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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 Christmas/New Years closures on:

Saturday December 23rd Monday, December 25th Tuesday, December 26th Saturday, December 30th Monday, January 1st

Telephone: (403) 777-1212Answering service is <u>7x24</u> **Email:**

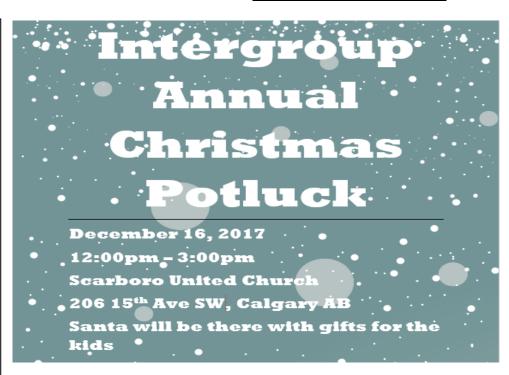
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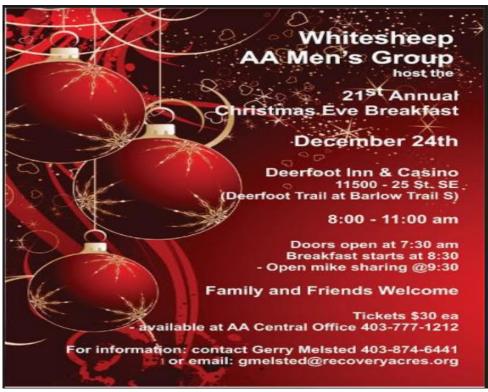
See www.calgaryaa.org for up-to-date Information, meetings and events schedule.

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 Contacts:

Intergroup Chairperson	cgigchair@gmail.com Intergroup Alternate Chair		cgigalterchair@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@calgaryaa.org	Intergroup Treasurer	cgigtreasurer@gmail.com
Banff Roundup Chair	info@banffroundup.com	Intergroup Special Events	cgigevents@gmail.com
Sunday Morning Breakfast Chair	cgigbrkfst@gmail.com	Intergroup/CGSC Liason	cgscintergroup@gmail.com

CGSC Contacts:

Chairperson	cgscchair@gmail.com	Alternate Chairperson	cgscaltchair@gmail.com	
Treasurer	cgsctreasurer@gmail.com	Secretary	cgscsecretary@gmail.com	
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com	
Cooperation with the Professional				
Community Chair	cgsccpc@gmail.com	Grapevine Chair	cgscgrapevine@gmail.com	
Records & Registration Chair	cgscrecords@gmail.com	Introduction to Service Chair	cgscintro@gmail.com	
Bridging the Gap Chair	cgscbtg@gmail.com	Intergroup/CGSC Liason	cgscintergroup@gmail.com	

Meeting Changes

NEW MEETINGS

5th Tradition Group, Tuesdays, 8:00 pm, closed, Step/Tradition, Wild Rose United Church, 1317 – 1 St. NW, side door downstairs, wheelchair assessable (Jul/17) Garnet Block, 1609 Centre St. NW, is adding a new meeting, Fridays at midnight, beginning Sept 29 (Sep/17)

Happy, Joyous & Free Group, Tuesdays 6:00 pm, open, Step/Tradition, Eastside Victory Outreach Centre, back door, 1840 – 38 St. SE, Calgary (Jul/17)

MEETING CHANGES:

<u>Back to the Drawing Board</u>, Sundays southeast has moved. New address: Eastside Victory Outreach Centre, back door, <u>1840</u> – <u>38 St. SE</u>. Everything else is the same – Sundays 7:30 pm, open. (Oct/17)

Beacon's Refugees, Saturdays northwest, have moved. New address: Highwood Lutheran Church, 419 Northmount Dr. NW, "Church Office" building & door (across from Colonel Irvine School). All else remains the same. (Nov/17)

Candlelight Group, Thursdays, southeast, will be moving to St. Luke's Anglican Church, <u>2951</u> – <u>26 Ave. SE</u>. Last meeting at Southview Com. Centre Nov. 30. First meeting at new location is Dec 7th.All else the same. (Dec/17)

