

SUGGESTED 25¢ DONATION



THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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

What's New?

Did you know that there is a new meeting app that can be used from your Smartphone to find AA meetings in and around Calgary? Go to your Smartphone App Store and search for the app MEETING GUIDE. Find this icon to download:



Calgary and area AA meeting locations are now all on this app, and you can also access meetings for many cities across Canada and the US.

STETTLE
AA'S 48th ANNIVERSARY DINNER
 (With AL-ANON PARTICIPATION)
APRIL 8TH, 2017 AT 6.30 PM, PRICE \$10.00 a PERSON
EASY TO FIND: CE WING, STETTLE UNITED CHURCH

4820 51ST ST. STETTLE, AB

*COME AND JOIN US FOR AN EVENING OF
 FELLOWSHIP, GOOD FOOD AND
 GREAT SPEAKERS.*



THIS YEAR'S SPEAKERS ARE FROM:

AA SPEAKER: TBA

ALANON SPEAKER: TBA

*ANOTHER GREAT WAY TO ENJOY YOUR SOBRIETY
 WITH FAMILY AND FRIENDS.*

**ONE BLOCK WEST OF MAIN ST. ON THE CORNER OF
 51ST. AND 48TH. AVE.**

For more information call: Faye K. 403-916-5361 or Kat C. 403-472-1887

Intergroup Contacts:

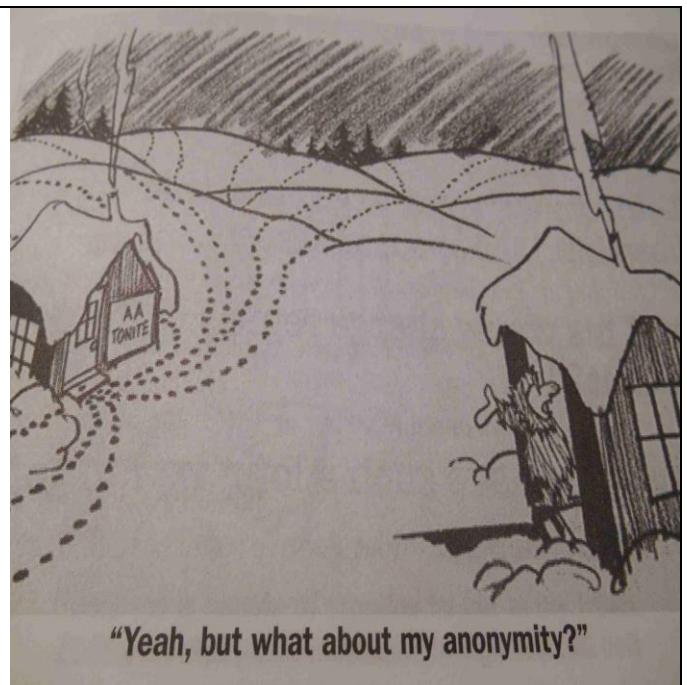
| | | | |
|--------------------------------|--|----------------------------|--|
| Intergroup Alternate Chair | cgigalterchair@gmail.com | Intergroup Chairperson | cgigchair@gmail.com |
| Intergroup Archives Chair | cgigarchives@gmail.com | Telephone Monitoring Chair | cgigtelmonitorchair@gmail.com |
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| Calgary Central Office | centraloffice@telus.net | Intergroup Treasurer | cgigtreasurer@gmail.com |
| Banff Roundup Chair | info@banffroundup.com | Intergroup Special Events | cgigevents@gmail.com |
| Sunday Morning Breakfast Chair | cgigbrkfst@gmail.com | | |

