

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.
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



35th Annual

AA Gratitude Roundup

Calgary, AB

June 10, 11, 12 - 2016

AA Guest Speakers

Marty H., Calgary, AB
 Denise B., Winnipeg, MB
 Joe C., Pensacola, Florida
 Peter M., Palm Coast, Florida
 Yvonne S., Los Angeles, California

Al-Anon Speaker

Carolyn H., Calgary, AB

Registration

\$25 for the entire weekend
 \$70 includes registration &
 Saturday banquet
 Tickets may be purchased from your
 G.S.R., Intergroup Rep., or from
 Calgary Central Service Office, and
 online at:
www.gratituderoundup.com
 (Credit cards accepted)
 Phone: 403-777-1212

ROUNDUP-FEATURES

Fellowship—Speaker Meetings—AA Meetings —Dance—Ice Cream Social
 — AA Literature Table— AA Archives Display —Al-Anon Literature Table—
 World's Largest AA Gratitude Globe

Conference headquarters and accommodations:

The Glenmore Inn

2720 Glenmore Trail SE
 Calgary, AB

Hotel Reservations: 403-279-8611
 (ask about special rates for Roundup guests)
 Tollfree: 1-800-661-3163
 Website: www.glenmoreinn.com

Sponsored by Calgary General Service Committee

For ticket sales and schedule of events
 visit our Website at: www.gratituderoundup.com

**Central Office will be closed this Easter weekend, including:
 Good Friday, March 25
 And
 Saturday, March 26**

Intergroup Contacts:

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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 (Feb/16)

Chimes of Freedom Group, 8:00 PM Mondays, J.C. Charyk School (Mezzanine), 801 – 4 St. W, Hanna AB (Feb/16)

Penbrooke Community Centre, new Al-Anon Meeting, Mondays, 7:00pm (Feb/16)

Serenity Seekers, Fridays, 7:30 PM, open, 5213 – 56 Street (private residence), Taber AB (Jan/16)

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 Gospi NE (Jan/16)

Tsui T'ina Thursday Night Meeting, Open, Discussion, 7:30 PM Thursdays, Tsui T'ina Spirit Healing Lodge, Old Agency Road A7 (3 km south of Bullhead Road, off Anc T'ina Nation (Feb/16)

MEETING CHANGES:

19th Hole Group, Tuesdays southwest, is changing their start time from 8:30 pm to 8:00 pm (Jan/16)

Deer Ridge Group, Tuesdays southeast, changing meeting time from 8:00 to 7:30 pm Jan/16)

Haddon Road Thursday Night Sponsorship meeting at 7:30pm is changed to 8:00pm step discussion meeting "A Design for Living". (Jan/16)

The Harmony Group, Wednesdays, southeast, is changing their meeting time from 7:30 to 7:00 as of February 3 (Feb/16)

Out to Lunch Bunch, meeting starts at 11:55am Mon/Wed/Fri, rather than at noon (Feb/16)

Shipwreck at Sunset, Fridays, southwest, has moved to the Central United Church, 131 – 7 Ave. SW, side door, basement, same time. (Mar/16)

Taber Group, Tuesdays, Thursdays, Saturdays, Sundays, out-of- town, new location: Evangelical Free Church, 5431 – 48 Avenue, Taber AB (Jan/16)

MEETING CANCELLATIONS:

McKenzie Towne Group, open Came to Believe meeting (Sundays at 7:30 p.m.) has been cancelled (Feb/16)

Rounders: Wednesday southwest, has been cancelled. (Feb/16)

TriCurrie Group, It is with sadness we announce that on April 25th, 8:30pm, TriCurrie will unite for the group's last meeting. The group will disband after that meeting

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.

The Sunday Morning Breakfast Chair (Nate) is looking to strike a committee to research other venues for the Sunday Morning Breakfast. This does NOT mean the meeting is going to relocate, it DOES mean we are researching other venues to see if a relocation is reasonable. Interested members for this committee should email Nate directly for further information at cgigbrkfst@gmail.com.

Central office is in need of people to cover occasional 4 hour monitor shifts during the day at Central Office. For more information, please contact Matthew at centraloffice@telus.net.