<u>Glenmore Group</u> in the southwest will be moving (AS OF SEPT 1st) from Hochwald Court to 2509 Dieppe Ave. SW, Building B-6, Room 103 downstairs. All 24 meetings per week will be moving to the new location, everything else remains the same. (Sept/17)

<u>Grupo Nuevo Horizonte</u> (Spanish), northeast, Mondays, Wednesdays, Fridays at 7 PM & Saturdays at 5 PM has moved to Bay 6, 3850 – 19 St. NE, Calgary, AB (Jul/17)

<u>Open Door Group</u>, Tuesdays southeast, has moved to the Eastside Victory Outreach Centre, back door, <u>1840</u> – <u>38 St</u>. SE, and changed their time from 8:30 to 7:30. (Sept/17)

MEETING CANCELLATIONS:

Glenmore Group, southwest, has cancelled their Friday midnight meeting (Sep/17)

Midnapore Group, southeast, is cancelling its Saturday and Sunday 8:00 pm meetings. The weekday meetings remain. (Jul/17)

<u>ODAT Group</u>, southeast, is cancelled as of October (Thanksgiving) 2017. Thank you all who have attended & supported the numerous Big Book Studies held by this group. (Oct/17)

Recovery Group, southwest, is cancelling its Friday 8;00 pm meeting, last meeting Aug 25 (Sept/17)

Women of Hope Treatment Facilities meeting at Alpha House, Mondays southeast, is being cancelled, last meeting Sept. 25 (Oct/17)

Woodcreek Group, Thursdays southwest, has been cancelled (Sep/17)

November 6th Daily Reflections - "GOING WITH THE FLOW"

Sought through prayer and meditiation to improve our conscious contact with God as we understood Him . . .

TWELVE STEPS AND TWELVE TRADITIONS, P. 96

The first words I speak when arising in the morning are, "I arise, O God, to do Thy will." This is the shortest prayer I know and it is deeply ingrained in me. Prayer doesn't change God's atitude toward me; it changes my attitude toward God. As distinguished form Prayer, meditation is a quiet time, without words. To be cnetered is to be physically calm, mentally focesed and spiritually aware.

One way to keep the channel open and to improve my conscious contact with God is to maintain a grateful attitude. On the days when I am gratefull, good things seem to happen in my life. The instant I start cursing things in my life, however, the flow of good stops. God did not interrupt the flow; my own negativity did.