Meeting Changes**NEW MEETINGS:***No new meetings to report.***MEETING CHANGES:****BYOC Langdon** has moved to the Langdon Field house at 344 Centre Street, Langdon, AB (Mar/17)**Daily Reflections Ladies** has changed their time and day from Sunday 1:30 pm to Saturday 8:00 pm. Same location at Scarboro United Church, 134 Scarboro Ave SW, Calgary (Jan/17)**Forest Lawn Group**, Saturday southeast has moved to the St. Luke's Anglican Church, 2951 – 26 Ave. SE, back (southeast) entrance, in the gymnasium. Parking in the rear also. Still 7:30 pm. (Mar/17)**Garnet Block** currently has a meeting Tuesday and Thursday afternoon at 1:30. As of March 1 2017, the 1:30 afternoon meeting will be on every weekday afternoon. Monday to Friday (Mar/17)**Haddon Road** On Awakening meeting southwest, 7:00am Monday-Friday is CLOSED not OPEN as listed (Jan/17)**Inglewood Group**, beginning January 1, 2017, the Inglewood Group will change it's meeting format from a Step/Tradition to a Big Book Discussion format. Same time, same place! (Jan/17)**Piitaapayi Group** in Brocket AB has moved from the Piikani Lighthouse Church basement to the St. Paul's Catholic Church basement, 16 St. & 15 Ave., Brocket. Still Thursdays at 7:30 pm (Feb/17)**Regal Group** Mondays northeast 7pm is a closed meeting, not open as listed in the meeting list (Jan/17)**Sorrel Rider Group**, out-of-town, Siksika Nation has moved to the Siksika Elders' Lodge on Highway 547, ½ kilometer south of town, Gleichen AB. Still Wednesdays, 7 pm. (Jan/17)**South Calgary Health Campus (hospital) meeting**, Wednesdays, southeast, has changed their meeting time from 8:30 to 8:00 pm (Dec/16)**MEETING CANCELLATIONS:***No cancellations to report.***March 8th Daily Reflections****"TURNING IT OVER"**

Every man and woman who has joined A.A. and intends to stick has, without realizing it, made a beginning on Step Three. Isn't it true that in all matters touching upon alcohol, each of them has decided to turn his or her life over to the care, protection, and guidance of Alcoholics Anonymous? ... Any willing newcomer feels sure A.A. is the only safe harbor for the foundering vessel he has become. Now if this is not turning one's will and life over to a newfound Providence, then what is it?

Twelve Steps and Twelve Traditions, p..567-68

Submission to God was the first step to my recovery. I believe our Fellowship seeks a spirituality open to a new kinship with God. As I exert myself to follow the path of the Steps, I sense a freedom that gives me the ability to think for myself. My addiction confined me without any release and hindered my ability to be released from my self-confinement, but A.A. assures me of a way to go forward. Mutual sharing, concern and caring for others is our natural gift to each other and mine is strengthened as my attitude toward God's will changes. I learn to submit to God's changes. I learn to submit to God's will in my life, to have self-respect, and to keep both of these attitudes by giving away what I receive.



