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A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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**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

A HAPPY
NEW YEAR

STEPS STORIES & BEYOND

7th ANNUAL

NEW YEARS DINNER & DANCE**WHEN:** Saturday, December 31, 2016**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: Jan M (Area 78 Chair)

The fellowship of all members, their families (including children)
and friends are most Welcome!

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

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

BASED ON 7th TRADITION**CENTRAL SERVICE OFFICE****Holiday Closures**

Christmas Eve, December 24, Saturday	Closed
Boxing Day, December 26, Monday	Closed
Tuesday, December 27	Closed
New Year's Eve, December 31, Saturday	Closed
Monday, January 2	Closed

**** Otherwise normal office hours are in effect ****

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	info@banffroundup.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)

Regal Group has added a meeting: Mondays 7 pm, Closed Big Book discussion, Renfrew United Church, 956 Radnor Ave. NE, Calgary (Nov/16)

Rockyford Group, Tuesdays, 8 pm, Open Beginners, Rockyford United Church (across from school), Rockyford AB (Nov/16)

Tsui T'ina Tuesday Night Group, Tuesdays, 6:00 pm, Open, Step/topic discussion, Spirit Healing Lodge, Old Agency Road (off Bullhead Road, off Anderson Road), Tsui T'ina AB (Nov/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)

Inglewood Group, beginning January 1, 2017, the Inglewood Group will change its meeting format from a Step/Tradition to a Big Book Discussion format. Same time, same place! (Jan/17)

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

South Calgary Health Campus (hospital) meeting, Wednesdays, southeast, has changed their meeting time from 8:30 to 8:00 pm (Dec/16)

MEETING CANCELLATIONS:

Tsui T'ina Thursday Women's Group has been cancelled (Nov/16)

November 12 Daily Reflections

"MORNING THOUGHTS"

Ask Him in your morning meditations what you can do each day for the man who is still sick

Alcoholics Anonymous, p.164

For many years I pondered over God's will for me, believing that perhaps a great destiny had been ordained for my life. After all, having been born into a specific faith, hadn't I been told early that I was "chosen"? It finally occurred to me, as I considered the above passage, that God's will for me was imply that I practice Step Twelve on a daily basis. Furthermore, I realized I should do this to the best of my ability. I soon learned that the practice aids me in keeping my life in the contest of the day at hand.



"Take me to your humble, trusted servant."

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

November						December					
ABC Group		Garnet Block		MacKenzie Towne		Recovery Group		ABC Group		Ogden Group	
Alex P	22 years	Aaron	1 year	Geoffe S	1 year	Brian S	5 years	Glenn B	8 years	Marty R	6 years
Marshall C	38 years	Chris V	1 year	Mark B	1 year	Linda S	5 years	Darmody M	14 years	Amber K	9 years
Action Group		Miranda	1 year	Dave P	1 year	Linda G	19 years	Mel S	52 years	Cecelia PJ	21 years
Kelly D	4 years	Jason K	10 years	Matt G	1 year	Irene R	28 years	Awakenings Group		Eric P	26 years
Awakenings Group		Kenny K	14 years	Lindsay M	1 year	Deborah C	30 years	Don B	6 years	Daryl D	28 years
Lee H	9 years	Glenmore Group		Jason W	1 year	John R	31 years	Rudy N	22 years	Recovery Group	
Bev H	12 years	Joey M	1 year	New Beginnings		Steps Stories & Beyond		Back From Hell		Clyde LS	1 year
Back From Hell		Jennifer J	1 year	Daneal	1 year	Deborah H 1 year		Clint P	2 years	Marie M	40 years
Holly T	4 years	Jason O	1 year	Laara Z	2 years			Rod L	30 years	Rule 62 Group	
Norma G	6 years	Robert H	3 years	Nikki	2 years	Buddy B	12 years	Deer Ridge Group		Randy M	1 year
Shane F	8 years	Robert	12 years	Cian	3 years	Wednesday Morning		Dawn	4 years	Steps Stories & Beyond	
Doug F	10 years	Lanny M	27 years	Janet W	3 years	Eye Opener		Delia E	26 years	Alva 6 years	
Jessica Z	12 years	Haddon Road		Maria H	3 years	Kurtis P	2 years	Edgemont Group			
Pam S	13 years	Catherine B (Oct)	2 years	Aron W	6 years	Jane R	28 years	Derek T	2 years	Tony B	9 years
Javed	16 years	Catherine L (Oct)	3 years	Bill T	12 years	West End		Janice C	6 years	Walking Eagle	
Mike G	19 years	Steve G (Oct)	4 years	Alison R	14 years	Step & Tradition		Anima K	8 years	Kathy B	4 years
Deer Ridge Group		Brittany (Oct)	5 years	Sandy D	19 years	Al R	8 years	Lakeside Serenity		Wednesday Mornin	
Zach M	1 year	Miriam (Oct)	10 years	Jayne R	24 years	Whitesheep Group		Nick M	2 years	Eye Opener	
Layah G	6 years	Craig R (Oct)	10 years	Ellen M	34 years	Zach F	5 years	Kyler B	4 years	Shelda F	12 years
Ernie S	25 years	Jason T (Oct)	11 years	Ogden Group		Mike H	8 years	MAAT Group		West End	
Darrel F	44 years	Cheyne P (Oct)	35 years	Denise T	3 years	Rich W	25 years	Ron W	13 years	Step & Tradition	
Edgemont Group		Josh	3 years	Corwyn	6 years	Tom R	35 years	Midnapore Group		Roger M	9 years
Gerald F	1 year	Dan L	15 years	Jason R	6 years	Doug W	37 years	Adora W	1 year	Daryl M	23 years
Richard W	1 year	John M	32 years	Cameron	7 years			Janis C	1 year	Whitesheep Group	
Vanessa G	1 year			Byron	10 years			Kristy M	2 years	Derrick S	3 years
Ken F	11 years							Kim K	5 years	Scott T	3 years
Jay M	11 years							Dave G	9 years	Dave F	5 years
Fran McM	18 years							Ogden Group		Jeff D	26 years
Marilyn L	20 years							Gavin	6 years	Roger P	38 years
								Jimmy	6 years	Ian M	45 years

