

THE WESTWORD

25 Cents

(suggested donation)



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.

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–5:00pm,
 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.**

**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**

| CENTRAL SERVICE OFFICE Holiday Closures | |
|---|--------|
| Christmas Day, Dec. 25, Friday | Closed |
| Boxing Day, Dec. 26, Saturday | Closed |
| Monday, December 28 | Closed |
| New Year's Day, January 1, Friday | Closed |
| Saturday, January 2 | Closed |
| ** Otherwise normal office hours are in effect ** | |

Intergroup Contacts:

| | | | |
|--------------------------------|---------------------------|----------------------------|-------------------------------|
| Intergroup Alternate Chair | cgigalterchair@gmail.com | Intergroup Chairperson | cgigchair@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 | | |

MEETING CHANGES**New Meetings**

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)

Recovery Group: new meeting, 10:00 pm Fridays, Closed discussion. (11/2015)

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

Meeting Changes

19th Hole Group: Tuesdays southwest, is changing their start time from 8:30 pm to 8:00 pm effective January 5

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

Haddon Road, Sundays 12:30 pm, southwest, no longer called "Haddon Road – I Am Eve", just "Haddon Road". (09/2015)

Meeting Changes (continued)

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)

Southlanders Pancake, southeast, Friday Beginners meeting only is Open. Monday & Wednesday are Closed (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)

Plain Language Meeting: Mondays, southwest, has been cancelled. (11/2015)

Red Sash Group: Sundays, , started recently in northeast, has been cancelled. (11/2015)

Soberiders. Wednesday Southeast CANCELLED (09/2015)

Springbank Thursday group CANCELLED (10/2015)

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

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

| November | | | December | |
|-------------------------|------------------------|-----------------------------------|-------------------------|-------------------------------|
| ABC Group | Getting There | New Beginnings (cont) | ABC Group | Link Group |
| Lisa K 7 years | Jeff L 15 years | Alison R 13 years | Darmody M 13 years | Jack M 11 years |
| Alex P 21 years | Haddon Road | Sandy D 18 years | Mel S 51 years | Jason M 31 years |
| Marsh C 37 years | George Mc 5 years | Jayne R 23 years | Awakenings Group | Marlborough Group |
| Awakenings Group | Rick A 11 years | Ellen Mc 33 years | Steve J 1 year | Ed D 34 years |
| Lee H 8 years | Kevin G 11 years | Recovery Group | Don B 5 years | Midnapore Group |
| Bev H 11 years | Irene R 27 years | Karen W 1 year | Rudy N 25 years | Kristy M 1 year |
| Back From Hell | John M 31 years | Linda S 5 years | Back From Hell | Tyler B 1 year |
| Jenny G 1 year | MAAT Group | Linda G 18 years | Tamara G 1 year | Kim K 4 years |
| Holly T 3 years | Mike H 2 years | Steps Stories & Beyond | Ryan Y 2 years | Daryl 5 years |
| Shane F 7 years | Midnapore Group | Penny J 5 years | Frank B 5 years | Dave G 8 years |
| Doug F 9 years | Garrett G 2 years | Bill P 9 years | Paulina M 5 years | Dwayne V 8 years |
| Jessica Z 11 years | Trayce S 2 years | Buddy B 11 years | Rod L 29 years | NW Step & Traditon |
| Pam S 12 years | Monte G 9 years | Whitesheep Group | Forest Lawn | Ron A 42 years |
| Javed 15 years | Dolly S 31 years | Zack F 4 years | Helmit 40 years | Recovery Group |
| Mike G 18 years | New Beginnings | Mike H 7 years | Merle C 41 years | Irene R 27 years |
| Edgemont Group | Alexia 1 year | Rich W 24 years | Glenmore Group | Deb C 29 years |
| Trev 1 year | Laara Z 1 year | Tom R 34 years | Kate 1 year | Sharon B 29 years |
| Steve G 5 years | Cian 2 years | Doug W 36 years | Rob 2 years | John R 30 years |
| Terry D 7 years | Maria 2 years | | George 5 years | Whitesheep Group |
| Jay M 10 years | Mary I 2 years | | Don 5 years | Derrick S 2 years |
| Ken F 10 years | Aron 5 years | | Robert 11 years | Dave F 4 years |
| Fran M 17 years | Bill T 11 years | | Lanny 26 years | Roger P 37 years |
| Marilyn L 19 years | Margrit 11 years | | Tim 38 years | Ian M 44 years |

