

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)



TO RECEIVE ELECTRONIC COPY OF THE WESTWORD PLEASE EMAIL westwordeditor@gmail.com

Calgary Alcoholics Anonymous Central Service Office

#2, 4015 – 1 Street S.E.
Calgary, AB, T2G 4X7

Office hours:

Mon – Fri, 8:30am – 4:30pm,
Closed for lunch 1-2pm
Saturday, 9:00am – 1:00pm,
Closed holiday weekends

Telephone: (403) 777-1212

Phone answering service is
7x24

Email: centraloffice@telus.net

See www.calgaryaa.org for
Information, Up to date
Meetings and Events Schedule.

Please email or call us for any
changes to the meeting
schedule or to post in the
online calendar of events.

Check out the AA bookstore
at Central Office for: AA &
Grapevine Books, Pamphlets,
Committee Information, CD's
and DVD's, chips. Medallions.



INTERGROUP FAMILY CHRISTMAS POTLUCK & VISIT WITH SANTA!

SCARBORO UNITED CHURCH- 134 Scarboro Ave. S.W.

Saturday December 12th 2015 – 11am to 3pm

Kids Entertainment

Children's gifts

Santa Visit

Dinner



**R.S.V.P mandatory with your child's name, age,
phone # by November 12th no later.**

Please call or text Trish G 403-999-8885 or email

littletrish28@hotmail.com

***Volunteers and Potluck food donations
needed!!!!!!!!!!!!!!!!!!!!***

INTERGROUP CONTACTS:

Intergroup Alternate Chair	cgigalterchair@gmail.com	Intergroup Chairperson	cgigchair@gmail.com
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Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com		

MEETING CHANGES**New Meetings**

Forge Ahead Group: Wednesdays 8:30 pm, 303 Forge Road SW (AARC). Markin Centre Building – east entrance, Closed Step discussion (08/2015)

It Only Takes Two Group, Mondays, 8:30 pm, Open Step discussion, Ogden House Senior Citizen Club, 2102 – 69 Ave. SE (09/2015)

Mount Royal University meeting, Wednesdays, 5 PM, Closed, Discussion, Room Z11 (basement), Wyckham House, 4825 Mount Royal Gate SW. In session (September to April). (09/2015)

Out-of-town Group: There is a Solution, Fridays, 7:30 pm, Open, Big Book discussion, Community Shared Meeting Room #226 Main Level, Pincher Creek Health Centre, 1222 Bev McLachlin Drive, Pincher Creek A (09/2015)

Rule 62 Group, Thursday 8:00pm, Big Book Discussion, Downstairs, Crescent Heights Baptist Church, 1212 – 1 St NW (09/2015)

Meeting Changes

Eckville Group, Thursday Night (Out of Town) 8:00pm meeting changed to 7:30 (09/2015)

Meeting Changes (continued)

Haddon Road, Sundays 12:30 pm, southwest, no longer called “Haddon Road – I Am Eve”, just “Haddon Road”.

Midnapore Group, Thursday Step meeting has changed to Tradition meeting (09/2015)

NW Step and Tradition: Monday 8pm changed to Thursday 8pm at Dalhousie Community Church, 5511 Baroc Rd NW, Calgary (09/2015)

Peter Lougheed Hospital meeting, Tuesdays room 651, northeast, room changed to 652 (09/2015)

Rocky Mountain House Monday (Out of Town) group has changed time, day and location. It now meets on Tuesdays, so now “Rocky Mountain House Tuesday” at 7:30 PM in the First Christian Reformed Church, 1 mile south on Highway 11 (11/2015)

Springbank Tuesday, northwest, meeting place has new name: Westlife Church (10/2015)

Meeting Cancellations

Last Gaspers: Wednesday 9:30 am meeting CANCELLED (09/2015)

Soberiders. Wednesday Southeast CANCELLED (09/2015)

Springbank Thursday group CANCELLED (10/2015)

Thursday Night Drop In Centre Meeting CANCELLED (09/2015)

INTERGROUP ELECTIONS ARE COMING!