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

| February | | | | | March | | | | |
|---------------------|----------|------------------|----------|-------------------|----------|------------------|----------|---------------------|----------|
| ABC Group | | Glenmore Group | | New Beginnings | | Back From Hell | | NADZIEJA | |
| Peter | 10 years | Leanne C | 1 year | Roxanne M | 15 years | Jason G | 2 years | Jacek D | 19 years |
| Christine | 13 years | Michelle S | 1 year | Doreen | 28 years | Jeff D | 3 years | NW Step & Tradition | |
| Don | 42 years | Anita | 3 years | Erika | 28 years | Linda G | 6 years | Jim W | 5 years |
| Action Group | | Jay D | 4 years | Mary M | 29 years | Christine R | 8 years | Ogden Group | |
| Mark A | 2 years | Tom K | 4 years | Ted V | 33 years | Shona B | 9 years | Neil F | 2 years |
| Awakenings Group | | Nellie B | 5 years | NW Calgary Group | | Greg P | 10 years | Jolene S | 4 years |
| Ron W | 2 years | Lucas | 7 years | Carly M | 1 year | Nick T | 14 years | Mark L | 5 years |
| Jody D | 6 years | Tanya S | 10 years | Rick P | 3 years | Sandy B | 15 years | Kevin | 6 years |
| Charles C | 13 years | Heather B | 11 years | Bruce Z | 4 years | Rick A | 37 years | Rob M | 12 years |
| Back From Hell | | Lyle M | 22 years | Drew M | 6 years | Beacon Refugee | | Julius R | 24 years |
| Jared M | 2 years | Gene H | 27 years | Amanda K | 6 years | Jeanne D | 38 years | Owen M | 25 years |
| Teshuvah A | 2 years | Betty A | 30 years | Shandra K | 8 years | BYOC Langdon | | Yvonne O | 25 years |
| Brandy B | 3 years | Gerry S | 58 years | Lyle R | 46 years | Karen M | 13 years | Open Door Group | |
| Crissi B | 6 years | Harvest Hills | | Old Time Group | | Edgemont Group | | Tom P | 1 year |
| Troy C | 7 years | Big Book | | Charles M | 27 years | Grant K | 1 year | Rule 62 | |
| Myrna G | 13 years | Ron W | 2 years | Marilyn S | 30 years | Justin R | 1 year | Jake M | 1 year |
| Cheri A | 20 years | Inglewood Group | | Open Door Group | | Krystal S | 1 year | South View | |
| Edgemont Group | | Lee B | 1 year | Terry C | 11 years | Jeff S | 2 years | By the Book | |
| Judy P | 21 years | Steve S | 10 years | Recovery Group | | Amanda | 3 years | Keith | 2 years |
| Patrick F | 24 years | Mike S | 13 years | Brandon C | 2 years | Robert S | 7 years | Steps Stories | |
| Garnet Block | | Just For Today | | Sean O'B | 27 years | Sharon I | 7 years | & Beyond | |
| Lori (Jan) | 1 year | Wayne C | 4 years | Rule 62 Group | | Brent V | 30 years | Jeff S | 2 years |
| Bart (Jan) | 1 year | Frank McL | 28 years | Katie R | 2 years | Inglewood Group | | Jon S | 4 years |
| Peter (Jan) | 1 year | Kincora Group | | South View | | Leslie A | 32 years | The Link Group | |
| Danny (Jan) | 2 years | April P | 2 years | By the Book | | Just for Today | | Jordie H | 1 year |
| Matt (Jan) | 2 years | Langdon BYOC | | Colleen | 22 years | Sharon G | 24 years | Tuesday Morning | |
| Mike (Jan) | 2 years | Melanie J | 6 years | Walking Eagle | | MAAT Group | | Ladies | |
| Sam (Jan) | 38 years | Marlborough Park | | Sonny C | 5 years | Kim M | 1 year | Iris A | 13 years |
| Gary | 1 year | Ken P | 2 years | We Agnostics | | Harvey F | 2 years | Wednesday Morning | |
| Andre | 1 year | Midnapore Group | | Richard H | 5 years | Scott H | 2 years | Eye Opener | |
