

SUGGESTED 25¢ DONATION



A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)

## CALGARY CENTRAL OFFICE NEEDS DAYTIME PHONE MONITORS

Permanent and temporary daytime phone monitors are urgently needed for morning (9am – 1pm) or afternoon (2pm – 5pm) shifts at Central Office. Minimum two years of sobriety, knowledge of the Traditions, and a Thursday morning “training session” is required. Please contact the Telephone Monitoring Chairperson, Denise at [cgigtelmonitorchair@gmail.com](mailto:cgigtelmonitorchair@gmail.com) or Central Office at the phone number or email address below.

### OFFICE HOURS

Mon–Fri, 8:30am–5:00pm  
Closed for lunch 1-2pm  
Saturday, 9:00am–1:00pm  
Closed on Labour day  
Weekend. September 1 & 3.

AA Central Service Office  
#2, 4015 – 1 Street S.E.  
Calgary, AB, T2G 4X7  
Telephone: (403) 777-1212  
(Answering service is 24-7)  
[centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)  
[www.calgaryaa.org](http://www.calgaryaa.org)



## Introductory Service Seminar



Saturday, November 3rd, 2018, Scarboro United Church, 10am-3pm  
134 Scarboro Ave. S.W., Calgary, Alberta, Cost is: \$10.00 includes lunch

Tickets can be purchased from , Your GSR , Intergroup or DCM. Or at Central Service Office. 403-777-1212.

**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 AM Breakfast Chair	cgigbrkfst@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

**CGSC CONTACTS:**

Chairperson	cgscchair@gmail.com	Alternate Chairperson	cgscaltchair@gmail.com
Treasurer	cgsc treasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsc treatment@gmail.com	Corrections Chair	cgsc corrections@gmail.com
C.P.C. Chair	cgsc cpc@gmail.com	Grapevine Chair	cgsc grapevine@gmail.com
Records & Registration Chair	cgsc records@gmail.com	Intro to Service Chair	cgsc intro@gmail.com
Bridging the Gap Chair	cgsc btg@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

**MEETING CHANGES:****NEW MEETINGS**

After Work Meeting, Fridays, 5:30 pm, open, BB discussion, East Side Victory Outreach Centre, back door, 1840 – 38 St. SE.

New group: Wombley's Clapboard Factory, Tuesdays, 6:15 pm, Closed, Men's, BB/12 & 12 Discussion, All Saints Traditional Anglican Church Renfrew, 904 Renfrew Dr. NE (back door, downstairs)

Garnet Block (1609 Centre St. NW.) adding new meeting Monday -Friday at 3:30 p.m. beginning June. 1, 2018.

Garnet Block Midnight meeting every Thursday, Friday, and Saturday night started May 2018.

*Garnet Block* is starting a new meeting on steps 6 +7 every Saturday starting April 7<sup>th</sup> at 7 pm.

*Garnet Block* is starting a new closed women's meeting at the Garnet Block. It will be taking place Saturdays at 1pm, and the start date will be Saturday March 3<sup>rd</sup> 2018.

Garnet Block is starting a new meeting at Midnight everyday starting immediately!

Bridging the Gap at The Alex, Mondays 6:30 pm, open, Speaker meeting, closed on stat holidays, The Alex Community Health Centre, #102, 2840 – 2 Ave. SE

Mustard Seed Wellness Centre, the meeting advertised 7:00 pm Thursdays, closed at the mustard seed is only open to persons staying at the Mustard Seed and not to 'outsiders'.

*Next Step Meeting*, Wednesdays, noon, open, women's, Beginners Meeting (Speaker last Wednesday of the month), meets at Next Step Ministries, #200, 317 – 37 Ave. NE. This meeting is sponsored by the CGSC Treatment Facilities Committee.

Parkdale Ladies, Thursdays 7:00 pm, open, Women's, Step & Tradition, Parkdale United Church, main door downstairs, 2919 – 8 Ave. NW

**MEETING CHANGES**

*As of July 1, the New Beginnings Group will be moving from the Canyon Meadows Shopping Centre in the southwest to Suite 3216, 380 Canyon Meadows Dr. SE. All 25 meetings per week.*

The Wake Up Group, Sundays, 9:00 am has moved from the Canyon Meadows Shopping Centre to #3216, 380 Canyon Meadows Dr. SE (Fish Creek Village).

