

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

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 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!

Calgary AA Central Office accepts MC, Visa, Interac, cheques and cash.

Contact Central Office @ (403) 777-1212 or centraloffice@telus.net

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

Intergroup Contacts:

| | | | |
|--------------------------------|---------------------------|----------------------------|-------------------------------|
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| Sunday Morning Breakfast Chair | cgigbrkfst@gmail.com | | |

MEETING CHANGES

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| <p style="text-align: center;"><u>New Meetings</u></p> <p>Came to Believe Group, Sundays, 7:30 PM, open, Beginners, New Brighton Residents Association, 2 New Brighton Dr. SE (02/2016)</p> <p>Penbrooke Community Centre, new Al-Anon Meeting, Mondays, 7:00pm (02/2016)</p> <p>Recovery Group: new meeting, 10:00 pm Fridays, Closed discussion. (11/2015)</p> <p>Serenity Seekers, Fridays, 7:30 PM, open, 5213 – 56 Street (private residence), Taber AB (01/2016)</p> <p>Sundre Town & Country Group (out of town) is adding a new meeting on Thursday at 7:30 pm, discussion meeting, closed, same location as Wednesday - Sundre Gospel Centre, 801 – 1 St. NE (01/2015)</p> <p style="text-align: center;"><u>Meeting Changes</u></p> <p>19th Hole Group: Tuesdays southwest, is changing their start time from 8:30 pm to 8:00 pm (01/ 2016)</p> <p>Deer Ridge Group, Tuesdays southeast, changing meeting time from 8:00 to 7:30 pm (01/2016)</p> <p>Haddon Road Thursday Night Sponsorship meeting at 7:30pm is changed to 8:00pm step discussion meeting “A Design for Living”. (01/2016)</p> | <p style="text-align: center;"><u>Meeting Changes (continued)</u></p> <p>The Harmony Group, Wednesdays, southeast, is changing their meeting time from 7:30 to 7:00 as of February 3 (02/2016)</p> <p>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)</p> <p>Southlanders Pancake, southeast, Friday Beginners meeting <u>only</u> is Open. Monday & Wednesday are Closed (11/2015)</p> <p>Springbank Tuesday, northwest, meeting place has new name: Westlife Church (10/2015)</p> <p>Taber Group, Tuesdays, Thursdays, Saturdays, Sundays, out-of- town, new location: Evangelical Free Church, 5431 – 48 Avenue, Taber AB (01/2016)</p> <p style="text-align: center;"><u>Meeting Cancellations</u></p> <p>McKenzie Towne Group, open Came to Believe meeting (Sundays at 7:30 p.m.) will be cancelled at end of January (02/2016)</p> <p>Plain Language Meeting: Mondays, southwest, has been cancelled. (11/2015)</p> <p>Red Sash Group: Sundays, started recently in northeast, has been cancelled. (11/2015)</p> <p>Springbank Thursday group cancelled(10/2015)</p> |
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Calgary AA needs one of those special kind of people who enjoys 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 interested please submit your resume to the Chair of Intergroup for careful consideration.

Intergroup also requires an Archives Chairperson, this person typically attends the functions in the Calgary Area bringing our History for careful display. The position requires attendance at the monthly Intergroup meetings and is the liaison between the long term steady archivist and the Intergroup body as a whole. This position is a one year term, possible re-election for two terms only. If interested please attend the Intergroup meeting held the 1st Monday of each month. Our next Intergroup meeting is February 8 at 7 PM.

