

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)



An AA Member's Experience with Service and the 2014 Banff Roundup

Why are you sober? Wait... scratch that...

Why are you here? Why are you in this body, on this planet at this point in time? What's the end goal? What is God's will for you?

For me it's very simple, I am here to find happiness. That is my end game. I believe that happiness is part of God's will for me. That being said, happiness comes in many different forms from many different events and activities. I can honestly say that I am happiest when I am doing service work in Alcoholics Anonymous. Whether it's working directly with a new comer and taking them through the steps, setting up and chairing my home group or being part of the Banff Roundup committee.

The equation for my happiness in AA service work is very simple as well. I give my time and effort to AA and in return I get experiences, new relationships and a feeling of complete acceptance by my fellow man and most of all, God. The dividends are intangible, and yet, they are the best kind of dividend I have ever received.

2014 will go down in my own history book as the first major roundup that I ever attended. It was also the first Roundup that I was on the committee for. So the Banff Roundup this year was very, very special for me. From talking to other people (including my wife who is non-alcoholic), I was not the only person that felt the Roundup was an amazing experience. There is something to be said about going from laughter, to tears and back to laughter in a span of an hour (and then maybe some tears again).

There was something in the air on Roundup weekend - a buzz, a vibe, a feeling, an energy... God. To me, those inexplicable feelings and moments in my life is God. Those things I can't quite put my finger on. Things like deja-vu or the tingles down my neck & back when my morning prayer strikes a chord. God is that wink, that nudge, that gut feeling that I can't ignore, that clairvoyant thought that pops in my head when I am least expecting it. I have found that the more service work I do in AA, the more of these types of experiences I have. And the Banff Roundup was definitely one of those times.

There were times in my life where I was terrified to walk in a room of two or more people unless I was pie-eyed. Now I can calmly and humbly walk in to a room of 500 people and get in front of a microphone and speak. It's simply amazing what AA, a Higher Power, service work and the freedom from bondage of self has done for me.

I am finally starting to align my will with God's and look what happens, look what I get... happiness, experiences and true friends. Really, what that means is - I get a life. It honestly doesn't get any better than this for me. This is it. I have found my purpose.

So if you are ever struggling or want to get out of a funk - attend the Banff Roundup, join the Banff Roundup Committee or jump in to any service work possible. It works for me every single time.

Lots of love – Kyler!

Intro to Service Seminar!

May 31 2014 10 - 3pm!

St. Mark & St. Philip Anglican Parish
 1802 33rd Ave SW

\$8 - tickets can be purchased at the door or
 from your GSR!

See attached flyer for more information!

Calgary Corrections Volunteers Needed!

Please see attached flyer or contact
 vccorrections@gmail.com

*Read a poem written by Maggie B
 with 20 years inside this edition!*

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

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

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Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com		

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

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

Sunday April 20th 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

20 Years Ago

My life did seem so hopeless, some 20 years ago
I was beaten and defeated
And I felt I lost my soul.
I could not seem to see the light
My days were filled with fear and strife
Yes life did seem quite meaningless, some 20 years ago.

But just when all was dark and bleak
And I felt all alone,
I found the strength to speak aloud
What in my heart I'd known.
I was an alcoholic
Filled with guilt, remorse and shame
My life became a shambles
And the only one to blame
Was me and "old king alcohol"
A cunning baffling foe.
Yes life was very difficult, some 20 years ago.

A fifth of scotch my jailer
My thinking was insane
I said that I would beat this booze
Time and time again!
I was trapped inside a bottle
Escape I did not know
I was beaten by "king alcohol"
Some 20 years ago.
When the miracle did happen

I admitted my defeat
I joined the ranks of A&A
And the people I did meet
Were loving and supportive
Laying tools around my feet.
The tools spoke of discovery
The 12 Steps of Recovery
They were covered in a book
And at first, I feared to look
At all my flaws and all my fears
At that old life that brought me tears.
I wanted to retreat and hide
But AA stood there by my side
It held on tight, with all it's might
Until my willingness did flow
Yes life became quite HOPEFUL, some 20 years ago!

I learned that God is peace and love
And does not live in heav'n above
But in my heart and in my soul
And in the people I did know
He showed me how to thrive and grow
These 20 years or so.

I itemize my faults and fears
I share them with another
I ask God to remove those flaws
If they do harm my brother
I make amends

And at day's end,
I pray that God will guide me.
My faith prevails - He's always there
I feel His strength inside me.
He sends me people I can help
And guide them in their program
So they can heal and they can grow
And end the constant mayhem

The 12 steps of recovery
Are filled with much discovery
They show me how to "trudge the road"
They give me tools to ease my load
I have a happy destiny
And all that is required of me
Is open-minded honesty
And a willingness to grow.

It would have seemed im-poss-ible
To get from **there** to **here**
I would have said "**It can't be done!**"
"It's hopeless I do fear"
But 20 years have come and gone
And this is what I know.....
I am a walking miracle,
From 20 years ago!

New Meetings

Calgary South Health Campus: Wednesdays, 8:30 PM, Beginners, Open, 4448 Front Street SE, Room #180006 (04/2014)

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

Midnapore Group: Sundays, 8:00 PM, open, Step / Tradition, St. Mary's University, 14540 Bannister Road SE, West Entrance (04/2014)

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)

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 5th 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)

Recovery Group: All meetings changed to 8pm. (04/2014)

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

		April		May
Alpha House	Tuesday	8:00 PM	Daily Reflections	SMOG
Renfrew	Tuesday	7:00 PM	Ogden	
Renfrew	Wednesday	7:00 PM	Edgemont	NW Calgary Group
Renfrew	Thursday	7:00 PM	Saturday Morning Bridge	Harvest Hills Big Book
Renfrew	Sunday	7:00 PM	New Beginnings	Cochrane Thursday Mens
Sunrise	Tuesday	8:00 PM	Action	Ogden
South Calgary Hospital	Wednesday	8:00 PM	Haddon Road	Haddon Road

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

Sunday Morning Breakfast at the Ramada

April 6	Northwest Calgary Group	May 11	
April 13		May 18	
April 20		May 25	
April 27	SMOG		
May 4			

Telephone Monitoring

March 31 - April 6	ABC	May 5 - 11	Northwest Calgary Group
April 7 - 13	Daily Reflections	May 12 - 18	Kincora
April 14 - 20	Northlanders	May 19 - 25	SMOG
April 21 - 27	West End Step & Tradition	May 26 - June 1	Go For It
April 28 - May 4	Ogden		

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