

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.
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

Intergroup Summer BBQ

Saturday August 6th 11am-3pm

Valley View Park
3224 – 26 St. S.E., Calgary, Alberta

Family Members
 and Kids Welcome!
 Activities and Fun

Lunch will be
 provided
 potluck desert



Please RSVP by email to cboyd@bgcc.ab.ca with how many are attending and what dessert you are bringing ☺

Intergroup Contacts:

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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)

Group Nuevo Horizonte has added 2 new meetings: Wednesdays & Fridays. Both are open, Spanish (with some English) 2 hour meetings, 7:00 pm, St. John's Lutheran Church, 204 – 6A St. NE (May/16)

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

Weekend Serenity Group: new Big Book Discussion meetings, Saturday and Sunday at 1pm, 2020 33rd St S.E., Kadirac Room (May/16)

MEETING CHANGES:

Cochrane Rounders, Fridays Out-of-Town, 8 pm, has moved from the Provincial Building on Main St. to the Spray Lakes Sawmills Family Sports Centre, 800 Griffin Rd. E, east doors, upstairs. (July/16)

Cochrane Thursday Men's Group has moved to All Saints Anglican Church, 404 – 4 Ave. N, in the rectory building. Time remains the same. (June/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 (Apr/16)

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

Shipwreck at Sunset, Fridays southwest, 9:30 pm, has moved from Central United Church to Hillhurst United Church, 1227 Kensington Close NW, side door, gymnasium. (July/16)

SMOG Group, Monday, northwest, has been changed to a Step/Tradition meeting with a speaker meeting on the last Monday of the month, note that meeting used to be Speaker/Discussion meeting (June/16)

Sunday Morning Breakfast Group in Airdrie is now renamed to the Sunday Morning Speaker Meeting and the new address is 800 East Lake Blvd. NE, Genesis Place, upstairs in the Echo Room (July/16)

Unidos (Monday and Saturday, northeast) have changed their name to "Group Nuevo Horizonte"(May/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)

Recovery Group has cancelled the Friday 10pm meeting and the Sunday 8:00pm meeting (June/16)

TriCurrie Group, Mondays, has been cancelled (April/16)

Big Book/Step Study Meetings

"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.