| Randy | 1 year | Peter D | 1 year | Wednesday Morning | | Bruce B | 9 years | Meg H | 2 years |
| Michelle | 1 year | Kelly D | 8 years | Eye Opener | | Judy B | 31 years | Howard A | 9 years |
| Kevin | 2 years | Margrit P | 20 years | Lance | 5 years | Linda L | 32 years | Ann J | 27 years |
| Nicole | 16 years | Peter A | 22 years | Ashok P | 20 years | Marlborough Park | | Whitesheep Group | |
| Ray | 23 years | Brian K | 25 years | Laura B | 28 years | Chris B | 9 years | Jamal I | 3 years |
| Getting There Group | | New Beginnings | | Whitesheep Group | | Midnapore Group | | Harry P | 36 years |
| | | Talia D | 1 year | John | 1 year | Paw el B | 1 year | | |
| Steven C | 5 years | Mitch T | 4 years | Sam | 1 year | Joe G | 4 years | | |
| Greg W | 10 years | Annamarie | 12 years | Gerry M | 18 years | Jack B | 56 years | | |
| | | Danny P | 12 years | | | | | | |
| | | Kelly K | 14 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 |
|---|--|--|
| March 3-5, 2017 (Friday – Sunday) Banff Park Lodge 222 Lynx Street, Banff, AB | <u>Banff Roundup 2017</u> | Registration \$37/person, Registration/Banquet \$103/person, tickets can be purchased from GSR or Central Office until February 27 th . |
| March 3-5, 2017 (Friday-Sunday) Whitefish Mountain Resort Whitefish, Montana, US | <u>30th Annual Whitefish Sober Ski</u> | Call Jake H. 406-250-8757 or email jakehows@gmail.com for more info. Lodging discounts available at Cheap Sleep Motel – 406-862-5515. (Mention Sober Ski for discount) |
| March 11, 2017 (Saturday) Claresholm United Church 4803 – 2 St. West, Claresholm, AB | <u>Claresholm Character Defects / Shortcomings Workshop</u> | 10am – 1pm, Cost 7 th Tradition, light lunch provided, located at Claresholm Thursday night meeting, for more info, call Keith A. at 403-801-1473. |
| March 17-19, 2017 (Friday-Sunday) Sheraton Hotel, 3310 – 50 Ave, Red Deer | <u>Area 78 Preconference Assembly</u> | Call Central Office at 403-777-1212 for more information. |
| April 1, 2017 (Saturday) Corner of Deerfoot and Hwy 566 | <u>Back to the Book Airdrie Roundup</u> | Registration 9am-10am, tickets \$30 each or \$15 each for speakers only, for tickets call: Bill 403-948-0438, Dianne 587-224-2167, Brian 403-926-9209, Ray 403-948-5997 |
| April 8, 2017 (Saturday) DeWinton Community Hall | <u>2nd Annual Keeping the Spirit Alive Roundup</u> | 10:30am registration, roundup 11:30am – 9:00pm. Lunch registration \$10, Banquet registration \$30. For tickets and information, call Jack A at 403-312-5757 or email jack-district18@hotmail.com |
| April 8, 2017 (Saturday) Stettler United Church, CE wing, 4820 51 st St., Stettler, AB | <u>Stettler AA's 48th Anniversary Dinner</u> | At 6:30pm, price \$10/person, for more info, call Faye K. 403-916-5361 or Kat C. 403-472-1887. |
| April 21-22, 2017 (Friday-Saturday) Lethbridge, AB | <u>Lethbridge Roundup</u> | More info to follow. |
| May 13, 2017 (Saturday) Nanton, AB | <u>Nanton Roundup</u> | More info to follow. |
| June 9-11 (Friday-Sunday) Glenmore Inn, 2720 Glenmore Trail SE, Calgary, AB | <u>36th Annual AA Gratitude Roundup</u> | \$25 for the weekend. \$70 includes registration and Saturday night banquet. For more information, go to www.GratitudeRoundup.com . |