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 corrections | January | | | | February | |
|-----------------------|------------------------------|--------------------------|-----------------------|---------------------------------|-------------------------|--------------------------------|
| Edgemont Group | ABC Group | Glenmore Group | Link Group | New Beginnings(ct) | ABC Group | Midnapore (ct) |
| Derek T 1 year | Jessica B 7 years | Matthew 1 year | Richard B 1 year | Cheryl H 15 years | Tim B 1 year | Brian K 24 years |
| Janice 5 years | Jim C 19 years | Erica 1 year | Jorde H 1 year | Sheryl M 18 years | James S 7 years | NW Step & Tradition |
| Anima K 7 years | Debbie D 27 years | Sheila 1 year | Art W 6 years | Brent 23 years | Peter L 9 years | Bill B 42 years |
| New Beginnings | Action Group | Dee 1 year | Rob S 8 years | Sharon W 31 years | Action Group | ODAT Group |
| Alexia 1 year | Kevin O 8 years | Chris 1 year | McKenzie Towne | NW Step & Tradition | Mark A 1 year | Sheila M 3 years |
| Janet 2 years | Tim M 9 years | Kristin 2 years | Serge L 1 year | Rob G 5 years | Awakenings | Ogden Group |
| Darren 4 years | Dellas Z 14 years | Rob M 3 years | Michael H 1 year | Ogden Group | Charles C 12 years | Crystal P 1 year |
| Aie R. 6 years | Jerry S 35 years | Denise 3 years | Jennifer K 2 years | Denise D 2 years | Patricia C 27 years | Joe D 4 years |
| Sharon H 10 years | Awakenings | Cassandr: 5 years | Karen T 2 years | Derek F 3 years | Back from Hell | Kevin O 8 years |
| Nancy R 23 years | Charles C 12 years | Jeff 10 years | Lon M 4 years | Crystal H 3 years | Nellie B 3 years | Pat M 10 years |
| The Link Group | Patricia C 27 years | Chris B 13 years | Shawn C 7 years | Jen A 7 years | Troy C 5 years | Tania M 10 years |
| Jason M 1 year | Back From Hell | Mike B 14 years | Mike C 23 years | Sherry F 11 years | Tania M 10 years | Keith K 25 years |
| Jack M 33 years | Tammy G 2 years | Jessie C 14 years | Midnapore | Vince C 23 years | Cheri A 18 years | Cliff J 33 years |
| | Brandy 4 years | Bernie H 14 years | Mike M 1 year | Bayne H 23 years | Edgemont | Laurie A 36 years |
| | Ben K 9 years | Sean B 19 years | Ryan P 3 years | Eric P 25 years | Judy P 20 years | 7:30 Old Time Group |
| | Jack J 13 years | Pat T 21 years | Al M 7 years | Daryl D 27 years | Mike K 24 years | Charlie M 26 years |
| | Renee 35 years | Charles 24 years | Chad H 7 years | 7:30 Old Time Group | Patrick F 24 years | Marilyn S 29 years |
| | By the Book | Pat R 33 years | Dan W 7 years | Archie W 1 year | Inglewood Group | Whitesheep Group |
| | Jaymz T 3 years | Irricana Recovery | Brock 12 years | Patrick S 5 years | Stephen S 9 years | Gerry M 17 years |
| | Wendy 28 years | Wayne K 30 years | Wes W 38 years | Heather V 16 years | Kincora Group | Robin C 21 years |
| | Edgemont Group | Brian H 33 years | New Beginnings | Sandra M 26 years | April P 1 year | Recovery Group |
| | Eric B 5 years | Garry R 42 years | Dana 1 year | Open Door | Steve C 15 years | Michelle t 14 years |
| | Judy McC 17 years | Neil R 44 years | Jodi 1 year | Jo-Lynn H 6 years | MAAT Group | Marie U 28 years |
| | John G 20 years | Al C 47 years | Erica S 1 year | Recovery Group | Ashley C 3 years | Roy S 31 years |
| | Kim W 40 years | George S 56 years | Dave M 2 years | Dianna L 10 years | Mark H 10 years | Woody H 32 years |
| | Forest Lawn Sat Night | Kincora Group | Glen T 5 years | Terri-Lynn 13 years | Marlborough Park | The Link Group |
| | Brandon K 2 years | Evan M 1 year | Daryl K 5 years | Woody H 32 years | Ken P 1 year | Ravenmo 3 years |
| | Jay L 2 years | Phil 1 year | Steph F 6 years | Marie M 39 years | Midnapore | We Agnostics |
| | Gary Y 7 years | Charlotte 2 years | Wayne B 6 years | Steps Stories & Bynd | Kelly D 7 years | Richard H 4 years |
| | Melvin 14 years | Jon B 5 years | Holly T 7 years | Brad G 1 year | Lynn C 7 years | |
| | | Mike O 8 years | Lenora 9 years | Whitesheep Group | Margrit P 19 years | |
| | | | Tim F 14 years | Reid M 2 years | Peter A 21 years | |

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LIST OF EVENTS

| DATE | EVENT | More Info |
|---|---|---|
| Feb 5-6, 2016 (Friday-Saturday) Edmonton, AB | <u><i>Beat the Mid Winter Blues Roundup</i></u> | Contact central office for more details. |
| February 13, 2016 (Saturday) 4720 50 th Street, Taber Civic Center, Taber, AB | <u><i>Taber AA Group 60 Anniversary</i></u> | Registration opens at 10am. Registration and Banquet \$25, Registration Only, 7 th Tradition, Banquet 5-6pm wit speaker afterward. |
| February 13, 2016 (Saturday) Camrose Moose Hall 5001 – 52 nd Avenue, Camrose, AB | <u><i>Camrose 36th Annual Valentine Roundup</i></u> | Tickets \$25, Registration 9-10am or call Wilf (780) 608-9416 or Jessica (780) 678-0224 |
| February 27 th , 2016 (Saturday) 1609 Centre St. NW., Calgary, AB Downstairs | <u><i>Garnet Block 64 Anniversary</i></u> | Doors open at 10:00am, meetings all day, Potluck 4-5:30pm, Birthday meeting 8:30pm, parking in back |
| March 4-6, 2016 (Friday – Sunday) Banff Park Lodge, 222 Lynx Street Banff, AB | <u><i>Banff Roundup 2016</i></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><i>Area 78 Pre-Conference Assembly</i></u> | Service Committee Meeting |
| March 25-27, 2016 (Friday-Sunday) Coast Plaza Hotel Downtown Vancouver 1763 Comox St, Vancouver, BC | <u><i>37th Annual Celebrate Sobriety Conference, hosted by LGBTQ members of AA</i></u> | With participation from the gay, lesbian, bisexual, transgender and queer member of AA, also with Al-Anon participation. Contact Central office for more details. |
| April 2 nd , 2016 (Saturday) Balzac Hall Balzac, AB | <u><i>Airdrie Roundup</i></u> | Registration 9-10am, Tickets \$30, 6pm banquet, for tickets call Bill F (403)948-0438 or Peter F at (403) 828-2141 |
| April 2 nd , 2016 (Saturday) Vibank Community Hall Vibank, Saskatchewan | <u><i>Easy Does It Vibank 26th Annual AA Roundup</i></u> | Cost: Tradition 7 11:30am registration Banquet at 6:00pm |

