

SUGGESTED 25¢ DONATION



THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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

Calgary Alcoholics Anonymous Central Service Office

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Office hours:

Mon–Fri, 8:30am–5:00pm
Closed for lunch 1-2pm
Saturday, 9:00am–1:00pm
Closed holiday weekends

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Answering service is 7x24

Email:

centraloffice@telus.net

See www.calgaryaa.org for
up-to-date Information,
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,
etc

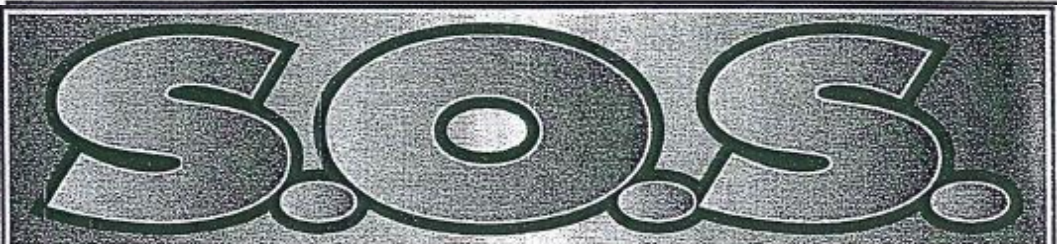
No, you aren't seeing double. This edition of the Westword is reprinting the headliner of the 1996 Westword. Why? Because our AA Central Office is currently dealing with the same financial hardships that existed in 1996. This headliner sums up the difficult situation that Central Office is currently dealing with in a way that is worth more than a re-print. It is worth some sober thought from all of us. The only inaccurate information on the 1996 article is that the rule of thumb split is different now. The current "rule of thumb" for Calgary donations is a -50 -30 -10 -10 split: 50% to Intergroup, 30% to Calgary General Service Office, 10% to Area, 10% to GSO (New York). Otherwise the article is relevant for today.

Please read below about what is going on, and contact your Steering Committee or Central Office for more information.
-Your Intergroup Steering Committee



CALGARY CENTRAL OFFICE

#2, 4015 – 1st Street S.E., Calgary, Alberta T2G 4X7 (Access off 39th Avenue by the LRT station) ph. 777-1212



Calgary's AA Central Office needs our help... NOW!

Group donations have fallen to an all-time low. On numerous occasions over the past 3 years, Central Office has needed to cash in term deposits held in the prudent reserve just to pay their bills. These funds have not been replaced. The prudent reserve now stands at a mere \$5,000. The average monthly operating expenses of Central Office are \$4,000. At the current rate of group donations, the doors to our Central Office could conceivably be closing as soon as January, 1997.

Operating expenses have already been cut to the bone. In the past 4 years, your steering committees have kept expenses at virtually the same dollar amount. This is quite an accomplishment considering national cost-of-living increases and the depressed Canadian dollar.

The Calgary AA Central Office represents part of the vital Third Legacy – **UNITY** – for our Calgary area groups. It provides the services of the 24 hr. crisis phone line, availability of all Conference approved literature and tapes, as well as meeting facilities for all branches of AA service.

It is a critical state of affairs. We can no longer "loll in the Florida sunshine..." complaining about the sad state of the nation. **Immediate and sustained action** is required if we wish to keep our Central Office open.

At the Group level:

The financial well-being of the AA Group must, and of course, comes first. However, stressing of the 7th Tradition at business meetings and following the suggested donations of group funds which exceed their prudent reserves (usually 3 months group expenses) –

are good starting points. The "rule of thumb" for donations is a "60 -30 -20 split": 60% to Central Office, 30% to G.S.O. (New York), 10% to the Area Committee. For those groups who can afford it, a regular monthly or bi-monthly donation schedule is recommended.

At the Individual level:

These are questions I can ask myself to be sure I'm part of the solution, not part of the problem:
Am I contributing regularly to the 7th tradition basket – at every meeting I attend? Am I being miserly... putting in only a loonie when I could easily afford \$2? Could I put a little more in the basket on behalf of the new guy who can't afford it yet? Do I skip the basket, but go out for coffee at a restaurant afterwards? Do I judge my donation by the quality of the meeting? How generous was I when tanked in a barroom? How important in my sobriety is the feeling of self-respect, rather than the feeling of being always under obligation for charity received? Honestly now, do I do all I can do to help AA (my group, my central office, my GSO) remain self-supporting?