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

October				tober					Nove	mber		
ABC GI	oup	Glenm	ore Group			Ogden	Ogden Group		Airdrie		Midnapore Group	
Michael	1 year	Hilary S	3 years	Marilyn L	1 year	Michelle	3 years	Back Fr	om Hell	Rae D	6 years	
Sherry B	2 years	Joanne	4 years	Howie S	1 year	Rob	7 years	Payden L	1 year	Monte G	11 years	
Jennifer D	3 years	Aimee	8 years	Larry A	5 years	Don	8 years	Norma G	7 years	Dolly S	33 years	
Don M	9 years	Andre	10 years	J.P.	9 years	Kris M	9 years	Shane F	9 years	NW Calga	ry Group	
Aird	rie	Dylan S	10 years	Noelle R-F	11 years	Chuck	11 years	Doug F	11 years	Grant S	1 year	
Back Fro	m Hell	Mike V	10 years	Melody F	11 years	Glen F	11 years	Jessica Z	13 years	John J	4 years	
Chantal C	1 year	Tamara K	10 years	Liz H	12 years	Recovery	y Group	Javed	17 years	Lee H	10 years	
Deppi A	1 year	Jim H	20 years	George B	12 years	Kayla S	1 year	Mike G	20 years	Ogden	Group	
Shawn G	1 year	Bob G	40 years	Mike R	12 years	Scamus G	1 year	Airdrie	Country	Alex	3 years	
Mike L	3 years	Haddon	Road (Sept)	Steve G	15 years	Gabriel M	2 years	Gro	оир	Denise	3 years	
Duane M	8 years	Callista L	1 year	Midnapo	ore Group	Penny B	2 years	Joel D	1 year	Jason	4 years	
Rick D	8 years	Clayton M	2 years	James S	1 year	Lavonne D	25 years	Kaela W	4 years	Cameron	8 years	
Michelle F	10 years	Ezra M	3 years	Carrie P	3 years	Alex S	28 years	Awakenir	ngs Group	Brian	13 years	
Stacey P	30 years	Thom C	5 years	Kyle A	3 years	South	View	Lee H	10 years	Rick	26 years	
Awakening	s Group	David M	6 years	Maury P	7 years	By the	Book	Bev H	13 years	Recovery	Group	
Katrina W	19 years	Kevin L	6 years	Heather D	8 years	John	3 years	Deer	Ridge	Ron A	1 year	
BYOC La	ngdon	Bill O	10 years	Al H	10 years	Steps S	Stories	Mark H	1 year	Cam M	1 year	
Andy B	11 years	Bob P	12 years	Jason T	12 years	& Bey	ond (Layah G	7 years	Jacob M	4 years	
Edgemon	t Group	Marty K	17 years	NAD	DZIEJA	Flo P	1 year	Ernie S	26 years	Victoria B	4 years	
Kael	1 year	Cheyne P	26 years	Janet K	2 years	The Link	Group	Darrell F	45 years	Brian J	6 years	
Melissa	1 year	Haddor	Road (Oct)	New Be	ginnings	Maarten C	5 years	Harve	st Hills	Linda S	7 years	
Peter	3 years	Jordan F	1 year	Debbie S	1 year	Tuesday N	Morning	Big I	Book	Linda G	20 years	
Susan	6 years	Steve G	5 years	Jennifer P	1 year	Lad	lies	Anna Marie	25 years	Irene R	29 years	
Ben	7 years	Craig R	11 years	Stacey	2 years	Anita E	33 years	Just Fo	r Today	Sharon B	31 years	
Bob C	12 years	Mariam A	11 years	JeffI	4 years	Maureen D	35 years	Irma S	7 years	John D.R	32 years	
Garnet	·		y, Joyous	Amanda R	4 years	Walking		Dave W	33 years	Shipwreck		
Ben F	1 year		R Free	Billy R	5 years	Nancy M	2 years	Kincord	Group	Brant E	3 years	
Stew	, 1 year	Trish L	7 years	Mel C	6 years	Rodger B	, 11 years	Tim M	2 years	Steps S		
Jennie	1 year		vest Hills	Melody F	11 years	Ken L	34 years		e Towne	& Bey		
Ben B	4 years		g Book	Kev S	14 years	Wednesday		Gary L	1 year	Deborah H	3 years	
Mitch K	•	Andrew K		Lavonne D	15 years	Eye O		Travis P	1 year	Buddy B	13 years	
Angie	15 years		5 years	Richard	25 years	Lyndsay M	2 years	GeoffS	2 years	Wednesday		
Jeremiah	17 years		18 years		ary Group	Whiteshed	·	Matt G	2 years	Еуе Ор	~	
Bill W	30 years		ood Group	_	1 year	Wade C	4 years	Midnapo		Kurtis P	3 years	
Bill W			•	Corey S	•			•	•	1	-	
Bob G	32 years 40 years		26 years For Today	Pat H	7 years 2 & Tradn	Michael K	10 years	Blake S Brandon H	1 year	Jane R Whiteshee	29 years	
Getting			•	-		Travis L	11 years		1 year	Zack F		
•		Lisa S	2 years	Wes T	2 years	Jason S	23 years	Chris L	1 year		6 years	
JeffL	17 years		ora Group	Chris D	7 years	Bryce O	25 years	Jimmy T	1 year	Rich W	26 years	
Glenmore Group Danny O 16 years		Ron B	9 years	Ken T	26 years	Joseph S	2 years	Tom R	36 years			
Jim W	1 year		rough Park					Andrew M	3 years	Doug W	38 years	
Cody	2 years	Glen F	35 years					Garret G	4 years			
								Trayce S	4 years			

