

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.
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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

Telephone: (403) 777-1212
 Phone 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.

Calgary Intergroup's 43rd Annual
Banff Roundup
 Spirit of Fellowship

March 4th, 5th & 6th 2016
BANFF PARK LODGE, BANFF, ALBERTA

Speakers

Hilray R. (AA)
 Dallas, TX

James T. (AA)
 Auburn, CA

Chris S. (AA)
 Bernardsville, NJ

Kent L. (AA)
 Montgomery, AL

Corrie L. (AI-Anon)
 Montgomery, AL

Banquet & Registration

Registration only: **\$37/person**
 - Includes ALL speakers, Friday night
 music Jam & Saturday night dance
 - Can be purchased from GSRs,
 Intergroup reps or AA Central Office

Banquet & Registration: **\$97/person**
 - Includes same as registration, plus
 banquet dinner on Saturday night
 - Can be purchased from GSRs,
 Intergroup reps or AA Central Office

Special Events

Friday night music Jam and
 Open Mic

Workshop on Steps 6 & 7 by
 David P. and Chris S.

Saturday night dance!

Accommodations

BANFF PARK LODGE
 222 Lynx Street, Banff, AB
 1-800-661-9266 or 1-403-762-4433
www.banffparklodge.com

Rooms are \$138 per night
 (taxes not included)
 Accommodations must be booked directly with hotel.
 Mention "Banff Roundup" to obtain special rates.





www.BanffRoundup.com



Info@BanffRoundup.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**

Came to Believe Group, Sundays, 7:30 PM, open, Beginners, New Brighton Residents Association, 2 New Brighton Dr. SE (02/2016)

Penbrooke Community Centre, new Al-Anon Meeting, Mondays, 7:00pm (02/2016)

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

Serenity Seekers, Fridays, 7:30 PM, open, 5213 – 56 Street (private residence), Taber AB (01/2016)

Meeting Changes

19th Hole Group: Tuesdays southwest, is changing their start time from 8:30 pm to 8:00 pm effective January 5, 2016

Deer Ridge Group, Tuesdays southeast, changing meeting time from 8:00 to 7:30 pm

Haddon Road Thursday Night Sponsorship meeting at 7:30pm is changed to 8:00pm step discussion meeting "A Design for Living". (01/2016)

Meeting Changes (continued)

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)

Taber Group, Tuesdays, Thursdays, Saturdays, Sundays, out-of- town, new location: Evangelical Free Church, 5431 – 48 Avenue, Taber AB

Meeting Cancellations

McKenzie Towne Group, open Came to Believe meeting (Sundays at 7:30 p.m.) will be cancelled at end of January (02/2016)

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

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

Springbank Thursday group cancelled(10/2015)

Step, Stories and Beyond would like to thank all who attended the 2015 New Year's Eve gala. We are happy to announce there was a small surplus from contributions that were based on the seventh tradition. We pray all had a good time and the surplus will be donated to central office to go to Head office.

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.

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

December			January		
ABC Group	Haddon Road	Midnapore (cont)	ABC Group	Forest Lawn (cont)	Midnapore (cont)
Darmody M 13 years	Kirk R 2 years	Kim K 4 years	Jessica B 7 years	Gary Y 7 years	Al M 7 years
Mel S 51 years	Glenn B 7 years	Daryl 5 years	Jim C 19 years	Melvin 14 years	Chad H 7 years
Awakenings	Greg H 12 years	Dave G 8 years	Debbie D 27 years	Aricana Recovery Group	Dan W 7 years
Steve J 1 year	Link Group	Dwayne W 8 years	Action Group	Wayne K 30 years	Brock 12 years
Don B 5 years	Jack M 11 years	NW Step & Traditon	Kevin O 8 years	Brian H 33 years	Wes W 38 years
Rudy N 25 years	Jason M 31 years	Ron A 42 years	Tim M 9 years	Garry R 42 years	NW Step & Tradition
Back From Hell	Marlborough	NW Calgary	Dellas Z 14 years	Neil R 44 years	Rob G 5 years
Tamara G 1 year	Ed D 34 years	John (Nov) 2 years	Jerry S 35 years	Al C 47 years	Old Time Group
Ryan Y 2 years	MAAT Group	Lee H (Nov) 8 years	Awakenings	George S 56 years	Archie W 1 year
Frank B 5 years	Dale R 10 years	Brian (Nov) 34 years	Charles C 12 years	Kincora Group	Patrick S 5 years
Paulina M 5 years	Ron W 12 years	Recovery Group	Patricia C 27 years	Evan M 1 year	Sandra M 26 years
Rod L 29 years	McKenzie Town	Irene R 27 years	Back From Hell	Phil 1 year	Open Door
Forest Lawn	Ken L 1 year	Deb C 29 years	Tammy G 2 years	Charlotte 2 years	Jo-Lynn H 6 years
Helmit 40 years	Susan O 1 year	Sharon B 29 years	Brandy 4 years	Jon B 5 years	Recovery Group
Merle C 41 years	Brad I 3 years	John R 30 years	Ben K 9 years	Mike O 8 years	Dianna L 10 years
Glenmore Group	Margaret S 4 years	Steps Stories Beyond	Jack J 13 years	Link Group	Terri-Lynn 13 years
Kate 1 year	Ward 4 years	Alva 5 years	Renee 35 years	Richard B 1 year	Woody H 32 years
Rob 2 years	Jeff S 8 years	Tony B 9 years	By the Book	Jorde H 1 year	Marie M 39 years
George 5 years	Colleen Mc 26 years	Whitesheep Group	Jaymz T 3 years	Art W 6 years	Steps Stories Beyond
Don 5 years	Jon G 33 years	Derrick S 2 years	Wendy 28 years	Rob S 8 years	Brad G 1 year
Robert 11 years	Midnapore	Dave F 4 years	Forest Lawn Sat Night	Midnapore	Whitesheep Group
Lanny 26 years	Kristy M 1 year	Roger P 37 years	Brandon K 2 years	Mike M 1 year	Reid M 2 years
Tim 38 years	Tyler B 1 year	Ian M 44 years	Jay L 2 years	Ryan P 3 years	Ian M 44 years

