

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

*This month closed
Good Friday, April 14th
Saturday, April 15th*

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.

SAT. MAY 13, 2017 CGSC INTRODUCTION TO SERVICE

Are you interested in getting involved?

Unsure of where to start?

Calgary General Service Committee and Intergroup are excited to
present a service trade show.

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

For any questions please contact cgscintro@gmail.com or call
587-891-2407.

10:00AM TO
2:00PM

**HOLY MARTYR
PETER THE ALEUT
ORTHODOX CHURCH**
(FORMERLY ST. MARKS
AND ST. PHILIPS ANGLICAN
CHURCH)
1802 33RD AVE SW
CALGARY, AB
T2T 1Y9

**COME AND GO AS
YOU PLEASE**

**NO FEE. HONORING
THE 7TH TRADITION**

Lethbridge Round Up

April 21 - 22, 2017

Weekend Schedule

Stay for fellowship between events.

Friday

5:30 pm - Registration Begins
5:30 pm - Al-anon meeting
Held in meeting room C/D
6:30 pm - AA Speaker
Demi S., Little Bow AB
8:00 pm - AA Speaker
Jannie L., Lethbridge AB
9:30 pm - Karaoke Party

Saturday

8:30 am - Breakfast fellowship
9:00 am - Saturday Morning Eye Opener
Held in meeting room C/D
9:30 am - New Comer, Mid-Timer, Long-Timer
12:00 pm - Lunch
1:30 pm - Al-Anon Speaker
Joe D., Leduc AB
3:00 pm - Call Up Meeting
5:30 pm - Banquet
7:00 pm - Count down
7:30 pm - Banquet Speaker
Vic P., Swift Current, SK.
9:00 pm - Midnight Dance

Ticket Details

Registration - \$10
Saturday Lunch - \$10
Saturday Banquet - \$25
Reserve your tickets in
advance. Help us
prepare by counting
yourself in.
.....
Coffee - 7th Tradition
Concession - hot dogs, pop and chips
Al-anon silent auction
Raffle tickets
Grapevines



Location

Lethbridge Senior Citizen Organization
500 11 St S, Lethbridge, AB T1J 4G7

Contacts

lethbridgeroundup@gmail.com
Kira A. 403-929-5472
Effie M. 587-220-6626
Greg M. 403-929-4488

View and print your own copy of this poster,
<http://pub.lucidpress.com/lethbridgeroundup/>

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
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@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:

Awakenings Group will not be having a meeting on April 29, 2017. This is a once a year event as no meeting room is available at our normal facility due to other events. (Apr/17)

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)

Irricana Recovery Group Beginning on May 1, 2017, the Friday 8:00 pm meeting will move to Wednesdays at 7:30 pm. It will be the same location (United Church 16 km east of Airdrie on Hwy 567). There is no change to their Sunday meeting. (May/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)

Roundhouse Recovery Group for Women Mondays at 5:30pm would like to update meeting info to "BYOCC" - bring your own coffee cup (Mar/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)

Weekend Serenity Group, Saturdays & Sundays southeast, will move to the Eastside Victory Outreach, back door, 1840 – 38 St. SE. Both meetings are still at 1 pm. (Apr/17)

MEETING CANCELLATIONS:

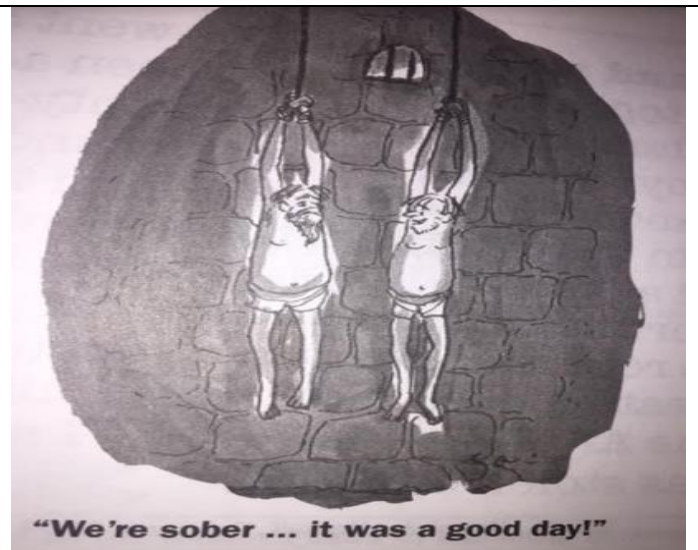
Blacksheep A-men Group Thursdays NW has been disbanded. Note that Tuesday A-Men group has NOT been cancelled. (Mar/17)

April 14th Daily Reflections**"THE NUMBER ONE OFFENDER"**

Resentment is the number one offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick.

