

# 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)



## Step 3

This was not easy for me, it was more than saying a prayer, it was a pause in my step work, I really needed to feel it before I moved on; I thought to myself, here's how God made this happen.

I had been financially bankrupt for 3 years, 1 year into the bankruptcy my girlfriend and I had a baby boy! A first for both of us, I was happy and scared at the same time. I never wanted to tell her about the bankruptcy for fear of losing them both. It was very hard to pay the bills and maintain my bankruptcy duties and keep it all a secret all at the same time, so I walked away from the bankruptcy- I knew that it was not too smart but I saw no other choice.

In my 3rd year of bankruptcy, which was also the 3rd year of our relationship, she left me. A month before she moved out, I came to AA, I believe that is how I earned any time with my boy at all, and fair time without going to court. I was happy with the time, but still angry with her, angry with debt, and angry with my whole life.

The anger became worse and worse every day. After 4 months in the program I started working the steps and got a sponsor. Writing them down and getting a really good understanding of myself, but I still wasn't buying into the God thing.

The CRA had been calling me to let me know my debts had been reinstated and I was out of bankruptcy, you are a hot topic with us and we are not likely to walk away from the 1/4 million dollars that you owe us. I told them I want to fix this, I'm an alcoholic, I've been in recovery for 4 months can you help me? I don't know what to do.

They said yes we can buy you some time, but you need to get back into bankruptcy, if they will take you back, it will cost you a lot. I said thank you.

The next day I called the bankruptcy people and told them the same story of being in recovery. They said first off we need \$1500 just to reopen your file, I managed to scrape that up and give it to them. Two weeks later they called me and said I needed to go to court, and to make that happen they needed \$3500. I felt they put me in another impossible situation. Within this time I was also done step 2, I didn't believe I had step 3.

Not knowing what to do but just keep working until payday. Payday came and when the boss delivered my cheque I just stuffed it in my pocket without a glance, expecting it to be the same as always. When I stopped at the bank to deposit the cheque I was shocked... there was exactly \$3500 extra on it! I called my boss to ensure there wasn't a mistake and he clarified, "nope! This is a bonus for the job we just did." SWEET! I didn't know I was getting a bonus! Thank you!

I went and paid bankruptcy and they set a court date. That really made me feel that I could trust God for the first time in my life. As I understand, God is not a man like I used to think, I'm not my own God, God's power is in me, just the same as God's power puts the sun in the sky. God is humility, God is patience, God is tolerance, God is understanding, God is self-sacrifice, God is forgiveness, God is HONESTY!

Absolutely convinced I was done step 3 and ready for step 4. – **Ryan P**

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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**Special Notes!****Grapevine Chair NEEDED****Job Duties:**

- Participate in the activities of their area's Grapevine committee
    - Announce the arrival of new magazines at the group
    - Encourage members to submit articles and illustrations
    - Explain how members can order their own subscriptions
- How to Get Involved? Email Susan at [slrobert08@gmail.com](mailto:slrobert08@gmail.com)

**Fort St. John Round Up!**

May 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>!

More information coming soon!

**Calgary Corrections Volunteers!**

Please see attached flyer or contact [yccorrections@gmail.com](mailto:yccorrections@gmail.com)

**SAVE THE DATE!  
EASTER EGG HUNT!**

Sunday April 20<sup>th</sup> 10am – 12pm

Nosecreek Park, Airdrie

Pancakes and Sausage provided for Easter Brunch!

