

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

HOPE AND UNITY ROUNDUP

Sept. 9 & 10, 2016

Irricana Lions Hall 1st St. & 2nd Ave.
 Irricana, Alberta

Want to camp? Call 403-371-7376
 Please reserve early.

Tickets \$30.00

Available at central office 403-777-1212

Friday

5:00 PM
Registration

8:00 PM - Billy J.
Crownsnest Pass

Saturday

10:30 AM - Dana J.
Calgary

Noon - Lunch

1:30 PM - Jessica S.
Alanon

3:00 PM - Sandy B.
Airdrie

5:00 PM - Supper

7:30 PM - Ray M.
Calgary

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Meeting Changes

NEW MEETINGS:

Garnet Block, new meeting starting every Tuesday and Thursday at 1:30 pm at 1609 Centre St NW starting Thursday September 1, 2016 (Sept/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)

Okotoks Sunday Morning Breakfast Meeting: meets only on the last Sunday of every month at Denny's Restaurant (lounge) in Okotoks, 8:00am Breakfast, 9:00am speaker

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

MEETING CHANGES:

Cochrane Rounders, Fridays Out-of-Town, 8 pm, has moved again from the Spray Lakes Sawmills Family Sports Centre to Frank Wills Memorial Hall at 405 – 1 St. E, Cochrane. (Aug/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)

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

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 Studies/Step Studies

"Joe and Charlie BB Study At ODAT"

There will be a weekly Big Book study starting Monday September 12th 7:30pm at ODAT, 1840 38 St SE, Calgary in the Eastside Victory Outreach Centre (upstairs room). Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. For more information or directions please contact Peter L. 587 707 1464 or email odatmeeting@gmail.com

"At New Beginnings"

There will be a weekly Big Book study starting Sunday September 11th 2:00pm-4:00pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It will be run by James P and Cheryl. Please bring a Big Book, Pen, Highlighter, & notebook or writing pad.

"At Sheldon Chumir Centre"

There is a weekly Big Book study currently running at Sheldon Chumir Centre, 1213 - 4 Street SW on Monday nights 7:00pm – 9:00pm on the 3rd floor.

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

July				August			
ABC Group		Getting There		New Beginnings		Steps Stories & Beyond	
Bruce	1 year	Gail A	10 years	Alison B	1 year	Mike L	4 years
Bev	8 years	Mike P	12 years	Ashley	1 year	Don H	27 years
Cindy	9 years	Glennmore Group		Paul	1 year	Lib B	29 years
Dean	13 years	Neal K	1 year	Sekwan	1 year	Awakenings Group	
Robin	26 years	Les S	1 year	Kim	2 years	Mike K	3 years
Action Group		Lyle B	1 year	Loralynne	2 years	Bob J	29 years
Barb B	31 years	Jazzy L	2 years	Emma M	3 years	Pat J	34 years
Awakenings Group		Joe C	4 years	Anne M	4 years	Ogden Group	
Garry B	2 years	Lyn Mc	11 years	Kristel S	6 years	Billi Jo A	6 years
Bob H	5 years	Haddon Road		Ian S	20 years	Pamela C	6 years
Amanda H	22 years	Theresa R	26 years	Loreen S	24 years	Jordan	7 years
Brett G	28 years	Kincora Group		Kevin C	25 years	Tracy	7 years
Martin W	30 years	Brian C	2 years	Al S	26 years	Elaine	8 years
Back From Hell		Larry L	3 years	Ken R	30 years	Candace V	9 years
Ashley	1 year	Grant F	6 years	Ogden Group		Yvonne S	13 years
Ray	41 years	Langdon BYOC		Beau H	1 year	Mary	14 years
Deer Ridge Group		Kelly R	10 years	Ron M	6 years	Jeff P	23 years
Jack W	10 years	Don C	31 years	Cyndi E	7 years	Bob B	28 years
Edgemont Group		MAAT Group		Martin C	7 years	Karol K	40 years
Michael D	1 year	Audrey C	24 years	Al L	16 years	Recovery Group	
Ken P	6 years	Marlborough Park		Donna P	18 years	Jim D	2 years
Chad H	8 years	Grant M	4 years	Isabelle C	23 years	Tom E	32 years
Joanne M	12 years	Allen W	7 years	Jenn S	23 years	South View	
Linda G	23 years	Jaque	30 years	Don C	30 years	By the Book	
Forest Lawn		Midnapore Group		Recovery Group		Nick	1 year
Dan B	11 years	Anthony L	1 year	Leonard C	1 year	Rod	1 year
Garnett Block		Doc S	2 years	Randy C	5 years	Sachelle	1 year
Surrina	1 year	Sarah S	7 years	Brad K	8 years	The Link Group	
Aminah	2 years	Char V	10 years			Wendell M	24 years
Bruce	28 years	George B	10 years				
		Pat M	33 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)