*Better Days Group* 1432 19 st NE will have it's speaker meeting on oct. 13<sup>th</sup> 8:00pm. The Speaker for October is Kaiser Z. The Homeward Bounders group, weekdays, northwest 5:15 pm, has moved from the Parkdale Community Association

to the Parkdale United Church, 2919 – 8 Ave. NW (Calgary), 5 meetings Mon – Fri, all else the same.  
*Sunday morning 11 am* now meets at the Montgomery Community Hall, 5003 – 16 Ave. NW. Everything else the same.  
 Bring Your Own Cup Langdon, AB meeting has moved from Friday at 8pm to Sunday at 8pm. Effective immediately.  
 Location of Langdon Field House remains the same.

The Treatment Facilities meeting, Next Step, at the Next Step Ministries, Wednesdays northeast has changed to a Closed meeting. It has also changed from Beginners to Big Book Study, but is still noon, still women's.  
 Kainai Group has changed its name to Stand Off Meeting, Time: 8 pm to 7 pm, Location: Tribe Health Centre to Kainai Continuing Care Centre (Great Hall), Hwy 2, Stand Off, Day stays the same (Monday).

### **MEETING cancellations**

The New Beginnings Group has cancelled their Saturday 9:00 AM Women's "As Bill Sees It" meeting. That meeting The Sunday Night Speaker Meeting (District 77), Sundays, northwest, has been temporarily cancelled. Will re-open later with new address.

## **BRIDGING THE GAP**

### **12 STEP WORK**

"Bridging the Gap" is a Temporary Contact Program for the newcomer coming out of a treatment facility an into Alcoholics Anonymous.

**WE NEED VOLUNTEERS TO HELP WITH BRIDGING THE GAP.**

Presenters at Renfrew Detox Center



**CONTACT BRIDGING THE GAP AT:**  
[cgsbtag@gmail.com](mailto:cgsbtag@gmail.com)

**Service opportunity : Male Phone  
 Coordinators needed**



## **Bragg Creek Big Book Study Weekend**

### **17th ANNUAL JOURNEY**

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

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

**Facilitated by Kent and Corrie L  
 Montgomery AL**

**WHEN:** November 2, 3, 4, 2018  
**WHERE:** CAMP HORIZON IN BRAGG CREEK  
 (35 Minutes West of Calgary)

Check out our web page for detailed information!  
[www.fellowshipbraggcreek.wixsite.com/bigbookstudy](http://www.fellowshipbraggcreek.wixsite.com/bigbookstudy)

**PRICE:** \$180 PER GUEST FOR THE WEEKEND INCLUDES:  
 ACCOMMODATIONS - BRAND NEW MEN AND WOMENS DORMS  
 SOME SINGLE AND RUSTIC COUPLES PRIVATE BUNK ROOMS  
 AVAILABLE on a FIRST COME FIRST SERVE BASIS

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

- ❖ REGISTRATION OPENS SEPTEMBER 4 : [fellowshipbraggcreek@gmail.com](mailto:fellowshipbraggcreek@gmail.com)
- ❖ LIMITED SEATING RESERVATION CONFIRMED WHEN PAYMENT RECEIVED
- ❖ REGISTRATION/REFUND DEADLINE OCTOBER 26, EVENT SELLS OUT
- ❖ GUIDED MEDITATION TIME, NATURE WALKS, FIRESIDE MEETINGS

# HAPPY BIRTHDAY!



All birthdays are entered as received. Birthdays are posted for the month past, and the current month of issue.

