

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's**  
**AA 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 for the Victoria Day  
 weekend, including  
 Saturday May 19 and  
 Monday May 21.

**Telephone: (403) 777-1212**  
 (Answering service is 24-7)

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

Visit [www.calgaryaa.org](http://www.calgaryaa.org)  
 for the most current  
 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, CDs, DVDs,  
 anniversary chips,  
 medallions, birthday cards,  
 Roundup tickets, etc.

## 37th Annual AA Gratitude Roundup

**Calgary, AB**  
**June 8, 9, 10 - 2018**

### AA Guest Speakers

Heather M. – Fort Saskatchewan, Alberta  
 Adam T. – Los Angeles, California  
 Marion W. – Miami, Florida  
 Josh H. – Toronto, Ontario  
 Andy C. – Calgary, Alberta



### Registration

\$25 for the entire weekend  
 \$70 includes registration &  
 Saturday banquet (deadline for  
 banquet ticket sales June 7, 2018)  
 \$15 for Sunday-only Fellowship  
 meeting (at the door)

Tickets may be purchased from your  
 G.S.R., Intergroup Rep., or from  
 Calgary Central Service Office, online  
 at: [www.gratituderoundup.com](http://www.gratituderoundup.com)  
 (Credit cards accepted)  
 Phone: 403-777-1212

**Al-Anon Guest Speaker**  
 Jackie S. – Calgary, Alberta

### 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](http://www.glenmoreinn.com)

**Sponsored by Calgary General Service Committee**

For ticket sales and schedule of events  
 visit our Website at: [www.gratituderoundup.com](http://www.gratituderoundup.com)

## 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.**

### VOLUNTEERS:

AA members volunteer to meet with individuals who are fresh out of a treatment  
 facility and accompany the newcomer to a variety of meeting types and introduce  
 them to other AA members.



**CONTACT BRIDGING THE GAP AT:**

[cgsbctg@gmail.com](mailto:cgsbctg@gmail.com)

**INTERGROUP CONTACTS:**

Intergroup Chairperson	<a href="mailto:cgigchair@gmail.com">cgigchair@gmail.com</a>	Intergroup Alternate Chair	<a href="mailto:cgigalterchair@gmail.com">cgigalterchair@gmail.com</a>
Intergroup Archives Chair	<a href="mailto:cgigarchives@gmail.com">cgigarchives@gmail.com</a>	Telephone Monitoring Chair	<a href="mailto:cgigtelmonitorchair@gmail.com">cgigtelmonitorchair@gmail.com</a>
Public Information Chair	<a href="mailto:pichair.calgary@gmail.com">pichair.calgary@gmail.com</a>	12 Step Chair List	<a href="mailto:cgig12steplist@gmail.com">cgig12steplist@gmail.com</a>
WestWord Editor	<a href="mailto:westwordeditor@gmail.com">westwordeditor@gmail.com</a>	Intergroup Secretary	<a href="mailto:cgigsecretary@gmail.com">cgigsecretary@gmail.com</a>
Calgary Central Office	<a href="mailto:centraloffice@calgaryaa.org">centraloffice@calgaryaa.org</a>	Intergroup Treasurer	<a href="mailto:cgigtreasurer@gmail.com">cgigtreasurer@gmail.com</a>
Banff Roundup Chair	<a href="mailto:info@banffroundup.com">info@banffroundup.com</a>	Intergroup Special Events	<a href="mailto:cgigevents@gmail.com">cgigevents@gmail.com</a>
Sunday AM Breakfast Chair	<a href="mailto:cgigbrkfst@gmail.com">cgigbrkfst@gmail.com</a>	Intergroup/CGSC Liaison	<a href="mailto:cgscintergroup@gmail.com">cgscintergroup@gmail.com</a>

**CGSC CONTACTS:**

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

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

**Garnet Block** (1609 Centre St. NW.) adding new meeting DAILY at 5:30 p.m. beginning Feb. 1, 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.

**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**, 7:00 pm Thursdays, closed, Big Book discussion, 1010 Centre St. SE, facilitated by the Calgary Treatment Facilities Committee.

**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, 2191 – 8 Ave. NW

**MEETING CHANGES**

**Better Days Group** The group 7:30 old time group has changed their name to "BETTER DAYS GROUP ". Also, there is a time change from 7:30pm To 8:00pm. The Address is still 1432 19 st NE. We will have a speaker meeting the second Saturday of each month. These changes will take place March 3, 2018.