For more info, call Linda (403) 615 5760 or Nancy (403) 399 6209

The poem below and cover page article were written by two of Calgary's many talented AA Members.  
If you have something to share, please email us! [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)

**A Prisoner of my Mind**

*Conceived in love, raised in hatred, handed to violence,  
Introduced as a young child to abandonment held in silence.*

*Misunderstood, caged, abused while living in fear,  
His mind and body become broken as years go by in the mirror.*

*This child/s hands bleed with the sound of breaking bones,  
While he builds his shielding wall of both rock and stones.*

*Hidden in the shadows he stands both cold and alone,  
His place of isolation, his protector, his home.*

*He will learn how not to love and to sabotage his dreams,  
For he will become his own creator of pure madness and screams.*

*Never the courage to look at himself in the eye's,  
No strength to his voice only just a stream of lies.*

*He enters a false reality driven to survive,  
But deep in his heart he knows he is barely alive.*

*A 1000 masks this little boy has learned to wear,  
Walking blind in the world now how could this be fair.  
Conditioned by others evolved into self-inflicting pain,  
So many silent tears have fallen some would consider it rain.*

*He discovers a way to numb and quiet these screams,*

*It is the WHITE GHOST TAKER of all, it is the devil in his dreams.*

*Days and nights blend as he drowns in sickness and despair,  
Consumed by suicide, rage, resentment and absolute no care.*

*The wall that had been built to protect him from others,  
Now stands against him... the devil has taken another.*

*He manages to escape for only brief moments in time,  
Only to fall back in the punishment does not yet fit the crime.*

*A sister that would pray for his death as he would too,  
To end his pain and suffering and all the things he would do.*

*Then the chance came an understanding was given,  
That some things aren't by choice and that his life IS worth living.*

*They spoke of a child that would grow up with no Dad,  
How selfish I have been trying to block out what makes me sad.*

*I could not see life for me but I become willing to try,  
For if I didn't there was a strong chance I was just going to die.*

*To open my eyes and see just what I had become,  
I'm forever wishing for these child's harms to come undone.*

*So you see FEAR has kept me from what I might find,  
So long as I remember today...  
I'm just a Prisoner of my Mind.*

- Vince G.

**New Meetings**

**The Garnet:** Saturdays, 3:00 PM, open, Step/discussion, 1609 – Centre St. NW, starts February 22 (01/2014)

**Living Lacombe Group:** Friday, 8:00 PM St. Patricks Parish Church, "Parish Office" door, Father Lacombe Room – 1414 Shawnessy Blvd. SW (01/2014)

**Soberiders:** Mondays 8:30 PM, open, Step discussion, Ogden House Senior Citizen Club, 2102 – 69 Ave. SE (01/2014)

**Namaste:** Sundays, 4:00 PM, closed, Step 11 discussion/silent meditation, Advent Lutheran Church, 11 Scenic Acres Gate NW (01/2014)

**A-Men:** Thursdays, 7:30 PM, closed, boardroom, Rocky Mtn Bible College, 4039 Brentwood Rd NW (02/2014)

**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**

**Meeting Cancellations**

**Centre of Hope:** Mondays, SE, **CANCELLED** (02/2014)

**Generation XII:** Wednesday NW **CANCELLED** (02/2014)

**Out of Town**

**Sundre:** Friday Night Ladies meeting **CANCELLED** (01/2014)

**Trochu:** Wednesday PM is **CANCELLED** (01/2014)

**Canmore:** Friday, Knock Turn All Group. **CANCELLED** (01/2014)

**Meeting Changes**

**District 77 Sunday Night Speaker:** Sundays, 8:00 PM, moved to Parkdale Community Centre, 3512 5<sup>th</sup> Ave NW (03/2014)

**Stamperders:** Saturdays, now meets at 3:00 PM, has moved to Rock Point Church, 12 Bow Ridge Drive NW (01/2014)

**Fun Seekers:** Monday to Friday, 12:00 noon, have moved to Parkdale Community Association, 3512 – 5 Ave. NW (01/2014)

**Sooner Than the Nooner Group:** Sundays, 11:00 AM, has moved to Parkdale Community Association, 3512 – 5 Ave. NW (01/2014)

**Homeward Bounders:** Monday to Friday, 5:15 PM, have moved to Parkdale Community Association, 3512 – 5 Ave. NW (01/2014)

**Go For It Group:** Daily, all meetings now meet at 7:00 AM, has moved to Bowness Seniors' Centre, 6422 – 35 Ave. NW (01/2014)

