SUGGESTED 25¢ DONATION



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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

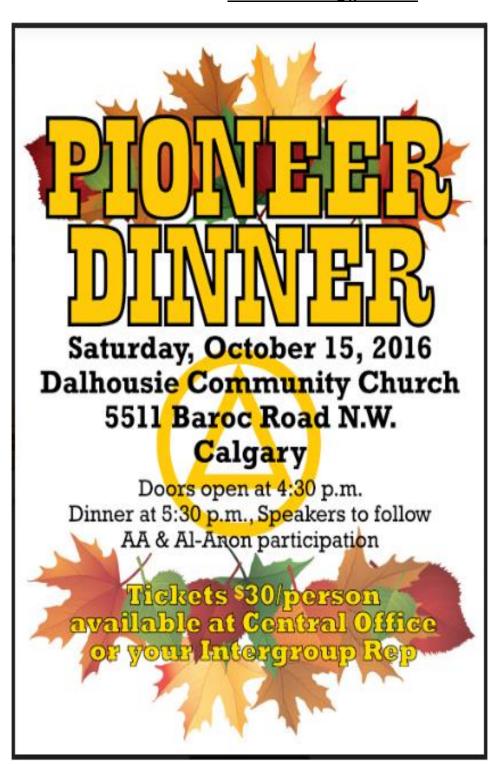
Email: centraloffice@telus.net

See <u>www.calgaryaa.org</u> for up-to-date Information, meetings and events schedule.

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 Contacts:

Intergroup Alternate Chair	cgigalterchair@gmail.com	Intergroup Chairperson	cgigchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	cgigtelmonitorchair@gmail.com
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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:

Garnet Block, new open BB study meetings every Tuesday and Thursday at 1:30 pm at 1609 Centre St NW (Sept/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,

MEETING CHANGES:

<u>Cochrane Rounders</u>, 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)

<u>Cochrane Thursday Men's Group</u> has moved to All Saints Anglican Church, 404 – 4 Ave. N, in the rectory building. Time remains the same. (June/16) <u>Mustard Seed Group</u>, Mondays, northwest, time is now 8:00pm - changed from 8:15pm (Apr/16)

<u>ODAT Group</u> (Mondays southeast) will be moving from the Forest Lawn United Church to the Eastside Victory Outreach Centre, 1840 – 38 St. SE. Nothing else changes. (Aug/16)

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

<u>SMOG Group</u>, 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)

<u>Sunday Morning Breakfast Group</u> 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)

MEETING CANCELLATIONS:

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

September 7 Daily Reflections

"Our Side of the Street"

We are there to sweep off our side of the street, realizing that nothing can be accomplished until we do so, never trying to tell him what he should do. His faults are not discussed. We stick to our own.

Alconholics Anonymous, pp.77-78

I made amends to my dad soon after I quit drinking. My words fell on deaf ears since I had blamed him for my troubles. Several months later I made amends to my dad again. This time I wrote a letter in which I did not blame him, nor mention his faults. It worked and at last I understood! My side of the street is all that I'm responsible for and – thanks to God and A.A. – it's clean for today.



