

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 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
www.calgaryaa.org



Awakening Hope

CELEBRATING WOMEN IN RECOVERY

Presents

The 6th annual Ladies AA Gratitude GALA

RAMADA HOTEL BALLROOM, 708 – 8th Ave SW, Calgary
September 29th, 2018

*This event is to celebrate women in recovery!
Invite all the women who have been instrumental in your recovery!*

Registration & Fellowship: 5:00pm–6:00pm

Formal Three Course Meal: 6:00pm–8:00pm

Speakers Sherry S and Lynn H: 8:00pm–9:00pm

Dance: 9:00pm–11:00pm

For Tickets email: ladiesgratituddegala@gmail.com
\$45.00

Cut off for Tickets is September 21, 2018 at 5pm: Seating is limited.

Speaker is Becky P.
(Area 78 delegate 8:30-9:30)

Contest – Bring your own Chili
Dessert – Potluck
Salad – Provided
Cost – 7th tradition

**District 73 Speaker &
Chili Cook-Off Contest**

Saturday, Sept. 29, 2018
4:30 – 9:30 pm
1423 – 8th Ave SE
Calgary
(St. John's Catholic Church)

Sponsored by
District 73

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

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.

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.

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 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.

19th hole. the Tuesday evening meeting on August 28th will be cancelled as the church won't be available that evening.

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 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:

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

July						August					
ABC Group		Harvest Hills Big Book Monday Night		West End Step and Tradition		ABC Group		Robert P.	8 years	Step, Stories and Beyond	
Bev M	10 years					Nathan	1 year				
Cindy P	21 years	Damian D	3 years	Pam B.	6 years	Lib B	31 years				
Dean C	25 years	Andrew S	10 years	Dale S.	7 years	Airdrie Back From Hell		Miranda H.	2 years	Tuesday Morning Ladies	
Airdrie Country Group		Bob H	28 years	Nw Calgary Group							
Gus G	7 years	Kincora		Pryce P	1 year	Valerie C	4 years	Sylvia	9 years		
Len Q	29 years	Pryce P.	1 year	Amy B	32 years	Mike A.	11 years	Susan D.	13 years		
Ray F	38 years	Kaidon N.	3 years			Airdrie Country Group		Faye H.	28 years		
Airdrie Back From Hell		Brian C.	4 years			Sherri T	1 year	Pat J.	36 years		
Jaye M		Langdon Bring Your Own Cup				Sharon	5 years	Wednesday Morning Eyeopener			
						Awakenings Group <td colspan="2"></td>					
Ray F	43 years	Kelly R	12 years			Vince H.	3 years	Doug W	12 years		
Awakenings Group		Don C	33 years			Mike K.	5 years	Orland W	32 years		
Garry B.	4 years	MAAT				Bob J.	31 years				
Amanda	24 years	Audrey C	26 years			Pat J.	36 years				
Deer Ridge		Marlborough Park									
Milton	1 year	Rick	26 years								
Luke	2 years	Jacques	32 years								
Holly	2 years	New Beginnings									
Jack	12 years	Charmaine	1 year								
Edgemont		Casey	1 year								
Chad	10 years	Julia	2 years								
Joanne	14 years	Sekwan	3 years								
Linda G.	25 years	Paul	3 years								
Garnet		Kim	4 years								
Dean M.	2 years	Sheeren	5 years								
Ashley W.	3 years	Emma M	5 years								
Anne M.	6 years	Lorene	27 years								
Carlos	11 years	Al S.	29 years								
Tyler S.	13 years	Ken R	32 years								
Dennis	15 years	Regal									
Bruce H.	30 years	Mike A.	11 years								
Glenmore		Recovery Group									
Carla	1 year	Caroline D	1 year								
Madeline	1 year	Pamela C	2 years								
Kyle B	3 years	Brad K	10 years								
Hannah B.	4 years	Rule 62									
Joe C	6 years	Vanessa S	5 years								
Anne M	6 years	Unity Group									
Lynn	13 years	Ali G.	1 year								

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group -August	AA Group -September
Renfrew Tuesday	Glenmore	Shipwreck at Sunset
Renfrew Thursday	New Beginnings	Primary Purpose
Renfrew Sunday	West end Step and Tradition	NW Calgary
Sunrise	Primary Purpose	McKenzie Towne
Alpha House	Thursday Night Ladies	New Beginnings
Dream Centre	NW Calgary	Unity

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada **served till 9:30**	AA Group
August 5	ABC
August 12	Deer Ridge
August 26	Haddon Road
September 2	Primary Purpose
September 9	Ogden
September 16	Thursday Night Ladies
September 23	Marlborough Park

Phone Monitoring Dates	AA Group
August 6 -12	Knox Knooners
August 13 -19	SMOG
August 20-26	Recovery
August 27 – Sept. 2	Westend Step & Tradition
September 3- 9	Daily Reflections
September 10 -16	Regal
September 17- 23	Getting There
September 24 – 30	ABC