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

June						July							
Action Group		Glenmore (May)		M A A T Group		Ogden Group		ABC Group		Kincora Group		Recovery Group	
Scott L	14 years	Jeff	5 years	Derric F	4 years	Donnie B	6 years	Bruce	1year	Brian C	2 years	Leonard C	1year
Awakenings Group		Melissa	6 years	Grant C	31years	Chelsea M	7 years	Bev	8 years	Larry L	3 years	Randy C	5 years
Gerry A	37 years	Darren O	8 years	MacKenzie Towne		Shannon T	8 years	Cindy	9 years	Grant F	6 years	Brad K	8 years
Back from Hell		Marla	8 years	Gladys L	1year	Krista Z	10 years	Dean	13 years	Langdon BYOC		Steps Stories & Beyond	
Brad	2 years	Bob	10 years	Scott S	4 years	Maryanne	18 years	Robin	16 years	Don C	10 years	Vanessa S	3 years
Ute B	6 years	Dave W	10 years	Michelle (May)	13 years	Recovery Group		Action Group		Kelly R	10 years	Walking Eagle	
By the Book		Doug B	10 years	Gail C	18 years	Donna G	1year	Barb B	31years	M A A T Group		Renee S	1year
Carol	2 years	Frank C	11years	Marlborough Park		James S	3 years	Awakenings Group		Audrey C	24 years	Tasha	1year
Sylvia	26 years	Mark F	19 years	Larry B	17 years	Randy T.R.	5 years	Garry B	2 years	Marlborough Park		Pearl C	3 years
Forest Lawn		Mark M	22 years	Emillian D	29 years	The Link Group		Bob H	5 years	Grant M	4 years	Wed Morn Eye Opener	
Andrew F	5 years	Glenmore (June)		Midnapore Group		Linda VL	2 years	Amanda H	22 years	Allen W	7 years	Jackie S	1year
Edgemont Group		Brent E	1year	Rodney K	1year	Tuesday Morn Ladies		Brett G	28 years	Jaque	30 years	Whitesheep	
Allan H	1year	Erica F	2 years	Stephanie Br	1year	Gail P	12 years	Martin W	30 years	Midnapore Group		Craig G	3 years
Janice K	1year	Kristin F	2 years	Tyler C	1year	Susan M	29 years	Back From Hell		Anthony L	1year	Keith B	18 years
Paul S	1year	Kristen B	4 years	Dan C	2 years	Walking Eagle		Ashley	1year	Doc S	2 years	Jeff L	19 years
Stan A	11years	Andrew M	4 years	Kristen B	4 years	Leanne F	10 years	Ray	41years	Sarah S	7 years	Al B	29 years
Lynda B	16 years	Paul C	4 years	James C	5 years	Wed Morn Eye Opener		Deer Ridge Group		Char V	10 years		
Brent M	18 years	Sharla	5 years	Mike S	7 years	Dennis L	42 years	Jack W	10 years	George B	10 years		
Joanne D	29 years	Lawrence	8 years	Bill L	32 years	Dwayne S	44 years	Edgemont Group		Pat M	33 years		
Garnett Block		Peter	9 years	New Beginnings		West End Step/Trad		Michael D	1year	Ogden Group			
Jennifer	2 years	Tom R	24 years	Shannon	1year	Carl B	1year	Ken P	6 years	Beau H	1year		
Joel	9 years	Leslee M	28 years	Stephanie B	1year	Brian D	14 years	Chad H	8 years	Ron M	6 years		
Joy	12 years	John M	38 years	Liana	3 years	Iva P	32 years	Joanne M	12 years	Cyndi E	7 years		
Monty	28 years	Haddon Road		Margery	12 years	Whitesheep		Linda G	23 years	Martin C	7 years		
Glenmore (May)		Chris H	15 years	Tamara F	12 years	AJS	8 years	Forest Lawn		Al L	16 years		
Cory B	1year	Ted C	41years	Cornelia	15 years	David G	24 years	Dan B	11years	Donna P	18 years		
Jim P	1year	Kincora Group		Anne H	18 years			Getting There Group		Isabelle C	23 years		
Mike G	1year	David M	27 years	Jan H	27 years			Gail A	10 years	Jenn S	23 years		
Nicole D	1year	M A A T Group		Leslee M	28 years			Mike P	12 years	Don C	30 years		
AJ M	3 years	James L	1year	Bob R	31years								
Dwight	3 years	Adam C	2 years										

The Sunday Morning Breakfast Speaker Meeting is back in the old room in the hotel. Thanks to all the groups that have helped to keep this meeting alive while we've gone through this difficult time. But we still really need your help!

The meeting is in great need of support, needing both groups and members to attend. With the recent down fall in the economy and the room changes in the hotel we have seen just a few groups constantly attending. But we are still in desperate need of help, as meeting attendance has been dwindling.

If you would like to sign up or have any questions about Sunday breakfast please call Nate at [\(403\)830-5086](tel:4038305086)

The District 77 Picnic was held on Saturday June 18th at Bowness Park. It was a huge success with about 150 to 200 people attending. The weather was great and lots of fun was had by all, and as always the support and friendships within the AA Fellowship were evident all day long. An estimated 628 years and 5 days of Sobriety were at this year's annual picnic - truly an astonishing amount of dedication, support and success. Thanks to all the volunteers who made the event a success and to the Go For It Group for organizing the event.

