

SUGGESTED 25¢ DONATION



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

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 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 Canada Day weekend
June 30 and July 2

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
www.calgaryaa.org

INTERGROUP SUMMER BBQ



SUNDAY, AUGUST 12 11AM -3PM

EDWORTHY PARK, SITE 9

HOTDOGS AND BURGERS PROVIDED

BASED ON 7TH TRADITION.

POTLUCK SALADS, SIDES, AND

DESSERTS. AND A 50/50 DRAW!



Urgent Request!

AA groups need to remember to contribute to our Central Office.

We just purchased \$4000 worth of computers.

We are getting seriously in the Red.

SELF-SUPPORT

The Seventh Tradition states that Alcoholics Anonymous is self-supporting through our own contributions. The contributions help to cover the group's expenses. But the Seventh Tradition is more than simply paying for rent and other group expenses. It is both a privilege and a responsibility of individual groups and members to ensure that our organization, at every level, remains forever self-supporting and free of outside influences that might divert us from our primary purpose.

The monetary amount of each contribution is secondary to the spiritual connection that joins us in unity with A.A. groups around the world.

Service Material from the General Service Office

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.

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 7th 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 3rd 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, 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 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 on the second Saturday of each month.

The Homeward Bounders group, weekdays, northwest 5:15 pm, has moved from the Parkdale Community Association

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.

to the Parkdale United Church, 2919 – 8 Ave. NW (Calgary), 5 meetings Mon – Fri, all else the same.

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.

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

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.

Recovery Group has cancelled their Monday 7:30 pm and their Wednesday 7:30 pm meetings. All other meetings continue

Weekend Serenity 1:00 pm meeting Saturday and Sunday **has been voted to remain open**, contrary to what was posted in the Westword last month.

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: cgsccorrections@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: 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.

12 STEP WORK

"Bridging the Gap" is a Temporary Contact Program for the newcomer coming out of a treatment facility 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:

cgsccbtg@gmail.com

Bridging The Gap will have a table set up at this years Calgary Round Up Committee meeting Tuesday May 22 at Central office 7:00 pm. Anyone wanting to get involved in service work at Treatment and Round Up is welcome to attend.

Bridging the Gap is in desperate need of a female coordinator and women for co-chairing meetings.*

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

June					July				
ABC Group		Happy, Joyous and Free		Donna G	3 years	ABC Group		Recovery Group	
Brian D	7 years			James S.	5 years	Bev M	10 years	Caroline D	1 year
Airdrie Back From Hell		David	1 year	Chris H	17 years	Cindy P	21 years	Pamela C	2 years
Candace	1 year	Harvest Hills Big Book		Regal Group		Dean C	25 years	Brad K	10 years
Brad H	4 years			Taylor I	3 years	Airdrie Country Group		Rule 62	
Angela C	9 years	Stuart C	2 years	Ted M	41 years	Gus G	7 years	Vanessa S	5 years
Airdrie Country Group		Shalee S	3 years	Rule 62		Len Q	29 years	Unity Group	
Kyle F	1 year	Sandra B	5 years	Sarah W	4 years	Ray F	38 years	Ali G.	1 year
Keith R	3 years	Bo H	7 years	Southview by the Book		Airdrie Back From Hell		West End Step and Tradition	
Ute B	8 years	Kincora							
Ken R	10 years	David M.	29 years	Sylvia	29 years	Jaye M	1 year	Pam B.	6 years
Bert G	35 years	MAAT		Tuesday Morning Ladies		Ray F	43 years	Dale S.	7 years
Awakenings Group		James L	3 years			Awakenings Group		NW Calgary Group	
Chris M.	1 year	Grant C	33 years	Gail P.	14 years	Garry B.	4 years	Pryce P	1 year
Lynda B.	18 years	Marlborough Park		Susan M.	31 years	Amanda H.	24 years	Amy B	32 years
Gerry A.	39 years	Carol	3 years	Unity		Deer Ridge			
Edgemont		Allen	9 years	Jim H	17 years	Milton	1 year		
Janice	3 years	Karen M.	14 years	West End Step and Tradition		Luke	2 years		
Stan	13 years	Emilian D.	31 years			Holly	2 years		
Brent	20 years	NW Calgary Group		Brian D.	16 years	Jack	12 years		
Joanne	31 years	Adam W.	1 year	Iva P.	33 years	Edgemont			
Garnet Block		Tim M.	1 year	White Sheep		Chad	10 years		
Matt	1 year	Nick W.	2 years	Dan C	4 years	Joanne	14 years		
Heather	1 year	Sarah W.	4 years	Mitchell	4 years	Linda G.	25 years		
Joel T	11 years	David R.	13 years	A.J. S	10 years	Harvest Hills Big Book Monday Night			
Joy H	14 years	New Beginnings		David G	26 years				
Monty	30 years	Jeff B	1 year			Damian D	3 years		
Glenmore group		Kerry A	1 year			Andrew S	10 years		
Chad T	1 year	Shannon	3 years			Bob H	28 years		
Dylan M	1 year	Robyn	6 years			Kincora			
Erica	4 years	Tina M	8 years			Pryce P.	1 year		
Kristin F	4 years	Margery K	14 years			Kaidon N.	3 years		
Sharla	7 years	Tamara E	14 years			Brian C.	4 years		
Peter	11 years	Cornalia	17 years			Langdon Bring Your Own Cup			
Mark M	24 years	Anne H	20 years			Kelly R	12 years		
Tom R	26 years	Gail C	20 years			Don C	33 years		
Leslee M	30 years	Clarence	23 years			MAAT			
Haddon Road		Bernie P	29 years			Audrey C	26 years		
Paul D	1 year	Bob R	33 years			Marlborough Park Group			
Mike K	1 year	Recovery Group				Rick	26 years		
Ed V	8 years	Brandon C	1 year			Jacques	32 years		
Ted R	43 years	Heather D	1 year						

