

# 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](mailto: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](mailto:centraloffice@telus.net)**

See [www.calgaryaa.org](http://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

### AI-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](http://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 —AI-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](http://www.glenmoreinn.com)

### Sponsored by Calgary General Service Committee

For ticket sales and schedule of events  
 visit our Website at: [www.gratituderoundup.com](http://www.gratituderoundup.com)

## 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	cgigbanffchr@gmail.com	Intergroup Special Events	cgigevents@gmail.com
Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com		

## Meeting Changes

### NEW MEETINGS:

**Alpha House:** Open step meeting in Punjabi/Hindi/English, Mondays, Alpha house board room, 203 – 15 Ave SE (Mar/16)

**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 Gospel Centre, 801 – 1 St. NE (Jan/16)

**Tsuu T'ina Thursday Night Meeting,** Open, Discussion, 7:30 PM Thursdays, Tsuu T'ina Spirit Healing Lodge, Old Agency Road A7 (3 km south of Bullhead Road, off Anderson Road, SW), Tsuu 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)

**Awakenings Group,** April 30<sup>th</sup>, the normal Saturday morning is cancelled – note this is for April 20<sup>th</sup> ONLY

**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)

**Mustard Seed Group,** Mondays, northwest, time is now 8:00pm - changed from 8:15pm

**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,** Mondays, southwest, will be closing in the end of April - last meeting April 25. (Apr/16)

**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.**

Shifts are available for daytime phone monitors at Central Office. This position is perfect for those who can make a dedicated commitment to be available for a specific shift one day/week at Central Office; either in the morning from 9:00am to 1:00pm (4 hrs.) or the afternoon from 2:00pm to 5:00pm (3 hrs.). Suggested requirements are a minimum of 5 years of sobriety, a practical knowledge of the Traditions + Steps, and knowledge of the AA service structure in Calgary. There is also a brief training session given to show new daytime monitors where to find all the info they may need to access during their shifts. If you are interested in this vital area of 12 Step service, please contact Central Office at 403-777-1212 during regular office hours.

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](mailto:westwordeditor@gmail.com)

