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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**

#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
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



Whitesheep AA Men's Group Hosts the

20th 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

Tickets available at Calgary Central Service Office
call 403-777-1212

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
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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:

Garnet Block, new step/discussion 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)

November 1 Daily Reflections

"I CANNOT CHANGE THE WIND"

It is easy to let up on the spiritual proram of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.

Alcoholics Anonymous, p.85

My first sponsor told me there were two things to say about prayer and meditation: first, I had to start and second, I had to continue. When I came to A.A. my spiritual life was bankrupt; if I considered God at all, He was to be called upon only when my self-will was incapable of a task or when overwhelming fears had eroded my ego.

Today I am grateful for a new life, one in which my prayers are those of thanksgiving. My prayer time is more for listening than for talking. I know today tht if I cannot change the wind, I can adjust my sail. I know the difference between superstition and spirituality. I know there is a graceful way of being right, and many ways to be wrong.



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

October							November				
ABC Group		Garnet Block		MacKenzie Towne		Ogden Group		Action Group		Haddon Road	
Sherry B	1 year	Roger B	10 years	George B	11 years	Simon R	7 years	Kelly D	4 years	Craig R	10 years
Don M	8 years	Jeremiah	16 years	Mike R	12 years	Eric R	8 years	Awakenings Group		Jason T	11 years
Jim I	10 years	Bill W	31 years	Steve G	14 years	Kris M	8 years	Lee H	9 years	Cheyne P	35 years
Action Group		Curtis	38 years	Marlborough Park		Jack A	9 years	Bev H	12 years	Ogden Group	
Michael D	2 years	Jim H	42 years	Glen F	34 years	Chuck C	10 years	Back From Hell		Denise T	3 years
Kevin W	4 years	Glenmore Group		Midnapore Group		Glen W	10 years	Holly T	4 years	Corwyn	6 years
Craig R	10 years	Cody	1 year	Carrie P	2 years	Della	11 years	Norma G	6 years	Jason R	6 years
Awakenings Group		Hilary	2 years	Kyle A	2 years	Recovery Group		Shane F	8 years	Cameron	7 years
Katrina W	18 years	Amanda S	3 years	Mauri P	6 years	Gabriel M	1 year	Doug F	10 years	Byron	10 years
Back From Hell		Joanne D	3 years	Heather D	7 years	Penny B	1 year	Jessica Z	12 years	Recovery Group	
Mike L	2 years	Neal S	6 years	New Beginnings		Lavonne D	24 years	Pam S	13 years	Brian S	5 years
Duane M	7 years	Aimee	7 years	Stacey D	1 year	Alex S	27 years	Javed	16 years	Linda S	5 years
Rick D	7 years	Mike V	9 years	Stacey T	1 year	South View		Mike G	19 years	Linda G	19 years
Michelle F	9 years	Tamara	9 years	Billy R	4 years	By the Book		Deer Ridge Group		Irene R	28 years
Stacey P	29 years	Harmony Group		John B	4 years	John	2 years	Zach M	1 year	Deborah C	30 years
Joe P	32 years	Trish L	6 years	Mel C	5 years	Tuesday Morning		Layah G	6 years	John R	31 years
Deer Ridge Group		Harvest Hills BB		Daniel F	8 years	Ladies		Ernie S	25 years	Steps Stories	
Greg S	3 years	Andrew K	1 year	Jerry S	13 years	Irene B	43 years	Darrel F	44 years	& Beyond	
Edgemont Group		Martin L	4 years	Lavonne	14 years	Walking Eagle		Edgemont Group		Deborah H	1 year
Matt	1 year	Alanna C	17 years	Richard	24 years	Duane K	1 year	Gerald F	1 year	Buddy B	12 years
Paul S	1 year	Inglewood Group		Elodie	25 years	Nancy F	1 year	Richard W	1 year	Wed Morning	
Pete R	2 years	Lynda H	25 years	Jane M	25 years	Sonny S	1 year	Vanessa G	1 year	Eye Opener	
Susan L	5 years	Langdon BYOC		NW Step & Tradn		Tiera C	1 year	Ken F	11 years	Kurtis P	2 years
Ben B	6 years	Dillon	1 year	Chris D	6 years	Roger B	10 years	Jay M	11 years	Jane R	28 years
Bob C	11 years	Andy	10 years	Rick H	26 years	Ken L	33 years	Fran McM	18 years	Whitesheep Group	
Forest Lawn Group		MAAT Group		Ogden Group		Wed Morning		Marilyn L	20 years	Zach F	5 years
Becki C	3 years	Charlene	12 years	Michelle G	2 years	Eye Opener		Haddon Road		Mike H	8 years
Garnet Block		MacKenzie Towne		Deb D	5 years	Lyndsay M	1 year	Catherine B	2 years	Rich W	25 years
Nick O	1 year	Larry A	4 years	Rob K	6 years	Whitesheep Group		Catherine L	3 years	Tom R	35 years
Lydia C	1 year	J.P.F.	8 years	Tammy S	6 years	Travis L	11 years	Steve G	4 years	Doug W	37 years
Ben	3 years	Noelle R.F	10 years	Trish L	6 years	Jason S	22 years	Brittany	5 years		
Mitch K	4 years	Melody F	10 years	Don P	7 years	Bryce O	24 years	Miriam	10 years		
						Ken T	25 years				