LIST OF EVENTS

DATE	EVENT	More Info
November 3-5 (Friday – Sunday) Camp Horizon in Bragg Creek, AB	Bragg Creek Big Book Study Weekend	\$160 per guest for the weekend includes accommodation and meals. Registration deadline October 29. Inquire to fellowshipbraggcreek@gmail.com.
November 4 (Saturday) Holy Cross Parish Hall 2517 – 3 Ave., Fort Macleod, AB	Fort Macleod Annual Rally	Registration 11:15am - noon, \$15, goodies, trimmings, etc. gratefully accepted to keep costs down.
November 18 (Saturday) First Baptist Church, Fellowship Room 1311 – 4 St SW, Calgary, AB	Annual Primary Purpose Group Roundup 2017	10:00am – 10:00pm, tickets available at Central Office, Admission \$30, Admission and dinner \$75
November 25 (Saturday) St Peter's Church 1802 – 33 Ave SW, Calgary, AB	Introduction to Service Seminar	11:00am – 2:00pm, presented as a service trade show (so you can come and go), for more information, please contact Central Office at 403-777-1212
November 25 (Saturday) 2404 Kensington Road NW, Calgary, AB, (downstairs, Kensington Common Church, east entrance)	SMOG's 30 th Birthday Party	11:00am – 3:00pm, Fellowship, Birthday Meeting, Potluck, Anniversary speakers, cake, live music, 7 th Tradition, For more info, call Kathi L at 403-625-0423 or Robin H at 403-802-1747.
December 9 (Saturday) Balzac Community Hall Balzac, AB	Balzac Christmas Dinner/Dance	Doors open @ 5pm, dinner @ 6pm, Tickets: \$20/person, children under 12 FREE with voucher. For more info, contact Central Office at 403-777-1212.
December 16 (Saturday) Scarboro United Church 206 - 15 Ave SW, Calgary, AB	Intergroup Annual Christmas Potluck	Noon – 3:00pm, potluck, 7 th Tradition, Santa will be there with gifts for the kids.
December 24 (Sunday) Deerfoot Inn & Casino 11500 – 25 St. SE, Calgary, AB	Whitesheep AA Men's Group 21 st Annual Christmas Eve Breakfast	8:00am – 11:00am, Doors open at 7:30am, Breakfast starts at 8:30am, open mike sharing at 9:30am. Friends and family welcome, tickets \$30 available at Central Office. For more info, contact Gerry M at 403-874-6441 or email gmelsted@recoveryacres.org .
December 28 -31 (Thurs – Sun) Chateau Lacombe Hotel (downtown Edmonton),	WACYPAA21 – Sunlight at Last	This youth conference has a weekend of recovery- related workshops, meetings, and bad-ass events for the purpose of carrying the message to the alcoholic still suffering. For more info, check out the website: www.wacypaaxxi.weebly.com .
December 31 (Sunday) Pembrooke Community Hall 6100 – 8 Ave SE, Calgary, AB	Steps Stories & Beyond New Years Dinner & Dance	Based on 7 th Tradition. Doors open at 5:30pm, Dinner at 7:00pm. Potluck desserts would be appreciated. Speaker at 8:30pm. Dance to follow. For more information, contact Central Office.
January 27, 2018 (Saturday) Edgemont Community Centre, 33 Edgevalley Circle NW, Calgary, AB	6 th Annual District 77 Round Up	Registration at 9:00am, \$40 Registration with Lunch and Dinner, \$20 Registration with Lunch. Tickets from District 77 GSRs or Central Office.
Feb 15-18, 2018 (Thursday – Sunday) Phoenix, Arizona, USA	54 th International Women's Conference	For more info, please go to <u>www.internationalwomensconference.org</u> .

Saint Francis of Assisi Prayer (a 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.
- O, Divine Master, grant that I may not so much seek to be consoled, as to console;

to be understood as to understand;

to be loved as to love;

for it is in the giving that we receive;

it is in the pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group - November	AA Group - December
Renfrew Tuesday	Midnapore	
(Renfrew Wednesday (Bridging the Gap)	Edgemont	
Renfrew Thursday	NW Calgary	
Renfrew Sunday	Thursday Night Ladies	
Sunrise	Ogden	
Alpha House	Unity	
Dream Centre	New Beginnings	

Upcoming Intergroup Service Commitments

Sunday Breakfast at Ramada	
served till 9:30	AA Group
November 5	Unity
November 12	ABC
November 19	Regal
November 26	Go For It
December 3	Rule 62
December 10	Shipwreck at Sunset
December 17	Primary Purpose Group
December 24	
December 31	
January 7	Garnet
January 14	Deer Ridge
January 21	West End Step & Tradition
January 28	Unity

Telephone	
Monitoring	
Dates	AA Group
Oct 30 - Nov 5	Harvest Hills Big Book
November 6 - 12	Sunday Morning 11 AM
November 13 - 19	Go For It
November 20 - 26	Rule 62
Nov 27 - Dec 3	McKenzie Towne
December 4 - 10	Unity
December 11 - 17	Ogden
December 18 - 24	Primary Purpose
December 25 - 31	

Calls for Service

We have 2 vacancies for COMC members (Central Office Management Committee) that should be filled by the end of the year. Business experience as well as firm understanding of the steps and traditions are considered an asset. Time requirement would be minimal (about 1 day a month), and suggested sobriety is a minimum 5 years.

