

The Westword is a monthly newsletter published by Calgary Intergroup

25 Cents
(suggested donation)

The deadline for submission for publishing in the Westword is the last Friday of the month.
Additions will not be made to the Westword after this date.



"Helping others is the foundation stone of your recovery"

If you are involved in AA there are probably few valid reasons why you shouldn't have your name on the 12th Step Call List. It doesn't cost anything, and in my experience it doesn't require a great deal of time, yet it can be such an important link in getting a suffering alcoholic to his or her first meeting.

Being involved on the 12 Step Call List covers two of the fundamental bases hammered home in AA — the Responsibility Statement which says "When anyone, anywhere reaches out for help, I want the hand of AA always to be there" and the principle of the 12th Step that says "practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

The 12th Step Call list is an important support document available to all AA members involved in telephone monitoring. When a call comes in to AA from a new (or potential) or existing AA member who wants more information on the AA program, the call monitor turns to the 12th Step Call list to have one of the members listed there talk to this individual. (Ideally if you have a year or more sobriety, fill out the form with pertinent basic contact information and you'll be on the 12th Step Call List.)

NOT A HEAVY LOAD

I have been on the 12 Step Call List for about four years and probably get one to three calls a year so again, in my experience, the workload isn't heavy. I don't know if I handle these calls properly, but I handle them the best I can.

Some people just want to talk about what AA is, how does it work, how long do I have to attend the program? Some people have asked me to decide if they are an alcoholic or not. I offer to get them a pamphlet with the 20 questions.

I remember meeting one man for coffee one night, who said he and his girlfriend may have a drinking problem because they get drunk every weekend, and the drinking was causing problems in their lives. Was he a drunk, and what is AA was all about? He seemed genuinely interested in my very

compelling explanation until eventually I mentioned the word God or the concept of finding a higher power. He then quickly finished his coffee and left saying he thought he would just try not drinking for a while.

Another young man was sober when I returned his call, but he knew he had to do something about his drinking and had never been to AA. It was a Saturday afternoon and I took him to his first meeting at the Garnet Block on 14th Street. It was a small, but usually good topic and discussion meeting. I got him a meeting list, a copy of the Big Book, urged him to read it, attend more meetings and call me again anytime. I never heard from him again.

A few times I have returned calls to people who are still actively drinking and probably quite drunk. They usually have a tearful story about how life isn't going well, I tell them they probably have a serious disease. I urge them, if they are serious, to stop drinking now, get sober, get their head clear and call me the next day and we'll get to a meeting. I don't believe I've had any call backs.

MEASURE SUCCESS

Some people might say I haven't had great success with 12th Step Calls, and yes it would be nice if everyone I talked to went forward and grasped the AA program. But as my friend Roger D. often says about the AA program, "you can lead a horse to water, and you can't make him drink, but you can salt the oats." Maybe I don't get these folks started on the steps, but maybe they hear something and the second or third time they speak to a 12th Step Call List member they are finally ready to take action.

And as my friend Don D. says after 30 years of active service in AA, he's had 100 per cent success with sponsees in AA, because he has stayed sober. So far I've had the same success with 12th Step Calls.

Lee H.
Intergroup Chair

There is a 12 Step Application at the back of this month's Westword. Please complete and return to your GSR or Central Office if you are interested!

Special Events!

Seniors in Sobriety 8th International Conference.

Sept 5th to 8th 2013.

For more info e-mail:

sandiegoSIS2013@gmail.com or visit

www.aasis2013.org

Hope & Unity Roundup

September 6th & 7th – Irricana

\$20 tickets; 5 speakers & 2 meals

Email: dan995@telus.net

54th Grande Prairie AA Roundup:

Sept. 6th, 7th, 8th 2013 \$30 for registration & banquet!

Call Barry for more information 780-876-1983

Ladies AA Thanksgiving Gala

October 5th 5 to 9 PM – The Danish Canadian Club, 727 11 AVE SW

Contact Calgary AA Central Office,

PH: 403-777-1212 Email: info@calgaryaa.org.

Public Information Committee!

Last Wednesday of the Month @7pm at Central Office!

Intergroup Sunday Morning Breakfast & Speaker Meeting

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

Breakfast at 9am Speaker at 10am

Contact Jim H cgigbrkfst@gmail.com

Don't Forget!

Archive Committee Meeting!

1st & 3rd Saturday of the month

10am at Central Office

Cooperation with the Professional Community

2nd Thursday of the Month @7pm at Central Office!