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group -June	AA Group -July
Renfrew Tuesday	272	Glenmore
Renfrew Wednesday (BTG)	Edgemont	
Renfrew Thursday	Southview by the Book	New Beginnings
Renfrew Sunday	SMOG	West end Step and Tradition
Sunrise	New Beginnings	Primary Purpose
Alpha House	Unity	Thursday Night Ladies
Dream Centre	Steps, Stories & Beyond	NW Calgary

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
July 1	Unity
July 8	Westend Step and Tradition
July 15	Recovery
July 22	The Link Group
July 29	Go For It
August 5	ABC
August 12	Deer Ridge
August 26	Haddon Road

Phone Monitoring Dates	AA Group
July 2 -8	Glenmore
July 9 -15	Rules 62
July 16-22	Ogden
July 23-29	Unity
July 30- August 5	Go For It
August 13 -19	SMOG
August 20-26	Recovery
August 27 – Sept. 2	Westend Step & Tradition

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 for more details.

In anticipation of a COMC (Central Office Management 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. Committee) member rotation, resumes are requested from our

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
July 20, 21 and 22 2018	31 st Annual Crowsnest Pass Campout	Island Lake Provincial park. See poster on www.calgaryaa.org
July 21, 2018	Garnet Block Sober Summer Dance	Hillhurst United Church 1227 Kensington Close NW See poster on page 7 of WestWord
Friday July 27 th 2017	Okotoks Summer Sizzler	BBQ and campfire meeting. See poster on www.calgaryaa.org
July 27, 28 & 29 2018	30 th Annual Consort Campout	Gooseberry Lake Provincial Park. See poster on www.calgaryaa.org
August 11, 2018	Intergroup Summer BBQ	Edworthy Park, Site 9 11 am – 3 pm Hotdogs and burgers provided, based on 7 th tradition. Potluck salads, sides and desserts and a 50/50 draw!
Sunday August 18 th 2018	4 th Annual Unity Day and BBQ	Trochu , Alberta. See poster on www.calgaryaa.org
Saturday, August 15 th 2018	Midnapore Group 40 th anniversary picnic	Family AA potluck event open to Calgary and surrounding area. See poster on www.calgaryaa.org
August 24,25,26 2018	52 nd international corn roast & campout	Group campout and corn roast. Visit www.calgaryaa.org for more details.
Sept 7-8 2018	Medicine Hat Round up	\$35/ person. Food/coffee/speakers included. See event posters on www.calgaryaa.org
September 14 - September 16 Area 78 Assembly	Area 78 Assembly	Red Deer Sheraton Hotel 3310 – 50 Ave., Red Deer, Alberta Details to follow...
Sept 29, 2018 (Saturday)	District 73 Speaker & Chili cook off contest	St John's Catholic Church 4:30 – 9:30 pm, Speaker 8:30-9:30 Becky P. Area 73 delegate and Speaker. Bring your own chili contest, dessert potluck. Salad provided 7 th tradition.
Sept 29 2018	Ladies AA Gratitude Gala	Ramada Hotel Ballroom, 708 8 th ave SW, Calgary See Poster on www.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.