March				April	
<b>ABC Group</b>	<b>Glenmore Group</b>	<b>Marlborough</b>	<b>NW Calgary Group</b>	<b>ABC Group</b>	<b>NW Step &amp; Tradition</b>
Kim J 2 years	Nancy L 5 years	Chris B 8 years	Allan 1 year	Jan M 27 years	Mark T 2 years
James D 7 years	Jeremy 1 year	<b>McKenzie Towne</b>	Martin S 2 years	<b>Action Group</b>	Bobby A 8 years
<b>Action Group</b>	Bill W 1 year	Rob K 2 years	George 4 years	Kim L 1 year	<b>Ogden Group</b>
Justin B 1 year	Blaine 1 year	Les B 2 years	Melissa M 7 years	Bob H 3 years	Ange N 2 years
David M 7 years	Katie R 1 year	Darren H 2 years	Roger H 10 years	Shaun M 3 years	Keegan E 6 years
<b>Back from Hell</b>	Sonia 2 years	Shawn G 3 years	<b>NW Step &amp; Tradition</b>	Lisa Z 9 years	Mel W 6 years
Linda G 5 years	Laurel 2 years	Kyle D 7 years	Jim W 4 years	Ross M 13 years	Cor 8 years
Christine I 7 years	Cam S 3 years	Michel M 15 years	Harry P 35 years	<b>Awakenings</b>	Peter K 8 years
Shona B 8 years	Kalvin S 3 years	Mac W 38 years	<b>Recovery Group</b>	Kevin D 32 years	Aaron T 9 years
Greg P 9 years	Andrew S 3 years	<b>Midnapore</b>	Gaurav K 2 years	<b>By the Book</b>	Fraser M 9 years
Rob M 11 years	Nikki B 15 years	Joe G 3 years	Roy S 31 years	Derek 1 year	Bill M 19 years
Nick T 13 years	Joni 28 years	Sandra B 4 years	<b>Steps Stories Bynd</b>	<b>Edgemont Group</b>	<b>Open Door Group</b>
Sandy B 14 years	Erik S 32 years	Joe B 8 years	Jon S 3 years	Frank K 1 year	Wade A 6 years
<b>Back to Book Group</b>	Darrell H 35 years	Annie B 26 years	<b>Tuesday Morning</b>	John D 1 year	<b>Steps Stories Bynd</b>
(Airdrie)	Carole 35 years	Jack B 55 years	<b>Ladies</b>	Sergio A 1 year	Glen F 2 years
Brian J 25 years	<b>Haddon Road</b>	<b>NADZIEJA</b>	Iris 12 years	Paul T 3 years	Marilyn E 3 years
Nancy J 25 years	Craig M 1 year	Jacek D 18 years	<b>Wednesday Morning</b>	Audrey B 17 years	Joline B 4 years
<b>Beacon Refugees</b>	Brent N 2 years	<b>New Beginnings</b>	<b>Eye Opener</b>	Linda H 12 years	Shauna M 4 years
Jeanne 37 years	Tyson 3 years	Judy C 2 years	Meg H 1 year	<b>Harvest Hills</b>	<b>TriCurrie Group</b>
<b>By the Book</b>	Brian I 6 years	Darren H 4 years	Ann J 26 years	Jennifer F 4 years	Bob W 26 years
Keith L 1 year	Harry F 14 years	Lisa B 4 years	<b>tesheep Group</b>	<b>Kincora Group</b>	Randy P 29 years
<b>Edgemont</b>	<b>Inglewood Group</b>	Will C 4 years	James I 2 years	Trish Y 2 years	Cecil A 57 years
Andrew M 1 year	Nathan C 1 year	Jennifer H 5 years	Jack H 31 years	Bali G 5 years	<b>Wednesday Morning</b>
Jeff S 1 year	Leslie A 31 years	Katherine M 5 years		<b>MAAT Group</b>	<b>Eye Opener</b>
Matt 1 year	<b>MAAT Group</b>	George L 11 years		Ron D 22 years	Leslie C 10 years
Stacey M 1 year	Scott H 1 year	Franco 12 years		<b>Midnapore Group</b>	
Amanda 2 years	Harvey F 1 year	Maggie B 22 years		Margaret 1 year	
Jon H 2 years	Bruce B 8 years	Annie B 26 years		Matt S 5 years	
Matthew I 5 years	Judy B 30 years			Brian W 22 years	
Sharon I 6 years	Linda L 31 years			Sandy M 26 years	
Robert S 6 years				Nathan C 1 year	
Brent V 29 years				Leslie A 31 years	

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
April 2, 2016 (Saturday) Balzac Hall Balzac, AB	<b><u>"Back to the Book" Airdrie Roundup</u></b>	Registration 9-10am, Tickets \$30, 6pm banquet, for tickets call Bill F (403)948-0438 or Peter F at (403) 828-2141
April 2, 2016 (Saturday) Kozy Korner, 5024 – 53 Street Lacombe, AB	<b><u>Lacombe Annual Beef Dinner</u></b>	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	<b><u>2016 Lethbridge 58<sup>th</sup> Annual Roundup</u></b>	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	<b><u>29<sup>th</sup> Annual International AA Men's Conference (Chicago, IL)</u></b>	For hotel reservations, call 1-877-337-5793 and mention Happy, Joyous and Free, Conference Registration \$35 US, Banquet dinner \$50 US
April 16, 2016 (Saturday) Morinville United Church, 9610 Morinville Drive Morinville, AB	<b><u>District 9 Unity Spaghetti Supper</u></b>	3pm-9pm, tickets \$15, contact Gerald C 780-292-1858 or Patricia L 780-905-9844
April 16, 2016 (Saturday) CE Wing, Stettler United Church 4820 51 <sup>st</sup> Street, Stettler, AB	<b><u>Stettler AA's 47<sup>th</sup> Anniversary Dinner</u></b>	Begins at 6:30pm, price \$10/person
April 23, 2016 (Saturday) DeWinton Community Hall	<b><u>Keeping the Spirit Roundup</u></b>	11am registration, Banquet 6:00pm, \$10 registration and light lunch, \$30 registration and banquet. For advance tickets, call Jack A. (403) 312-5757 or email <a href="mailto:jack-district18@hotmail.com">jack-district18@hotmail.com</a>
May 14, 2016 (Saturday) Brooks Lutheran Church 811 Cassils Road West, Brooks, AB	<b><u>Brooks Back to Basics AA Roundup</u></b>	10:00am registration or \$25 Banquet ticket (banquet ticket must be reserved by May 5 <sup>th</sup> ). For further info, contact: Jake 403-793-0173, John 403-793-0183, Cam 403-793-0789, Corinna 403-793-0326
May 14, 2016 (Saturday) Nanton Community Centre Hwy 2 South, South Side of Air Museum	<b><u>Nanton AA Roundup</u></b>	Tickets \$20, pre-purchased or available at door, event from 9:00am to 8:00pm. Contact for more info: Trevor: 403-615-9361, Mitch: 403-682-7266, Rob: 587-586-3345, Bob: 403-875-1406
July 15-17 (Friday-Sunday) Island Lake Provincial Park (rockymountaincamping.ca)	<b><u>Crowsnest Pass 29<sup>th</sup> Annual Campout</u></b>	Self-registration at entrance upon arrival, AA and Alanon speakers, Campfire meetings, potluck supper Saturday, Pancake breakfast Sunday, for more info call: Jennifer 403-988-4448, Adam 403-200-4686, Barry 403-563-5473
July 22-24, 2016 (Friday-Sunday) Gooseberry Lake Provincial Park 8 miles north of Consort on Highway 41 and 1 mile east	<b><u>28<sup>th</sup> Annual Consort Campout</u></b>	Registration 6pm July 22 <sup>nd</sup> , Registration fee \$20 per person, children 12 and under free, for camping, provincial park fees are in effect.
August 26–28,, 2016 Calvary Community Church 1205 Rogers Way, Kamloops, BC	<b><u>Western Canada Regional Forum</u></b>	Register online <a href="http://www.aa.org">www.aa.org</a> (will be available soon). There is no registration fee.