Alcoholics Anonymous, p.64

As I look at myself practicing the Fourth Step, it is easy to gloss over the wrong that I have done, because I can easily see it is a question of getting even for a wrong done to me. If I continue to relive my old hurt, it is a resentment and resentment bars the sunlight from my soul. If I continue to relive hurts and hates, I will hurt and hate myself. After years in the dark of resentments, I have found the sunlight. I must let go of resentments; I cannot afford them.



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

March			April		
<i>ABC Group</i>	<i>Glenmore Group</i>	<i>New Beginnings</i>	<i>ABC Group</i>	<i>Marlborough Park</i>	<i>Rule 62</i>
Dana H 3 years	Jon 1 year	George L 12 years	Jan M 28 years	Rose F 1 year	Derreck S 1 year
Kim J 3 years	Sheila 2 years	Maggie B 23 years	<i>Action Group</i>	Marilyn D 4 years	Randy P 1 year
<i>Back From Hell</i>	Jeremy 2 years	Joan B 25 years	Kim L 2 years	Judy S 37 years	Glen F 3 years
Jason G 2 years	Carissa 2 years	Annie B 27 years	Shaun M 4 years	<i>McKenzie Towne</i>	<i>South View</i>
Jeff D 3 years	Bill W 2 years	Elizabeth 35 years	Bob H 4 years	Karen J 1 year	<i>By the Book</i>
Linda G 6 years	Maddy 2 years	<i>NW Step & Tradition</i>	Lisa Z 10 years	Nolan H 1 year	Dereck 2 years
Christine R 8 years	Cam S 4 years	Jim W 5 years	Ross M 14 years	Dean F 4 years	Joy 8 years
Shona B 9 years	Joe G 6 years	<i>Ogden Group</i>	<i>Awakenings Group</i>	Skip M 5 years	Lesley 34 years
Greg P 10 years	Joni 29 years	Neil F 2 years	Kevin D 33 years	Kevin H 11 years	<i>Steps Stories</i>
Nick T 14 years	<i>Inglewood Group</i>	Jolene S 4 years	<i>Back From Hell</i>	Kyle A 11 years	<i>& Beyond</i>
Sandy B 15 years	Leslie A 32 years	Mark L 5 years	Carol-Ann H 1 year	Les M 17 years	Shauna M 5 years
Rick A 37 years	<i>Just for Today</i>	Kevin 6 years	Wayne U 5 years	Mike R 20 years	<i>The Link Group</i>
<i>Beacon Refugee</i>	Sharon G 24 years	Rob M 12 years	Brian T 8 years	Liz L 29 years	Craig S 14 years
Jeanne D 38 years	<i>MAAT Group</i>	Julius R 24 years	Karen G 20 years	Judy H 29 years	<i>Tuesday Morning</i>
<i>BYOC Langdon</i>	Kim M 1 year	Owen M 25 years	<i>Edgemont Group</i>	Bob M 37 years	<i>Ladies</i>
Karen M 13 years	Harvey F 2 years	Yvonne O 25 years	David G 1 year	<i>Midnapore Group</i>	Kathleen M 1 year
<i>Edgemont Group</i>	Scott H 2 years	<i>Open Door Group</i>	Kirsta D 1 year	Andy S 1 year	<i>Whitesheep Group</i>
Grant K 1 year	Bruce B 9 years	Tom P 1 year	Sergio A 1 year	Bhasker V 1 year	Brian M 1 year
Justin R 1 year	Judy B 31 years	<i>Rule 62</i>	Thomas B 1 year	Margaret 2 years	Ian M 8 years
Krystal S 1 year	Linda L 32 years	Jake M 1 year	Wayne L 1 year	Derek J 5 years	Brice G 12 years
Jeff S 2 years	<i>Marlborough Park</i>	<i>South View</i>	John D 2 years	Brian W 23 years	George G 23 years
Amanda 3 years	Chris B 9 years	<i>By the Book</i>	Marquitta H 8 years	Sandy M 27 years	Donald S 27 years
Robert S 7 years	<i>Midnapore Group</i>	Keith 2 years	Linda H 13 years	<i>NW Step & Tradn</i>	Rick M 27 years
Sharon I 7 years	Pawel B 1 year	<i>Steps Stories</i>	Audrey B 18 years	Colin B 1 year	
Brent V 30 years	Joe G 4 years	<i>& Beyond</i>	<i>Harvest Hills</i>	Jim W 5 years	
<i>Garnet Block</i>	Jack B 56 years	Jeff S 2 years	<i>Big Book</i>	Harry P 36 years	
Cam H 1 year	<i>NADZIEJA</i>	Jon S 4 years	Justin P 1 year	<i>Ogden Group</i>	
Kyle 1 year	Jacek D 19 years	<i>The Link Group</i>	Jennifer H 5 years	Wednesda 2 years	
Jon 1 year	<i>New Beginnings</i>	Jordie H 1 year	<i>Kincora Group</i>	Ange N 3 years	
Ron M 5 years	Brad 1 year	<i>Tuesday Morning</i>	Trish Y 3 years	Keegan E 7 years	
Sheila 11 years	Dorothy B 1 year	<i>Ladies</i>	Bali G 6 years	Mel W 7 years	
JP 15 years	Lori M 1 year	Iris A 13 years	<i>Loners Intern'l</i>	Cor 9 years	
Larry P 15 years	Lynn B 1 year	<i>Wednesday Morning</i>	<i>Anonymous Cardston</i>	Fraser M 10 years	
Ron O 17 years	Judy C 3 years	<i>Eye Opener</i>	Duane T 31 years	Bill M 20 years	
Cary L. 21 years	Liana 4 years	Meg H 2 years	<i>MAAT Group</i>	Bill B 24 years	
Steve B 27 years	Kristen 5 years	Howard A 9 years	Doug B 1 year	<i>Open Door Group</i>	
Lori L 36 years	Lisa B 5 years	Ann J 27 years	Ron D 23 years	Wade A 7 years	
Jim L 46 years	Will C 5 years	<i>Whitesheep Group</i>			
<i>Glenmore Group</i>	Jennifer H 6 years	Jamal I 3 years			
Kate S 1 year	Jack C 8 years	Harry P 36 years			

