

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

**Victoria Day weekend
closures on:
Saturday, May 20th
Monday, May 22nd**

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.

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
Ilham 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

A Message from the Intergroup Steering Committee

Dear Calgary & Area AA membership:

We asked for your help in 2016 to support your Calgary Central Service Office and allow the Intergroup Committee to continue to be active in performing our vital service work in Calgary. You responded overwhelmingly.

Please remember that we continue to need your support in 2017.

The AA service structure relies on regular group contributions to keep your Central Service office and AA bookstore open in Calgary as well as support the important service committee's like Public Information, Monitoring, the 12 Step list, the meeting list, and other functions. In order to make contributions easier, Central Office now offers the option to making regular or single donations to Central Office using email e-Transfer, something to consider if your group would like to make regular cheque-free donations.

Thank you for your continued support.



Your Intergroup Steering Committee

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.

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:**

Cochrane Ladies, Thursdays 7:30 pm, closed, Literature Study, St. Andrew's United Church, northwest door upstairs, 128 – 1 St. E, Cochrane AB (Apr/17)

Resentment Resolve Group, Thursdays 7:30 pm, open, Step/Traditions/Topic Meeting, Eastside Victory Outreach, back door, 1840 – 38 St. SE, Calgary, AB (Apr/17)

Tommy's Place Group, Mondays 8:00 pm, closed men's Literature Study, St. John's Lutheran Church, main entrance, library, 204 – 6A St. NE, Calgary, AB (Apr/17)

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)

Back Again Group, Out-of-town, Trochu, Wednesdays has changed from 7:30 to 7:00 pm (Apr/17)

BYOC Langdon has moved to the Langdon Field house at 344 Centre Street, Langdon, AB (Mar/17)

Desperation Group, Fridays 8:00 pm, northwest, will be moving to the Highwood Lutheran Church, 419 Northmount Dr. NW as of May 26.

All else the same. (May/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)

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)

Rockyford Group, out-of-town, Tuesdays, Rockyford AB, meets at 7:00 pm, not 8:00 pm (Apr/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)

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)

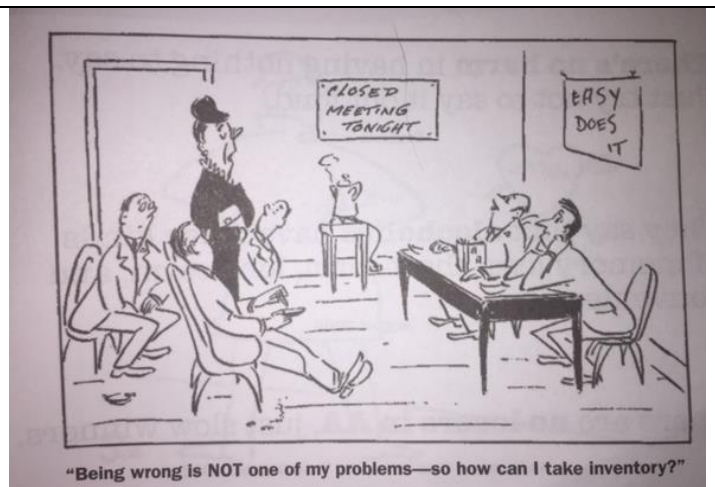
Recovery Group, southwest, has cancelled their Saturday 8:00 pm meeting. Except the last Saturday of each month, the birthday meeting, which will still happen (Apr/17)

May 1st Daily Reflections**"LIGHTING THE DARK PAST"**

Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them.

Alcoholics Anonymous, p.124

No longer is my past an autobiography; it is a reference book to be taken down, opened and shared. Today as I report for duty, the most wonderful picture comes through. For, though this day be dark – as some days must be – the stars will shine even brighter later. My witness that they do shine will be called for in the very near future. All my past will this day be a part of me, because it is the key, not the lock.