LIST OF EVENTS

DATE	EVENT	More Info
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 12, 2016 (Friday) Behind Okotoks Alliance Church 338 Ave & Hwy 2A (just north of Okotoks Honda)	<u>TGIF's 2016 Summer Sizzler Social</u>	7 th Tradition. We fire up the grill at 5:30pm for grilled hot dogs and smokies. Pop, water, chips and salad provided. Bring a chair.
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.
September 23-25, 2016 (Friday–Sunday) Clarion Hotel & Conference Centre 954 – 7 St. SW, Medicine Hat, AB	<u>Medicine Hat's Annual AA Roundup</u>	6pm Friday registration only \$35/person. Registration and banquet \$50 includes Saturday night dinner and Sunday continental breakfast. Call central office for more info 403-777-1212.
September 24, 2015 (Saturday) Claresholm Community Centre #8 – 59 Ave W., Claresholm, AB (West of the Agriplex)	<u>Claresholm Family Roundup – 43rd Annual – The Joy of Living</u>	Registration 10am, Registration only \$12 adults, Registration & Banquet \$25 adults/\$5 children 12 and under. Banquet supper (steak) at 5pm. Call central office for more info 403-777-1212.

Service Opportunities

Upcoming Service Commitments

Treatment Facility	AA Group - Aug	AA Group - Sept
Renfrew Tuesday	Regal	272
Renfrew Wednesday (Bridging the Gap)		
Renfrew Thursday	Haddon Road	Southview By the Book
Renfrew Sunday	Unity	NW Step & Tradition
Sunrise	Southview By the Book	Midnapore
Alpha House	Haddon Road	Unity
Dream Centre	ODAT	

Sunday Breakfast at Ramada	AA Group
August 7	McKenzie Towne
August 14	
August 21	Marlborough Park
August 28	
September 4	
September 11	
September 18	
September 25	

Telephone Monitoring Dates	AA Group
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	Steps, Stories & Beyond
September 5 - 11	MAAT
September 12 - 18	SMOG
September 19 - 25	Getting There
Sept 26 - Oct 2	

Calls for Service

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, DO YOU WANT TO BE THE HELPING HAND OF AA?

This is important AA 12-step work.

People are needed in NE Calgary for the 12-Step call list. During your time commitment, you will answer 12-step phone calls for alcoholics in crisis.

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 enjoy 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.

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.

The August 2016 GRAPEVINE: Issue Has Arrived!

This month's special section features stories from the Subscription Challenge winner: Missouri!

Once we get sober in AA, we carry the message to other surfing alcoholics. For more than 72 years, Grapevine has been a wonderful tool to introduce newcomers to our life-saving program. It can also reach alcoholics in prisons, hospitals and remote locations. Last year, we held a challenge to increase subscription to carry the message. We recognize our 2015 winner this month beginning on page 13, with a special section of stories from their state. Congratulations Missouri. Nice job.