Intergroup positions come up for nominations and election at the November 9, 2015 Intergroup meeting. If you are interested, or know someone who would benefit from these various service opportunities, please attend the November Meeting. Positions include: Chairperson, Alternate Chairperson, Treasurer, Secretary, Public Information Chair, Telephone Monitoring Chair, Sunday Morning Breakfast Chair, WestWord Editor, Archives Committee Chair, and CGSC/Intergroup Liaison.

HAPPY BIRTHDAY!



All birthdays are entered as received. Birthdays are posted for the month past, and the current month of issue.

Deadline for submissions is the last Thursday of the month.

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

October				November
Awakenings	Forest Lawn	Haddon Road	New Beginnings	Awakenings
Katrina W 17 years	Becky C 2 years	Catherine I 1 year	Julith 1 year	Lee H 8 years
Back From Hell	Greg G 25 years	Amanda R 2 years	Billy R 3 years	Bev H 11 years
Mike L 1 year	Al F 30 years	Steve G 3 years	Melody F 9 years	Getting There
Nathaniel D 1 year	Getting There	Brittany B 4 years	Kevin S 12 years	Jeff L 15 years
Laurie A 2 years	George H 6 years	9 years	Lavonne D 13 years	MAAT Group
Duane M 6 years	Glenmore Group	Mariam A	Gail W 20 years	Mike H 2 years
Rick D 6 years	Bruce 1 year	Jason T 10 years	Richard O 23 years	Midnapore
Michelle F 8 years	Hilary 1 year	Lynne 14 years	Ogden Group	Garrett G 2 years
Collen B 9 years	Kate 1 year	Harmony Group	Andrew P 1 year	Trayce S 2 years
Jody Q 10 years	Joanne 2 years	Trish G 5 years	Michelle G 1 year	Monte G 9 years
Ron O 12 years	Trevor 2 years	Inglewood Group	Deb D 4 years	Dolly S 31 years
Stacey P 28 years	Carla 3 years	Lynda H 24 years	Don P 6 years	Recovery Group
By The Book Group	Sarah 3 years	Langdon BYOC	Kris M 7 years	Linda S 5 years
John 1 year	Neal 5 years	Andy B 8 years	Chuck C 9 years	Linda G 18 years
Desperation Group	Elise 6 years	MAAT Group	Open Door	Steps Stories
Caesar O 13 years	Heather 6 years	Charlene S 11 years	Andy D 4 years	& Beyond
Danny O 14 years	Tamara 6 years	Marlborough Group	Recovery Group	Penny J 5 years
Tim H 34 years	Mike 8 years	Glen F 33 years	Jim D 1 year	Bill P 9 years
Edgemont Group	Janine 13 years	Midnapore Group	Louise M 26 years	Buddy B 11 years
Susan L 4 years	Deb 25 years	Carrie P 1 year	Tuesday Morning	Whitesheep
Bob C 10 years		Kyle A 1 year	Ladies	Zack F 4 years
		Maury P 5 years	Irene B 42 years	Mike H 7 years
		Nick H 5 years		Rich W 24 years
		Jane M 24 years		Tom R 34 years
				Doug W 36 years