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

April			May		
ABC Group	Kincora Group	NW Step & Tradn	ABC Group	NADZIEJA	
Jan M 28 years	Trish Y 3 years	Colin B 1 year	James D 1 year	Krzysztof M 7 years	
Action Group	Bali G 6 years	Jim W 5 years	Christine B 7 years	Yoanna O 8 years	
Kim L 2 years	Loners International	Harry P 36 years	Dave R 15 years	Recovery Group	
Shaun M 4 years	Anonymous Cardston	Ogden Group	Byron L 18 years	Kevin H 1 year	
Bob H 4 years	Duane T 31 years	Wednesday 2 years	Karen C 27 years	Stephen J 1 year	
Lisa Z 10 years	MAAT Group	Ange N 3 years	Tim S 34 years	Laura F 24 years	
Ross M 14 years	Doug B 1 year	Keegan E 7 years	Action Group	Rule 62	
Awakenings Group	Ron D 23 years	Mel W 7 years	Keith S 10 years	Nate M 3 years	
Kevin D 33 years	Marlborough Park	Cor 9 years	Bob B 28 years	Chico 5 years	
Back From Hell	Rose F 1 year	Fraser M 10 years	Awakenings Group	The Link Group	
Carol-Ann H 1 year	Marilyn D 4 years	Bill M 20 years	Deb W 7 years	Brenda M 21 years	
Wayne U 5 years	Judy S 37 years	Bill B 24 years	Richard T 10 years	Tuesday Morning Ladies	
Brian T 8 years	McKenzie Towne	Open Door Group	Jen A 12 years	Kirsty B 1 year	
Karen G 20 years	Karen J 1 year	Wade A 7 years	Back From Hell	Lena 6 years	
Deer Ridge Group	Nolan H 1 year	Rule 62	Ken V 1 year	Maureen 6 years	
Riley B 1 year	Dean F 4 years	Derreck S 1 year	Murray B 9 years	Shirley T 30 years	
Hugh F 7 years	Skip M 5 years	Randy P 1 year	BYOC Langdon	Marjorie C 33 years	
Gord E 26 years	Kevin H 11 years	Glen F 3 years	Brandy W 23 years	Walking Eagle	
Edgemont Group	Kyle A 11 years	South View By the Book	Deer Ridge Group	Marilyn S 14 years	
David G 1 year	Les M 17 years	Dereck 2 years	Harold 9 years	Wednesday Morning Eye Opener	
Kirsta D 1 year	Mike R 20 years	Joy 8 years	Cliff B 28 years	Tom M 22 years	
Sergio A 1 year	Liz L 29 years	Lesley 34 years	Harvest Hills Big Book	Bill M 54 years	
Thomas B 1 year	Judy H 29 years	Steps Stories & Beyond	Sunil K 2 years	Whitesheep Group	
Wayne L 1 year	Bob M 37 years	Shauna M 5 years	Kincora Group	Brian N 2 years	
John D 2 years	Midnapore Group	The Link Group	Linda W 2 years	Sven G 3 years	
Marquitta H 8 years	Andy S 1 year	Craig S 14 years	Maureen K 6 years	Brydon D 4 years	
Linda H 13 years	Bhasker V 1 year	Tuesday Morning Ladies	MAAT Group	Len K 6 years	
Audrey B 18 years	Margaret 2 years	Kathleen M 1 year	Carol L 28 years	Dan R 7 years	
Glenmore Group	Derek J 5 years	Wednesday Morning Eye Opener	Tony S 41 years	Gary O 45 years	
Jesse F 3 years	Brian W 23 years	Leslie C 11 years	Marlborough Park		
Rick N 4 years	Sandy M 27 years	Whitesheep Group	Robb D 4 years		
Adam 9 years	New Beginnings	Brian M 1 year	Brian F 16 years		
Marla 9 years	Chris M 1 year	Ian M 8 years	Midnapore Group		
Don W 12 years	Linda R 1 year	Brice G 12 years	Dave M 1 year		
Rick C 19 years	Libby C 2 years	George G 23 years	Jen C 1 year		
Claude B 29 years	Shaun Mc 4 years	Donald S 27 years	April S 2 years		
David S 29 years	Wendy H 5 years	Rick M 27 years	Ted W 2 years		
Gillian S 31 years	Sue D 7 years		Chuck N 6 years		
Harvest Hills Big Book	Barb L 16 years		Bruce S 10 years		
Justin P 1 year	Chris G 19 years		Brad W 12 years		
Jennifer H 5 years	Linda M 19 years				
	Wendy S 20 years				

