

The Westword

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

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(suggested donation)



All Service Work "carries the message"!

Get into service! With the Calgary AA Service Seminar freshly behind us it is a good time to remind all groups and individual members not only of the importance, but also the variety of service work.

When I first came into the program, I thought the only real service was helping a drunk get sober and for that I should stand on a street corner near the Drop-In Centre with a copy of the Big Book, announcing to lost and misguided souls "I'm here to save you." And of course people would flock to hear my message. Well it doesn't work that way, or not for me anyway.

As Tradition 5 tells us, our primary purposed is "to carry the message to the alcoholic who still suffers," and sometimes that may involve one-on-one contact with some hurtin' unit, opening the Big Book and sharing a message of what has worked for you. But that is only one aspect of how we can "carry the message" of this program.

Bill W. used in his writing the example of theatre to make a few important points, and I often think service work is a bit like a stage production too. There are plenty of behind the scenes people looking after the lights, the set, the costumes, writing scripts, rehearsing music, and even running the cafeteria and it is all done in support of the performers who take to the stage to meet the audience.

And it's the efforts of all this behind-the-scenes activity that actually gets the show launched. Maybe someday I can help that individual with my message of recovery, but I can also help by getting involved in some committee that organizes some activity or event or program and maybe it is someone involved in that activity, event or program that actually makes the connection with the alcoholic who still suffers. Was my role any less? Not really.

Service work begins at your home group. Get involved. Welcome the newcomer, learn Bob or Sally's name and urge them to keep coming back, read something if you're asked, serve coffee, share your experience, sometimes keep your mouth shut, help clean up after the meeting, just smile and say hello to people once in a while...that is all important service work. You may not connect with everyone — that happens. My friend Jack B. always said "If you like everyone in AA, you haven't been to enough meetings." And that can be true, there are a lot of personalities out there. But we're all here for the same reason and same goal. There is a sign on a meeting room at Alpha House that says something about "we all have followed different streams to get here, but now we are all in the same boat."

Maybe your strength will be in delivering that zinger line on the street corner that turns around the life of a struggling alcoholic, or it may simply be being responsible enough to get to your home group meeting half an hour early to get the coffee made before the meeting...all jobs, all service, is of equal importance. Every gesture we make ultimately carries the message.

Lee H.

Intergroup Chair

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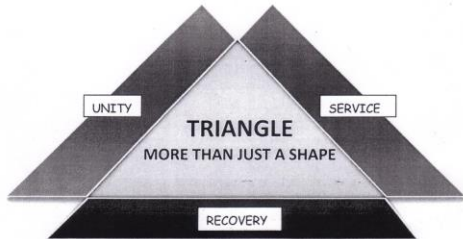
Phone: 403-777-1212, Fax: 403-287-6540
Email: centraloffice@telus.net

Office Hours

Mon. to Fri: 8:30am – 5:00pm
(Closed 1:00pm – 2:00pm for lunch)
Sat.: 9:00am – 1:00pm
(Closed Sundays and Stat Holiday Weekends)



May 31, June 1 and 2, 2013
 Travelodge Hotel and Conference Centre
 4177 Albert St., Regina, SK.



The purpose of WRAASA is to develop greater unity among the members, groups, and areas of the Western Canada Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. The Assembly should always foster the RECOVERY, UNITY, and SERVICE legacies of A.A.

Plan to attend!! Open to all Members of A.A.
 Registration \$25
 Register before May 1st to enter the Early Bird Draw
 (a 2 night stay at the Travelodge Hotel and Conference Centre)

For more information visit: WRAASA2013.org
wraasa2013@gmail.com

BIG BOOK STUDY

HADDON ROAD GROUP

Started Tuesday April 16 7pm

Join us even if you missed the first few!

Bring your big book, a pen, and a high lighter!

Grab your sponsee or sponsor
 and learn How It Works!

Archive Committee Meeting!

1st & 3rd Saturday of the month

10am at Central Office

Learn more about the History of AA and do
 valuable service work!

CRITICAL SERVICE OPPORTUNITY

MONITORS REQUIRED AT CENTRAL OFFICE

Relief Positions and
 Fri 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

Intergroup Sunday Morning Breakfast & Speaker Meeting

Join us for good food, good fellowship, and a
 great personal story of recovery!