At the Central Office level:

Unfortunately, if group donations continue to decline, drastic measures may have to be taken. The members of the Intergroup Steering Committee are currently considering such measures as raising the price of AA literature and charging a nominal subscription rate (15¢/copy) for the Westword.

And, thank you for doing all that you can.

— Intergroup Steering Committee

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.

Intergroup Contacts:

Intergroup Alternate Chair	cgigalterchair@gmail.com	Intergroup Chairperson	cgigchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	cgigtelmonitorchair@gmail.com
Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	cgig12steplist@gmail.com
Westword Editor	westwordeditor@gmail.com	Intergroup Secretary	cgigsecretary@gmail.com
Calgary Central Office	centraloffice@telus.net	Intergroup Treasurer	cgigtreasurer@gmail.com
Banff Roundup Chair	cgigbanffchr@gmail.com	Intergroup Special Events	cgigevents@gmail.com
Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com		

Meeting Changes

NEW MEETINGS:

Garnet Block, new open BB study meetings every Tuesday and Thursday at 1:30 pm at 1609 Centre St NW (Sept/16)

Okotoks Sunday Morning Breakfast Meeting: meets only on the last Sunday of every month at Denny's Restaurant (lounge) in Okotoks, 8:00am Breakfast, 9:00am speaker (Sept/16)

MEETING CHANGES:

Cochrane Rounders, Fridays Out-of-Town, 8 pm, has moved again from the Spray Lakes Sawmills Family Sports Centre to Frank Wills Memorial Hall at 405 – 1 St. E, Cochrane. (Aug/16)

Cochrane Thursday Men's Group has moved to All Saints Anglican Church, 404 – 4 Ave. N, in the rectory building. Time remains the same. (June/16)

Langdon BYOC will be moving to #11 Center Street, Langdon, AB, across from Tim Hortons (Sept/16)

Mustard Seed Group, Mondays, northwest, time is now 8:00pm - changed from 8:15pm (Apr/16)

Nanton Monday Group has moved to the Nanton United Church (basement), 2121 – 21 Street, Nanton. Everything else the same. (Oct/16)

ODAT Group (Mondays southeast) will be moving from the Forest Lawn United Church to the Eastside Victory Outreach Centre, 1840 – 38 St. SE. Nothing else changes. (Aug/16)

Shipwreck at Sunset, Fridays southwest, 9:30 pm, has moved from Central United Church to Hillhurst United Church, 1227 Kensington Close NW, side door, gymnasium. (July/16)

SMOG Group, Monday, northwest, has been changed to a Step/Tradition meeting with a speaker meeting on the last Monday of the month, note that meeting used to be Speaker/Discussion meeting (June/16)

Sunday Morning Breakfast Group in Airdrie is now renamed to the Sunday Morning Speaker Meeting and the new address is 800 East Lake Blvd. NE, Genesis Place, upstairs in the Echo Room (July/16)

MEETING CANCELLATIONS:

Recovery Group has cancelled the Friday 10pm meeting and the Sunday 8:00pm meeting (June/16)

October 7 Daily Reflections

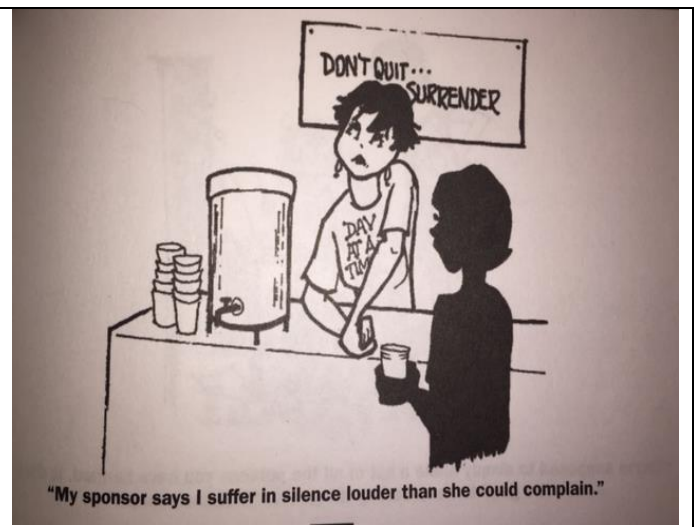
"Daily Monitoring"

Continued to take personal inventory...