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.

"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 & 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 H: [403 860 5313](#) anytime, Calls after 6pm, or email bigchrish@shaw.ca.

The July 2018 Issue of GRAPEVINE is here!**On the Cover: The Prison Issue**

To view the Table of Contents, click here.

Some stories include:

Freedom is Sweet

He was way too cool for AA in prison, but the sober guys in the yard had something that got his attention.

End Run

His prison was filled with alcohol and drugs, but luckily he began to do laps with a guy named Skyler.

Keeping it Real

What Renee and Becky taught her traveled into her heart. Now she turns around and gives it back.

**NEW ALCOHOLICS
ANONYMOUS MEETING
STARTING OFF
YOUNG
at
HADDON ROAD**


Starting off Young is a new youth group aimed at an understanding of **what and why** "AA" is.

We stand together to say:

- Young people can succeed in AA.
- Young people can live healthy life styles while focusing on the steps and traditions


Meeting format

1. AA Step and Tradition Meeting.
2. The chairperson speaks briefly about their "experience, strength and hope".
3. Discussion pertains to **problems and solutions** in everyday life using the AA Steps & Traditions.
4. Discussion is centered on the idea of healing the baggage of the past: Sharing is important and encouraged.
5. All meetings begin with a re-affirmation of the purpose of Starting off Young – encouraging an understanding of **what and why** "AA" is.




• Fridays 9:15pm
• Open Meeting | Mixed

PROUD TO BE INCLUSIVE



• Speaker Meeting on the 3rd Friday of every month.
A Speaker that either got sober in their youth or is a youth

HADDON ROAD AA GROUP
200 HADDON RD. S.W.
[Room 200L upstairs]



Between Southland and Heritage C-Train Stations

CALL THESE GUYS FOR MORE INFO:
- TAYLOR VANTZ-WELLS
(403)-808-4803
- SOREN BRADLEY
(403)-918-0085

NEED HELP?
403-777-1212 FOR MORE INFO REGARDING AA



**GARNET BLOCK
SOBER SUMMER
DANCE**




**Free
Hot
Dogs
and
Snacks**

**Door
Prizes
and
50/50
Draw**

Hillhurst United Church — 1227 Kensington Close NW
DOORS OPEN AT 8:00 PM — DANCE AT 9:00 PM
Cost — \$10.00 per person
Music by Aurora Nights
Fun Fellowship and Recovery!
Family Friendly Children 12 and Under Free
No Alcohol or Drugs — No Debate

SATURDAY JULY 21st

Any Proceeds go to the Garnet Block's 2018 Christmas Alcathon and Children's Party

Step & Tradition 7

Step 7 – Humbly asked Him to remove our shortcomings.

SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life...

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

From Twelve Steps and Twelve Traditions, p.70, 76.

Tradition 7 – Every A.A. group ought to be fully self-supporting, declining outside contributions.

SELF-SUPPORTING alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually moneywise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news.

Probably no A.A. Tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now—sober—paid our own way. So, our Fellowship stayed poor because it had to.

There was another reason for our collective poverty. It was soon apparent that while alcoholics would spend lavishly on Twelfth Step cases, they had a terrific aversion to dropping money into a meeting-place hat for group purposes. We were astounded to find that we were as tight as the bark on a tree. So A.A., the movement, started and stayed broke, while its individual members waxed prosperous...

Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.

From Twelve Steps and Twelve Traditions, p.160-162.