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

August						Sept	tember						
ABC (Group Glenmore Group		Mariborough Park		Recovery Group		ABC Group		MAAT Group		Recovery Group		
Mike L	4 years	Courtney	1 year	Jo Ann	2 years	Jim D	2 years	Gordon R	43 years	Eric G	1 year	Anastasia	1 year
Don H	27 years	Brian C	2 years	Jeannie C	10 years	Tom E	32 years	Action	Group	Liz S	1 year	Douglas	4 years
Lib B	29 years	Bill S	4 years	Rayl	29 years	South	View	Dave P	6 years	Shantel C	2 years	Gerry H	8 years
A wakenin	gs Group	Ryan B	9 years	Midnapo	re Group	By the	Book .	Al D	7 years	Mariboro	ugh Park	Joe M	8 years
Mike K	3 years	Haddon	Road	Jeff Z	1 year	Nick	1 year	Thomas M	7 years	Andre W	1 year	Estee I	16 years
Bob J	29 years	Betty F	1 year	Kael B	1 year	Rod	1 year	Rosanne M	22 years	Ed H	5 years	Louise M	22 years
Pat J	34 years	Brent L	1 year	Rolan M	6 years	Sachelle	1 year	Deer Ridg	e Group	Midnapol	re Group	Souti	h View
Back Fre	om Hell	Kim N	2 years	Alice M	42 years	Steps S	Stories	Allen	1 year	David F	2 years	By th	e Book
Clint H	1 year	Leslie T	2 years	New Be	ginnings	& Be	yond	Holly	1 year	Harold J	6 years	Peter	1 year
Deer Ridg	ge Group	Krista G	3 years	Shelbi	2 years	Joanne B	2 years	Greg S	3 years	Stephanie B	11 years	Troy	1 year
Josh	1 year	Bradley	8 years	Suzanne	2 years	Jamie S	5 years	Jeremy	26 years	Mike K	14 years	Steps	Stories
Rob	2 years	Greg S	14 years	Jarrett H	3 years	The Lin	k Group	Edgemon	t Group	ODAT	Group	& B	eyond
Ivan M	13 years	Bob C	44 years	Janine H	4 years	Wendell M	24 years	Clayton M	1 year	Peter L	4 years	Bob	30 years
Marc U	14 years	Dick W	48 years	Todd G	5 years	Tuesday	Morning	Mike F	1 year	Ogden	Group	The Liı	nk Group
Edgemon	t Group	Inglewood	i Group	Daniel F	8 years	Lad	lies	Scott M	1 year	Mike H	3 years	Paul M	26 years
Chad I	1 year	Tye B	2 years	Lise W	16 years	Deborah W	4 years	Tammy C	1 year	Jordan D	4 years	Tuesday	Morning
Sarah B	4 years	Russel K	14 years	Ogden	Group	Sylvia	7 years	Heather N	2 years	Veronica D	4 years	La	dies
Monica B	21 years	Francis K	33 years	Barbara M	6 years	Susan D	11 years	Colin B	5 years	Bill S	8 years	Anita	32 years
Garnett	Block	Rindy Y	33 years	Billi Jo A	6 years	Fay H	26 years	Paul B	5 years	Greg M	8 years	Maureen D	34 years
Lucas R	1 year	Kincora	Group	Pamela C	6 years	PatJ	33 years	Art G	13 years	Mike G	8 years	Walkin	g Eagle
Mardiros K	1 year	Mike K	3 years	Jordan	7 years	Wednesda	y Morning	Forest	Lawn	Yvonne S	13 years	Badger	22 years
Samm F	1 year	MAAT (<i>Froup</i>	Tracy	7 years	Eye O	pener	Justin G	2 years	Tom H	14 years	Ralph	34 years
Josh	18 years	Marshall D	34 years	Elaine	8 years	Orland W	30 years	Sasha B	9 years	Open	Door	Wednesd	ay Mornin
Shirley A	30 years	MacKenzie	Towne	Candace V	9 years	Whiteshe	ep Group	Norm N	40 years	Albert D	17 years	Eye (Opener
George	30 years	Bryce L (July	1 year	Yvonne S	13 years	Wally D	7 years	Harvest I	Hills BB			Neil J	44 years
Al G	32 years	Paula F	1 year	Mary	14 years	Peter N	10 years	Laine	1 year			Whitesh	eep Group
Getting	There	Michael B	3 years	Jeff P	23 years	Sam S	11 years	Lynn	14 years			Scott C	12 years
Jocelyn G	2 years	Jeff H	4 years	Bob B	28 years	Phil L	15 years		•			Keith B	22 years
Bianca T	4 years	Ryan M	6 years	Karol K	40 years	Î	•					Ron W	25 years
	•	Coleen K	20 years		•	ĺ						Joe H	30 years

Did you know....

Calgary Central Office is totally reliant on group contributions to carry out our vital 12 step work. Your contributions are used for things like:

- Operating the book store at Central Office
- Paying professional office staff 6 days a week
- Keeping the phone lines open including after-hours phone monitoring
- Preparing monitor packages for our evening and weekend monitors
- Public Information
- Sending our Archives and Public Information chairs to Assembly

Remember: when anyone, anywhere reaches out for help, we want the hand of A.A. always to be there. And for that <u>WE</u> are responsible.

Please consider increasing you contributions to Calgary Intergroup, and stopping by to purchase your AA literature, medallions, and other special AA materials.

