New Years Dinner & Dance

Pembroke Community Hall
Tickets \$ contact Buddy (403) 285-9258 or
Wade (587) 707-2341

Christmas Eve Breakfast

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

Action Group Open Gratitude Meeting

Wednesday December 11 @ 8:00 PM
First Mennonite Church Basement

Old Time Group Speaker Meeting

8:30PM 1423 19st NE
Dave F from Dalhousie Mens

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

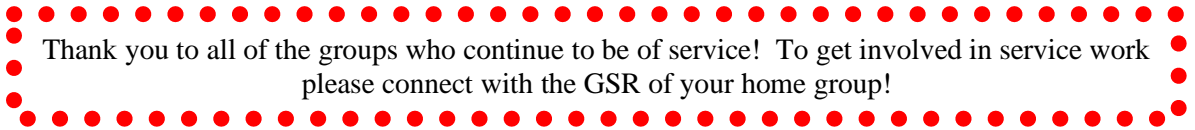
NW Calgary Group

Tuesday Dec 24 meeting ONLY will be at 6pm
Saturday Dec 28 meeting ONLY will be cancelled

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

INTERGROUP CONTACTS

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 Thank you to all of the groups who continue to be of service! To get involved in service work
please connect with the GSR of your home group!

Service Commitments

		December		January
Alpha House	Tuesday	8:00 PM	Unity	Action Group
Renfrew	Tuesday	7:00 PM	S.M.O.G.	Ogden Group
Renfrew	Wednesday	7:00 PM	Shipwreck at Sunset	Haddon Road group
Renfrew	Thursday	7:00 PM	272 Group	
Renfrew	Sunday	7:00 PM	The Link Group	
Centre of Hope	Monday	8:00 PM	McKenzie Towne	Shipwreck at Sunset
Sunrise	Tuesday	8:00 PM	NW Calgary	McKenzie Towne
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				
December 1	Ogden		January 5	S.M.O.G
December 8			January 12	Irricana Recovery
December 15	Go For It Group		January 19	Desperation
December 22			January 26	
December 29				
Telephone Monitoring				
December 2 - 8	Ogden		January 6 - January 12	Tuesday Morning Ladies
December 16 - 22	Shipwreck at Sunset		January 13 - January 19	Kincora
December 23 - 29	Ogden		January 20 - January 26	Airdrie Reflections
December 9 - 15	Desperation		January 27 - February 2	Ogden Group
Dec 30/13 - Jan 5/14	Action Group			

New Meetings

Haddon Road: "On Awakening". Monday to Friday 7:00 AM, 200 Haddon Rd. SW, RM 200L (upstairs)

Haddon Road: "Sponsorship in Action" meeting. Thursday evenings from 7:30 to 9:00 PM. 200 Haddon Rd. SW, Rm. 200L (upstairs).

NW Calgary Group: Saturday, 5:30 PM, Open, Step & Tradition. Foothills Alliance Church – 333 Edgepark Blvd. NW.

Living Lacombe Group: Friday, 8:00 PM St. Patricks Parish Church, "Parish Office" door, Father Lacombe Room – 1414 Shawnessy Blvd. SW

Plain Language Meeting: Monday, 7:00 PM, Calgary Society for Persons with Disabilities Building – 3410 Spruce Drive SW. Open beginners discussion.

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

8:30 Old Time Group: Saturday, 8:30 PM, Ascension Lutheran Church – 1423 - 19 St. NE. Open 12 Step.

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

Namaste: Sundays, 4:00 PM, closed, Step 11 discussion/silent meditation, Advent Lutheran Church, 11 Scenic Acres Gate NW

Golden Oldies: Sundays 7:00 PM, open, 16th floor lounge, Murdock Manor, 808 – 5 St. SE (check with security)

Out of Town

Piitaapoyi Group: Thursdays 7:30 PM, open, Peigan Prevention Counselling Services (PPCS) Building, **Brocket AB**

Hospital Meeting: Saturdays 8:00 PM, open, Oilfields General Hospital, basement "Action Centre" Room, 717 Government Rd., **Black Diamond AB**

Meeting Cancellations

Eye Opener: Saturdays, NW **CANCELLED**

Knockin' on Heaven's Door: Sundays, NW **CANCELLED**

By the Book: Thursdays, NW **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

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, has 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

Regal Group: Thursdays, 8:00 PM, has 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

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

Last Gaspers: Monday to Friday, 9:30 AM, have moved to Parkdale Community Association, 3512 – 5 Ave. NW

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

Northlanders: Mondays, NW, birthday meeting changed from the last Monday to the first Monday

Out of Town

High River Afternoon Group: Wednesdays, 1:30 PM, now meets at St Benedict's Anglican Church, 602 – 3 St. SW

High River Meetings: Wednesdays & Fridays, 8:00 PM, now meet in the Salvation Army Church, 117 – 2 Ave. SE



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.

November				December			
Getting There Group		New Beginnings		Marlborough Park		Irricana Group	
George H	4 years	Donna V	1 year	Ed D	33 years	Kas G	4 years
		Kevin L	1 year			Chrissy M	9 years
Daily Reflections		Brenda S	1 year	ABC Group		Bob K	10 years
Johnny	1 year	Aron W	3 years	Darmody	11 years	Sean C	15 years
Ryan H	1 year	Liz S	4 years	Mel S	49 years	Dianne D	20 years
Dale H	2 years	Bill T	9 years	MAAT Group		Awakenings Group	
Chris B	2 years	Alison R	11 years	Kim M	1 year	Geri H	2 years
Paul H	7 years	Sherry S	13 years	Dale R	8 years	Brent D	16 years
Darlene D	10 years	Sandy D	16 years	Ron W	10 years	Rudy N	19 years
Scott S	10 years	John H	17 years	Forrest Lawn		Go For It	
Kenny K	11 years	Jayne R	21 years	Helmut	38 years	Kyler	1 year
Geoff	12 years	Richard (Oct)	21 years	Merle C	39 years		
		Brady W	22 years	Back from Hell		Birthday Contributions	
Forrest Lawn		Ellen M	31 years	Paulina M	3 years	Jim S	60 years
Rose R	41 years	McKenzie Towne		Frank B	3 years		
Glenmore Group		Steve G	5 years	Todd B	4 years		
Rick M	1 year	Monday Morning Group		Rod L	27 years		
Mark M (Oct)	2 years	Hartley P	15 years				
Brad S	2 years	Jim S	60 years				

The Westword Editors would like to sincerely thank all of the AA members who assist in gathering the information for the Westword each month. If it were not for the support of the AA Community there would be no Westword.

We are very grateful for all of you and wish you all the best through the Holidays and into 2014.

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For information on Calgary AA, visit our NEW website!

www.calgaryaa.org