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

February					March	
ABC Group	Glenmore Group (ct)	Marlborough Park	ODAT Group	SMOG	ABC Group	MAAT Group
Tim B 1 year	Lyle M 21 years	Ken P 1 year	Sheila M 3 years	Kate J 4 years	Kim J 2 years	Scott H 1 year
James S 7 years	Charlie 23 years	Midnapore	Ogden Group	Jason O 5 years	James D 7 years	Harvey F 1 year
Peter L 9 years	Gene H 26 years	Kelly D 7 years	Crystal P 1 year	Scott B 26 years	Action Group	Bruce B 8 years
Action Group	Betty 29 years	Lynn C 7 years	Joe D 4 years	Stampede Group	Justin B 1 year	Judy B 30 years
Mark A 1 year	Douglas 30 years	Margrit P 19 years	Kevin O 8 years	Linda K 9 years	David M 7 years	Linda L 31 years
Awakenings	Gerry S 57 years	Peter A 21 years	Pat M 10 years	The Link Group	Back from Hell	Marlborough
Charles C 12 years	Haddon Road	Brian K 24 years	Tania M 10 years	Ravenmo 3 years	Linda G 5 years	Chris B 8 years
Patricia C 27 years	Aaron L (Ja 1 year	New Beginnings	Keith K 25 years	We Agnostics	Christine 7 years	Midnapore
Back from Hell	Steve S (Ja 1 year	Mitch T 3 years	Cliff J 33 years	Richard H 4 years	Shona B 8 years	Joe G 3 years
Nellie B 3 years	Michelle 1 year	Liz 5 years	Laurie A 36 years	Wed Morn Eye Open	Greg P 9 years	Sandra B 4 years
Troy C 5 years	Neil 2 years	Annamarie \ 11 years	Ogden Thurs night	Dave C (Ja 1 year	Rob M 11 years	Joe B 8 years
Tania M 10 years	Rachel 3 years	Chris T 11 years	Naz M 1 year	Lance ` 4 years	Nick T 13 years	Annie B 26 years
Cheri A 18 years	Thomas 3 years	Danny P 11 years	Neil F 1 year	Randy 8 years	Sandy B 14 years	Jack B 55 years
Edgemont	Inglewood Group	Kelly K 13 years	Mark L 4 years	Ashok P 19 years	Book to Book Group (Aird	NADZIEJA
Judy P 20 years	Stephen S 9 years	Roxanne M 14 years	Kevin 5 years	Laura B 27 years	Brian J 25 years	Jacek D 18 years
Mike K 24 years	Mike S 12 years	Joan B 24 years	Rob M 11 years	Whitesheep Group	Nancy J 25 years	NW Step & Tradition
Patrick F 24 years	Kincora Group	Terry 24 years	Owen M 20 years	Gerry M 17 years	By the Book	Jim W 4 years
Glenmore Group	April P 1 year	Erika D 27 years	Yvonne O 21 years	Robin C 21 years	Keith L 1 year	Harry P 35 years
Katie R 1 year	Steve C 15 years	Mary M 28 years	Julius R 23 years		Edgemont	Recovery Group
Anita 2 years	MAAT Group	NW Calgary Group	7:30 Old Time Group		Andrew M 1 year	Gaurav K 2 years
Ashley 3 years	Ashley C 3 years	Rick P 2 years	Charlie M 26 years		Jeff S 1 year	Roy S 31 years
Jay 3 years	Mark H 10 years	Bruce Z 3 years	Marilyn S 29 years		Matt 1 year	Steps Stories Bynd
Jason B 3 years	MacKenzie Towne	Amanda K 5 years	Recovery Group		Stacey M 1 year	Jon S 3 years
Tom K 3 years	Manny M 1 year	Drew M 5 years	Michelle H 14 years		Amanda 2 years	Tues Morning Ladies
Nellie B 4 years	Tim T 1 year	Shandra K 7 years	Marie U 28 years		Jon H 2 years	Iris 12 years
Lucas 6 years	Al D 1 year	NW Step & Tradition	Roy S 31 years		Matthew 5 years	Wed Morn Eye Open
Trish 6 years	Jack 6 years	Bruce Z 3 years	Woody H 32 years		Sharon I 6 years	Meg H 1 year
Tanya S 9 years	Mark P 25 years	Jordan Y 5 years			Robert S 6 years	Ann J 26 years
Heather B 10 years	Dennis F 30 years	Bill B 42 years			Brent V 29 years	Whitesheep Group
					Inglewood Group	James I 2 years
					Nathan C 1 year	Jack H 31 years
					Leslie A 31 years	