The Third Step Prayer

God, I offer myself to thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

There will be a vacancy coming up in April for COMC (Central Office Management Committee). This is for a Member at large - business experience as well as a firm understanding of the steps and traditions an asset. Please submit resumes to Central Office.

Service Opportunities

Upcoming CGSC Service Commitments

| Treatment Facility | AA Group – March | AA Group - April |
|---|-------------------------|-----------------------|
| Renfrew Tuesday | Saturday Morning Bridge | Glenmore Group |
| Renfrew Wednesday (Bridging the Gap) | | |
| Renfrew Thursday | Regal | New Beginnings |
| Renfrew Sunday | Primary Purpose | SMOG |
| Sunrise | Out to Lunch Bunch | Southview By the Book |
| Alpha House | Daily Reflections | Ogden Group |
| Dream Centre | NW Calgary | Deer Ridge Group |

Upcoming Intergroup Service Commitments

| Sunday Breakfast at Ramada **served till 9:30** | AA Group |
|---|-----------------------------|
| March 5 | Go For It |
| March 12 | Rule 62 |
| March 19 | Shipwreck |
| March 26 | Westend Step & Tradition |
| April 2 | Go For It |
| April 9 | McKenzie Towne |
| April 16 | Southview By the Book |
| April 23 | Primary Purpose |
| April 30 | Midnapore |

| Telephone Monitoring Dates | AA Group |
|----------------------------------|-----------------|
| March 6 - 12 | Garnet |
| March 13 - 19 | Go For It |
| March 20 - 26 | Regal |
| March 27 - April 2 | Ogden |
| April 3 - 9 | Edgemont |
| April 10 - 16 | Rule 62 |
| April 17 - 23 | Deer Ridge |
| April 24 - 30 | Primary Purpose |

Calls for Service

People are needed in Calgary for the 12-Step call list. Midnight monitors are especially needed, but also monitors for all areas of the city for all time slots. Suggested requirement is 1 year of sobriety. For more information, please email Nate at cgig12steplist@gmail.com.

“Bridging the Gap” is a temporary contact program for the newcomer coming out of a treatment facility and into Alcoholics Anonymous. Volunteers are needed. Please email for more information to BTGCalgary@gmail.com

The March 2017 Issue of GRAPEVINE is Coming!

This month, AA members share stories about their home groups.

One of the earliest gifts of sobriety is the connection a member gets from an AA group once he or she begins to get active and participate. "To watch loneliness, vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss," writes our co-founder Bill W. in "Working With Others." This month's special section features home group stories by members who have not missed out on this wonderful AA connection.

To view the Table of Contents, click here.

Read the Editor's Letter

Explore the Grapevine Subscription App available for Android and iPhone/ iPad.

Learn more : www.aagrapevine.org/app

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.

"The Cowboy Ray Way At Haddon Road"

There is a weekly Big Book study at Haddon Road on Sundays from 2:00pm–4:00pm, beginning January 15 and running until April 16. Please bring a Big Book, a highlighter, a note book and an open mind. Big books can be purchased at the meeting or from Central Office. For any questions, please contact Steve at 403-889-5240.

"Joe and Charlie BB Study At ODAT"

There is a weekly Big Book study running Mondays 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, directions, etc., please contact Peter L. at 587-707-1464 or email odatmeeting@gmail.com.

"Joe and Charlie BB Study At Haddon Road"

There is a weekly Big Book study running on Tuesdays at Haddon Road from 7:30pm–9:00pm. For any questions, contact Chris H at 403-860-5313.

" Spring BB Study At New Beginnings"

There is a weekly Big Book study starting March 12 at New Beginnings. The study will be hosted by Rob O. and held on Sunday afternoons from 2-4pm. Bring your Big Book, a pen, a highlighter, and a willingness to learn more about the program of recovery.



CHARACTER DEFECTS-SHORTCOMINGS WORKSHOP

Hosted by: Claresholm Thursday Nite Group
CLOSED meeting format

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



A 3 hour interactive workshop for those who want to have a better understanding of character defects also known as shortcomings. Are 6 & 7 drive-by steps for you? Do you have lots of sobriety, but wonder why Happy, Joyous and Free aren't happening?

We will discuss steps 6 & 7 as well as answer common questions such as:
*What are character defects? What is the difference between a character defect and a shortcoming?
How can you deal with character defects? Define Fear, Humility, et cetera.*
There will be a panel question and answer time.

RECOMMENDED READINGS FOR THE WORKSHOP

Big Book: pg 76 - section on steps 6 & 7
Twelve Steps and Twelve Traditions: pg 49 - section on character defects, Step 6 & Step 7

- A LIGHT LUNCH WILL BE PROVIDED -

When: Saturday, 11 March, 2017
10:00 a.m. → 1:00 p.m.