**Candlelight Group** Thursdays, southeast, will be moving to St. Luke's Anglican Church, 2951 – 26 Ave. SE. Last meeting at Southview Com. Centre Nov. 30. First meeting at new location is Dec 7<sup>th</sup>. All else the same. (Dec/17)

**Glenmore Group** Thursday night's Tradition meeting at 8:30 pm is changing to a big book study format as of Jan/18.

**Haddon Road Conscious Contact** Sundays 7:00 pm (1½ hours), open, meditation/discussion, 200 Haddon Road, upstairs. (Jan/18)

**Recovery Group** Tuesday 8:00 pm is no longer a Men's meeting; it is now mixed.

**Recovery Group** As of March 1, the Recovery Group in the southwest will be changing its evening meeting times from 8:00 to 7:30 pm; applies to Monday, Tuesday, Wednesday and Thursday meetings. They also have a meeting on the first Saturday of each month for birthdays, also changing to 7:30.

**Sunday morning 11 am** now meets at the Montgomery Community Hall, 5003 – 16 Ave. NW. Everything else the same.

**Unity Group** has moved!! New Address: Grace Lutheran Church 3610 Sarcee Road SW (Back Door) First meeting will be FRIDAY, FEB.02,2018 at 8:30PM (Regular Time)

**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.

### **MEETING cancellations**

**Only Takes Two Group**, Mondays southeast, has folded, effective immediately.

**The New Beginnings Group** has cancelled their Saturday 9:00 AM Women's "As Bill Sees It" meeting. That meeting only – all the rest are as usual.

**Southlanders Pancake Group** as of April 1 the Southlanders Pancake Group, southeast, will be cancelling its Wednesday meeting only. Monday and Friday meetings stay the same.

**Haddon Road Group**, southwest, is cancelling its' weekdays (Monday to Friday) 5:30 pm meeting. Effective March 1.

**Weekend Serenity** 1:00 pm meeting Saturday and Sunday will be closing its doors on the 30 of March.

## 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.

If you are interested in "carrying the message" at a Corrections facility, here is the process:

- Contact the Corrections committee at: cgscorrections@gmail.com to express your interest and obtain necessary forms.
- Stop in any Calgary Police Service office to apply for necessary security clearance. (It may take four to six weeks to actually receive clearance letter in mail.)
- Once you receive your clearance letter, contact Corrections committee again, advise that you have your clearance and find out when the next orientation meeting will be held at the jail where you will be chairing meetings. Once you complete orientation you will be added to the chair roster.

#### **Requirements:**

- Minimum one year of sobriety
- 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: cgscorrections@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.*

## INTRODUCTION TO SERVICE SEMINAR

### WHEN

**Saturday April 28, 2018  
11am – 3pm**

### WHERE

**Peter the Aleut  
Church** (formerly St. Marks),  
1802 – 33 Ave. S.W., Calgary – Lower Level

- **COME OUT AND MEET MEMBERS OF  
SERVICE COMMITTEES FROM CGSC AND  
INTERGROUP**
- **LEARN ABOUT SERVICE OPPORTUNITIES  
IN CALGARY**
- **SEE WHERE YOU CAN BE OF SERVICE**
- **ENJOY THE FELLOWSHIP**

**EVERYONE IS  
WELCOME**

**NO TICKET  
SALES – FREE  
EVENT**

### SPONSORS

CGSC  
Intergroup  
Central Office  
Treatment/Hospitals  
Public Information  
Corrections  
12 Step List  
The Grapevine  
Phone Monitoring  
Cooperation with the  
Professional  
Community  
The Westword  
Record/Registration  
Sunday Morning  
Breakfast Meeting  
Bridging the Gap  
Special Events