CGSC has voted to move the CGSC meeting from the last Monday of the month to the 3rd Monday of the month starting in January 2017. The meeting will be at the same time (7:30) and the same place (St Peter's – formerly St Marks) at 1802 33rd Avenue SW, Calgary.

Intergroup donations are up this month. The Intergroup Steering Committee would like to say a special thank you to all those who have stepped up to help support Central Office. Please keep up the good work – we really need your help!

LIST OF EVENTS

DATE	EVENT	More Info
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 14, 2016 (Monday) Freemason's Hall, 13 Elma St. E. Okotoks, AB	<u>Okotoks Potluck Dinner</u>	Doors open at 5:30, dinner at 6:00pm. Bring your favourite dish. Friends and family welcome.
November 18-20, 2016 (Friday-Sunday) Winston-Salem Marriott, North Carolina, USA	<u>National AA Technology Workshop</u>	Register at naatw.org . Registration \$65 US, rooms \$119 US.
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 .
December 9, 2016 (Friday) 3311 Center Street N, Calgary, AB	<u>Annual 272 Group Gratitude Pot Luck Supper</u>	At 7pm before regular Friday night meeting. Donations of food by anyone attending are appreciated.
December 10, 2016 (Saturday) Scarboro United Church 134 Scarboro Ave SW, Calgary, AB	<u>Intergroup Christmas Open House</u>	11am – 3pm. 7 th Tradition. More info to follow.
December 10, 2016 (Saturday) Balzac Community Hall, Balzac, AB	<u>Balzac Christmas Dinner</u>	Doors open at 5:00pm, dinner at 6:00pm. Dance to follow. Tickets \$20. Children under 12 free with Voucher (it is important to have an exact count of children so hall capacity not exceeded). For more info, please contact Rick D 587-433-0042 or Doug 403-923-8689.
January 28, 2017 (Saturday) Parkdale Community Centre 3512 – 5 Ave SW, Calgary, AB	<u>District 77 Roundup</u>	Registration at 9:00am. Tickets: Registration only \$15/person; Registration + Banquet \$35/person, tickets at Central Office or District 77 GSR's.

Saint Francis of Assisi Prayer (a Step 11 prayer)

*Lord, make me a channel of Thy peace –
that where there is hatred, I may bring love –
that where there is wrong, I may bring the spirit of forgiveness –
that where there is discord, I may bring harmony –
that where there is error, I may bring truth –
that where there is doubt, I may bring faith –
that where there is despair, I may bring hope –
that where there are shadows, I may bring light –
that where there is sadness, I may bring joy.*

*O, Divine Master, grant that I may not so much seek to be consoled, as to console;
to be understood as to understand;
to be loved as to love;
for it is in the giving that we receive;
it is in the pardoning that we are pardoned;
and it is in dying that we are born to eternal life.*

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group - Nov	AA Group - Dec	AA Group - Jan
Renfrew Tuesday	Out to Lunch Bunch	Southview By the Book	Southwest Serenity
Renfrew Wednesday (Bridging the Gap)	Daily Reflections	New Beginnings	
Renfrew Thursday	ABC	Daily Reflections	Deer Ridge
Renfrew Sunday	Harvest Hills Big Book	Steps Stories & Beyond	Back From Hell
Sunrise	Westend Step & Tradition	Ogden	Southview By the Book
Alpha House	Midnapore	Unity	ODAT Group
Dream Centre	Out to Lunch Bunch	MacKenzie Towne	Daily Reflections

Upcoming Intergroup Service Commitments

Sunday Breakfast at Ramada	AA Group
November 6	Ogden
November 13	Shipwreck
November 20	MAAT
November 27	Deer Ridge
December 4	Haddon Road
December 11	Airdrie Reflections
December 18	
December 25	

Telephone Monitoring Dates	AA Group
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
December 5 - 11	Shipwreck
December 12 - 18	Primary Purpose
December 19 - 25	
Dec 26/16 - Jan 1/17	

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 cqig12steplist@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

The November 2016 GRAPEVINE Issue is Coming!