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

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
Saturday, August 25 th 2018	Midnapore Group 40 th anniversary picnic	Family AA potluck event open to Calgary and surrounding area. See poster on www.calgaryaa.org
Sunday August 18 th 2018	4 th Annual Unity Day and BBQ	Trochu , Alberta. See poster on www.calgaryaa.org
August 24-26, 2018	Innisfail Campout	Antler Hill Community Hall Cost: \$25/person whole weekend; \$15 Saturday BBQ potluck. For event Poster click on www.calgaryaa.org
August 24,25,26 2018	52 nd international corn roast & campout	Group campout and corn roast Writing on Stone provincial park. 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
Sept 1 2018	Steps, Stories and Beyond One Day Round up	Pembroke Community Hall 6100 – 8 ave S.E. Calgary, AB Cost : 7 th tradition. See poster on page 7.
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.

"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.

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.

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 August 2018 Issue of GRAPEVINE is here!

On the Cover: Carry the Message

To view the Table of Contents, click here.

Some stories include:

Trunk full of love

The stories she read helped her so much she couldn't wait to hit the road and share the good news.

Break Time

When you're at a service meeting and about to tear your hair out, remember—don't take yourself too seriously.

Enraged

Every time he thought about this guy, his blood boiled. He had to do something.

Steps, Stories and Beyond



Presents for the 4th year

A ONE DAY ROUND UP

September 1, 2018

7:30 - 9:00	Breakfast – pancakes / bacon
9:00 - 10:00	Speaker – Val from Calgary - Unity Group, GSR Secretary
10:00 - 10:30	coffee break
10:30 - 11:30	Call Up Meeting - Chaired by _____
11:30 - 1:00	lunch – Chili / Stew, etc ... (Potluck)
1:00 - 2:00	Speaker – Keith A from Stavely – Area 78 chair Treatment Facility
2:00 - 3:00	coffee break
3:00 - 4:00	Call Up Meeting - Chaired by _____
4:00 - 5:30	coffee break
5:30 - 7:30	dinner – roast beef
7:30 - 9:00	Closing Speaker – Bonnie-Ann F from Calgary – Area 78 Literature Chair

This function is based on our 7th Tradition

Located: 6100 – 8 Ave SE
Contact: Buddy @ 403-875-9894 OR Shauna @ 403-617-6161

****Lunch is POTLUCK (please have at hall by 11 am)****

52th International Corn Roast
Writing On Stone Provincial Park
41 Kilometers (26 Miles) East of Milk River, Alberta,
Canada

Aug. 24, 25 & 26, 2018

Contact

CALGARY CENTRAL SERVICE OFFICE
#2, 4015 – 1st Street S.E. Calgary, Alberta, T2G 4X7
(access off 39th Avenue from Macleod Trail S.)
Phone: (403) 777-1212 Fax: (403) 287-6540
Email: Centraloffice@telus.net

We depend on 7th Tradition to pay for furnished food and the fee to reserve the group camping area.

Friday

6:30 PM Burgers and Meeting

Saturday

8:30-10:00 AM Breakfast

1:00 PM Al-anon Meeting

2:00 PM Call-up Meeting

5:30 PM Pot-luck Supper (Corn & Coffee Furnished)

7:00 PM AA & Al-anon Speakers

Sunday

8:00 AM – 9:00 AM Breakfast

Followed by a Spiritual Meeting

We have group area "A" reserved on the west side of the campground. If you wish to stay in the regular campground, reserve a spot 90 days ahead of time. Online <https://reserve.albertaparks.ca>

Phone 1-877-537-2757. If you would like to camp in the group area, spots are \$25 per Night for RV's and Tents. These spots are on a first come basis and are restricted in size.

Step & Tradition 8

Step 8 – “Made a list of all persons we had harmed, and became willing to make amends to them all.”

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

These obstacles, however, are very real. The first, and one of the most difficult, has to do with forgiveness....

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them...

From Twelve Steps and Twelve Traditions, p.77-79.

Tradition 8 – “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

Despite this certainty, it is nevertheless true that few subjects have been the cause of more contention within our Fellowship than professionalism....

At last, however, a plain line of cleavage could be seen between professionalism and nonprofessionalism. When we had agreed that the Twelfth Step couldn't be sold for money, we had been wise. But when we had declared that our Fellowship couldn't hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience....

The job was not to do Twelfth Step work; it was to make Twelfth Step work possible. It was a service proposition, pure and simple....

This is the exciting welter of events which has finally cast up A.A.'s Tradition of nonprofessionalism. Our Twelfth Step is never to be paid for. but those who labor in service for us are worthy of their hire.

From Twelve Steps and Twelve Traditions, p.166-171.