Twelve Steps and Twelve Traditions, pp.88

The spiritual axiom referred to in the Tenth Step – "every time we are disturbed, no matter what the cause, there is something wrong *with us*" – also tells me that there are no exceptions to it. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality.

When I take my daily inventory, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.



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.

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. Please submit to westwordeditor@gmail.com

September				October			
ABC Group	Haddon Road	Midnapore Group	Open Door	ABC Group	Inglewood Group	Recovery Group	
Gordon R 43 years	Ezra M 2 years	David F 2 years	Albert D 17 years	Sherry B 1 year	Lynda H 25 years	Gabriel M 1 year	
Action Group	Krista G 3 years	Harold J 6 years	Recovery Group	Don M 8 years	Langdon BYOC	Penny B 1 year	
Dave P 6 years	Rob H 3 years	Stephanie F 11 years	Anastasia 1 year	Jim I 10 years	Dillon 1 year	Lavonne D 24 years	
Al D 7 years	Thom C 4 years	Mike K 14 years	Douglas 4 years	Action Group	Andy 10 years	Alex S 27 years	
Thomas M 7 years	Kevin L 5 years	NADZIEJA Group	Gerry H 8 years	Michael D 2 years	MAAT Group	South View	
Rosanne M 22 years	Bill O 9 years	Janek K 1 year	Joe M 8 years	Kevin W 4 years	Charlene 12 years	By the Book	
Deer Ridge Group	Jim H 10 years	Hieronim D 26 years	Estee I 16 years	Craig R 10 years	Marlborough Park	John 2 years	
Allen 1 year	Bob P 11 years	Tadeusz L 33 years	Louise M 22 years	Awakenings Grp	Glen F 34 years	Tuesday Morning	
Holly 1 year	Marty K 16 years	New Beginnings	South View	Katrina W 18 years	Midnapore Group	Ladies	
Greg S 3 years	Grace P 31 years	Kevin L -Aug 1 year	By the Book	Back From Hell	Carrie P 2 years	Irene B 43 years	
Jeremy 26 years	Harvest Hills BB	Don M-Aug 12 years	Peter 1 year	Mike L 2 years	Kyle A 2 years	Walking Eagle	
Edgemont Group	Laine 1 year	Chelsea 1 year	Troy 1 year	Duane M 7 years	Maury P 6 years	Duane K 1 year	
Clayton M 1 year	Lynn 14 years	Laura S 1 year	Steps Stories	Rick D 7 years	Heather D 7 years	Nancy F 1 year	
Mike F 1 year	Langdon BYOC	Shannon H 1 year	& Beyond	Michelle F 9 years	NW Step & Tradn	Sonny S 1 year	
Scott M 1 year	Austin 9 years	Shannon M 1 year	Bob 30 years	Stacey P 29 years	Chris D 6 years	Tiera C 1 year	
Tammy C 1 year	Barry 12 years	Barrett 2 years	The Link Group	Joe P 32 years	Rick H 26 years	Roger B 10 years	
Heather N 2 years	MAAT Group	Jeff I 3 years	Paul M 26 years	Deer Ridge Group	Ogden Group	Ken L 33 years	
Colin B 5 years	Eric G 1 year	Leanne W 4 years	Tuesday Morning	Greg S 3 years	Michelle G 2 years	Whitesheep Group	
Paul B 5 years	Liz S 1 year	JC 12 years	Ladies	Edgemont Group	Deb D 5 years	Travis L 11 years	
Art G 13 years	Shantel C 2 years	Marron R 19 years	Anita 32 years	Matt 1 year	Rob K 6 years	Jason S 22 years	
Forest Lawn	MacKenzie Towne	Keith B 22 years	Maureen D 34 years	Paul S 1 year	Tammy S 6 years	Bryce O 24 years	
Justin G 2 years	Natalie F 2 years	John H 27 years	Walking Eagle	Pete R 2 years	Trish L 6 years	Ken T 25 years	
Sasha B 9 years	Jim S 2 years	Bev S 28 years	Badger 22 years	Susan L 5 years	Don P 7 years		
Norm N 40 years	Tom M 3 years	Loren H 33 years	Ralph 34 years	Ben B 6 years	Simon R 7 years		
Garnett Block	John R 5 years	ODAT Group	Wed Morning	Bob C 11 years	Eric R 8 years		
Ariel 1 year	Gail H 7 years	Peter L 4 years	Eye Opener	Forest Lawn	Kris M 8 years		
Maya W 10 years	Katie D 8 years	Ogden Group	Neil J 44 years	Becki C 3 years	Jack A 9 years		
Paul M 26 years	Liz 18 years	Mike H 3 years	Whitesheep Group	Harmony Group	Chuck C 10 years		
Glenmore Group	Cathy H 39 years	Jordan D 4 years	Scott C 12 years	Trish L 6 years	Glen W 10 years		
Darryl (Aug) 13 years	Marlborough Park	Veronica D 4 years	Keith B 22 years	Harvest Hills BB	Della 11 years		
Bronwyn 2 years	Andre W 1 year	Bill S 8 years	Ron W 25 years	Andrew K 1 year			
Dan 3 years	Ed H 5 years	Greg M 8 years	Joe H 30 years	Martin L 4 years			
Carla 4 years		Mike G 8 years		Alanna C 17 years			
Greg 4 years		Yvonne S 13 years					
Bill G 25 years		Tom H 14 years					
Shirly 36 years							