REQUEST FOR VOLUNTEERS

The Corrections Committee of Calgary Intergroup needs help. Remand Center needs men for the Thurs meeting. CYOC needs men and women for the Sunday meeting. Please contact, Jim C for more info on clearance at 403-264-0712.

I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

LIST OF EVENTS

| DATE | EVENT | More Info |
|---|---|--|
| 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 12 (Saturday) Foothills United Church, 3803 69 Street NW, Calgary | <u>Christmas Potluck by West End Step and Tradition Group</u> | 6pm – 8pm, bring your favourite recipe, and try someone else's, great food & fellowship, bring the whole family, meeting to follow |
| December 16 (Wednesday) First Mennonite Church basement 2600 Richmond Road SW | <u>Action Group Annual Festive Season Open Gratitude Meeting</u> | Refreshments and Fellowship to follow |
| December 19 (Saturday) 200 Haddon Road SW | <u>Haddon Road Annual Christmas Party</u> | 1pm – 5pm, potluck, live music, special guests – Santa Claus/Father Christmas, volunteers welcome |
| December 24 (Thursday) Deerfoot Inn and Casino 11500 – 35 Street SE Deerfoot Trail at Barlow Trail South, Calgary, AB | <u>Whitesheep 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 |
| December 24 and 25 (Thursday night and Friday) 4820 Macleod Tr South, Calgary | <u>Christmas at Recovery Group</u> | 7-10pm Christmas eve. 11am-9pm Christmas day. Refreshments provided. Bring potluck. |
| December 24 and 25 (Thursday night and Friday) 1609 Centre Street NW (lower level) | <u>Garnet Block Alcathon</u> | December 24 from 7pm-??, December 25: 10am-10pm , Potluck 4-5:30pm, meetings, fellowship and food, parking in back |
| December 31 (Thursday) Pembroke Community Hall 6100 – 8 Ave SE, Calgary | <u>Steps Stories & Beyond New Year'ss Dinner & Dance</u> | Doors open at 5:30pm, Dinner at 7:00pm, speaker at 8:30pm, dance to follow. Speaker Randy M from Medicine Hat., all desserts by potluck will be greatly appreciated. |
| 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 |
| February 13, 2016 (Saturday) 4720 50 th Street, Taber Civic Center, Taber | <u>A.A. Taber Group 60 Anniversary</u> | Registration opens at 10am. Registration and Banquet \$25, Registration Only, 7 th Tradition, Banquet 5-6pm wit speaker afterward. |
| March 4-6, 2016 (Friday – Sunday) Banff Park Lodge, 222 Lynx Street Banff, AB | <u>Banff Roundup 2016</u> | Alberta Hotel Reservations, 1-403-762-4433, website banffroundup.com, more info to follow |

Edgemont Group will be open for their regular meeting on December 25th.



4TH ANNUAL DISTRICT 77 ROUNDUP

SATURDAY JANUARY 30, 2016
 PARKDALE COMMUNITY CENTRE
 3512 - 5th Ave NW Calgary

- 9:00 - 10:00 REGISTRATION
- 10:00 - 11:30 SPEAKER *Jim G (Edmonton)*
- 12:00 - 1:00 LUNCH (7th Tradition)
- 1:00 - 2:30 AL-ANON SPEAKER *Mary R (Spruce Grove)*
- 3:00 - 4:30 SPEAKER *Tom R (Spruce Grove)*
- 5:00 - 6:30 DINNER AND COUNTDOWN
- 7:00 - 8:30 BANQUET SPEAKER *Marty J (Richmond, BC)*