LIST OF EVENTS

DATE	EVENT	More Info
July 9, 2016 (Sunday) 4015 – 1 St SE, Calgary	<u>Stampede Breakfast (Central Office)</u>	See poster on front page. From 8:30 – 11:30 am, 7 th Tradition observed.
July 15-17, 2016 (Friday-Sunday) Island Lake Provincial Park (rockymountaincamping.ca)	<u>Crowsnest Pass 29th Annual Campout</u>	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 16, 2016 (Saturday) 1609 Centre Street NW, Calgary, AB	<u>Garnett Block Alcahthon</u>	doors open at 10 am-10 pm, meetings all day, potluck 4-5:30 PM. Join us for fellowship
July 22-24, 2016 (Friday-Sunday) Gooseberry Lake Provincial Park 8 miles north of Consort on Highway 41 and 1 mile east	<u>28th Annual Consort Campout</u>	Registration 6pm July 22 nd , Registration fee \$20 per person, children 12 and under free, for camping, provincial park fees are in effect.
August 5-7 2016 (Friday- Sunday) 10 miles south of Claresholm, on Highway 2 at Granum	<u>6th Annual Claresholm Campout</u>	Registration and pot luck at 5:30pm on Friday, cost \$20 per person. Contact Devon at 403-625-0029 or Al L at 403-489-0471
August 5-7 2016 (Friday – Sunday) Airdrie (see poster in this issue for more information)	<u>District 86 Pig Roast</u>	On site camping available but no hookups, children welcome, horseshoes and other fun events, campfire meetings, dogs are NOT allowed. Contact central office for more info 403-777-1212.
August 6, 2016 (Saturday) Valley View Park, 3224 26 St SE, Calgary	<u>Intergroup BBQ</u>	11am – 3pm, lunch provided, potluck desserts.
August 20 (Saturday) Trochu Lions Camp Ground	<u>Trochu Unity Day and Barbeque</u>	Check in at 11:30am, \$20 per adult, pot luck at noon. For camping inquiries, call 403-442-3061. For more info call Fiona 403-877-1350 or Carrie 403-714-4624
August 26–28, 2016 (Friday-Sunday) Calvary Community Church 1205 Rogers Way, Kamloops, BC	<u>Western Canada Regional Forum</u>	Register online www.aa.org (will be available soon). There is no registration fee.
August 26-28, 2016 (Friday-Sunday) Antler Hill Community Hall, Innisfail, AB	<u>Innisfail Roundup and Campout</u>	Camping setup allowed at 3:00pm Friday, Registration at 6:00pm, \$200 per person, kids under 13 free. For more information, contact Tom 403-227-6717 or Dwayne403-350-0407???
August 26-28, 2016 (Friday-Sunday) Writing on Stone Provincial Park, 41 km west of Milk River	<u>50th International Corn Roast</u>	6:30pm Friday begins with Burgers and meeting, camping in group site is \$24/night for RV's and tents. See poster in this issue for more info, or call Central office 403-777-1212.
September 3, 2016 (Saturday) Pembroke Community Centre, 6100 – 8 Ave SE, Calgary, AB	<u>Steps Stories & Beyond One Day Roundup</u>	Cost 7 th Tradition, 7:30 breakfast, lunch and dinner also included. Ends at 9pm. Contact Central office for more info 403-777-1212.
September 9-10, 2016 (Friday-Saturday) Irricana Lions Hall, 1 St & 2 Ave, Irricana, AB	<u>Hope & Unity Roundup</u>	Friday, 5pm registration, Tickets \$30/person, for camping call 403-371-7376. Call central office for more info 403-777-1212.

Service Opportunities

Upcoming Service Commitments

Treatment Facility	AA Group – July	AA Group - Aug	AA Group - Sept
Renfrew Tuesday	Daily Reflections	Regal	272
Renfrew Wednesday (Bridging the Gap)	Ogden Group		
Renfrew Thursday	Primary Purpose	Haddon Road	Southview By the Book
Renfrew Sunday	New Beginnings	Unity	NW Step & Tradition
Sunrise	Regal	Southview By the Book	Midnapore
Alpha House	The Link Group	Haddon Road	Unity
Dream Centre	MAAT	ODAT	

Sunday Breakfast at Ramada	AA Group
July 3	Primary Purpose
July 10	Recovery
July 17	
July 24	Haddon Road
July 31	
August 7	McKenzie Towne
August 14	
August 21	Marlborough Park
August 28	

Telephone Monitoring Dates	AA Group
July 4 - 10	NW Step & Tradition
July 11 - 17	Back From Hell
July 18 - 24	Ogden
July 25 - 31	By the Book
August 1 - 7	Daily Reflections
August 8 - 14	New Beginnings
August 15 - 21	Kincora
August 22 - 28	Harvest Hills Big Book
August 29 - Sept 4	

Calls for Service

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

Calgary AA needs one of those special kinds 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 July 2016 GRAPEVINE: Issue Has Arrived!