Please submit resumes to Central Office.

We need daytime phone monitors at Central Office. If you can help out with a regular morning or afternoon shift, please call Mathew at Central Office at 403-777-1212 or email CentralOffice@calgaryaa.org

The October 2017 Issue of GRAPEVINE is Coming!

Each November, we feature stories of experience, strength and hope from our Grapevine Story Archives. If you haven't looked through our wonderful deep well of stories, which dates back to 1944 and holds many of Bill W.'s essays, please visit www.aagrapevine.org.

This month we highlight stories by women members from our new book "Voices of Women in AA".

To view the Table of Contents, click here.

Some stories include:

<u>One woman's journey</u> She learned to get honest, take care of herself and to her surprise, have friendships with other women

OK for this day She got sober just in time to face a breakup and a new baby—and her sponsor's words held true

Coming to believe A New York woman recalls how a Higher Power helped her survive incredibly tough times

Learning to fly An alcoholic woman in California recalls the very early pioneer days of Alcoholics Anonymous

Big Book Studies

"Mondays 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 in room 3122.

"Recovery Group Women's BB Study"

There is a new weekly women's Big Book study on Sundays at the Recover Group, Room 104, 4820 McLeod Trail SW, 2:00pm-4:00pm. Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. Big Books can also be purchased at the meeting.

" Big Book Comes Alive"

There is a weekly Big Book study running at New Brighton Community Centre, 2 New Brighton Drive SE, Calgary. Meeting runs on Sundays from 6:00pm – 7:15pm.

"The Cowboy Ray Way At Haddon Road"

There is a weekly Big Book study at Haddon Road on Sundays from 2:00pm-4:00pm. Please bring a Big Book, a highlighter and an open mind. Big books can be purchased at the meeting or from Central Office. Note that current study should end around Dec 17, and start up in January the weekend after New Year's. For any questions, please contact Steve at 403-889-5240.

"Joe and Charlie BB Study At Haddon Road"

There is a weekly Big Book study at Haddon Road on Tuesdays at 7:30pm beginning September 12, running for about 12 weeks. This will use the regular Tuesday 7:30pm step meeting time slot. For any questions, please contact Chris at 403-860-5313 (leave text or message during day).



Saturday, November 25

Fellowship ~ Members' Birthday Meeting ~ Potluck ~ Anniversary Speakers (featuring SMOG's Founder) ~ Cake ~ Live Music by three accomplished SMOG musicians ~ Raffle and more.

11am - 3pm

2404 Kensington Road, downstairs. (Kensington Commons Church, East Entrance)







7th Tradition

Get involved. Get more information. Call Kathi L. at 403-625-0423 or Robin H. at 403.802.1747

SAT. NOV 25, 2017 CGSC INTRODUCTION TO SERVICE

Are you interested in getting involved?

Calgary General Service Committee and Intergroup are excited to

Calgary General Service, Intergroup sub-committees and many members will be available to answer all your questions.

CGSC

- Treatment Bridging the Gap Records and Registra Gratitude Round Up

- Banff Round Up
- Special Events

- 12 Step list

11:00AM TO 2:00PM

HOLY MARTYR PETER THE ALEUT ORTHODOX CHURCH

1802 33RD AVE SW CALGARY, AB T2T 1Y9

COME AND GO AS YOU PLEASE

NO FEE. HONORING THE 7TH TRADITION





Step 11 & Tradition 11

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

From Twelve Steps and Twelve Traditions, chapter on Step 11.

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all...

Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer...

Tradition 11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

<u>From Twelve Steps and Twelve Traditions,</u> chapter on Tradition 11.

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every newsfront, the men and women of the press have attached themselves to us as friends.

In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members...