Calgary AA needs one of those special kinds of people who enjoy organizing and sorting through the Archived Information stored at Central Office. This person has typically been a long time member who can continue to make sense of our collected history so that it can remain vital and relevant to us all. It is our connection to those who have gone before us and to preserve what unfolds today for those yet to come. You would be interested in spending some time each week carefully sifting through and preserving our continually growing and unfolding history. This position is called an Archivist, it is an appointed position and has no set term. It requires dedication and responsibility. If you are interested, please submit your resume to the Calgary Intergroup Steering committee.

LIST OF EVENTS

DATE	EVENT	More Info
October 1, 2016 (Saturday) Church of the Nazarene Hall 627 – 6 St. E., Drumheller, AB	<u>District 15 Drumheller Roundup</u>	Registration: 10am, Full Registration (lunch and banquet): \$25/person, speakers only: \$10/person, Contact: area78dist15@gmail.com
October 1, 2016 (Saturday) Ballroom, Ramada Hotel downtown, 708 – 8 Ave. SW, Calgary, AB	<u>Ladies Thanksgiving Gala</u>	\$45/person, cut off for tickets September 26, registration 5:00pm, meal at 6:00pm, speakers at 8:00pm, dance at 9:00pm.
October 15, 2016 (Saturday) Gordon Yellowfly Memorial Arbor, 8 km west of Gleichen on Hwy 901	<u>Sorel Rider 9th Annual AA Roundup</u>	Noon registration. Cost 7 th tradition. Door prizes, raffles, and 50/50. Call central office for more info 403-777-1212.
October 15, 2016 (Saturday) Dalhousie Community Church, 5511 Baroc Rd. NW, Calgary, AB	<u>Pioneer Dinner</u>	Awesome Roast Beef dinner, with long timer AA and Alanon speakers. Proceeds support Calgary Archives. Tickets at Central Office. Doors open at 4:30pm with dinner at 5:30pm.
October 15, 2016 (Saturday) Innisfail Alliance Church, #25, 4804 – 42 Ave. Innisfail, AB	<u>Concept Workshop (facilitated by District 14)</u>	Registration at 9:00am. Ends at 4:00pm. Please bring your AA service manual. Potluck lunch, bring your favourite dish. Supported by 7 th tradition.
October 21, 2016 (Friday) 200 Haddon Road SW, Calgary, AB Room 200L, upstairs	<u>Movie Night at Haddon Road</u>	7:00pm. Movie tba. Bring popcorn.
November 4-6, 2016 (Friday-Sunday) Camp Horizon, Bragg Creek, AB (35 minutes west of Calgary)	<u>Bragg Creek Big Book Study Weekend</u>	Cost \$160/person, includes accommodation and meals, limited tickets so please register early. Call Karen 403-479-6883 or Christine 403-880-7333 for more information.
November 5, 2016 (Saturday) Aberdeen Hall Hwy 590 East of Innisfail, AB	<u>Innisfail Annual Beef Supper</u>	Cost: \$15/person; 12 & under \$5/ea., AA and Al-Anon speakers, supper at 6pm
November 19, 2016 (Saturday) Calgary Dream Centre 4515 Macleod Trail S., Calgary (use rear entrance)	<u>Introduction to Service Seminar</u>	9am – 3pm, Cost \$5, lunch provided, tickets available through your GSR, Central Office, or contact cgscintro@gmail.com .