## Service Commitments

### In April and May

Treatment Facility	AA Group - April	AA Group - May
Renfrew Tuesday	272	Ogden
Renfrew Wednesday (Bridging the Gap)	New Beginnings	Midnapore
Renfrew Thursday	By the Book	Haddon Road
Renfrew Sunday	MAAT	Freedom
Sunrise	Unity	Daily Reflections
Alpha House	Primary Purpose	MAAT
Dream Centre	Regal	New Beginnings

Sunday Breakfast at Ramada	AA Group
April 3	McKenzie Towne
April 10	Recovery
April 17	
April 24	Back From Hell
May 1	McKenzie Towne
May 8	Recovery
May 15	
May 22	Back From Hell
May 29	

Telephone Monitoring Dates	AA Group
March 28 - April 3	New Beginnings
April 4 - 10	Ogden
April 11 - 17	Saturday Morning Bridge
April 18 - 24	Edgemont
May 2 - 8	ODAT Group
May 9 - 15	SMOG
May 16 - 22	Daily Reflections
May 23 - 29	Thursday Night Bridge
May 30 - June 5	Go For It

### The April 2016 GRAPEVINE: Issue Has Arrived!

**This month's special section features stories about relapse .**

Once we become free of what co-founder, Bill W., called that "merciless obsession" with alcohol, why do some of us return to drinking in the face of such serious consequences? Our Big Book describes it as a "peculiar mental twist." But one thing is for sure-whether or not we have a difficult time getting or staying sober-the hand of AA is always there for us.

In the story "**I Can Handle This**," a woman with eight years of sobriety drinks her husband's wine while on a vacation in France-an act that leads to years of controlled drinking and misery. In "**Back From Hell**," a man with 20 years decides he needs a "break" from AA. The break he gets is not what he had in mind. "**She Said She Was Doing Fine**" is a sad tale about a member who has a sober friend who knows everyone in AA and seems to have it all, yet drifts away and relapses.

You can find these stories and many more on the [AA Grapevine Web site](#).