September						October			
ABC Birthdays		Langdon BYOC		Tuesday Morning Ladies		ABC Group		Jason S.	24 years
Bruce M	1 year	Austin	9 years			Don M	10 years	Bryce O.	26 years
Thomas	9 year	Link Group		Anita E.	34 years	Airdrie Country Group		Steps, Stories and Beyond	
Dayna J	17 years	Paul M.	26 years	Maureen D.	36 years	Sherry J	1 year		
Airdrie Back From Hell		Monday Night Harvest Hills		Wednesday Morning Eyeopener		Awakening Group		Flo P	2 years
Bernie C	2 years					Katrina W.	20 years	West End Step and Tradition	
Eric V	7 years	Lynn A	16 years	Neil J	46 years	Happy, Joyous and Free			
Shandi P	11 years	MAAT		Westend Step and Tradition		Trish	8 years	Wes T.	3 years
Peter F	44 years	Troy F	1 year			Harvest Hills Monday		Debra K	21 years
Airdrie Country Group		James S	2 year	Tracey B	1 year	Jim W	2 years	Brian M	28 years
Graham	9 years	Marlborough Park		Annette B.	9 years	Andrew K	3 years		
Ed R	16 years	Andre	3 years	White Sheep		Terry M	11 years		
Gord R	45 years	Ed H.	7 years	Scott C	14 years	Alanna C	19 Years		
Bill F	49 years	Nadzieja		Ron W	27 years	Kincora			
Awakening Group		Hieron	28 years	Joe H	32 years	Darnell G.	2 years		
Audrey U.	1 year	Tadeusz	35 years	Raph P	32 years	Danny O.	17 years		
Garnet Block		NW Calgary Group				Langdon BYOC			
Willie	1 year	Brendan	6 years			Andy B	12 years		
Derek G.	1 year	Colin P.	7 years			Just for Today			
Austin P	1 year	Jamie	9 years			Lisa L	3 years		
Cory B	1 year	19 <sup>th</sup> Hole				MAAT			
Jessie	1 year	Robert J.	1 year			Taylor L	1 year		
Peter L	6 year	New Beginnings				Nadzieja			
Dana S.	10 years	Lena B	1 year			Jan K	3 years		
Maya C	12 years	Jill	1 year			19 <sup>th</sup> hole			
Derek P	20 years	Chelsea	3 years			Chuck D	7 years		
Josh G	21 years	Jeff I	5 years			Grant L	23 years		
Herb D	27 years	Don M	13 years			Mario H	23 years		
Shirley A	32 years	Manon	21 years			Bill H	38 years		
Robby G	33 years	Hubert	20 years			Southview by the Book			
Glenmore		John H	29 years			John	4 years		
Jesse R.	1 year	Bev S	30 years			Tuesday Morning			
Dan	5 years	Loren H	35 years			Irene B.	45 years		
Andre	11 years	Regal				Wednesday Morning			
Deb	14 years	Mark G	4 years			Lindsay M	3 years		
Fred B	36 years	Recovery				Unity			
Shirley	38 years	Tanya J.	14 years			Sarah C	9 years		
Just For Today		Estee L.	14 years			Whitesheep			
John S	3 years	Louise	29 years			Bill M	2 years		
Pete L	3 years	Unity				Wade C	5 years		
		Justin M	2 years			Michael K	11 years		
						Travis L	12 years		

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group -September	AA Group -October
Renfrew Tuesday	Glenmore	McKenzie Towne
Renfrew Thursday	Friday Night Fellowship	NW Calgary
Renfrew Sunday	Regal	Saturday Morning Bridge
Sunrise	Bow Trail	Haddon Road
Alpha House	Unity	Namaste
Dream Centre	SMOG	Ogden

## Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
October 7	Rule 62
October 14	Primary Purpose
October 21	Regal

Phone Monitoring Dates	AA Group
October 1- 7	Midnapore
October 8 -14	Ogden
October 15- 21	NW Calgary
October 22- 28	Thursday Night Ladies
October 29- Nov 4	Primary Purpose Group
November 5 -11	New Beginnings
November 12- 18	Go For It

## Calls For Service

COMC Member at Large Needed Immediately. Business and /or Traditions and Concepts experience needed. One meeting per month - Send resume to Central Office.

### 2019 Gratitude Roundup Steering Committee

- Seeking members to serve on this year's committee
- Roundup will be held at the Glenmore Inn from June 7<sup>th</sup> to 9<sup>th</sup>, 2019
- The Committee meets at Central Office at 7:00 p.m. on the 1<sup>st</sup> Wednesday of every month from September to June
- Please text Derek C. at 403.614.8874 if you're interested in serving on this year's committee

Daytime phone monitors are needed at Central Office. If you can help by taking a regular morning or afternoon shift, please call Mathew at Central Office at 403-777-1212 or email [CentralOffice@calgaryaa.org](mailto:CentralOffice@calgaryaa.org)