Yours in Service, The Calgary Intergroup Committee

LIST OF EVENTS

DATE	EVENT	More Info
September 3, 2016 (Saturday) Pembrooke Community Centre, 6100 – 8 Ave SE, Calgary, AB	Steps Stories & Beyond One Day Roundup	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	Hope & Unity Roundup	Friday, 5pm registrations, Tickets \$30/person, for camping call 403-371-7376. Call central office for more info 403-777-1212.
September 16-18, 2016 (Friday-Sunday) Sheraton, 3310 – 50 Ave, Red Deer, AB	Area 78 Assembly	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	Medicine Hat's Annual AA Roundup	6pm Friday registration. Call central office for more info 403-777-1212. 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</u> <u>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.
October 1, 2016 (Saturday) Church of the Nazarene Hall 627 – 6 St. E., Drumheller, AB	<u>District 15 Drumheller Roundup</u>	Registration: 10am, Full Registration (lunch and banquet): \$25/person, speakers only: \$10/person, Contact: area78dist15@gmail.com
October 1, 2016 (Saturday) Ballroom, Ramada Hotel downtown, 708 – 8 Ave. SW, Calgary, AB	Ladies Thanksgiving Gala	\$45/person, cut off for tickets September 26, registration 5:00pm, meal at 6:00pm, speakers at 8:00pm, dance at 9:00pm.
October 15, 2016 (Saturday) Gordon Yellowfly Memorial Arbor, 8 km west of Gleichen on Hwy 901	Sorel Rider 9 th Annual AA Roundup	Noon registration. Cost 7 th tradition. Door prizes, raffles, and 50/50. Call central office for more info 403-777-1212.
October 15, 2016 (Saturday) Dalhousie Community Church, 5511 Baroc Rd. NW, Calgary, AB	<u>Pioneer Dinner</u>	Doors open at 4:30pm. Dinner at 5:30pm. Speakers to follow. Tickets available at Central Office or GSR rep.
October 15, 2016 (Saturday) Innisfail Alliance Church, #25, 4804 – 42 Ave. Innisfail, AB	Concept Workshop (facilitated by District 14)	Registration at 9:00am. Ends at 4:00pm. Please bring your AA service manual. Potluck lunch, bring your favourite dish. Supported by 7 th tradtion.
November 4-6 , 2016 (Friday-Sunday) Camp Horizon, Bragg Creek, AB (35 minutes west of Calgary)	Bragg Creek Big Book Study Weekend	Cost \$160/person, includes accommodation and meals, limited tickets so please register early. Call Karen 403-479-6883 or Christine 403-880-7333 for more information.

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

We of Step, Stories and Beyond would like to say thank you to all brought the great spiritual enjoyment to our one day round up!

Service Opportunities

Upcoming Service Commitments

Treatment Facility	AA Group - Sept	AA Group - Oct
Renfrew Tuesday	272	Haddon Road
Renfrew Wednesday (Bridging the Gap)		
Renfrew Thursday	Southview By the Book	
Renfrew Sunday	NW Step & Tradition	Saturday Morning Bridge
Sunrise	Midnapore	New Beginnings
Alpha House	Unity	
Dream Centre	New Beginnings	

Sunday Breakfast	
at Ramada	AA Group
September 4	Shipwreck at Sunset
September 11	ABC
	Steps, Stories &
September 18	Beyond
September 25	Edgemont
October 2	Unity
	Southview By the
October 9	Book
October 16	Glenmore
October 23	
October 30	

Telephone	
Monitoring Dates	AA Group
September 5 - 11	MAAT
September 12 - 18	SMOG
September 19 - 25	Getting There
Sept 26 - Oct 2	Deer Ridge
October 3 - 9	Ogden
October 10 - 16	Primary Purpose
October 17 - 23	Edgemont Group
October 24 - 30	Marlborough Park
Oct 31 - Nov 6	

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.

The September 2016 GRAPEVINE: Issue Has Arrived!

This month's special section features stories about Young & Sober.

When young people come into AA, they often think... What now? Is my life over? How will I ever fit in? No worries. Young, sober alcoholics are everywhere, getting better, living life, doing service and meeting new friends. This month's special section features stories from members in their teens, 20s and 30s who were thankfully spared, as our co-founder Bill W. wrote, "that last 10 or 15 years of literal hell the rest of us had gone through."

In the story "Way to Party," a young man gets sober and moves to New York City and dives in to Young People's conventions for the ride of his life. A newcomer learns she no longer needs to hide behind her leather jacket in "Zipped Up Tight." In "Running Wild," a struggling young guy finally gets sober with the help of old-timers and the love they show him. And in "Sober Feet," a new member falls in with a fun-loving, sober gang who grab their skateboards and Big Books and hold meetings in the park.

To view the Table of Contents, click here.

Listen or download the recorded version here.

Big Book Studies

"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.