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

This month's special section features stories of staying sober through adversity.

Getting sober is a wondrous thing, but it doesn't mean that life stops happening. Recovering alcoholics deal with adversity every day-illness, death, divorce, money troubles, job loss and more. And yet through fear and pain, drinking is not an option. In this month's special section, members share how they use the tools of the program and embrace the Fellowship to get through tough times.

In the story "[I Used Every Tool I Had](#)," a fire destroyed everything a member owned but not her desire to stay sober. A man in Texas with terminal cancer loses his wife, his house and his kids and yet manages to stay sober and positive in "[A Beautiful Day for a Ride](#)." In "[I Found My Place](#)," a long-time member with mental illness shares the painful obstacles she navigated to find her way in AA. And in "[Turning Points](#)," a sober mom in Florida recalls how her family tragedy became a source of hope for others.

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

Doing Service Commitments In February and March

| Treatment Facility | AA Group - February | AA Group - February |
|--------------------------------------|---------------------|------------------------------|
| Renfrew Tuesday | Daily Reflections | Regal |
| Renfrew Wednesday (Bridging the Gap) | Forest Lawn | Wednesday Morning Eye Opener |
| Renfrew Thursday | New Beginnings | Unity |
| Renfrew Sunday | Unity | New Beginnings |
| Sunrise | Ogden | MAAT |
| Alpha House | Bring Your Own Cup | Steps, Stories & Beyond |
| Dream Centre | Back to the Book | Midnapore |

| Sunday Breakfast at Ramada | AA Group |
|----------------------------|-------------------------|
| February 7 | Haddon Road |
| February 14 | |
| February 21 | |
| February 28 | Steps, Stories & Beyond |
| March 6 | By the Book |
| March 13 | |
| March 20 | |
| March 27 | |

| Telephone Monitoring Dates | AA Group |
|----------------------------|---------------------------|
| February 1 - 7 | ABC |
| February 8 - 14 | Kincora |
| February 15 - 21 | Recovery |
| February 22 - 28 | West End Step & Tradition |
| Feb 29 - March 6 | Candlelight |
| March 7 - 13 | Daily Reflections |
| March 14 - 20 | NW Calgary Group |
| March 21 - 27 | By the Book |
| March 28 - April 3 | New Beginnings |

Big Book Studies

“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 runs every Monday.

“At New Beginnings”

There is a new Big Book study at New Beginnings Sunday 2:00pm-4:00pm beginning on March 13th. It is presented by James P.

“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.

Step 2 & Tradition 2

Step 2 – Came to believe that a Power greater than ourselves could restore us to sanity.

From Alcoholics Anonymous, Chapter 4, “We Agnostics”

If a mere code of morals or a better philosophy of life were sufficient to overcome alcoholism, many of us would have recovered long ago. But we found that such codes and philosophies did not save us, no matter how much we tried. We could wish to be moral, we could wish to be philosophically comforted, in fact, we could will these things with all our might, but the needed power wasn't there. Our human resources, as marshaled by the will, were not sufficient; they failed utterly.

Lack of power, that was our dilemma. We had to find a Power greater than yourself which will solve your problem. That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God...

Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all men.

When, therefore, we speak to you of God, we mean your own conception of God.

Tradition 2 – For our group purpose, there is but one ultimate authority – a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

From Twelve Steps and Twelve Traditions, “Tradition Two”

Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, “This simply can't be. There must be an angle somewhere,” These practical folk then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, “Yes! It definitely does,” The friends mutter that this looks vague, nebulous, pretty naïve to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts...

This brings us straight to the question “Does A.A. have a real leadership?” Most emphatically the answer is “Yes, notwithstanding the apparent lack of it.” ...

Nearly every oldtimer in our Society has gone through this process in some degree. Happily, most of them survive and live to become elder statesmen. They become the real and permanent leadership of A.A. Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis. When sorely perplexed, the group inevitably turns to them for advice. They become the voice of the group conscience; in fact they are the true voice of Alcoholics Anonymous. They do not drive by mandate; they lead by example.