\$35 Registration & Dinner
 \$15 Registration

Tickets may be purchased from your G.S.R., Intergroup Rep or from Central Office (Credit Card accepted)



Contact Information: Marilyn L. 403-239-4923
 Jim C. 403-288-6883



STEPS STORIES & BEYOND

6th ANNUAL

NEW YEARS DINNER & DANCE

WHEN: Thursday, December 31, 2015

WHERE: Pembroke Community Hall

6100 - 8 Ave SE

Doors open at 5:30 p.m. Dinner at 7:00 p.m.

Speaker at 8:30 p.m. Dance to follow.

Speaker: Randy M from Medicine Hat, Ab (27 yrs. Sobriety)

The fellowship of all members, their families (including children)

and friends are most Welcome!

Buddy @ 403-285-9258 OR Nate @ 403-830-5086

^^ All desserts by potluck will be greatly appreciated ^^

BASED ON 7th TRADITION

**END OF YEAR
 REMINDER...**

"Self-support begins with me, because I am part of us — the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A." Pamphlet F3 – Self Support - Where Money and Spirituality Mix
Tradition 7 contributions to CGSC, CGIC, and Area can be made at Central Office, 4015 - 1 Street SE.

The December 2015 Grapevine Issue Has Arrived!

This month's special section features stories by members who found that service is the best recipe for a peaceful, joyful holiday.

The holidays are a time for fun, fellowship, joy and laughter. But they also can be stressful, especially for newcomers. Thanks to AA, we now have great tools to help us navigate the month of December—tools to help us not pick up that first drink, to keep our expectations in line and, most importantly, to reach out to others. This month, we feature stories by members who found that service is the best recipe for a peaceful, joyful holiday.

A newcomer was excited to get her 30 days sober, but how was she ever going to face the upcoming holidays? Find out in "The Big Three!" A man who takes meetings into prison gets a beautiful unexpected Christmas Day gift in "The Best Present in Years." In the story "Desperate on New Year's Eve," a man, down in the dumps on one of the year's biggest drinking days, learns to reach out to save his sobriety. And a member who once used to end up drunk under the Christmas tree finds that pitching in to help is the best way to enjoy the holidays in "6 Magic Words."

Groups Doing Service Commitments In December and January

| Treatment Facility | AA Group - December | AA Group - January |
|--------------------|-------------------------|---------------------|
| Renfrew Tuesday | Saturday Morning Bridge | Go For It |
| Renfrew Thursday | McKenzie Towne | Recovery |
| Renfrew Sunday | New Beginnings | NW Step & Tradition |
| Sunrise | SMOG | Primary Purpose |
| Alpha House | MAAT | Shipwreck |
| Dream Centre | Daily Reflections | MAAT |

| Telephone Monitoring Dates | AA Group |
|----------------------------|-----------------------|
| Nov 30 - Dec 6 | Thursday Night Ladies |
| December 7 - 13 | Go For It |
| December 14 - 20 | NW Calgary Group |
| December 21 - 27 | Recovery |
| January 4 - 10 | |
| January 11 - 17 | Ogden |
| January 18 - 24 | The Link Group |
| January 25 - 31 | |

| Sunday Breakfast at Ramada | AA Group |
|----------------------------|-------------------------|
| December 6 | Recovery |
| December 13 | Shipwreck @ Sunset |
| December 20 | Harmony |
| December 27 | Steps, Stories & Beyond |
| January 3 | Recovery |
| January 10 | Edgemont |
| January 17 | |
| January 24 | |
| January 31 | Shipwreck @ Sunset |

Big Book Studies

"The Joe and Charlie Way"

There is a Big Book study at Haddon Road Tuesday nights 7:30pm – 9:00pm begun on October 13th. It continues to run through December, 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 begun 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.