## LIST OF EVENTS

DATE	EVENT	DETAILS
October 20, 2018	Pioneer Dinner	Dalhousie Mennonite Community Church 5511 Baroc Rd NW Calgary AB See Event poster on calgaryaa.org
October 20, 2018	Sorrel Rider 11 <sup>th</sup> annual AA Roundup	Saturday October 20, 2018 Gordon Yellowfly Memorial Arbor (approximately 8 km west of Gleichen on highway 901) For Information Frank T @ 403 701 5067 Francis M 403 681 2675
October 27 <sup>th</sup> , 2018	Area 78 Archives Workshop	Mickelson House, Main Conference room 2933 26 Ave SE Calgary, AB \$8 per person, lunch provided For event poster see calgaryaa.org
November 3 2018	Innisfail 24 hour group 56 <sup>th</sup> annual beef supper	Aberdeen Hall HWY 590 East of Innisfail Contact Tom C. (403) 227-6717
November 2- November 4 <sup>th</sup>	Big Book Study Weekend	Bragg Creek Big Book Study Weekend November 2-4, 2018 Camp Horizon, Bragg Creek, Alberta See event poster on calgaryaa.org
November 3, 2018	Introductory Service Seminar	10:00 – 3:00 PM Scarboro United Church 134 Scarboro Ave. S.W. Calgary, Alberta \$10 per person, see event poster on calgaryaa.org

## 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 Monday Night Big Book Meeting (Closed)”*

This Big Book study needs your support! Dust off your Big Book and let's read and share. We are located downstairs in St. Peter's Anglican Church 903 - 75th Avenue SW (corner of Elbow Dr. & 75th Ave.) 8 p.m. - Big Book Discussion format.

### *“ 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.

### *“ Glenmore Big Book Study”*

Glenmore Big Book Study begins Thursday at 8:30 PM done by Mike R. in the tradition of the first 100 AA members. Focussing on the first 164 pages.

In the tradition and memory of Joe & Charlie

As presented by Chris H and Laurence M formerly at Cedarbrae, Community Center, St. Peters Anglican Church, & Chris, Laurence, Tom and John at Haddon Road, since 2009. Starting on 11 Sept. 2018, we will be leading a Big Book Study at Recovery Group, 4820 Macleod Trail SW. We will begin at 7:30 pm, and end at 9pm sharp. We will closely follow the format as laid out by Joe and Charlie, and we will share their stories, as well as stealing their jokes! There is no cost for the study, 7th tradition applies. Coffee is available. Handicap access thru front entrance, parking is around back in the alley.

**The October 2018 Issue of GRAPEVINE is here!****On the Cover: AA in the Workplace**To view the Table of Contents, click here.**Some stories include:****Workaholic****This sober businesswoman's career really took off, but her program ran out of steam.****Something to learn****Laid off and feeling desperate, an AA asks for help and finds more than just a job.****Lots of Opinions****A member with strong views shares what she's learned about tolerance, compassion and Tradition Ten***Ham It Up!!!**@**Forest Lawn Fellowship Room*

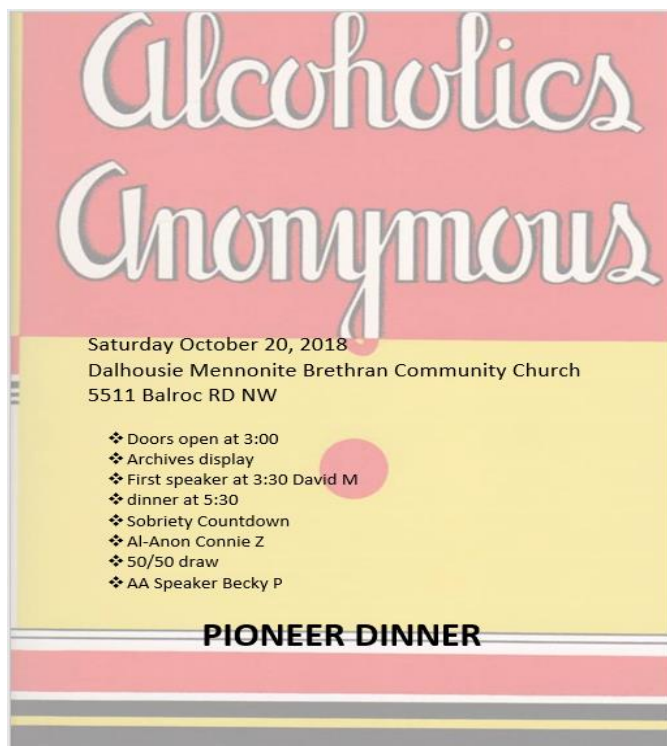
*All welcome for ham supper and chili©  
followed by meeting @ 7:30pm*

*Date: Sunday, December 2/2018*

*Time: 6pm*

*For further information contact:*

*Penny J - 403-561-0859*



## Step & Tradition 10

### **Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."**

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion— anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past...

**From Twelve Steps and Twelve Traditions, p.88-89.**

### **Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."**

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause.

**From Twelve Steps and Twelve Traditions, p.176-177.**