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# THE WESTWORD

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 ANNOUNCEMENTS

The new 2018 General Service Conference Reports are in and available for pick up from Central Office.



The Red Deer Lake United Church (off Hwy 22X near Spruce Meadows) is offering space to any AA group wishing to hold meetings in the deep south. Please call Central Office for their contact information.

### REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

Closed for lunch 1-2pm

Saturday, 9:00am–1:00pm

### HOLIDAY CLOSINGS

Closed Saturday, Nov. 10

& Monday Nov. 11

for Remembrance Day

AA Central Service Office

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Calgary, AB T2G 4X7

Telephone: (403) 777-1212

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[centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)

[www.calgaryaa.org](http://www.calgaryaa.org)



## ANNUAL INTERGROUP CHRISTMAS PARTY

**DECEMBER 8, 11AM-3PM**

**SCARBORO UNITED CHURCH**

**7TH TRADITION**




## A NEW FREEDOM

With AI-Anon Participation

### 7TH ANNUAL DISTRICT 77 ROUND UP

**SATURDAY JANUARY 26, 2019**

EDGEMONT COMMUNITY CENTRE

33 Edgevalley Circle N.W. Calgary

### COST:

\$45 Registration, Lunch & Dinner (Beef Brisket)

\$20 Registration & Lunch (Chili)

### 4 Fabulous speakers

A/A

A/A

A/A

AI-Anon

Glen S.

Lee S.

Ron M.

Lori L.

Kindersley, Sask.

Kindersley, Sask.

Williams Lake, B.C.

Boyle, AB.

Tickets from Calgary Central Office  
Call 403-777-1212  
Or Committee members.  
403-239-4923



**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
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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**

Sunday Night Speaker Meeting (District 77), Sundays, northwest, that has been temporarily cancelled has re-opened! The meeting is at 8:00 on Sundays and is an open speaker meeting. The new address is Parkdale United Church, downstairs, 2919 – 8 Ave. NW

*TGIF Meeting, noon, Fridays, open, St. Paul's Lutheran Church basement, 5022 – 52 St., Olds AB*

*Step Sisters, closed, Wednesdays at 7:30 PM, Copperfield-Mahogany Community Hall, 6 Copperstone Way SE,*

*Step/Tradition discussion format, open women's speaker meeting last Wednesday of the month*

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* 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

*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**

**Garnet Block (1609 Centre St. NW.) adding meeting Monday -Friday at 3:30 p.m. cancelled .**

The Sundre Town & Country Group, Out-of-Town, has cancelled their Thursday night meeting.

Only; the Wednesday night meeting continues.

The **NWCG** will NOT be meeting on December 25th and January 1st due to the church being closed on those dates.

## **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.*

**District 80 will be hosting Bridging the Gap. First presentation in January 2019. If other CGSC/ Intergroup are willing to participate. Please contact us VIA email.**



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

### **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.

If you are interested in "carrying the message" at a Corrections facility, please contact the Corrections committee at: [cgsccorrections@gmail.com](mailto:cgsccorrections@gmail.com) to express your interest and we'll send you information etc.

#### **Requirements:**

- Minimum one year of sobriety
- Hopefully the ability to commit to chair one meeting per month for at least one year.

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

## HAPPY BIRTHDAY!



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

October				November					
ABC Group		MAAT		ABC		Garnet		Unity	
Don M	10 years	Taylor L	1 year	Mark B	1 year	Curtis	40 years	Travis A	11 years
Airdrie Country		Nadzieja		Alex P	24 years	Bob G.	41 years	Shane S	1 year
Sherry J	1 year	Jan K	3 years	March C	40 years	Midnapore		White Sheep	
Brenda T	1 year	19 <sup>th</sup> Hole		Airdrie Country Group		Melissa H.	1 year	Dave W.	34 years
Harvey A.	25 years	Chuck D	7 years	Joel D	2 years	Jesse C.	1 year	Wednesday Morning Eye Opener	
Glen F.	36 years	Grant L	23 years	Kaela W	5 years	Blake S.	2 years		
Airdrie Back From Hell		Mario H	23 years	Airdrie Back From Hell		Chris L.	2 years	Kurtis P.	4 years
		Bill H	38 years	Kellie M	1 year	Joseph S.	3 years	Westend Step and Tradition	
Debbi A	3 years	Recovery Group		Payden L	2 years	Andrew	4 years		
Shawn G	3 years	Sheri Y.	1 year	Norma G	8 years	Garrett G.	5 years	Al R.	10 years
Mike L	5 years	June R.	1 year	Shane F	10 years	Trayce S.	5 years		
Rick D	10 years	Chris E.	1 year	Doug F	12 years	Raye D.	7 years		
Duane M	10 years	Jannette	2 years	Jessica Z	14 years	Monte G.	12 years		
Michelle F	12 years	Ewing J.	2 years	Michael G	21 year	Dolly S.	34 years		
Stacey P	32 years	Seamus G.	3 year	Awakenings		NW Calgary Group			
Joe P	35 years	Penny B	3 years	Lee H	11 years	Grant S.	2 year		
Awakening Group		Regal Group		Bev H	14 years	John J	5 year		
Katrina W.	20 years	Christine	1 year	Laura J	22 years	Lee h	11 year		
Edgemont		Southview by the		Edgemont Group		Ogden			
Melissa B	2 years	John	4 years	Ryan M	1 years	Alex M	4 years		
Keal	2 years	Steps, Stories and Beyond		Maggie	3 years	Denise T	5 years		
Peter R	4 years			Vanessa G	3 years	Jason R	8 years		
Susan L	7 year	Flo P	2 years	Jay M.	13 years	Regal group			
Ben B	8 years	Tuesday Morning		Ken F.	13 years	Gordon B	1 year		
		John	4 years	Fran M	20 years	Blair T.	40 years		
Happy, Joyous and Free		Wednesday Morning Eye Opener		Harvest Hills Monday		Recovery			
				Annemarie	26 years	Sarah S	1 year		
Trish	8 years	Lindsay M	3 years	MAAT		Chris E.	1 year		
Harvest Hills Monday Night		Unity		Jody D	1 year	Victoria B	5 years		
		Sarah C	9 Years	Harvey F	1 year	Brian J	7 years		
Jim W	2 years	White sheep		Mike H	4 years	Linda S	8 years		
Andrew K	3 years	Bill M	2 years	Garnet Block		Wily C	9 years		
Terry M	11 years	Wade C	5 years	Lane	1 year	Linda G	21 years		
Alanna C	19 Years	Michael K	11 years	Tony F	1 year	Irene R	30 years		
Kincora		Travis L	12 years	Jenn B.	1 year	Sharon B	32 years		
Darnell G.	2 years	Bryce O.	26 years	Ben F	2 years	Deb C.	32 years		
Danny O.	17 years	West End Step and Tradition		Ben B.	5 years	John R.	33 years		
Langdon BYOC				Penny	8 years	Steps Stories & Beyond			
Andy B	12 years	Wes T.	3 years	Angie	16 years	Buddy B	14 years		
Just for Today		Debra K	21 years	Bill W.	31 years	Walking Eagle			
Lisa L	3 years	Brian M	28 years	Bill W.	33 years	Nancy M	3 years		