The Tenth Step Prayer

I pray I may continue:

***To grow in understanding and effectiveness;
To take daily spot check inventories of myself;***

To correct mistakes when I make them;

To take responsibility for my actions;

To be ever aware of my negative and self-defeating attitudes and behaviors;

To keep my willingness in check;

To always remember I need Your help;

To keep love and tolerance of others as my code;

***And to continue in daily prayer how I can best serve You,
my Higher Power.***

**Don't forget the
Speaker's Bureau
is having a
meeting at
Central Office on
October 18th - for
all those people
who'd like to
learn about
becoming an AA
speaker...**

Service Opportunities

Upcoming Service Commitments

Treatment Facility	AA Group - Oct	AA Group - Nov	AA Group - Dec
Renfrew Tuesday	Haddon Road	Out to Lunch Bunch	
Renfrew Wednesday (Bridging the Gap)	Out to Lunch Bunch	Daily Reflections	New Beginnings
Renfrew Thursday	Regal	ABC	
Renfrew Sunday	Saturday Morning Bridge	Harvest Hills Big Book	
Sunrise	New Beginnings	Westend Step & Tradition	
Alpha House	Midnapore	Midnapore	
Dream Centre	Out to Lunch Bunch	Out to Lunch Bunch	

Sunday Breakfast at Ramada	AA Group
October 2	Unity
October 9	Southview By the Book
October 16	Glenmore
October 23	West End Step & Tradition
October 30	Southwest Serenity
November 6	Ogden
November 13	Shipwreck
November 20	MAAT
November 27	Deer Ridge
December 4	Haddon Road
December 11	Airdrie Reflections

Telephone Monitoring Dates	AA Group
October 3 - 9	Ogden
October 10 - 16	Primary Purpose
October 17 - 23	Edgemont Group
October 24 - 30	Marlborough Park
Oct. 31 - Nov. 6	Southwest Serenity
November 7 - 13	MAAT
November 14 - 20	Southview By the Book
November 21 - 27	Unity
Nov. 28 - Dec. 4	Northlanders

A Call for Service

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, DO YOU WANT TO BE THE HELPING HAND OF AA? This is important AA 12-step work. People are needed in NE Calgary for the 12-Step call list. During your time commitment, you will answer 12-step phone calls for alcoholics in crisis. Suggested requirement is 1 year of sobriety. For more information, please email Derek at cgig12steplist@gmail.com.

The Sunday Morning Breakfast Speaker continues to need your support. If you would like to sign up your group or have any questions about us, please call Nate at (403)830-5086

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The October 2016 GRAPEVINE Issue is Coming!

This month's special section features stories from Atheist and Agnostic Members.

This month, our special section features stories by atheist and agnostic AA members, some who have many years of sobriety. One member quotes our co-founder Bill W., in a 1946 Grapevine, "... an alcoholic is a member if he says so ... we can't force our beliefs or practices upon him." In editing these stories, we honored the request of some authors to not capitalize the word God, which is our usual style. Bill W. intended Grapevine to be a mirror of the Fellowship. We hope these stories will shed some light on the joys and challenges of our atheist and agnostic members.

In the story "[Sober with no god](#)," a non-believing AA member with 26 years expresses his thoughts about a Higher Power. In "[God on Every Page](#)," a member's sponsor—a Christian—helps him learn to get sober and stay sober, he says, "without all that God stuff." A member in California shares a challenging experience with starting a freethinkers' group in "[Open-minded](#)." And an ordained Episcopal priest and past Chair of the AA General Service Board shares his thoughts after attending the first International Conference for Atheists, Agnostics and Freethinkers in AA in "[We Share Common Ground](#)."

[To view the Table of Contents, click here.](#)

[Listen or download the recorded version here.](#)

Big Book Studies

"Mondays At Sheldon Chumir Centre"

There is a weekly Big Book study currently running at Sheldon Chumir Centre, 1213 - 4 Street SW on Monday nights 7:00pm – 9:00pm on the 3rd floor.

"The Cowboy Ray Way At Haddon Road"

There is a weekly Big Book study at Haddon Road beginning Sunday September 11th from 2:00pm–4:00pm. It should end mid-December. 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.

"Sundays At New Beginnings"

There will be a weekly Big Book study starting Sunday September 11th 2:00pm-4:00pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It will be run by James P and Cheryl. Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. Everyone welcome.