**Service Commitments
Treatment Facilities**

		July	August
Alpha House	Tuesday (8pm)	Daily Reflections	Ogden
Renfrew	Tuesday (7pm)	Primary Purpose	272 Group
Renfrew	Wednesday (7pm)	Out To Lunch	MAAT Group
Renfrew	Thursday (7pm)	Unity Group	Unity Group
Renfrew	Sunday (7pm)	Glenmore	Malborough Park
Centre of Hope	Monday (8pm)	Sunday 11AM Group	Primary Purpose
Sunrise	Tuesday (8pm)	Daily Reflections	

Sunday Morning Breakfast at the Ramada

Jul-07	Candlelight	Aug-04	West End Step & Trad
Jul-14	Ogden Group	Aug-11	Knox Knooners
Jul-21	Edgemont Group	Aug-18	Shipwreck at Sunset
Jul-28	Northlanders Group	Aug-25	Daily Reflections

Telephone Monitoring

July 1 - 7	Regal Group	August 5 - 11	Action Group
July 8 - 14	Shipwreck at Sunset	August 12 - 18	Ogden Group
July 15 - 21	S.M.O.G	August 19 - 25	Thursday Night Ladies
July 22 - 28	Dalhousie Men's	August 26 - September 1	Unity Group
July 29 - Aug 4	Candlelight Group		

Meeting Changes

New Meetings

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.

Haddon Road: "Sponsorship in Action" meeting. Thursday evenings from 7:30 to 9 PM.

Brocket AB: Thursdays 7:30PM, Open, Peigan Prevention Services Building

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

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**

Step 11: Sundays, Central **CANCELLED**

Meeting Changes

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

Whitesheep Men's Meeting. (C) THURS 8 pm, SW, MOVED now at Woodgreen Presbyterian Church, 12777 CANDLE CRESC SW, 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 NCFC, 4620A Bowness Rd. NW, new start time 8:15

Soberriders: Tuesday 8:30 PM meetings have been cancelled as of May 30th, 2013

Airport Group: Has moved to the Wildrose United Church, 1317 – 1 St. NW.

Recovery Group (changes start in July):

Monday to Friday: 7:30 PM
Saturday: 9:00 AM, 11:30 AM, 7:30 PM
Sunday: 7:30 PM

Thursday Night Ladies: Now meets in the Nursery Room upstairs, rear door, same address.

Walking Eagle: Temporarily Closed for renovations

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



HAPPY AA BIRTHDAY!

Remember! If you don't see your group listed, it is because we did not receive the information!
Please have your Birthday Chair submit the information by the last Friday of the month!

June	July				
<p>272 Group Shane 3 years Carol 4 years Rick W 4 years Ida 30 years</p> <p>McKenzie Towne Sara G 1 year Gail C 15 years John H 26 years</p> <p>New Beginnings Justine 1 year Sharla M 2 years Kristen M 3 years Kate B 3 years</p> <p>Forest Lawn Doug L 2 years Celeste R 2 years Heather 3 years Don H 4 years</p> <p>Candlelight Betty H 2 years Randy L 5 years</p> <p>Serenity for Quality of Life Yvette 10 years</p>	<p>Serenity for Quality of Life Jim C 32 years</p> <p>272 Group Christine 5 years Len 24 years</p> <p>Action Group Barb B 28 years Dorothy H 38 years</p> <p>Awakenings Group Bob H 2 years Amanda H 19 years Martin W 27 years</p> <p>Forest Lawn Lyle K 2 years Jason D 2 years Martin B 3 years Ann S 4 years Darren K 5 years Dan B 8 years Stu H 36 years</p>			<p>Ogden Tim M 4 years Ron M 4 years Cyndi E 5 years Cheryl H 7 years Al L 14 years Donna P 16 years Isabelle C 21 years Jenn S 21 years Don C 28 years</p> <p>Kincora Group Grant F 3 years</p> <p>Haddon Road Alan B 1 year Cheryl G 1 year David K 1 year Greg W 1 year Liana M 1 year Ryan J 1 year Cody B 2 years Michelle M 3 years Jennifer A 4 years Dan H 4 years Catherine S 8 years</p>	<p>Getting There Jim S 3 years Gail A 7 years Mike P 9 years</p> <p>Candle Light Stephan P 4 years Kelly R 7 years</p> <p>Sunday 11 AM Group Dennis D 10 years Phil D 25 years</p> <p>Back From Hell Ray F 38 years</p> <p>ABC Group Bev M 5 years Cindy P 16 years Dean C 20 years Marg L 34 years</p>

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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)