LIST OF EVENTS

DATE	EVENT	More Info
November 7 (Saturday) Aberdeen Hall, 8 km east of Innisfail on Hwy 590	<u>Innisfail Beef Supper</u>	Supper at 6pm. Meeting at 8pm. Cost \$15/person, \$5/youth (12 and under)
November 7 (Saturday) Holy Cross Parish Hall 2517 – 3 rd Avenue, Fort Macleod, AB	<u>Fort Macleod Sunnyside Group Alcoholics Anonymous Annual Rally</u>	Registration \$15, from 11:15am – noon. Open face buns and bites, meetings noon – 5:00pm, dinner 5:20pm, speaker after dinner.
November 13-15 (Friday-Sunday) Camp Horizon at Bragg Creek	<u>In the Fellowship of the Spirit 14th Annual Big Book Study</u>	Tickets \$160/person. Ticket includes accommodation (bring own bedding), coffee, snacks, meals
November 28 (Saturday) St Mark and St Philip Anglican Parish, 1802 – 33 Ave SW	<u>Introductory to Service Seminar</u>	9am-2pm, \$5, lunch included, limited tickets at door, For more info, call Central Office at 403-777-1212.
December 12 (Saturday) Scarboro United Church, Calgary	<u>Intergroup Christmas Potluck</u>	11am-3pm, kids entertainment and gifts, Santa visit, turkey dinner
January 30, 2016 Parkdale Community Centre, Calgary	<u>District 77 Roundup</u>	\$35 registration and dinner, \$15 registration, starts at 9am. Details to follow.
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November 13-15 (Friday-Sunday) Camp Horizon at Bragg Creek	<u>In the Fellowship of the Spirit 14th Annual Big Book Study</u>	Tickets \$160/person, deadline to buy tickets is October 31. Ticket includes accommodation (bring own bedding), coffee, snacks, meals
November 26-29 (Thursday-Sunday) Westgate Resort and Casino 3000 Paradise Road Las Vegas, Nevada, US 89209	<u>49th Annual Las Vegas Roundup</u>	AA Convention with Alanon participation, speakers, banquet, golf tournament, dances, fellowship, brunch, early registration \$35 US
December 12 (Saturday) Scarboro United Church 134 Scarboro Ave SW, Calgary, AB	<u>Intergroup Christmas Potluck</u>	11:00am – 3:00pm, Kids entertainment, children's gifts, Santa visit, dinner, volunteers and food donations needed.
December 12 (Saturday) Balzac Community Hall, Balzac, AB	<u>District 86 13th Annual Christmas Dinner and Dance</u>	Doors open at 5, Dinner at 6, Tickets are \$20. Santa and kids' corner, dance to follow.
December 24 (Thursday) Deerfoot Inn and Casino 11500 – 35 Street SE Deerfoot Trail at Barlow Trail South, Calgary, AB	<u>Christmas Eve Breakfast</u>	8:00am-11:00am, doors open at 7:30am, breakfast starts at 8:30, open mike sharing at 9:30, tickets \$30, can be purchased in advance at Central Office
January 30, 2016 (Saturday) Parkdale Community Centre 3512 – 5 Ave NW, Calgary, AB	<u>District 77 Roundup</u>	9am – 10pm, Registration & dinner: \$35/person, Registration only \$15/person, dinner at 5:00pm

The November 2015 Issue Has Arrived!

This month's special section features stories about relationships in sobriety

Each November, we feature stories of experience, strength and hope from our Grapevine Story Archive. If you haven't explored our wonderful deep well of stories, which dates back to 1944 and holds many of Bill W.'s essays, please visit www.aa Grapevine.org. This month we feature special selections from our new book, *Forming True Partnerships*, about the ways AA members use the program to improve relationships in sobriety. In the story "[Me & You & AA](#)," a member gets closer to her program after a tough breakup in the rooms. Angry and resentful at her coworkers, a woman finds the AA tools to help her in "[It Works at Work](#)." In the humorous tale "[Let's Get a Divorce!](#)" a crazy newcomer husband learns to communicate with his wife again. And a sober daughter finds love and forgiveness for the mother who gave her away in "[A Box of Pears](#)."

You can find these stories and many more on the AA Grapevine Web site.