**Regal Group:** Thursdays, 8:00 PM, has moved to Renfrew United Church, 956 Radnor Ave. NE. (01/2014)

**Westend Step & Tradition:** Saturday, NW, moved to Foothills United Church, 3803 - 69 St. NW, use single door labeled "Food Bank" on south side (01/2014)

**Northlanders:** Mondays, NW, birthday meeting changed from the last Monday to the first Monday (01/2014)

**Out of Town**

**High River Afternoon Group:** Wednesdays, 1:30 PM, now meets at St Benedict's Anglican Church, 602 – 3 St. SW (01/2014)

**High River Meetings:** Wednesdays & Fridays, 8:00 PM, now meet in the Salvation Army Church, 117 – 2 Ave. SE (01/2014)

**Service Commitments**

			March	April
Alpha House	Tuesday	8:00 PM	Shipwreck at Sunset	Daily Reflections
Renfrew	Tuesday	7:00 PM	Unity Group	Ogden
Renfrew	Wednesday	7:00 PM	Back From Hell	Edgemont
Renfrew	Thursday	7:00 PM	Ogden	Saturday Morning Bridge
Renfrew	Sunday	7:00 PM	SMOG	New Beginnings
Sunrise	Tuesday	8:00 PM	Haddon Road	

Please note: Renfrew Speakers must have minimum 1 year sobriety.

**Sunday Morning Breakfast at the Ramada**

March 2	New Beginnings	April 6	Northwest Calgary Group
March 9	Ogden	April 13	
March 16	MAAT	April 20	
March 23	Northwest Calgary Group	April 27	SMOG
March 30	Steps, Stories, and Beyond		

**Telephone Monitoring**

March 3 - 9	Ogden	April 7 - 13	Daily Reflections
March 10 - 16	Unity	April 14 - 20	Northlanders
March 17- 23	Kincora	April 21 - 27	West End Step & Tradition
March 24 - 30	Candlelight	April 28 - May 4	Ogden
March 31 - April 6	ABC		



# 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.

If you do not have a homegroup and would like your birthday published, please email westwordeditor@gmail.com

January	March	
<b>Desperation Group</b> Lyle K 16 years Peter C 38 years	<b>Step Stories &amp; Beyond</b> Jon S 1 year	<b>Back From Hell</b> Linda G 3 years Crystal B 4 years Chrstine R 5 years Shona B 6 years Greg P 7 years Nick T 11 years Sandy B 12 years Chad M 18 years Danny L 20 years Brian J 23 years Nancy J 23 years
<b>February</b>	<b>Desperation Group</b> Abby R 6 years Tim M 15 years	<b>MAAT Group</b> Bruce B 6 years Judy B 28 years Linda L 29 years
<b>McKenzie Towne</b> Al D 2 years Amanada L 6 years Mark P 23 years Dennis F 28 years	<b>Glenmore Group</b> Thomas 1 Year Jason B 1 Year Jay D 1 Year Tom K 1 Year Jamie M 2 Years Andrea 3 Years Pat W 3 Years Nacey L 3 Years Trish 4 Years Lucas 4 Years Paige 5 Years Nicky S 6 Years Tayna S 7 Years Evelyn M 12 Years Lyle 19 Years Betty A 27 Years Gerry S 55 Years	<b>Action Group</b> David M 5 years
<b>Desperation Group</b> D'Arcy B 7 years Bernie D 37 years	<b>11 am Sunday Morning</b> Larry P 12 years Crawford 17 years Colleen H 25 years	<b>ABC Group</b> Jason H 1 year Doug G 1 year James D 5 years Murray L 25 years Garry M 33 years Rick M 33 years
<b>Forrest Lawn</b> Lonnie M 14 years Jim C 24 years	<b>Forrest Lawn</b> Dennis H 5 years Julie A 34 years Mike C 35 years	<b>Marlborough Park</b> Chris B 6 years

For information on Calgary AA, visit our NEW website!

[www.calgaryaa.org](http://www.calgaryaa.org)