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group -November	AA Group - December
Renfrew Tuesday	McKenzie Towne	Garnet
Renfrew Thursday	NW Calgary	New Beginnings
Renfrew Sunday	Saturday Morning Bridge	Recovery
Sunrise	Haddon Road	Primary Purpose
Alpha House	Namaste	Deer Ridge
Dream Centre	Ogden	Daily Reflections

## Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
November 4	Unity
November 11	Steps, Stories & Beyond
November 18	Primary Purpose
November 25	
December 9	Ogden
December 23	Thursday night ladies

Phone Monitoring Dates	AA Group
October 29- November 4th	Primary Purpose Group
November 5 -11	New Beginnings
November 12- 18	Go For It
November 19-25	Rule 62
November 26 -Dec 2	Westend Step & tradition
Dec 3 -9	Deer Ridge
Dec 10 – 16	Primary Purpose Group

## Calls For Service

### 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
November 12 2018	Okotoks Christmas Potluck	Masonic Hall 13 Elma St. Okotoks Alberta Doors at 6:00pm. AA/ Al-Anon Speakers to follow. Poster on calgaryaa.org
November 22 2018	NW Calgary Group Gratitude Meeting	Foothills Alliance Church 333 Edgepark Blvd. N.W. Calgary  Social @ 7:30 pm, Candlelight Meeting @ 8:00 PM
December 2 2018	Eastside Ham Dinner	Dinner at 6:00 pm, meeting at 7:30 pm  Eastside Victory Outreach Centre, back door entrance  1840- 38 st. S.E. Calgary, AB. Poster on calgaryaa.org
December 16 2018	Red Deer Christmas Potluck	Balmoral Bible Chapel 2700- 55 St. Red Deer, Alberta Dinner at 6:00, meeting at 7:30 pm . Poster on calgaryaa.org
December 24 2018	White sheep Christmas Eve Breakfast	Monday December 24 2018 8:00 am – 11:00 am Deerfoot Inn and Casino 11500 35 St SE Calgary, Alberta Tickets \$30/Person Kids \$15 . Poster on calgaryaa.org
December 31 2018	New Years Dinner/Dance	Doors at 5:30 pm, Dinner at 7:00 pm, Speaker at 8:30 pm, Dance Follows Cost :7 <sup>th</sup> Tradition

## 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

**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.**

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 November 2018 Issue of GRAPEVINE is here!

### On the Cover: AA in the Early days

To view the Table of Contents, click here.

Some stories include:

#### Diehards

**With just a few weeks sober, a newspaperman learns that some Twelfth Step calls really pay off**

#### A bunch of drunks

**How a couple lucked out by living around the corner from Manhattan's 24th street clubhouse**

#### Can I buy you a drink?

**In 1963, at a ski lodge in Quebec, an alcoholic makes a friendly offer. Boy, did she get the wrong guy**

*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*



24 hours  
24 days  
24 years  
ANY length  
is a  
MIRACLE.

BETTER DAYS  
GROUP

WELCOMES YOU  
TO OUR  
SPEAKER  
MEETING

NOV. 10<sup>TH</sup> 2018  
LISA S

SATURDAY  
1432 19<sup>TH</sup> ST N.E  
CALGARY

COME TO HEAR  
IN WHAT IT WAS  
LIKE  
WHAT HAPPEN  
AND WHAT IT IS  
LIKE NOW

ONE DAY AT A TIME

## Step & Tradition 11

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

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

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

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

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

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

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

***From Twelve Steps and Twelve Traditions, chapter on Tradition 11.***

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

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

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