LIST OF EVENTS

DATE	EVENT	More Info
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
March 25-27, 2016 (Friday-Sunday) Coast Plaza Hotel Downtown Vancouver 1763 Comox St, Vancouver, BC	<u>37th Annual Celebrate Sobriety Conference, hosted by LGBTQ members of AA</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>"Back to the Book" Airdrie Roundup</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) Kozy Korner, 5024 – 53 Street Lacombe, AB	<u>Lacombe Annual Beef Dinner</u>	Tickets \$15 at door, dinner at 6:00pm, speakers Al-Anon and AA at 8:00pm
April 8-9, 2016 (Friday-Saturday) Fritz Sick Senior Center 500 11 Street South (behind City Hall) Lethbridge, AB	<u>2016 Lethbridge 58th Annual Roundup</u>	Friday registration, 5:30-6:30pm, registration \$10, lunch \$10 optional, banquet \$25 optional, for tickets call Greg K 403-330-6105, Gord L 403-360- 8155, Effie M 587-220-6626
April 15-17, 2016 (Friday-Sunday) Crowne Plaza Chicago O'Hare Hotel 5440 North River Road, Rosemont, IL	<u>29th Annual International AA Men's Conference (Chicago, IL)</u>	For hotel reservations, call 1-877-337-5793 and mention Happy, Joyous and Free, Conference Registration \$35 US, Banquet dinner \$50 US
April 16 th 2016 (Saturday) Morinville United Church, 9610 Morinville Drive Morinville, AB	<u>District 9 Unity Spaghetti Supper</u>	3pm-9pm, tickets \$15, contact Gerald C780-292-1858 or Patricia L 780- 905-9844

The March 2016 GRAPEVINE: Issue Has Arrived!

This month's special section features stories from old-timers.

One of the many gifts of being sober in AA for a while is getting to see others put down the bottle and experience the freedom, joy and peace that we too have found. But it's the members who came before us—who continue to trudge this beautiful road of sobriety—who keep showing us the way, every single day. To them we tip our hats. This month, our special section features wonderful stories of experience and hope by our beloved old-timers.

In the story "[One Stitch at a Time](#)," a long-time member finds it's never too late to become a newcomer and do a 90-in-90. In "[Beautiful Ripples](#)," a member with many years in the program finds that the longer he stays sober, the more his sobriety touches those he loves. An old-timer faces a bout of loneliness on a cold, rainy day with hot coffee, action and a little fellowship in "[Grey Gardens](#)." And in the story "[Let Others Win the Ribbons](#)," a long-time member in Arkansas finds that giving back is reward enough for her

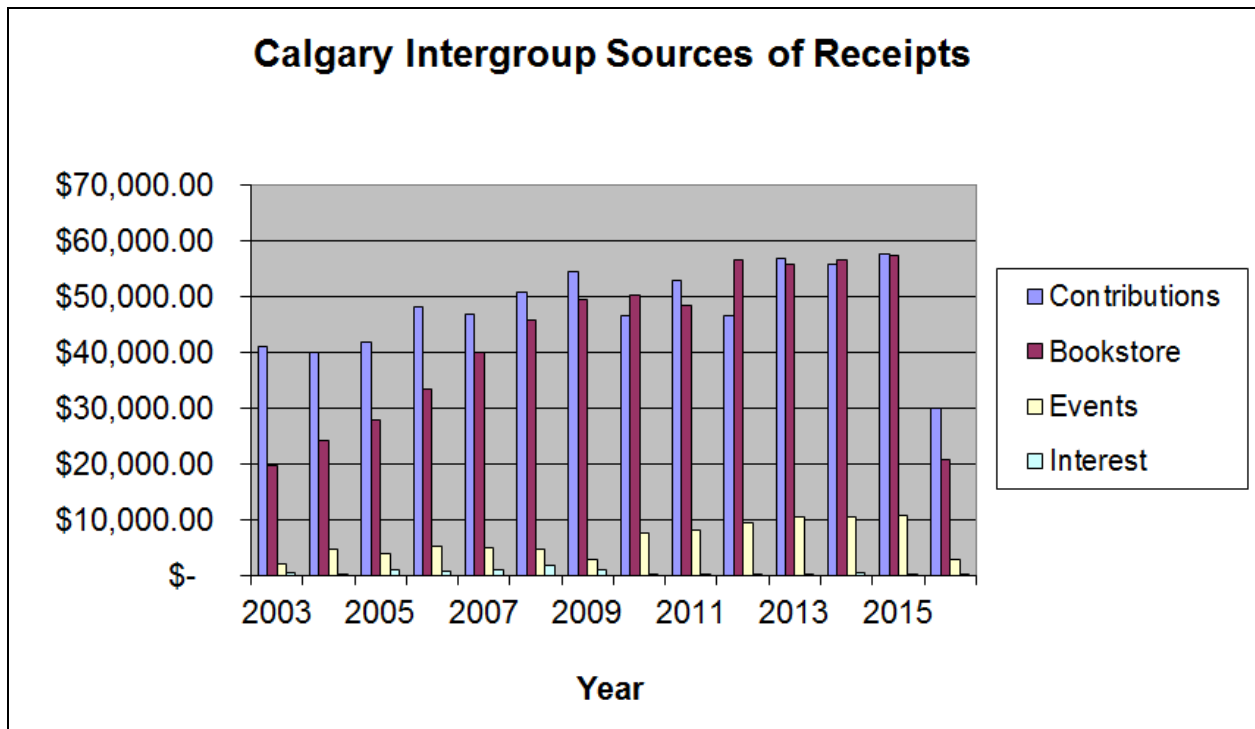
To listen to these stories, click here. You can find these stories and many more on the [AA Grapevine Web site](#).