This month's special section features stories on Our Twelve Traditions

Each November, our special section features selections from our wonderful Grapevine Story Archive. This extensive archive-found on our website, www.aagrapevine.org - contains every story printed in Grapevine since 1944, including many of Bill W.'s essays. This month we feature stories from our new book, [Our Twelve Traditions](#), Grapevine's very first collection of experiences by members of the many ways they and their groups use the Traditions in their lives. For details on the new book, see page 17.

In the story "[Our Protective Mantle](#)," a member from California tells a beautiful story of how AA invites newcomers to crawl under a warm tent of anonymity and allows them to share about their alcoholism-in their own time. In "[You Just Never Know](#)," an AA gets a surprising lesson about Tradition Five when confronted with an unruly member at an AA meeting. A group in Nebraska turns to Tradition Seven when a thankful priest tries to give them a gift of \$100 for "all the good work" they do in "[Thanks But No Thanks](#)." And a man in New Mexico who could not stop drinking later learned that his group had been watching him-and listening to him-for many months and secretly had his back all the time in "[A Benevolent Guardian](#)."

[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 on Sundays 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 is a weekly Big Book study on Sundays 2:00pm-4:00pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It is 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"

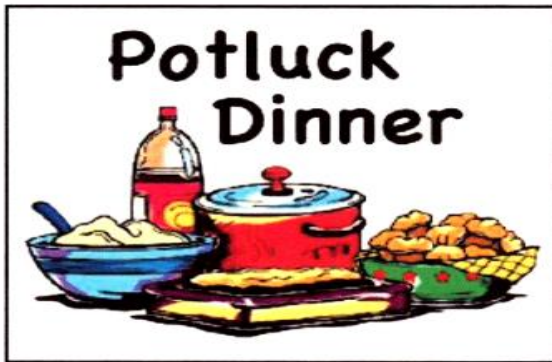
There is a weekly Big Book study Mondays 7:30pm at ODAT, 1840 38 St SE, Calgary in the Eastside Victory Outreach Centre (upstairs room). Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. For more information or directions please contact Peter L. 587 707 1464 or email odatmeeting@gmail.com.

"Ladies Big Book Study At New Beginnings"

There is a ladies weekly Big Book study Tuesdays from 1:30pm-3:30pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It is run by Maggie B and Sally R. 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 from 7:30pm–9:00pm. For any questions, contact Chris H at 403-860-5313.



**Okotoks Monday Night Group
is having their annual Pot Luck Dinner
ON NOVEMBER 14, 2016**

**Please join us!
Bringing your favourite dish, for all to enjoy.**

**Doors open at 5:30 and Dinner at 6:00pm
AI Anon and AA Speakers at 8:00 pm**

This is for Family and Friends

For more info, contact Calgary Central Office
at 403-777-1212

13 Elma Street E. in Freemason's Hall

Alcoholics Anonymous

Calgary General Service Committee
Introduction to Service Seminar

Date: Saturday November 19, 2016

Time: 9:00AM to 3:00PM

Location: Calgary Dream Centre (rear entrance)
4515 Macleod Trail South

Topics: The Home Group, Calgary General Service, Intergroup and an interactive discussion on getting more members involved in service.

Cost: \$5.00 – Lunch included

Tickets are available through your GSR, Central Office or contact
cgscintro@gmail.com

Recovery, Unity, Service—these are the Three Legacies given to the whole membership of A.A.

NATIONAL AA TECHNOLOGY WORKSHOP 2016



November 18-20, 2016

Winston-Salem, North Carolina

Hosted at the Winston-Salem Marriott in the historic Twin City Quarter

Registration \$65* • Rooms \$119

*\$65 through 9/28, \$75 through 10/31, and \$85 on-site

NAATW is made up of people from widely varying backgrounds (in service, profession, technical skill, age, etc.) who come together to inform each other about our needs and our experiences with using technology in our service work. All forms of service are involved: intergroups, all levels of general service, clubhouses, and individual members. It gives opportunity for group collaboration and new ideas to spark.

District 86

14th Annual Christmas Dinner and Dance

Balzac Community Hall

Saturday, December 10, 2016

Doors open at 5:00pm

Dinner is served at 6:00pm

Tickets are \$20.00

Children under 12 are Free with Voucher

(It is important that we have an exact count of Children attending so as not to exceed the allowed capacity of the hall)



Join the fun activities

including

Santa and The Kids Corner

Dance to Follow

Highway 2 to Balzac and exit West.

Cross tracks. Turn left into parking lot and Hall.

For more information contact

Rick D at 587-433-0042 or Doug at 403-923-8689

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 that out.

From Twelve Steps and Twelve Traditions, chapter on Step 11.

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all...

Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer...

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 Twelve Steps and Twelve Traditions, chapter on Tradition 11.

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every newsfront, the men and women of the press have attached themselves to us as friends.

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...