Every Sunday at the
 Ramada Inn
 708-8th Ave SW

Breakfast at 9am
 Speaker at 10am

Buffet Breakfast \$15
 Healthy Start Breakfast \$11
 Toast & Coffee \$6
 Coffee \$3

7th Tradition is observed

Contact Jim H cgigbrkfst@gmail.com

On the Horizon

Steps Stories & Beyond Presents a Dinner & Speaker Meeting.

Friday, June 21st. For more info contact Buddy @403-285-9258 or Wade @587-707-2341.

District 77's Annual Picnic.

Saturday, June 22nd. Site #1, Bowness Park, 11am – 3pm. For more info contact Karen @403-479-6883 or Marilyn @ 403-998-4207.

Claresholm Annual Campout.

May 31st to June 2nd. For more info contact Jack H. @403-625-0259 or Keith A. @403-801-1473.

Creston AA Campout.

June 7th, 8th & 9th. For more info contact Jo @250-428-5954, Brenda @250-428-7584 or e-mail Doug and Debbie @ ddcreate@canyonlister.ca

Seniors in Sobriety 8th International Conference.

Sept 5th to 8th 2013. For more info e-mail: sandiegoSIS2013@gmail.com or visit www.aasis2013.org.

54th Grande Prairie AA Roundup:

Sept. 6th, 7th, 8th 2013 \$30 for registration & banquet!
Call Barry for more information 780-876-1983

New Meetings

New Beginnings, SW, 9am closed ladies 'As Bill Sees It' meeting.

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

Out-of-Town: Drumheller, Saturday Morning Sunrise Group, 9:00 AM, closed, Knox United Church side door, 195 3 Ave. E.

Meeting Cancellations

Out-of-Town: Canmore, Friday, Knock Turn All Group. CANCELLED

Out-of-Town: Strathmore Tuesday Ladies Group. CANCELLED

Garnet, Saturday, Central, 3pm. CANCELLED

Garnet Young People's, Sunday, Central 3pm. CANCELLED

Grapevine, Friday, Northeast CANCELLED

Thursday Afternoon Drop-in, Central CANCELLED

Sundre Friday Night Ladies meeting CANCELLED

Trochu, Wed PM is CANCELLED

Meeting Changes

New Beginnings, Thursday 8pm meeting is now a one hour meeting.

Garnet Block. All 9 weekly meetings are moved to 1609 Centre St. NW., basement, parking in rear.

Regal Group, Thursdays, Northeast, 8:00PM now meets at the Renfrew United Church, 956 Radnor Ave. NE.

Dalhousie Mens NW Thursday will now be a Big Book Discussion Meeting except last Thursday of the month

Northlanders Group NW (birthday meeting change) Birthday meeting is now held on the last Monday of the month (formerly on the first Monday)

Westend Step & Tradition, NW, now meeting @ Foothills United Church, 3803 69 ST NW, Use single door labeled "food bank" on south side. Time remains 8:00 pm Saturday

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

Midnapore Friday, SE, 8PM, Now Open Discussion and **Children are Welcome**

Bowmont Group Mondays, northwest, has moved to NCF, 4620A Bowness Rd. NW, new start time 8:15 PM

VALUABLE 12 STEP OPPORTUNITIES

COOPERATION WITH THE PROFESSIONAL COMMUNITY COMMITTEE

The CPC monthly planning meeting is held on the second Thursday of every month at 7:30 pm at Central Office. Please come down and join us and learn about all the good work we are doing in Calgary.

The CPC Committee provides information about Alcoholics Anonymous to different groups of professionals: medical students, doctors, nursing students, social workers, psychologists, employees of some services, and more. We attend conferences, such as the Alberta Addictions Day, each year to provide information about AA and how we can help the alcoholic. Our CPC Committee here at CGSC is doing some fantastic work and reaching large numbers of professional. We attend by invitation and currently have interest being shown by some new groups of professionals. We do not have the people to form any new presentation sub-committees, so we are asking for any interested parties to please come on out and see what we are doing. Fabulous service opportunity. Thank you for your service in AA – together we can do so much!

In Service,
 Lisa K.
 CPC Chair – Calgary.

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.