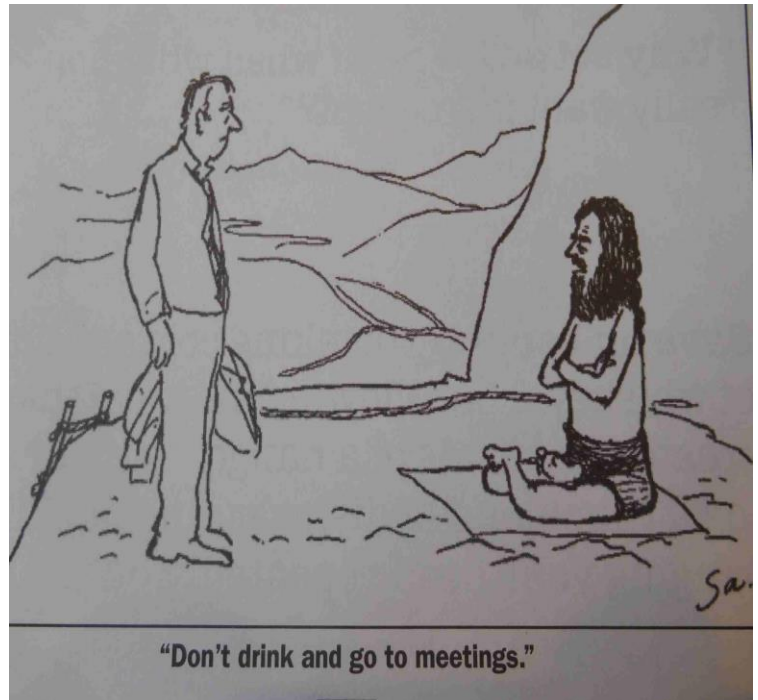


April 3 Daily Reflections**Accepting Our Humanness**

We finally saw that the inventory should be ours, not the other man's. So we admitted our wrongs honestly and became willing to set these matters straight.

As Bill Sees It. P. 222

Why is it that the alcoholic is so unwilling to accept responsibility? I used to drink because of the things that other people did to me. Once I came to A.A. I was told to look at where I had been wrong. What did I have to do with all these different matters? When I simply accepted that I had a part in them, I was able to put it on paper and see it for what it was – humanness. I am not expected to be perfect! I have made errors before and I will make them again. To be honest about them allows me to accept them – and myself – and those with whom I had the differences; from there, recovery is just a short distance ahead.



## 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 begun on March 13<sup>th</sup>. 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 9<sup>th</sup>, 2016. It is presented by Chris H and Glenn B, and continues to run through April.***



Calgary General Service Committee

## Introduction to Service Seminar

### When:

Saturday May 7, 2016 9:00AM to 3:00PM

### Where:

Scarboro United Church

134 Scarboro Ave SW, Calgary, AB T3C 2H1

### Tickets:

\$5.00 (includes lunch). Tickets may be purchased at your Home Group, Central Office or by contacting [cqscintro@gmail.com](mailto:cqscintro@gmail.com) or call 587-891-2407

The Public Information's Speakers Bureau will have its next meeting on Tuesday, May 10<sup>th</sup> 7:30pm at Central Office. If you are interested in becoming involved with the Speakers Bureau, or simply want to know more about AA public speaking, you are welcome to attend. For more information, email Dayna J at [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

People are needed in NE Calgary for the 12-Step call list. Suggested requirement is 1 year of sobriety. For more information, please email Derek at [cgig12steplist@gmail.com](mailto:cgig12steplist@gmail.com)

## Step 9 promises

*If we are painstaking about this phase of our development, we will be amazed before we are half way through.*

*We are going to know a new freedom and a new happiness.*

*We will not regret the past, nor wish to shut the door on it.*

*We will comprehend the word serenity, and we will know peace.*

*No matter how far down the scale we have gone, we will see how our experience can benefit others.*

*That feeling of uselessness and self-pity will disappear.*

*We will lose interest in selfish things and gain interest in our fellows.*

*Self-seeking will slip away.*

*Our whole attitude and outlook upon life will change.*

*Fear of people and of economic insecurity will leave us.*

*We will intuitively know how to handle situations which used to baffle us.*

*We will suddenly realize that God is doing for us what we could not do for ourselves.*

*Are these extravagant promises? We think not.*

*They are being fulfilled among us - sometimes quickly, sometimes slowly.*

*They will always materialize if we work for them.*

## Step 4 & Tradition 4

---

**Step 4 – Made a fearless and searching moral inventory of ourselves.**

**From Alcoholics Anonymous, Chapter 5 How It Works p. 63, 67**

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

Therefore, we started upon a personal inventory. **This was Step Four.** A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its human manifestations.

...

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person entirely. Where were we to blame? The inventory was ours, not the other man's.

---



---

**Tradition 4 – Each group should be autonomous except in matters affecting other groups or A.A. as a whole.**

**From Twelve Steps and Twelve Traditions, p146-147.**

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When A.A.'s Traditions were first published in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We say that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group, they have no other affiliation."

...

The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

---