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LIST OF EVENTS

DATE	EVENT	More Info
May 6 (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 (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, 7 th tradition observed
May 13 (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 (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 Central Office at 403-777-1212.
May 27 (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. For more info, contact Chris E at 403-510-5939 or Gary M at 403-863-7980 or Mo G at 403-968-0425.
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
June 17 (Saturday) Bowness Park Site 4 Calgary, AB	<u>District 77 Annual Family Potluck Picnic</u>	11am-3pm, 7 th Tradition, burgers, hotdogs, fixin's and refreshments provided. Would appreciate contributions of vegetables, fruits, salads, chips/snacks, cookies/squares. Bring your own chairs and picnic games (footballs, frisbees, etc).
July 15, 2017 (Saturday) Central Service Office, 4015 – 1 st St. SE, Calgary, AB (near 39 Ave SE LRT Station)	<u>Calgary Central Service Office Stampede Breakfast</u>	8:30am – 11:30am, 7 th Tradition observed, live music, for more info, contact Central Office at 403-777-1212.
July 21-23 (Friday – Sunday) Island Lake Provincial Recreation Area (15 km west of Crowsnest Pass – On Hwy 3)	<u>Crowsnest Pass 30th Annual Campout</u>	Registration and payment for all RV's, trailers and tents must be done on arrival at entrance to campground. Contact Amanda at +1-587-590-4514, Barry at 403-563-5473 or Hotline at 403-753-1212 for more info about the weekend. For campground info, go to: rockymountaincamping.ca
Step 5 promises Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.		SELF-SUPPORT The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose — to help the alcoholic who still suffers. Although the amount of our contribution is secondary to the spiritual connection that unites all groups around the world, we may want to remember that a dollar does not support as many services as it used to. Service Material from the General Service Office

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Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group - May	AA Group - June	AA Group - July
Renfrew Tuesday	Garnet	272 Group	NW Calgary
Renfrew Wednesday (Bridging the Gap)	Marlborough Park	Shipwreck at Sunset	Steps, Stories & Beyond
Renfrew Thursday	Regal	Glenmore	McKenzie Towne
Renfrew Sunday	New Beginnings	Saturday Morning Bridge	MAAT
Sunrise	Daily Reflections	Southview By the Book	Regal
Alpha House	McKenzie Towne	New Beginnings	Out to Lunch Bunch
Dream Centre	Westend Step & Tradition	Daily Reflections	Midnapore

Upcoming Intergroup Service Commitments

Sunday Breakfast at Ramada **served till 9:30**	AA Group
May 7	Go For It
May 14	NW Calgary
May 21	Regal Group
May 28	Go For It
June 4	Haddon Road
June 11	Edgemont
June 18	Sunday Morning 11 AM
June 25	

Telephone Monitoring Dates	AA Group
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
June 5 - 11	ABC
June 12 - 18	McKenzie Towne
June 19 - 25	Marlborough Park
June 26 - July 2	

Calls for Service

People are needed in Calgary for the 12-Step call list. Midnight monitors and multi-language monitors are especially needed. Suggested requirement is 1 year of sobriety. For more information, please email Nate at cgig12steplist@gmail.com.

A daytime Central Office monitor is needed for the Friday 2-5pm slot. Please call Central Office at 403-777-1212 for more information.

“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 cgsctg@gmail.com

The May 2017 Issue of GRAPEVINE is Coming!

This month, AA members share experiences of finding their place in AA.

In **Not from here**, the love in the rooms helps a young Pakistani alcoholic see that he's not as unique as he thought. A lesbian with extreme hearing loss learns that no matter how different she feels, if she wants to get sober, she belongs – in **Loud & clear**. In **Never too old**, a delegate from Canada reminds us not to forget about our octogenarian members. And a member shares about his own spiritual journey in AA and says we all need time to find our place in **My belief, your belief**.

These stories and more in the May 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.

