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

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 CLOSURES

Closed December 25th And 26th. Closed January 1st 2019

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







A NEW FREEDOM

With Al-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 Glen S. Kindersley, Sask.
A/A Lee S. Kindersley, Sask.
A/A Ron M. Williams Lake, B.C.
Al-Anon Lori L. Boyle, AB.

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



THE RECOVERY GROUP CELEBRATES 35 YEARS!





Saturday February 9, 2019

4820 Macleod Trail SW

3:00PM — Potluck 4:00PM — Keynote Speaker 5:00PM — Cake and Conversation

For more information or to contribute to this celebration please contact Brandon C. at 587-830-0567

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	cgsctreasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	cgscgrapevine@gmail.com
Records & Registration Chair	cgscrecords@gmail.com	Intro to Service Chair	cgscintro@gmail.com
Bridging the Gap Chair	cgscbtg@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

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 meeting at Midnight everyday starting immediately!

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

MEETING CHANGES

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).

The After Work Meeting (brand new – I just recently sent out notice) is changing their Friday start time from 5:30 to 6:30 pm, effective December 1.

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.

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 .

SMOG will be cancelled on December 24th only at 7:30 pm.

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 looking for volunteers for a BTG presentation at Renfrew's Detox on Wednesday evenings.

For more information please attend BTG Committee meeting on the third Thursdays of the month at Calgary central office 7 PM. Basic 12-step work.



CONTACT BRIDGING THE GAP AT: cgscbtg@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 to express your interest and we'll send you information etc.

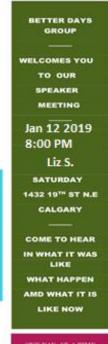
Requirements:

- · 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.



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





HAPPY BIRTHDAY!



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

November					Decer	mber			
AB			NW Calga	ary Group	Airdrie Country Group		MAAT		
Mark B	1 year	Bill W.	33 years	Grant S.	2 year	Cathy L	9 years	Ron W	15 year
Alex P	24 years	Curtis	40 years	John J	5 year	ABC Group		Ogden	
March C	40 years	Bob G.	41 years	Lee H	11 year	Glenn B	10 years	Rosa P	2 years
Airdrie Cou	ntry Group	Glen	more			Darmody M	10 years	Eric P	28 years
Joel D	2 years	Katie	1 year	Ogden		Mel S	54 years	Darryl D 30 years	
Kaela W	5 years	Jennifer J	3 years	Alex M	4 years	Awakeni	ngs Group	19 ^{tl}	h Hole
Airdrie Back	From Hell	Mark M	7 years	Denise T	5 years	Don B.	18 years	Terry M	7 years
Kellie M	1 year	Robert K	14 years	Jason R	8 years	Rudy N.	24 years	U	nity
Payden L	2 years	Landy M	29 years			Edge	mont	Kevin L	16 years
Norma G	8 years	Just fo	r Today			Kurtis K.	1 year	Alex R	27 years
Shane F	10 years	Irma	8 years	Regal	group	Justin R.	2 years	West En	d Step and
Doug F	12 years	Irene	30 years	Gordon B	1 year	Rob L.	2 years	Tra	dition
Jessica Z	14 years	Dave	34 years	Blair T.	40 years	Kendrick C.	2 years	Daryl M.	34 years
Michael G	21 year	New Be	ginnings			Janice	8 years	Wednesday	Morning
Awake	nings	Daniel	3 years	Reco	very	Anima K.	10 years	Eyec	opener
Lee H	11 years	Joana	4 years	Sarah S	1 year	Ga	rnet	Lynn	34 years
Bev H	14 years	Maria	5 years	Chris E.	1 year	Brittany	1 year		
Laura J	22 years	Janet	5 years	Victoria B	5 years	Nick	2 year		
Edgemon	t Group	Linda W	8 years	Brian J	7 years	Kurtis	4 years		
Ryan M	1 years	Aron W	8 years	Linda S	8 years	Jason	12 years		
Maggie	3 years	Bill T	14 years	Wily C	9 years	Kenny	16 years		
Vanessa G	3 years	Alison R	16 years	Linda G	21 years	Brett	20 years		
Jay M.	13 years	Sherry S	18 years	Irene R	30 years	Kim	21 years		
Ken F.	13 years	Sandy D	21 years	Sharon B	32 years	Vic	26 years		
Fran M	20 years	Jayne R	26 years	Deb C.	32 years	Irene	30 years		
Marilyn L.	22 years	Ellen M	36 years	John R.	33 years	Myrad	30 years		
Harvest Hil	ls Monday	Midn	apore	Steps Stories	& Beyond	Marsh 40 years		1	
Annemarie	26 years	Melissa H.	1 year	Buddy B	14 years	Harvest Hills Monday			
MA	AT	Jesse C.	1 year	Walkin	g Eagle	Joel B	1 year		
Jody D	1 year	Blake S.	2 years	Nancy M	3 years	Leslie W	2 years		
Harvey F	1 year	Chris L.	2 years	Un	ity	Don B	8 years		
Mike H	4 years	Joseph S.	3 years	Shane S	1 year	Jean L	19 years		
Garnet	Block	Andrew	4 years	Travis A	11 years	Just Fo	r Today		
Lane	1 year	Garrett G.	5 years	White	Sheep	Inga	2 years		
Tony F	1 year	Trayce S.	5 years	Dave W.	34 years	Keith	24 years		
Jenn B.	1 year	Raye D.	7 years	Wednesday Morning		Bob	28 years	1	
Ben F	2 years	Monte G.	12 years	Eye Opener			cora	4	
Ben B.	5 years	Dolly S.	34 years	Kurtis P.	4 years	Joel B.	1 year		
Penny	8 years	, -	,		Step and		Link	1	
Angie	16 years	1		Tradition		Jack M.	36 years		
Bill W.	31 years	1		Al R.	10 years		1 1	1	