This month, we feature stories from prisoners.

Each year, Grapevine receives hundreds of letters and stories from alcoholics in correctional facilities as well as from AA members who do service and carry the message behind prison walls. Sometimes Grapevine is a prisoner's only connection to AA and sobriety. We are thrilled to share some of these powerful examples of hope and service in our annual July special prison section.

In the story "**Inside Job**", a Florida man gladly returns to his old jail to help plant seeds and lift a few spirits. In the powerful story, "**Survivor**", a motorcycle gang member shares how he changed his life, and how AA saved him – more than once. In "**They Wait for Us**", an old-timer discovers the joy of taking meetings to the women at her local prison. And after 20 years of liquor and prison, he was served a treat he couldn't refuse in "**Follow the Donuts**".

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

To view the Table of Contents, click here.

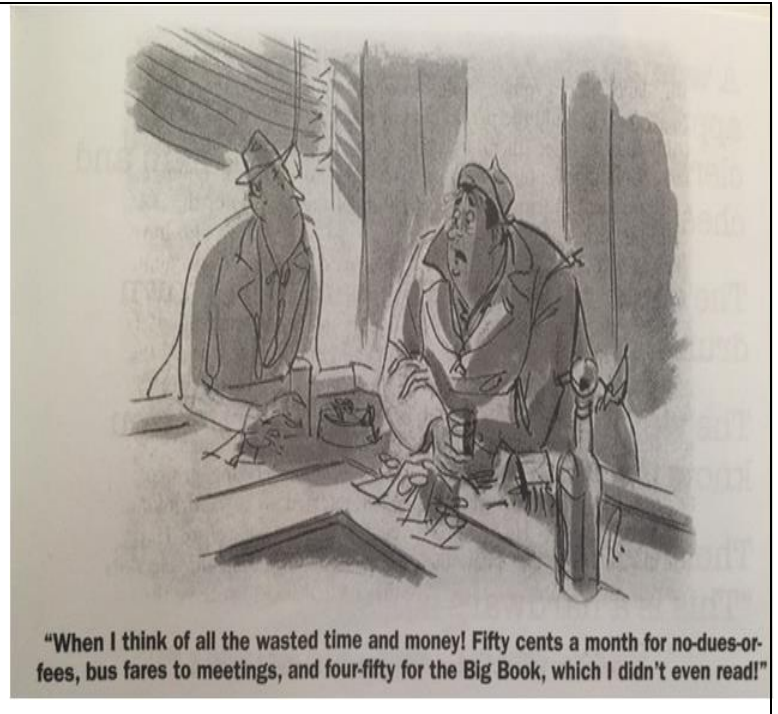
July 6 Daily Reflections

Identifying Fear

The chief activator of our defects has been self-centered fear....

Twelve Steps and Twelve Traditions, p.76

When I feel uncomfortable, irritated, or depressed, I look for fear. This "evil and corroding thread" is the root of my distress: Fear of failure; fear of others opinions; fear of harm, and many other fears. I have found a Higher Power who does not want me to live in fear and, as a result, the experience of A.A. in my life is freedom and joy. I am no longer willing to live with the multitude of character defects that characterized my life while I was drinking. Step Seven is my vehicle to freedom from these defects. I pray for help in identifying the fear underneath the defect, and then I ask God to relieve me of that fear. This method works for me without fail and is one of the great miracles of my life in Alcoholics Anonymous.