"The Cowboy Ray Way"

There is a weekly Big Book study running at Haddon Road beginning Sunday September 11th from 2:00pm–4:00pm. It should end mid-December. 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.

"Sundays 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. Everyone welcome.

"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@amail.com

"Ladies Big Book Study At New Beginnings"

There will be a ladies weekly Big Book study starting Tuesday September 27th from 1:30pm-3:30pm at New Beginnings, 11625 Elbow Drive SW (Canyon Meadows Shopping Centre) upstairs in room 203. It will be run by Maggie B and Sally R, and will take approximately 18 weeks to complete. Please bring an unmarked Big Book (or buy one at New Beginning on Sept 27th), Pen, Highlighter, & notebook or writing pad. Additional support materials will be provided.



Ballroom, Ramada Hotel Downtown

708 8th Avenue SW, Calgary, AB www.ram ad a calg ary.com

This is a fabulous event filled with FUN, FOOD & FELLOWSHIP!

Dress code is formal. Don't forget your dancing shoes!



Registration & Pellowship: Pormal Three Course Meal: Speakers ~ Maggie B & Joelle P:

5:00 - 6:00 6:00 - 8:00 8:00 - 9:00

Tickets: \$45.00 Contact: AA Central Office #2, 4015 1 Street SE, Calgary 403.777.1212 MECOVERY

"I ONCE WAS LOST BUT NOW I'M FOUND"



Medicine Hat's Annual, AA Round Up

September 23,24,25th Clarion Hotel & Conference Centre 954 7th St, SW Medicine Hat, AB

Registration \$35 (includes all speakers & countdown)

Banquet \$50 (includes dinner Saturday night and continental breakfast on Sunday.

Banquet tickets will be available up to Friday September 16th , after this date only registration tickets will be available.

Friday Sept 23rd

6:00 Registration & Fellowship

8:00 AA Speaker

9:45 Candlelight meeting at the clubhouse

Sunday Sept 25th

8:30am Continental Breakfast (Baked Goods) 9:30 Alanon Speaker

11:00 AA Speaker

AA

Saturday Sept 24th 8:30

Registration & Fellowship

9:30 AA Speaker 11:00 AA Speaker

12:00 PM Break

1:30 Alanon Speaker

3:00 AA Speaker

4:00 Break

5:30 Banquet (Dinner at 6pm)

730 Countdown 8:00 AA Speaker



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

Bragg Creek Big Book Study Weekend



15th ANNUAL JOURNEY

JOIN US ON THE BROAD HIGHWAY
AS WE TRUDGE THE ROAD OF HAPPY DESTINY

SPONSORED BY THE GROUP "IN THE FELLOWSHIP OF THE SPIRIT"
A SPIRITUAL JOURNEY THROUGH THE 12 STEPS

Facilitated by Scott L and John E-USA

WHEN: November 4, 5, 6, 2016

WHERE: CAMP HORIZON IN BRAGG CREEK (35 Minutes West of Calgary)

PRICE:

\$180 PER GUEST FOR THE WEEKEND INCLUDES:

ACCOMMODATIONS - BRAND NEW MEN AND WOMENS DORMS A FEW COUPLES PRIVATE BUNK ROOMS AVAILABLE ON A FIRST COME BASIS

ALL MEALS: FRIDAY NIGHT: SUPPER AND LATE NIGHT SNAGK SATURDAY: BREAKFAST, LUNCH AND DINNER SUNDAY MORNING: BREAKFAST

COFFEE, TEA, WATER/POP - 7TH TRADITION

- ♦ INFORMATION/TICKETS: Karen 403-479-6883 OR Christine 403-880-7333
- ♦ fellowshipbraggcreek@gmail.com ONE EMAIL FOR EVERYTHING!
- ♦ E-TRANSFER INQUIRE TO: (fellowahipbraggcreek@gmail.com)
- ♦ LIMITED TICKETS please register early to assist organizing committed

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, Galgary, AB

Eastside Victory Outreach Gentre (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 <u>odatmeeting@gmail.com</u>

Step 9 & Tradition 9

Step9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

<u>From Twelve Steps and Twelve Traditions, chapter on step 9.</u>

GOOD judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects...

Tradition 9 – A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

<u>From Twelve Steps and Twelve Traditions, chapter</u> on Tradition 9.

When Tradition Nine was first written, it said that "Alcoholics Anonymous needs the least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, "What do they mean, no organization?"

Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board,* nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We've tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?"