"At Sheldon Chumir Centre"

There is a Big Book study at Sheldon Chumir Centre, 1213 - 4 Street SW on Monday nights 7:00pm – 9:00pm on the 3rd floor. It runs every Monday (also through December), and will begin a new study on December 21st.



Action Group

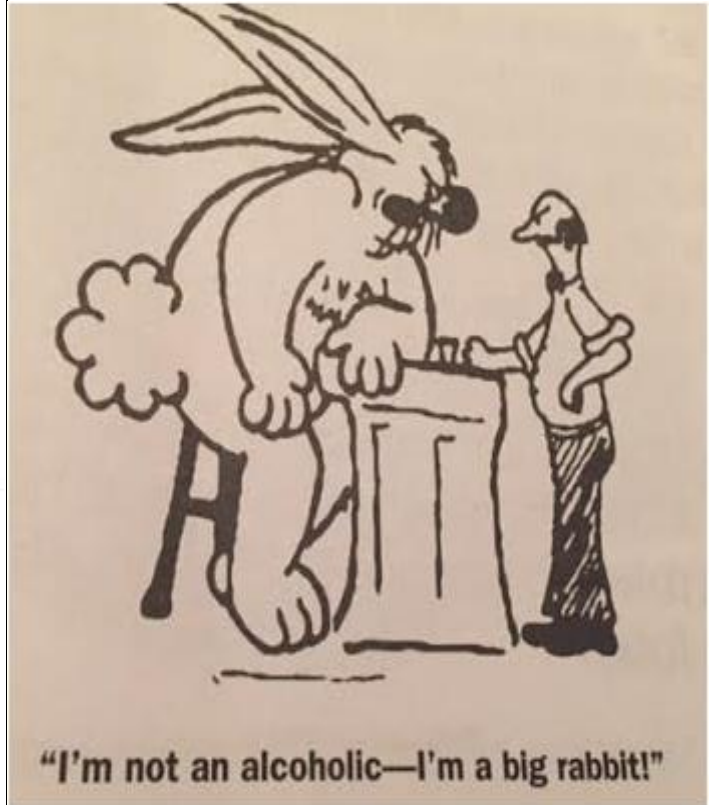
*Invites you to our
annual festive season,*

OPEN GRATITUDE MEETING

Wednesday, December 16th at 8:00 p.m.

First Mennonite Church Basement
2600 Richmond Road SW

Pot Luck Refreshments & Fellowship to Follow



Step 12 & Tradition 12

Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

From Twelve Steps and Twelve Traditions, p106,p107,p109

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs...

When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself...

Now, what about the rest of the Twelfth Step? The wonderful energy it releases, and the eager action by which it carries our message to the next suffering alcoholic and which finally translates the Twelve Steps into action upon all our affairs is the payoff, the magnificent reality, of Alcoholics Anonymous...

Tradition 12 – Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

From Twelve Steps and Twelve Traditions, p184

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.

From November 25th, Daily Reflections

A POWERFUL TRADITION - In the years before the publication of the book, "Alcoholics Anonymous", we had no name... By a narrow majority the verdict was for naming our book "The Way Out."... One of our early lone members...found exactly twelve books already titled "The Way Out."... So Alcoholics Anonymous" became first Choice. That's how we got a name for our book of experience, a name for our movement and, as we are now beginning to see, a tradition of the greatest spiritual import.

"A.A. Tradition: How It Developed", pp. 35-36

Beginning with Bill's momentous decision to Akron to make a telephone call rather than a visit to the hotel bar, how often has a Higher Power made itself felt at crucial moments in our history! The eventual importance that the principle of anonymity would acquire was but dimly perceived, if at all, in those early days. There seems to have been an element of chance even in the choice of a name for our Fellowship.

God is no stranger to anonymity and often appears in human affairs in the guises of "luck," "chance," or "coincidence." If anonymity, somewhat fortuitously, became the spiritual basis for all of our Traditions, perhaps God was acting anonymously on our behalf.