[To listen to these stories, click here.](#)



**We'd like to Thank you
The AA Community and
The Friends of AA, for
making Our Pioneers
Dinner & 70th
Anniversary of Our
Fellowship such a great
success.**

**From The Calgary
Intergroup Archives
Committee**

Introductory to Service Seminar

Saturday November 28th 2015 - 9:00am to 2:00pm



**St. Mark & St. Philip Anglican Parish
1802 - 33rd Avenue S.W.
(Lower Hall - entrance from main door on 17th Street S.W.)**

Groups Doing Service Commitments In November and December

Treatment Facility	AA Group - November	AA Group - December
Renfrew Tuesday	MAAT	Saturday Morning Bridge
Renfrew Thursday	Northlanders	McKenzie Towne
Renfrew Sunday	ABC	New Beginnings
Sunrise	Midnapore	SMOG
Alpha House	New Beginnings	MAAT
Dream Centre		
C.S.H.C. (Hospital) - last Wed.	McKenzie Towne	

Telephone Monitoring Dates	AA Group
November 2-8	Airdrie Reflections
November 9-15	Northlanders
November 16-22	ABC
November 23-29	Ogden
November 30 - December 6	Thursday Night Ladies
December 7-13	Go For It
December 14-20	NW Calgary Group
December 21-27	
Dec 28/15 - Jan 3/16	

Big Book Studies

“The Joe and Charlie Way”

There is a new Big Book study at Haddon Road Tuesday nights 7:30pm – 9:00pm begun on October 13th. It runs for 10-12 weeks, and is presented by Chris H and Glenn B.

“The Cowboy Ray Way”

There is a Big Book study at Haddon Road Sundays 2:00pm –4:00pm beginning on September 13th, 2015. It runs until December 13th 2015, Please bring a Big Book, a highlighter, a note book and an open mind. Big books can be purchased at the meeting. For any questions, please contact Steve at 403-889-5240.



Whitesheep AA Men's Group Hosts the
19th Annual
Christmas Eve Breakfast
December 24th at the
Deerfoot Inn & Casino
11500 - 35 Street SE - Deerfoot Trail at Barlow Trail S.
8:00 -11:00 AM.
Doors open at 7:30 AM
Breakfast starts at 8:30 – Open mike sharing @ 9:30
Family & Friends Welcome
Tickets \$30.00 each – Available @ AA Central Office 403-777-1212
For more information contact
Calgary Central Office at 403-777-1212

Step 11 & Tradition 11

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying *ONLY* for knowledge of His will for us, and the power to carry it out.

From February 9th, Daily Reflections

GETTING THE “SPIRITUAL ANGLE”

How often do we sit in AA meetings and hear the speaker declare, “But I haven’t yet got the spiritual angle.” Prior to this statement, he has described a miracle of transformation which has occurred in him – not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; “...except that he doesn’t seem to know it yet!” We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

THE LANGUAGE OF THE HEART, p275

A spiritual experience can be the realization that a life which once seemed empty and devoid of meaning is now joyous and full, In my life today, daily prayer and meditation, coupled with living the Twelve Steps, has brought about an inner peace and feeling of belonging which was missing when I was drinking.

From ALCOHOLIC ANONYMOUS, p85-88 on Step 11

..On awakening, let us think of the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest, or self-seeking motives. Under these conditions, we can employ our mental faculties with assurance, for after all, God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives...

Tradition 11 – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

From November 27th, Daily Reflections

THE PERILS OF THE LIMELIGHT

In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world – a society which said it wished to publicize its principles and its work, but not its individual members. The press was delighted with this attitude. Ever since, these friends have reported A.A. with an enthusiasm which the most ardent members would find hard to match.

TWELVE STEPS AND TWELVE TRADITIONS, p182

It is essential for my personal survival and that of the Fellowship that I not use A.A. to put myself in the limelight. Anonymity is a way for me to work on my humility. Since pride is one of my most dangerous shortcomings, practicing humility is one of the best ways to overcome it. The attraction created by my changing attitudes and my altruism contributes much more to the welfare of A.A than self-promotion.

From ALCOHOLIC ANONYMOUS, p565 (Tradition 11 long form)

Our relations with the general public should be characterized by personal anonymity. We think A.A ought to avoid sensational advertising. Our names and pictures as A.A members ought not be broadcast, filmed or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.