"Joe and Charlie BB Study At ODAT"

There will be a weekly Big Book study starting Monday September 12th 7:30pm at ODAT, 1840 38 St SE, Calgary in the Eastside Victory Outreach Centre (upstairs room). Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. For more information or directions please contact Peter L. 587 707 1464 or email odatmeeting@gmail.com.

"Ladies Big Book Study At New Beginnings"

There is a ladies weekly Big Book study starting Tuesday September 27th from 1:30pm-3:30pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It will be run by Maggie B and Sally R, and will take approximately 18 weeks to complete. Please bring an unmarked Big Book, Pen, Highlighter, & notebook or writing pad. Additional support materials will be provided.


"Joe and Charlie BB Study At Haddon Road"

There is a weekly Big Book study on Tuesdays at Haddon Road beginning October 11th from 7:30pm–9:00pm. It should run 12-14 weeks. For any questions, contact Chris H at 403-860-5313.

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Sorrel Rider AA Group
9th Annual AA Roundup

Date: Saturday, October 15, 2016
 Place: Gordon Yellowfly Memorial Arbor
 (Approximately 6 km west of Glenora on Highway 901)



Agenda
 Noon Registration
 1:00 Call-Up Meeting
 2:15 Guest Speaker - Andy B. - Bring your own cup (Langdon, AB)
 3:15 Break
 3:30 Call-Up Meeting
 4:30 Break
 4:45 Speakers: Patti T./Victor C. (Siksika, AB)
 5:45 Break
 6:00 Supper
 7:00 Guest Speaker - Ramona B.H. - Sunnyside, Fort Macleod (Standoff, AB)
 8:00 Clean Up

"Power Greater Than Me"

For more information contact: Calgary Central Office at 403-777-1212

No Smoking ***No Children***

Tradition 7, Door Prizes, Raffles, and 50/50


PIONEER DINNER

Saturday, October 15, 2016
Dalhousie Community Church
5511 Baroc Road N.W.
Calgary

Doors open at 4:30 p.m.
 Dinner at 5:30 p.m., Speakers to follow
 AA & Al-Anon participation

Tickets \$30/person
available at Central Office
or your Intergroup Rep

Bragg Creek
Big Book Study Weekend



15th ANNUAL JOURNEY
 JOIN US ON THE BROAD HIGHWAY
 AS WE TRUDGE THE ROAD OF HAPPY DESTINY

SPONSORED BY THE GROUP "IN THE FELLOWSHIP OF THE SPIRIT"
 A SPIRITUAL JOURNEY THROUGH THE 12 STEPS

Facilitated by Scott L and John E - USA

WHEN: November 4, 5, 6, 2016

WHERE: CAMP HORIZON IN BRAGG CREEK
 (35 Minutes West of Calgary)


PRICE: \$100 PER GUEST FOR THE WEEKEND INCLUDES:

ACCOMMODATIONS - BRAND NEW MEN AND WOMEN'S DORMS
 A FEW COUPLES PRIVATE BUNK ROOMS AVAILABLE ON A FIRST COME BASIS

ALL MEALS: FRIDAY NIGHT: SUPPER AND LATE NIGHT SNACK
 SATURDAY: BREAKFAST, LUNCH AND DINNER
 SUNDAY MORNING: BREAKFAST

COFFEE, TEA, WATER/POP - 7TH TRADITION

♦ fellowshipbraggcreek@gmail.com ONE EMAIL FOR EVERYTHING!
 ♦ E-TRANSFER INQUIRE TO: fellowshipbraggcreek@gmail.com
 ♦ LIMITED TICKETS - please register early to assist organizing committee



Innisfail 24 Hour Group


55th Annual Beef Supper

Sat. Nov 5 at 6 PM

AA AND ALANON SPEAKERS TBA

Aberdeen Hall, Highway 590 East of Innisfail.

\$15 per plate
 Youth (12 and under) \$5.00
 Contact Central Office at 403-777-1212



Step 10 & Tradition 10

Step 10 – Continued to take personal inventory and when we were wrong, promptly admitted it.

From Twelve Steps and Twelve Traditions, chapter on Step 10.

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion – anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Tradition 10 – Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

From Twelve Steps and Twelve Traditions, chapter on Tradition 10.

Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to act as they see the right upon issues of our time. But when it comes to A.A. as a shle, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does...