Where: Claresholm United Church
4803 - 2nd Street WEST, Claresholm (location of Claresholm Thursday Nite Meeting)

Workshop Chairperson: Keith A. (403) 801-1473 / keith.a@platinum.ca

7th Tradition will be honoured



"Our Spiritual Way of Life"

April 8 2017 @ DeWinton Community Hall

Schedule of Events

| | |
|---------------------|-----------------------|
| 10:30 am | Registration |
| 11:30 am - 12:00 pm | Call Up Meeting |
| 12:00 pm - 12:30 pm | Light Lunch Service |
| 12:30 pm - 1:15 pm | Call Up Meeting |
| 1:30 pm - 2:30 pm | AA Speaker TBA |
| 2:45 pm - 3:45 pm | Alanon Speaker TBA |
| 4:00 pm - 4:45 pm | Call Up Meeting |
| 4:45 pm - 5:00 pm | DCM Welcome |
| 5:00 pm - 5:45 pm | Raffle Prizes |
| 5:45 pm | Grace |
| 6:00 pm | Roast Beef Banquet |
| | Sobriety Countdown |
| 7:30 pm - 8:30 pm | AA Banquet Speaker |
| | Trish L, Vancouver BC |
| 8:30 pm - 9:00 pm | Fellowship & Wrap Up |

Ticket Information

| | |
|---------------------------------------|------|
| Lunch Registration | \$10 |
| Banquet Registration | \$30 |
| *banquet registration includes lunch* | |

How to find us!
From Calgary:
-South from Calgary city limits on Macleod Trail
-Turn right off the highway at the new lights at 226 Ave / Dunbow Road
-Turn left onto 16th Street West
-Follow 16th Street West into the village of De Winton
-The Community Hall will be on the left just after the General Store
-The driveway is marked with a small sign & a framed gateway over the driveway



Advance tickets email jack-distric18@hotmail.com

BACK TO THE BOOK AIRDRIE ROUNDUP Balzac Hall APRIL 1st 2017 Deerfoot and HWY 566

| | | |
|--------------------|--|-------------------|
| Tickets | \$30.00 each / \$15.00 each Speakers Only | |
| Registration | 9 to 10 am | |
| AA Speaker | 10 am to 11 am | Jack J |
| Noon | LUNCH | |
| Al-anon Speaker | 1 pm to 2 pm | Pam L |
| AA Speaker | 2:30 pm to 3:30 pm | Michelle F |
| Call up meeting | 4 pm to 5 pm | |
| Banquet | 6:00 pm | |
| 50/50 draw | 7:00 pm | |
| AA Banquet Speaker | 8:00 pm | Larry M |

For tickets call:

Bill 403-948-0438
Dianne 587 224 2167

Brian 403 926 9209
Ray 403 9485997

Service Opportunity

Big Books Needed

Members of the Corrections Committee of Calgary General Services Committee (CGSC) chair several AA meetings at the various corrections facilities in Calgary each month. At many meetings there is often a request or opportunity to provide inmates, who appear serious about recovery, with a copy of a Big Book they can read while in jail and take with them when they leave. There is an ongoing demand for books.

To offset the cost of this literature, the Corrections Committee is proposing a service opportunity to all AA groups or individual members.

- Corrections Committee is asking all groups to consider donating a copy of a Big Book specifically for meetings at the jails. A group could donate one book, or pledge to provide two books every three months, or three books per year etc. — what ever they feel they can afford, hopefully on an ongoing basis.
- Corrections Committee needs the actual books and not the cash equivalent.
- To meet security protocol, the Big Books need to be the soft covered, full (576 pg.) version — not hard covered nor the pocket size version.
- Easy drop off — Group literature chairs or other members picking up supplies at Calgary Central Office, could buy a book for Corrections and leave it in "Corrections Box" at central office.

The Corrections Committee considers this a "carry the message" service opportunity, that hopefully helps some of these men and women find the solution. Any help you can provide is greatly appreciated.

For further information contact Calgary Corrections Committee at: cgsccorrections@gmail.com

Step 3 & Tradition 3

Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From Twelve Steps and Twelve Traditions, Chapter on Step 3.

Tradition 3 – The only requirement for A.A. membership is a desire to stop drinking.

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?" ...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.

As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition.

From Twelve Steps and Twelve Traditions, chapter on Tradition 3.