In the story "**3 Floors of Love**," a man express his gratitude for the clubhouse in St. Louis where he first got sober. On a chilly, Friday evening in the town of Independence, a lonely meeting chair learns the importance in plugging in the coffee in "**Strangers in the night**." Filled with resentment and prayer a Missouri mom trudges to her daughter's birthday party and is met with a gift of her own in "**A Tough Climb**." And in "**How we Did it!**," a hard-working Grapevine chair in Missouri shares how her state helped carry the message in a big way. You can find these stories and many more on the [AA Grapevine Web site](#).

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July 31 Daily Reflections

A Prayer for All Seasons

*God grant us the serenity to accept the things we cannot change,
Courage to change the things we can,
And wisdom to know the difference.*

Twelve Steps and Twelve Traditions, p.125

The power of this prayer is overwhelming in that its simple beauty parallels the A.A. Fellowship. There are times when I get stuck while reciting it, but if I examine the section which is troubling me, I find the answer to my problem. The first time this happened I was scared, but now I use it as a valuable tool. By accepting life as it is, I gain serenity. By taking action, I gain courage and I thank God for the ability to distinguish between those situations I can work on, and those I must turn over. All that I have now is a gift from God: my life, my usefulness, my contentment, and this program. The serenity enables me to continue walking forward.

Alcoholics Anonymous is the easier, softer way.



**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

**2ND Annual Innisfail
Campout/Roundup**

"Keep it simple"



AUGUST 26, 27 & 28 2016

Antler Hill Community Hall (new map on back)

Friday August 26:

1pm on -- Campers welcome to set up
6pm-8pm -- Registration and hot dog roast
8:30pm -- Campfire meeting

Saturday August 27:

8am-10am -- Western pancake breakfast
10:30am -- Call up meeting
3pm -- Al-anon / AA Skit
3:30pm -- Al-anon speaker
5:30pm -- Pot luck supper
7:30pm -- AA speaker
9pm -- Campfire meeting

Sunday August 28:

8am-10am -- Western pancake breakfast
10am -- Wrap up meeting

Camping-first come first serve; No Hookups

Registration \$20.00 per person; kids under 13 free
(registration includes hot dog roast and both breakfasts)

For more information, contact Calgary Central Service Office at 403-777-1212

Amenities: Hall with Kitchen, Indoor/Outdoor Washrooms, Picnic Tables (limited),
Playground, Horseshoe pits (2), Group Fire pit

(Sorry no fires at individual camping spots)

**O.D.A.T Group
Will be hosting a Joe & Charlie
Big Book Study**



Starting: Monday September 12/2016 - Time: 7:30 pm

Place: 1840 38 St SE, Calgary, AB

Eastside Victory Outreach Centre (upstairs room)

Please bring a Big Book

Pen, Highlighter, & notebook or writing pad

For more information or directions please contact

Peter L 587 707 1464 or email odabmeeting@gmail.com

Steps, Stories and Beyond



Presents for the 2nd year

A ONE DAY ROUND UP

September 3, 2016

7:30 - 8:00	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 - Aistrie
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****

Step 8 & Tradition 8

Step 8 – Made a list of all persons we had wronged, and became willing to make amends to them all.

From Twelve Steps and Twelve Traditions, p.77-78

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate rate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a fact-to-face admission of our wretched conduct to those we had hurt...

Tradition 8 – Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers .

From Twelve Steps and Twelve Traditions, p.166-167

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face- to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

Despite this certainty, it is nevertheless true that few subjects have been the cause of more contention within our Fellowship than professionalism. Caretakers who swept floors, cooks who fried hamburgers, secretaries in offices, authors writing books—all these we have seen hotly assailed because they were, as their critics angrily remarked, "making money out of A.A." Ignoring the fact that these labors were not Twelfth Step jobs at all, the critics attacked as A.A. professionals these workers of ours who were often doing thankless tasks that no one else could or would do...