A Step 12 Promise

Ask Him what you can do each day for the man who is still sick.
 The answers will come, if your own house is in order.
 But obviously you cannot transmit something you haven't got.
 See to it that your relationship with Him is right,
 and great events will come to pass for you and countless others.

Alcoholics Anonymous p.164

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 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.
December 22, 2016 – January 2, 2017 Canmore General Hospital, 1100 Hospital Place, Hwy 1A, Canmore, AB	<u>Holiday Season Night Owl Meetings</u>	In the Nakota Room (around the corner from reception) from 9:30pm – 1030pm. Enjoy coffee and goodies.
December 23, 2016 (Friday) Okotoks Alliance Church Corner of 338 Avenue & Highway 2A, Okotoks, AB	<u>TGIF's 6th Annual Jingle Mingle</u>	Fun festive appetizer potluck. Nibbles and fellowship 6pm, Open Meeting 8pm.
December 24, 2016 (Saturday) Deerfoot Inn & Casino 11500 – 35 Street SE, Calgary, AB	<u>Christmas Eve Breakfast (hosted by Whitesheep Men's Group)</u>	Tickets \$30/person available at Central Office, doors open at 7:30am, breakfast from 8am-11am, open mike at 9:30
December 24, 2016 (Saturday) and December 25, 2016 (Sunday) 1609 Center Street NW, Calgary, AB	<u>Garnet Block Alcathon</u>	December 24, 7pm till the last one leaves December 25, 10am – 10pm with potluck from 4pm – 5:30pm. For further information, call Mitch K at 403-903-2769.
December 31, 2016 (Saturday) Pembroke Community Hall 6100 – 8 Ave SE, Calgary	<u>7th Annual New Year's Dinner and Dance (hosted by Steps Stories & Beyond)</u>	Doors open at 5:30pm. Dinner at 7pm. For more information, call Central Office at 403-777-1212.
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.

To our Calgary & District AA Community:

The response to our financial SOS in the October edition of the Westword has been overwhelming, and we want to send out a heartfelt thank you to all our supporters. While we are not yet fully recovered from the red ink of the past year, we are doing much better and may yet survive this storm because of you and your groups' contributions.

Thank you for your ongoing support! And may we wish you and yours a wonderful holiday season!

Your Intergroup Steering Committee

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.

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.