## 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](mailto:westwordeditor@gmail.com)

March				April			
<b>Airdrie Back</b>		<b>New Beginnings</b>		<b>Airdrie</b>		<b>Glenmore Group</b>	
<b>From Hell</b>		Arnold V	36 years	<b>Back From Hell</b>		James	1 year
Vanessa A.	8 years	Katie	3 years	Don W	13 years	Jon	2 years
Nick T.	15 years	Judy C	4 years	Brian T.	9 years	Jeremy	3 years
Shona B.	10 years	George L	13 years	<b>Airdrie Country Group</b>		Bill W	3 years
<b>Beacons Refugees</b>		Derek	14 years	Carolanne H.	1 year	Sonia	4 years
Jeanne D	39 years	Twyla	1 year	<b>Awakenings Group</b>		Kevin S	5 years
<b>Deer Ridge</b>		Brad F.	2 years	Kevin D	34 years	Cam S	5 years
Adrian M	14 years	Lisa B	6 years	Allison B.	1 year	Fran	13 years
Mark C	4 years	Dorothy B	2 years	<b>Deer ridge</b>		Lyle M	23 years
Ashley C	2 years	Annie B	28 years	Riley B	2 years	Jon	30 years
<b>Edgemont</b>		Perry A	4 years	Hugh F	8 years	Doug H	30 years
Ash	1 year	Jolene S	5 years	Gord E	27 years	Erik	34 years
Brent	31 years	Jack C	9 years	<b>Edgemont Group</b>		Jack H	37 years
Robert S	8 years	Maggie B	24 years	Doug	1 year	Carole H	37 years
<b>Garnet Block</b>		JC	1 year	Thomas	2 year	<b>Just For Today</b>	
Robert	1 year	<b>NW Calgary</b>		Krista	2 years	Jarrett	3 years
Dillon	1 year	Tyler F	1 year	Sergio	3 years	<b>Kincora</b>	
Andre L	2 Years	Martin S.	4 years	Linda	14 years	Bobby A	10 years
Kevin H.	3 years	George A.	6 Years	Audrey	19 years	Bali G	7 years
Tony M.	20 years	Melissa M	9 years	Marquitta	9 years	Trish Y	4 years
Gene H.	28 years	Roger H.	12 years	<b>Harvest Hills</b>		<b>The Link Group</b>	
<b>Just For Today</b>		<b>Step, Stories and Beyond</b>		<b>Monday Night</b>		Craig S	15 years
Sharon	25 years			Gina H	1 year	<b>MAAT groups</b>	
<b>Marlborough Park</b>		Jon S	5 years	Jennifer H	6 years	Ron D	24 years
Karen M.	14 years	<b>Recovery Group</b>		Justin P	2 years	Doug B	2 years
Chris B.	10 years	Sean O	29 years	<b>Garnet Block</b>		<b>Marlborough Group</b>	
<b>MAAT</b>		<b>Regal</b>		George J	1 year	Devin	1 year
Judy B	34 years	Maximum S.	27 years	Jimmy D	1 year	Rose F	2 years
Linda L	33 years	Harry P.	37 years	Jim K.	1 year	Marilyn D	5 years
Bruce B	10 years	<b>Rule 62</b>		Cam	2 years	Karen M	14 years
Scott H	3 years	Jake C	2 years	Kyle	2 years	Judy S	38 years
<b>Midnapore Group</b>		<b>Tuesday Morning</b>		Jon	2 years	<b>Midnapore</b>	
Jack B	57 years	<b>Ladies</b>		Bill W.	3 years	Andy S	2 years
Joe G	5 years	Iris A.	14 years	Ron Mac	6 Years	Brian W	24 years
Pawel B	2 years	Jenn W.	5 years	Sheila	12 years	Derek J	6 years
<b>NADZIEJA</b>		<b>Wednesday Morning</b>		JP	16 years	Margaret	3 years
JACEK D.	20 years	<b>Eye opener</b>		Ron O.	18 years	Sandy M	28 years
		Ann J	28 years	Debbie	23 years		
		Howard A	10 Years	Wendy R	25 years		
		Meg	3 Years	Yvan	35 years		
		<b>Whitesheep</b>		Lori L.	38 years		
		Gibson S	1 year	Jim L.	47 years		
		Harry P	37 years				

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group -April	AA Group -May
Renfrew Tuesday	Go For it	Desperation Group
Renfrew Wednesday (BTG)	Glenmore	Midnapore
Renfrew Thursday	Midnapore	McKenzie Towne
Renfrew Sunday	Back From Hell	Haddon Road
Sunrise	Deer Ridge	Haddon Road
Alpha House	Ogden	New Beginnings
Dream Centre	Rule 62	Primary Purpose
The Alex (BTG)	Midnapore	Ogden

## Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
April 1	Shipwreck at Sunset
April 8 <sup>th</sup>	Thursday Night Ladies
April 15 <sup>th</sup>	Primary Purpose
April 22 <sup>nd</sup>	
April 29 <sup>th</sup>	Unity
May 6 <sup>th</sup>	Go For It
May 13 <sup>th</sup>	
May 20 <sup>th</sup>	
May 27 <sup>th</sup>	

Phone Monitoring Dates	AA Group
April 2-8	Ogden
April 9 -15	McKenzie Towne
April 16 – 22	West End Step & Tradition
April 23 -29	ABC
April 30 – May 6	Primary Purpose Group
May 7 - 13	Marlborough Park
May 14 -20	Daily Reflections
May 21 -27	
May 28 – June 3	Edgemont

## Calls for Service

CGSC treatment is looking for a chair for Sunday night dream center at 7 pm. They are also requesting 2 volunteers to set up a new meeting at The Mustard Seed in their new residential building 1010 center street s.e.  
Email [cgscstreatment@gmail.com](mailto:cgscstreatment@gmail.com) for more details.