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LIST OF EVENTS

DATE	EVENT	More Info
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 Senior Citizen Organization 500 – 11 St. South, Lethbridge, AB	<u>Lethbridge Roundup</u>	Friday, 5:30pm registration opens, Registration \$10, Saturday Lunch \$10, Saturday Banquet \$25, for more info email lethbridgeroundup@gmail.com .
May 6, 2017 (Saturday) Christian Education Centre 212 – 1 Ave. N.E., Airdrie, AB	<u>District 86 Sponsorship Workshop</u>	Tickets: \$5/person, includes hot lunch, Registration 9am-10am, Workshop 10am – 3pm
May 13, 2017 (Saturday) Peter the Aleut Orthodox Church (formerly St. Marks and St. Philips) 1802 – 33 Ave. SW, Calgary, AB	<u>Introduction to Service Seminar</u>	10am – 2pm, service trade show, come and go, no fee (7 th tradition observed)
May 13, 2017 (Saturday) Nanton Community Centre Hwy 2, Southside of Air Museum Nanton, AB	<u>Nanton Roundup</u>	Registration + Dinner: \$25/person, Registration only: \$15/person, For more info contact Central Office at 403-777-1212.
May 26-27, 2017 (Friday – Saturday) Olds & District Evergreen Centre 5237 – 52 Street, Olds, AB	<u>Area 78 Committee Meeting (ACM)</u>	Rooms booked at Best Western of Olds, double occupancy at \$129.59/per day with free breakfast. For billet, phone and more info, contact C
May 27, 2017 (Saturday) Weldon Hall, (near) Cochrane, AB, corner of Hwy 22 and Big Hill Springs Rd	<u>Cochrane Roundup</u>	8am doors open, Registration: \$10/person (includes speakers, breakfast + lunch), Registration + Banquet: \$25/person, from 8am – 8pm
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 .
June 9-11 (Friday – Sunday) Rosebud Community Hall, Rosebud, AB	<u>Didsbury Friday Night Group 19th Annual Family Campout</u>	Registration Friday 6:00pm – 8:30pm, camping first come first serve, for more info call Brian at 403-335-9990 or Rick at 403-335-9525