REQUEST FOR VOLUNTEERS

The Corrections Committee (part of Calgary General Services Committee (CGSC) needs your 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.

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LIST OF EVENTS


DATE	EVENT	More Info
January 15-16 (Saturday - Sunday) Bethel Lutheran Church 298 Bethel Drive Sherwood Park, AB	<u>Area 78 Committee Meeting</u>	Service Committee Meeting
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, purchase tickets from GSR rep, intergroup rep or from Central Office (credit card accepted)
February 13, 2016 (Saturday) 4720 50 th Street, Taber Civic Center, Taber, AB	<u>Taber AA 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
March 18-20, 2016 (Friday - Sunday) Sheraton Red Deer 3310 - 50 Ave, Red Deer, AB 403-346-2091	<u>Area 78 Pre-Conference Assembly</u>	Service Committee Meeting
April 2 nd , 2016 (Saturday) Vibank Community Hall Vibank, Saskatchewan	<u>Easy Does It</u> <u>Vibank 26th Annual AA Roundup</u>	Cost: Tradition 7 11:30am registration Banquet at 6:00pm

[The January 2016 GRAPEVINE: Issue Has Arrived!](#)

This month's special section features stories of experience, especially for beginners. Being a newcomer in AA can be a wonderful, yet profoundly confusing, experience. When we first come in, we're told, "Don't drink, no matter what." But how do we do that? We're greeted with suggestions, slogans, literature and prayers-it's enough to make a brand new member's head spin. In this month's special section, we feature stories by AA members who have been there. We hope newcomers can find hope in them and grab onto this life-saving program.

In the story "[Looking Up](#)," a new member, who thought his life was over, soon lifts his eyes to the healing love in the rooms. In "[Rehab Romance](#)," a newcomer with "romance" issues learns to focus on her sobriety first. A member in Texas lovingly remembers how he learned about "One Day at a Time" from his sponsor in "[Each Day, I Win](#)." And what in the world does washing cars have to do with not drinking? A woman in Illinois sure finds out in the story "[One Car at a Time](#)."

You can find these stories and many more on the [AA Grapevine Web site](#). [To listen to these stories, click here.](#)



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



Groups Doing Service Commitments In January and February

Treatment Facility	AA Group - January	AA Group - February
Renfrew Tuesday	Go For It	Daily Reflections
Renfrew Thursday	Recovery	New Beginnings
Renfrew Sunday	NW Step & Tradition	Unity
Sunrise	Primary Purpose	Ogden
Alpha House	Shipwreck	Bring Your Own Cup
Dream Centre	MAAT	Back to the Book

Sunday Breakfast at Ramada	AA Group
January 3	Recovery
January 10	Edgemont
January 17	By the Book
January 24	
January 31	Shipwreck @ Sunset
February 7	
February 14	
February 21	
February 28	

Telephone Monitoring Dates	AA Group
January 4 - 10	Harvest Hills B.B.
January 11 - 17	Ogden
January 18 - 24	The Link Group
January 25 - 31	Steps, Stories & Beyond
February 1 - 7	ABC
February 8 - 14	Kincora
February 15 - 21	Recovery
February 22 - 28	West End Step & Tradition
Feb 29 - March 6	Candlelight

Big Book Studies

“The Joe and Charlie Way”

There is a Big Book study at Haddon Road Tuesday nights 7:30pm – 9:00pm beginning on February 9th, 2016. It 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 January 10th, 2016. 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 continues to run every Monday and a new study began on December 21st 2015.

Step 1 & Tradition 1

Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.

From Twelve Steps and Twelve Traditions, p21-p24

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take out first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered...

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

From Twelve Steps and Twelve Traditions, p129-131

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery...At first he goes along because he must, but later he discovers a way of life he really wants to live.