"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"

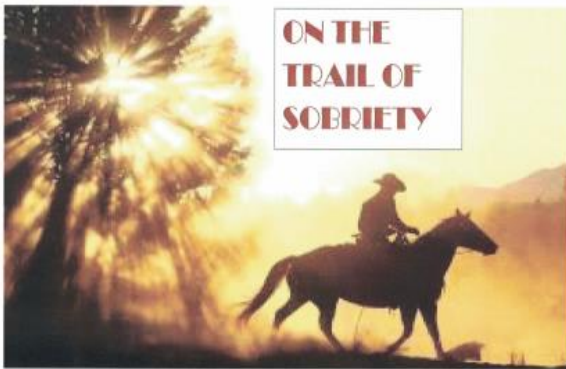
There is a weekly Big Book study running on Tuesdays at Haddon Road from 7:30pm–9:00pm. For any questions, contact Chris H at 403-860-5313.

" 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.



**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. Alanson 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.

**DIDSBURY
FRIDAY NIGHT GROUP**

19TH ANNUAL FAMILY CAMPOUT - June 9, 10, 11 2017

Rosebud Community Hall (see map on back)

Friday	Saturday	Sunday
Registration/ Meet & Greet 6:00pm - 8:30	Registration/Breakfast 8:00am - 10:00am	Breakfast 8:00am-10:00am
Open Speaker Meeting 8:30pm - 9:30pm	Call-Up Meeting 10:30am - 11:30am	Call-Up Meeting 10:00am - 11:00am
	Potluck Lunch 11:30am -1:00pm	Closing
	Al-Anon 1:00pm - 2:00pm	Clean Up
Night Owl Campfire Meeting 10:00pm	Old Timers Topic: Gratitude 2:30pm - 4:00pm	
	Roast Beef Dinner 5:00pm - 6:30pm	
BRING YOUR OWN LAWN CHAIRS	AA Speaker 7:30pm - 8:30pm	
	Night Owl Campfire Meeting 9:00pm	

**** Camping - First Come First Serve****

\$20.00/Person or \$45.00/Family

***Includes Breakfast, Potluck Lunch & Roast Beef/Pork Dinner*
(Salads & Desserts Welcome)**

Supper Only \$15.00

"First Things First, Easy Does It, Let Go and Let God"

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

**Service Opportunity
Chairpersons needed for
Corrections**

Calgary Corrections Committee aims to provide chairpersons to conduct more than 30 AA meetings per month at the three Corrections facilities in Calgary — Calgary Young Offenders Centre (CYOC); Calgary Corrections Centre (Spyhill); and Calgary Remand Centre. CYOC and Remand each have separate mens' and womens' meetings.

While there is a dedicated core of chairpersons, there is need for more names on the chair roster at various facilities to chair one hour-long AA meeting per month.

Immediate needs:

- two male chairpersons for Thursday evening men's meetings at CYOC
- eight female chair persons for Sunday evening women's meetings at CYOC

Requirements:

- Minimum one year of sobriety
- Security clearance from Calgary Police Service, required for any facility. In addition volunteers at CYOC need an "Intervention Records Check" available from family services. (clearances may take four to six weeks).
- Once clearances are received, all facilities require volunteers to attend an orientation session — learn about jail protocol, receive visitor ID.
- Hopefully the ability to commit to chair one meeting per month for at least one year.

If you are interested in a rewarding service opportunity — may sound intimidating, but meetings are a non-threatening environment — contact Calgary Corrections chair at: cgsccorrections@gmail.com for forms and details.

These are opportunities to "carry the message" and you never know when something said at that meeting may make all the difference.

**District 77 Annual
Family
POTLUCK PICNIC**

Saturday June 17

Bowness Park Site 4

11 AM - 3 PM

7th Tradition

We will supply
burgers — hotdogs — fixin's
refreshments

POTLUCK ITEMS APPRECIATED

- ✓ Vegetables
- ✓ Fruits
- ✓ Salads
- ✓ Chips/snacks
- ✓ Cookies/Squares



Come join us for an afternoon of fellowship
Bring your own chairs and
picnic games — footballs, frisbees, etc

Hosted by ABC Group

Step 5 & Tradition 5

Step 5 – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the *Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult – especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another human being when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone all of their life story.

From Alcoholics Anonymous, Chapter 6 Into Action p.72-73

Tradition 5 – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

“Shoemaker, stick to thy last! „, better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety...

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

From Twelve Steps and Twelve Traditions, p.150-151.