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group - Dec	AA Group - Jan
Renfrew Tuesday	Southview By the Book	Southwest Serenity
Renfrew Wednesday (Bridging the Gap)	New Beginnings	
Renfrew Thursday	Daily Reflections	Deer Ridge
Renfrew Sunday	Steps, Stories & Beyond	Back From Hell
Sunrise	Ogden	Southview By the Book
Alpha House	Unity	ODAT Group
Dream Centre	McKenzie Towne	Daily Reflections

Upcoming Intergroup Service Commitments

Sunday Breakfast at Ramada **served till 9:30**	AA Group
December 4	Haddon Road
December 11	Airdrie Reflections
December 18	NW Calgary
December 25	CANCELLED by hotel
January 1	ABC
January 8	Thursday Night Ladies
January 15	Back From Hell
January 22	
January 29	

Telephone Monitoring Dates	AA Group
Nov. 28 - Dec. 4	Northlanders
December 5 - 11	Shipwreck
December 12 - 18	Primary Purpose
December 19 - 25	Ogden
Dec 26/16 - Jan 1/17	Rule 62
January 2 - 8	SMOG
January 9 - 15	Airdrie Reflections
January 16 - 22	Primary Purpose
January 23 - 29	Rule 62
Jan 30 - Feb 5	NW Step & Tradition

*****Please note that the Sunday Breakfast at Ramada is cancelled Christmas day (Dec 25) ****

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 Nate at cqig12steplist@gmail.com.

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.

The December 2016 GRAPEVINE Issue is Coming!

This month's special section features stories about remote communities in AA, as well as a few holiday stories.

Meetings, meetings, meetings we always hear. But what if you can't get to one? What if you live in a small town in Kansas or up in the Yukon or you're out at sea? What then? And geography is not necessarily the only barrier; sometimes it can be language or a disability or cultural. This month's special section features stories by members who share about their challenges and stay sober-no matter what. There are also a couple of lovely sober holiday stories as well.

In "[Guiding Light](#)," a member discovers that being sober at sea can be a lonely affair, but a boatload of AA tools-such as Loners-Internationalists (LIM)-insures her a smooth, sober ride. In the article "[Wherever We're Needed](#)," a delegate from Canada shares what she's learned through service about the challenges many members have in the Yukon area. A man with three years takes a dream job at Glacier National Park but finds it difficult to find meetings in "[Big, Beautiful & Wild](#)." And in the sweet story "[I Know, I've Been There](#)," a man in the Midwest takes his sponsee on a 12th Step call to a remote farmhouse and is surprised to find that the alcoholic in need is not only far away, but can't speak or hear.

[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 in room 3122.

"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.

"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, directions, or holiday breaks 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. In December, the study will be on Christmas break December 20th - January 3rd, starting up again on January 10th.

"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.



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



TGIF's 6th Annual
Jingle Mingle
 Everyone is welcome
 at this fun festive appetizer potluck
 Friday December 23rd
 Nibbles and fellowship 6pm
 Open meeting 8pm
 Okotoks Alliance Church
 338 Avenue
 For more info, contact Central Office at 403-777-1212




A NEW FREEDOM
5th ANNUAL DISTRICT 77 ROUND UP
 With Al-Anon Participation
SATURDAY JANUARY 28, 2017
PARKDALE COMMUNITY CENTRE
3512 - 5th Ave NW Calgary

9:00 AM	REGISTRATION OPENS
10:00-11:30	AA SPEAKER Lindsey M (Edmonton)
12:00-1:00	LUNCH (7 th Tradition)
1:00-2:30	AL-ANON SPEAKER Lorna V (Sherwood Park)
3:00-4:30	AA SPEAKER Larry V (Sherwood Park)
5:00-6:30	DINNER AND COUNTDOWN
7:00-8:30	AA BANQUET SPEAKER Marty C (Hamilton Ont)

COST: \$35 Registration & Dinner \$15 Registration
 Tickets may be purchased from your G.S.R., Intergroup Rep or from
 Central Office (Credit Card accepted)
 Ticket Information: Marilyn L. 403-239-4923



Holiday Season Night Owl Meetings



Thursday, December 22nd 2016
 to
Monday, January 2nd 2017
9:30-10:30pm

Located at the Canmore General Hospital 1100 Hospital Place, HWY
 1A Canmore in the Nakota Room (around the corner from reception)

*The holiday season can be a difficult time-come share your experience, strength,
 and hope. Enjoy coffee and goodies.*

We are here for you!

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.*

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. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. 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. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it...

From Twelve Steps and Twelve Traditions, chapter on Step 12.

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

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.

But in the beginning, anonymity was not born of confidence; it was the child of our early fears. Our first nameless groups of alcoholics were secret societies. New prospects could find us only through a few trusted friends. The bare hint of publicity, even for our work, shocked us. Though ex-drinkers, we still thought we had to hide from public distrust and contempt.

When the Big Book appeared in 1939, we called it "Alcoholics Anonymous". Its foreword made this revealing statement: "It is important that we remain anonymous because we are too few, at present, to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event." Between these lines, it is easy to read our fear that large numbers of incoming people might break our anonymity wide open.

As the A.A. groups multiplied, so did anonymity problems...

These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

From Twelve Steps and Twelve Traditions, chapter on Tradition 12.