Steps, Stories and Beyond

Presents for the 2nd year**A ONE DAY ROUND UP**

September 3, 2016

7:30 - 9:00	Breakfast – pancakes / bacon
9:00 - 10:00	Speaker – Daryl D. from Calgary
10:00 - 10:30	coffee break
10:30 - 11:30	Call Up Meeting
	Chaired by Country Group - <i>Airdrie</i> .
11:30 - 1:00	Lunch – Chili / Stew
1:00 - 2:00	Speaker – Leona from Calgary
2:00 - 3:00	coffee break
3:00 - 4:00	Call Up Meeting
	Chaired by Bring Your Own Cup - Langdon
4:00 - 5:30	coffee break
5:30 - 7:30	dinner – roast beef
7:30 - 9:00	Closing Speaker – Larry M from Edmonton Area 78 Delegate

This function is based on our 7th Tradition

Located: 6100 – 8 Ave SE
 Contact: Buddy @ 403-875-9894 OR Shauna @ 403-617-6161

****Please advise if you are able to donate a Chili or Stew******District 86****11th
Annual****August 5, 6
and 7, 2016**(2nd week end of
August)**Friday- Evening-Fire and Fellowship****Saturday- Fellowship and Evening Barbeque****Sunday Morning- Pancake Breakfast****7th Tradition**

Saturday night Barbeque
 Succulent Roast Pork, Corn and Potluck



- On Site Camping available (Fri & Sat Nights)
- No Hook ups
- Children welcome
- Horseshoes and other fun events
- Campfire meetings
- Dogs are absolutely not allowed.

Watch for Signs

Directions: Same as previous years. Hwy 2 North to Veterans Blvd and go East on 567.
 Approx. 2kms to RR 291 and go north (left). 8 kms. Turn right at Spruce trees.
 East on Gravel road. Signs for parking.

Contact Central Service Office at 403-777-1212 for more info

50th International Corn Roast
Writing On Stone Provincial Park
41 Kilometers (26 Miles)
East of Milk River, Alberta, Canada
 Aug. 26, 27 & 28, 2016

We depend on 7th Tradition to pay for furnished food
 and the fee to reserve the group camping area.

Friday
6:30 PM Burgers and Meeting
Saturday
8:30-10:00 AM Breakfast
1:00 PM Al-anon Meeting
2:00 PM Call-up Meeting
5:30 PM Pot-luck Supper (Corn & Coffee Furnished)
7:00 PM AA & Al-anon Speakers
Sunday
8:00 AM – 9:00 AM Breakfast
Followed by a Spiritual Meeting

We have group area "A" reserved on the west side of the campground. If you wish to stay in the regular campground, reserve a spot 90 days ahead of time. Online <https://reserve.albertaparks.ca>
 Phone 1-877-537-2757

If you would like to camp in the group area, **spots are \$24 per Night for Rv's and Tents**. These spots are on a first come basis and are restricted in size.

For further information,
 call Calgary Central Service Office at 403-777-1212

WANTED

Members and Friends of Alcoholics Anonymous for:

Garnet Block's Annual Stampede Alcañon !

On July 16th, 2016 the doors will open at 10:00 am and
 meetings will take place until 10:00 pm.

Potluck dinner is from 4:00 pm until 5:30 pm. We welcome you
 to bring a dish and enjoy someone else's cooking !

The Garnet is located at 1609 Centre Street NW, Calgary, AB
 and there is parking in the back.

REWARD*Shared experience, strength and hope !*

Step 7 & Tradition 7

Step 7 – Humbly asked Him to remove our shortcomings.

From Twelve Steps and Twelve Traditions, p.76

As we approach the actual taking of Step Seven, it might be well if we A.A.'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and with his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

The chief activator of our defects has been self-centered fear – primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

Tradition 7 – Every A.A. group ought to be fully self-supporting, declining outside contributions.

From Twelve Steps and Twelve Traditions, p.160-162

SELF-SUPPORTING alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually money-wise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news.

Probably no A.A. tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now – sober – paid our own way. So our Fellowship stayed poor because it had to.

There was another reason for our collective poverty. It was soon apparent that while alcoholics would spend lavishly on Twelfth Step cases, they had a terrific aversion to dropping money into a meeting-place hat for group purposes. We were astounded to find that we were as tight as the bark on a tree. So A.A., the movement, started and stayed broke, while its individual members waxed prosperous...

Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves...