Intergroup Contacts

Intergroup Alternate Chair	cgigalterchair@gmail.com	Intergroup Chairperson	cgigchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	cgigtelmonitorchair@gmail.com
Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	cgig12steplist@gmail.com
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Banff Roundup Chair	cgigbanffchr@gmail.com	Intergroup Special Events	cgigevents@gmail.com
Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com		

Service Commitments

Treatment Facilities

May

June

Alpha House	Tuesday (7pm)	SMOG	Shipwreck at Sunset
Renfrew	Tuesday (7pm)	Daily Reflections	Northlanders
Renfrew	Wednesday (7pm)	Glenmore	Sunday Morning 11AM
Renfrew	Thursday (7pm)	Shipwreck at Sunset	ABC
Renfrew	Sunday (7pm)	Steps, Stories, and Beyond	Kincora
Centre of Hope	Monday (8pm)	Ogden	Haddon Road
Sunrise	Tuesday (8pm)	New Beginnings	Ogden

Sunday Morning Breakfast at the Ramada

May-05	Front Runners	Jun-02	Southwest Serenity
May-12	Action Group	Jun-09	
May-19	Go For It Group	Jun-16	
May-26	Daily Reflections	Jun-23	
		Jun-30	

Telephone Monitoring

April 29 - May 5	Airdrie Reflections	June 3 - 9	Go For It
May 6 - 12	Crossroads	June 10 - 16	Haddon Road
May 13 - 19	Ogden	June 17 - 23	New Beginnings
May 20 - 26	Kincora	June 24 - 30	Tuesday Morning Ladies
May 27 - June 2	Go For It		

We are currently looking for Groups to speak at and chair the Sunday Morning Breakfast Meeting at the Ramada on June 9th, June 16th, June 23rd, and June 30th. If your group is available, please contact cgigbrkfst@gmail.com.

A.A.'s Legacy of Service

By Bill W.

“Our Twelfth Step – carrying the message – is the basic service that the AA fellowship gives, this is our principle aim and main reason for our existence. Therefore, AA is more than a set of principles; **it is a society of alcoholics in action.** We must carry the message, else we ourselves can wither and those who haven’t been given the truth may die.” from page S1 of AA Service Manual.



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	April		May	
<p>NW Group</p> <p>Mayson E 1 year Rick R 1 year Craig J 23 years Brian S 31 years</p>	<p>Awakenings</p> <p>Kevin D 29 years</p> <p>Back From Hell</p> <p>Billie Sue 1 year Wayne U 1 year Terri S 3 years Keith S 3 years</p> <p>Forest Lawn</p> <p>Glen F 1 year Rob S 2 years Colin W 2 years Liz S 5 years</p> <p>New Beginnings</p> <p>Kristen R 1 year Wendy H 1 year Jenn T 7 years Joyce C 9 years Barb L 12 years Linda M 15 years Chris C 15 years Wendy S 16 years</p> <p>NW Group</p> <p>Neil W 2 years Barb C 4 years</p>	<p>Glenmore</p> <p>Chad 1 year Dawn B 1 year Paul C 1 year Marla 5 years Don W 8 years Susan W 10 years Rick C 15 years Claude 25 years</p> <p>McKenzie Towne</p> <p>Skip M 2 years Craig B 5 years Kyle A 7 years Kevin H 7 years Derrick M 8 years Les M 13 years David W 14 years Judy H 25 years Liz L 25 years</p> <p>Open Door</p> <p>Bea G 32 years</p> <p>Sunday Morning</p> <p>Andie 26 years Maria 3 years</p>	<p>Back From Hell</p> <p>Don N 1 year Ernie 4 years Murray B 5 years Dale C 28 years Mike S 42 years</p> <p>Malborough Park</p> <p>Brian F 12 years</p> <p>Inglewood</p> <p>George R 1 year</p> <p>Forest Lawn</p> <p>Lou C 6 years Chris G 11 years Laurie C 31 years Jackie N 32 years</p> <p>Getting There</p> <p>Brad D 1 year Shane C 5 years Nick M 8 years</p> <p>ABC</p> <p>Rick F 9 years Byron L 14 years Karen C 23 years Tim S 32 years</p>	<p>Action</p> <p>Keith S 6 years Bob B 24 years</p> <p>Tuesday Morn Ladies Group</p> <p>Gaye 12 years Marjorie 29 years</p> <p>Awakenings</p> <p>Deb W 3 Years Richard T 6 years Jen A 8 years</p>
<p>February</p> <p>NW Group</p> <p>Drew M 2 years Amanda K 3 years Shandra K 4 years Ed K 24 years</p> <p>Getting There</p> <p>Greg W 6 years</p>				
<p>March</p> <p>NW Group</p> <p>Matthew D 2 years Melissa M 4 years Rob H 4 years Dan L 6 years Derek C 9 years Doug H 25 years</p> <p>Glenmore</p> <p>Peter G 26 years</p>				