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group - December	AA Group January
Renfrew Tuesday	Garnet	Daily Reflections
Renfrew Thursday	New Beginnings	Unity
Renfrew Sunday	Recovery	Primary Purpose
Sunrise	Primary Purpose	Rule 62
Alpha House	Deer Ridge	New Beginnings
Dream Centre	Daily Reflections	Shipwreck at Sunset

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
December 9	Ogden
December 16	272
December 23	Thursday night ladies
December 30	Primary Purpose
January 6	New Beginnings
January 13	Go For It

Phone Monitoring Dates	AA Group
December 3 -9	Deer Ridge
December 10 – 16	Primary Purpose Group
December 17 - 23	Midnapore
December 31- January 6	Go For It
January 7- 13	McKenzie Towne
January 14-21	Primary Purpose Group
January 21 -27	Daily Reflections

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 7th to 9th, 2019
- The Committee meets at Central Office at 7:00 p.m. on the 1st 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

LIST OF EVENTS			
DATE	EVENT	DETAILS	
Friday December 15 th 2018	District 86 16 th	5:00 am- 11:30 PM tickets \$25	
	annual Christmas	Balzac Community hall	
	party	See event poster on calgaryaa.org	
Friday, December 15 2018	272 Group Christmas	8:00pm . Potluck to follow after meeting. Please help out	
Thay, December 15 2010	Candlelight Gratitude	by bringing a salad or pastry to contribute for everyone to	
	Meeting and Potluck	enjoy the potluck. Northminster United Church 3311-	
		Center St N	
December 16 2018	Red Deer Christmnas	Balmoral Bible Chapel	
	Potluck	2700- 55 St. Red Deer, Alberta	
		Dinner at 6:00, meeting at 7:30 pm . Poster on	
		calgaryaa.org	
December 24 2018	White sheep	Monday December 24 2018 8:00 am – 11:00 am	
	Christmas Eve	Deerfoot Inn and Casino 11500 35 St SE Calgary, Alberta	
	Breakfast	Tickets \$30/Person Kids \$15 . Poster on calgaryaa.org	
December 24 & 25 2018	Garnet Block	Christmas eve 7 PM until Late	
	Alcathon & Potluck	Christmas day 10am10pm	
		Potluck 4-5:30pm	
December 31 2018	SSB New Years	Doors at 5:30 pm, Dinner at 7:00 pm, Speaker at 8:30	
	Dinner/Dance	pm, Dance Follows Cost :7 th Tradition	
		Penbrooke Community Hall 6100 – 8 ave SE Calgary,	
		Alberta	
January 18 -19 2019	Area Committee	St David's United Church Leduc, Alberta	
	Meeting	Cost :7 th tradition	
		For more details and event poster see calgaryaa.org	
January 26, 2019	District 77 Round	Edgemont Community Center	
	up	Full registration \$45/person (lunch and dinner)	
		For event poster and details see 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.

" Haddon Road Sunday Big Book Study"

There is a study still running right now, but I would like to let you know We are starting a new study at Haddon Rd on , Sunday January 13 from 2 pm till 4pm. It is an open meeting. This study will run every Sunday till middle April.

"Haddon Road Monday night Big Book Study"

Beginning January 14th there is a Big Book Study in the Haddon Road meeting room. The Big Book Study begins Monday January 14th and meets every Monday night Friday from 5:30pm-7pm for 12 weeks.

For more information contact: Rob O. 403-815-3379 or Mary S.J. 403-818-5496 Haddon Road Meeting Address: 200 Haddon Road SW upstairs

"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 December 2018 Issue of GRAPEVINE is here!

On the Cover: Sober Holidays

To view the Table of Contents, click here.

Some stories include:

The Best gifts

How an old makeshift tree on brown butcher paper reminded him of the most important things in life.

No Two alike

A member in California makes peace with the holidays one snowflake at a time

Two gifts from Zola

She began to set the Big Books on the tables and I helped her. I realized what was happening. Zola was showing me how someone does AA with 40 years of sobriety.

28 hours straight

There's nothing like a good alkathon to keep him sane, sober and useful during the holidays.

Step & Tradition 12

<u>Step 12</u> - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it...

<u>From Twelve Steps and Twelve Traditions, chapter on Step 12.</u>

Tradition Twelve "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

As the A.A. groups multiplied, so did anonymity problems. Enthusiastic over the spectacular recovery of a brother alcoholic, we'd sometimes discuss those intimate and harrowing aspects of his case meant for his sponsor's ear alone. The aggrieved victim would then tightly declare that his trust had been broken. When such stories got into circulation outside of A.A., the loss of confidence in our anonymity promise was severe. It frequently turned people from us. Clearly, every A.A. member's name—and story, too—had to be confidential, if he wished. This was our first lesson in the practical application of anonymity.

With characteristic intemperance, however, some of our newcomers cared not at all for secrecy. They wanted to shout A.A. from the housetops, and did, Alcoholics barely dry rushed about bright-eyed, buttonholing anyone who would listen to their stories. Others hurried to place them selves before microphones and cameras. Sometimes, they got distressingly drunk and let their groups down with a bang. They had changed from A.A. members into A.A. show-offs. This phenomenon of contrast really set us thinking. Squarely before us was the question "How anonymous should an A.A. member be?" Our growth made it plain that we couldn't be a secret society, but it was equally plain that we couldn't be a vaudeville circuit, either. The charting of a safe path between these extremes took a long time.

These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

<u>From Twelve Steps and Twelve Traditions, chapter on Tradition 12.</u>