The "MEETING GUIDE" Smartphone app can be used to look up AA meetings for many cities in North America, including Calgary and area meetings.



Replacing Resentment with Love

If you have a resentment you want to be free of,
if you will pray for the person or the thing that you resent, **you will be free.**
If you will ask in prayer for everything you want for yourself to be given to them, **you will be free.**
Ask for their health, their prosperity, their happiness, and **you will be free.**
Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway.

Do it every day for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.

From an AA member's story, "Freedom from Bondage"
page 552 of the Big Book, Alcoholics Anonymous

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Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group – April	AA Group - May	AA Group - June
Renfrew Tuesday	Glenmore Group	Garnet Block	272 Group
Renfrew Wednesday (Bridging the Gap)			Deer Ridge
Renfrew Thursday	New Beginnings	Regal	Glenmore
Renfrew Sunday	SMOG	New Beginnings	Saturday Morning Bridge
Sunrise	Southview By the Book	Daily Reflections	Southview By the Book
Alpha House	Ogden Group	McKenzie Towne	New Beginnings
Dream Centre	Deer Ridge	Westend Step & Tradition	Daily Reflections

Upcoming Intergroup Service Commitments

Sunday Breakfast at Ramada **served till 9:30**	AA Group
April 2	Go For It
April 9	McKenzie Towne
April 16	Southview By the Book
April 23	Primary Purpose
April 30	Midnapore
May 7	Go For It
May 14	NW Calgary
May 21	Regal Group
May 28	Go For It

Telephone Monitoring Dates	AA Group
March 27 - April 2	Ogden
April 3 - 9	Edgemont
April 10 - 16	Rule 62
April 17 - 23	Deer Ridge
April 24 - 30	Primary Purpose
May 1 - 7	Unity
May 8 - 14	Southview By the Book
May 15 - 21	New Beginnings
May 22 - 28	Recovery
May 29 - June 4	Daily Reflections

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 cgscbtg@gmail.com

The April 2017 Issue of GRAPEVINE is Coming!

This month, AA members share stories about AA and treatment centers.

In **Room 307**, alone and afraid, a young alcoholic enters a facility that will connect her to AA and a better life. In **Jump start**, the information he got in treatment about the program started this young man's engine and put his sobriety in high gear. Five weeks of outpatient were the building blocks to AA and a sober life in **Basic training**. And when it's time to leave the facility and there's booze on every corner, Bridging the Gap can help in **Just released—what now?**

These stories and more in the April Issue of the Grapevine.

[To view the Table of Contents, click here.](#)

[Subscribers listen/download the recorded version here.](#)

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.

"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.

36th Annual AA Gratitude Roundup

Calgary, AB

June 9, 10, 11 - 2017

AA Guest Speakers

David B. Winnipeg, MB
Carolyn W. Vancouver, BC
Neil V. Stony Plain, AB
Aaron Z. Portland, Oregon
Iham N. Fort Saskatchewan, AB



Registration

\$25 for the entire weekend
\$70 includes registration & Saturday banquet (deadline for banquet ticket sales June 7, 2017)
Tickets may be purchased from your G.S.R., Intergroup Rep., or from Calgary Central Service Office, and online at:
www.gratituderoundup.com
(Credit cards accepted)
Phone: 403-777-1212

Al-Anon Guest Speaker

Kris V. Stony Plain, AB

ROUNDUP-FEATURES

Fellowship—Speaker Meetings—AA Meetings—Saturday Dance
Ice Cream Social—AA Literature Table—AA Archives Display
Al-Anon Literature Table—World's Largest AA Gratitude Globe

Conference headquarters and accommodations:

The Glenmore Inn

2720 Glenmore Trail SE
Calgary, AB

Hotel Reservations: 403-279-8611

(ask about special rates for Roundup guests)

Tollfree: 1-800-661-3163

Website: www.glenmoreinn.com

Sponsored by Calgary General Service Committee

For ticket sales and schedule of events

visit our Website at: www.gratituderoundup.com

District 86 Sponsorship Workshop



COME ONE - COME ALL

Location: Christian Education Center
212, 1st Avenue NE, Airdrie

Date: Saturday MAY 6, 2017

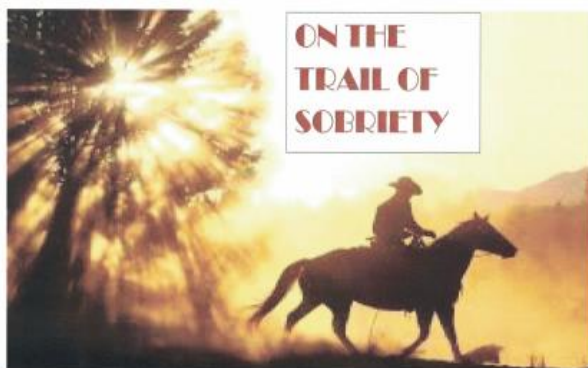
Time: 10 am to 3 pm.

Registration: 9 am to 10 am.

Hot lunch will be served at 12 pm.

Ticket cost \$ 5.00

Contact: Doug F. at 403-923-8689



31st ANNUAL AA COCHRANE ROUNDUP ON THE TRAIL OF SOBRIETY SATURDAY MAY 27, 2017

REGISTRATION: \$25.00 ticket - all day speakers, breakfast, lunch, catered roast beef dinner
\$10.00 at the door - all day speakers, breakfast, lunch

TICKETS: Chris E. 403-510-5939 Gary M. 403-863-7980 Mo G. (403) 968-0425

Schedule:

8:00 a.m. - doors open
9:00-10:00 a.m. - Call Up Meeting
10:30-11:30 a.m. - Thursday Night Men's Group Speaker Allan ? Cochrane
12:00 p.m. - Lunch
1:30-2:30 p.m. - Freedom Group; Speaker Gerry A. Alanan Calgary.
3:00-4:00 p.m. - Al-Anon; Speaker Joe C. Calgary
4:30-5:30 p.m. - Cochrane Castaways Jean V Cochrane
5:30 p.m. - Door prizes draws and Countdown
6:00 p.m. - Dinner
7:00-8:00 p.m. - Tuesday Freedom Group presents Banquet Dinner speaker Doug B. Peachland, B.C.

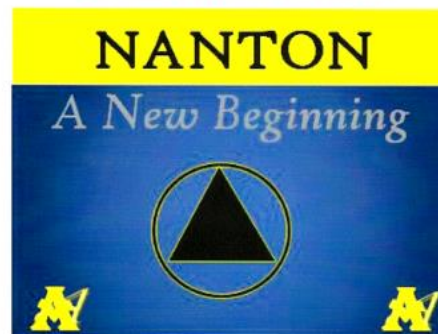
Location: Weedon Hall is at the corner of Hwy 22 and Big Hill Springs Road. Camping is available across the highway at the trailer park by the Shell Station.

Nanton AA Roundup

Saturday May 13, 2017

Nanton Community Centre

Hwy 2 South
South Side of Air Museum
Use door closest to the Hwy (east door marked AA)



\$25.00 - Registration & Catered Dinner**

\$15.00 - Registration ONLY

Kids 12 & under Free.

Pre-Purchase Tickets or available at the door.

Event Includes:

Guest Speakers
Lunch Provided
Coffee, Soft Drinks, Water
Catered Dinner**

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

Step 4 & Tradition 4

Step 4 - "Made a searching and fearless moral inventory of ourselves."

CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires—for the sex relation, for material and emotional security, and for companionship—are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach...

From Twelve Steps and Twelve Traditions, Chapter on Step 4.

Tradition 4 - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

AUTONOMY is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When A.A.'s Traditions were first published, in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each A.A. group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure A.A. as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," ... Sobriety had to be its sole objective.

From Twelve Steps and Twelve Traditions, chapter on Tradition 4.