In anticipation of a COMC (Central Office Management Committee) member rotation, resumes are requested from our AA membership. Business and service experience as well as a working knowledge of our 12 Steps and Traditions an asset. Time commitment is one evening meeting per month to provide leadership to the business of our Central Office.  
Please submit a resume to Central Office.

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
Saturday, April 14, 2018	<b>Airdrie Roundup</b>	Saturday, April 14, 2018 Balzac Community Hall Balzac, Alberta
Saturday, April 28, 2018	<b>Introductory Service Seminar</b>	Saturday, April 28, 2018 Details to follow on <a href="http://www.calgaryaa.org">www. calgaryaa.org</a>
Saturday, April 28, 2018	<b>Southern Alberta Round-Up</b>	German Canadian Club 902 – 6 Street North, Lethbridge, AB Registration & Lunch: \$20/person Registration, Lunch & Banquet: \$45/person Call Central Office at 403-777-1212 for contact info Poster to follow....
Saturday, May 12 <sup>th</sup> ,2018	<b>New Beginnings 25<sup>th</sup> Anniversary Celebration</b>	Kingsland Community Hall – 505 78 <sup>th</sup> Ave SW 4-8pm Speakers, Potluck, 50/50, Sobriety Countdown, 7 <sup>th</sup> Tradition & Fellowship. Come Join us to celebrate!!

## 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.

### *"Recovery Group Women's BB Study"*

There is a new weekly women's Big Book study on Sundays at the Recover Group, Room 104, 4820 McLeod Trail SW, 2:00pm-4:00pm. Please bring a Big Book, Pen, Highlighter, & notebook or writing pad. Big Books can also be purchased at the meeting.

### *" 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.

### *"Joe and Charlie Big Book Study at Haddon Road"*

There is a weekly Big Book study at Haddon Road on Sundays from 2:00pm–4:00pm. Please bring a Big Book, a highlighter and an open mind. Big books can be purchased at the meeting or from Central Office. There will also be a 12 steps and 12 traditions study beginning on Tuesday, March 20<sup>th</sup> from 7:30 – 9 pm. For any questions, please contact Steve at 403-889-5240.

### **Joe & Charlie BIG BOOK STUDY**

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 13 March 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! For more info: Text Chris Hemke: [403 860 5313](tel:4038605313) anytime, Calls after 6pm, or email [bigchris@shaw.ca](mailto:bigchris@shaw.ca) .

**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.**

## The April 2018 Issue of GRAPEVINE is here!

On the cover: AA and families.

To view the Table of Contents, click here.

Some stories include:

Here to Help

When he got out of jail, he went straight to AA. Now he helps build a bridge for others.

Pass the life jacket

My entire support team, my fellowship, my sponsor, everyone was back in Niagara. Bridging the Gap was the life jacket I needed.

Maybe someday this will be everywhere

Sober was just way too scary. I would have jumped at the chance to have someone go with me.

Bridging the gap

A member shares a brief history of our wonderful, lifesaving local AA service.



**NANTON**

SATURDAY  
**MAY 12**  
2018



**A NEW BEGINNING**

**Roundup \$15**  
with  
**Banquet \$30**

Children under 12 are free!

**Banquet Tix are Limited!** Get yours now from these contacts:  
Trevor: 403 615-9361  
Rob: 403 404-3345  
Bob: 403 875-1406  
Peg: 403 922-2158

Registration: 10:00 a.m.  
First Meeting: 11:00 a.m.  
Banquet: 5:30 p.m.  
Final Speaker: 6:45 p.m.

Nanton Community Centre  
South Side Entrance - Hwy 25 - Just South of Air Museum

### *The Public Information Committee of Calgary Intergroup has openings for the following positions*

1. **Literature Package Assembler:** once a month spend a few hours at Central Office putting together 6 to 10 bundles of literature.
2. **Advertising Co-ordinator:** place free and paid ads regarding AA in online and print newspapers.
3. **Media and Public Service Announcement Co-ordinator:** contact various media services with information about AA.
4. **Speaker Co-ordinator:** organize engagements and train AA speakers for schools and more.
5. **Special Events Co-ordinator:** organize PI participation in various health fairs.

Together we will apply our 12 Traditions to help still suffering alcoholics of all ages and those who may be in contact with him or her.

Monthly meetings are last Wednesday of the month, 7:00 PM at Central office

For more information e-mail: [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

*Please consider making a commitment to this very rewarding and challenging work.*

*Your love and service are urgently needed.*

## Step & 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.*