Service Commitments In March and April

Treatment Facility	AA Group - March	AA Group - April
Renfrew Tuesday	Regal	272
Renfrew Wednesday (Bridging the Gap)	Wednesday Morning Eye Opener	New Beginnings
Renfrew Thursday	Unity	By the Book
Renfrew Sunday	New Beginnings	MAAT
Sunrise	MAAT	Unity
Alpha House	Steps, Stories & Beyond	Primary Purpose
Dream Centre	Midnapore	Regal

Sunday Breakfast at Ramada	AA Group
March 6	By the Book
March 13	Deer Ridge
March 20	NW Step & Tradition
March 27	ABC
April 3	McKenzie Towne
April 10	Recovery
April 17	
April 24	Back From Hell

Telephone Monitoring Dates	AA Group
March 7 - 13	ABC
March 14 - 20	Kincora
March 21 - 27	Recovery
March 28 - April 3	West End Step & Tradition
April 4 - 10	Candlelight
April 11 - 17	Daily Reflections
April 18 - 24	NW Calgary Group
April 25 - May 1	By the Book



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.

February 10 Daily Reflections

I Don't Run the Show

When we become alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. What was our choice to be?

Alcoholics Anonymous, p53

Today my choice is God. He is everything. For this I am truly grateful. When I think I am running the show I am blocking God from my life. I pray I can remember this when I allow myself to get caught up into self. The most important thing is that today I am willing to grow along spiritual lines, and that God is everything. When I was trying to quit drinking on my own, it never worked; with God and A.A., it is working. This seems to be a simple thought for a complicated alcoholic.



"Who cares about the future—where the hell was I last night?"

Big Book Studies

"The Cowboy Ray Way"

There is a Big Book study running at Haddon Road Sundays 2:00pm–4:00pm until April 17. 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 that began on February 9th, 2016. It is presented by Chris H and Glenn B.

Back to the Book
AIRDRIE ROUNDUP
APRIL 2nd 2016
 Balzac Hall
Deerfoot & Highway 566
Tickets \$30.00 each

Registration 9:00am to 10:00 am

- 10am to 11am- A.A. Speaker – Roman L. - Calgary
- Noon- Lunch
- 1 pm -2pm- Al-Anon Speaker - Norma F. - Calgary
- 2:30pm-3:30pm- A.A. Speaker Glen F. - Calgary
- 4:00pm-5:00pm- Call up meeting
- 6:00 pm- Banquet
- 7.00pm- 50/50 draw
- 8:00pm- AA Banquet Speaker- Cassandra K.-Grand Prairie

Tickets Call Bill F- 403-948-0438
 Peter F- 403-828-2141

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.*

*Lord, grant that I may seek rather to comfort than to be comforted –
 to understand, than to be understood –
 to love, than to be loved.*

*For it is by self-forgetting that one finds.
 It is by forgiving that one is forgiven.
 It is by dying that one awakens to Eternal Life. Amen.*

Step 3 & Tradition 3

Step 3 – Made a decision to turn out will and our lives over to the care of God as we understood Him.

From Twelve Steps and Twelve Traditions, p34.

No matter how much one wishes to try, exactly how can one turn his own will and his own life over to the care of whatever God he thinks there is? In my search for the answer to this question, I became aware of the wisdom with which it was written: that this is a two-part Step.

I could see many times where I should have died, or at least been injured. During my previous style of living, and it never happened. Someone, or something, was looking after me. I choose to believe my life has always been in God's care. He alone controls the number of days I will be granted until physical death.

The matter of will (self-will or God's will) is the more difficult part of the Step for me. It is only when I have experienced enough emotional pain, through failed attempts to fix myself, that I become willing to surrender to God's will for my life. Surrender is like the calm after the storm. When my will is in line with God's will for me, there is peace within.

From Alcoholics Anonymous. .63

Step 3 Prayer:

God, I offer myself to Thee -
to build with me and to do with me
as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them
may bear witness to those I would help
of Thy Power, Thy Love and Thy Way of life.
May I do Thy will always.

Tradition 3 – The only requirement for A.A. membership is a desire to stop drinking

From Twelve Steps and Twelve Traditions, p139,141

This tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in: nobody can keep you out. No matter who you are, no matter how low you've gone. No matter how grave your emotional complications – even your crimes – we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group.

...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery. Who dared to be judge, jury, and executioner of his own sick brother?