

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

Alcoholics Anonymous

Saturday October 20, 2018
Dalhousie Mennonite Brethren Community Church
5511 Balroc RD NW

- ❖ Doors open at 3:00
- ❖ Archives display
- ❖ First speaker at 3:30 David M
- ❖ dinner at 5:30
- ❖ Sobriety Countdown
- ❖ AI-Anon Connie Z
- ❖ 50/50 draw
- ❖ AA Speaker Becky P

PIONEER DINNER

Introductory Service Seminar



Saturday, November 3rd, 2018, Scarboro United Church, 10am-3pm
134 Scarboro Ave. S.W., Cost is: \$10.00 includes lunch

Tickets can be purchased from , Your GSR , Intergroup or DCM. Or at Central Service Office. 403-777-1212.

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

BtG at the Alex, Mondays southeast is cancelled 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.

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.

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.

Service Opportunities: Male Phone Coordinator

Presenters at Renfrew Detox Center



CONTACT BRIDGING THE GAP AT:

cgscbtg@gmail.com

B. T.G will be attending 4 roundups:

Steps Stories and Beyond- Sept. 1

Medicine Hat- Sept. 7,8,9

Red Deer Assembly- Sept. 14,15,16

Claresholm- Sept. 22

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

| August | | | | September | |
|----------------------------|----------|-----------------------------|----------|-----------------------------|----------|
| ABC Group | | NW Calgary Group | | Airdrie Back From Hell | |
| Nathan | 1 year | Michelle | 1 year | Bernie C | 2 years |
| Lib B | 31 years | Jared W. | 2 years | Eric V | 7 years |
| Airdrie Back From Hell | | Dwyla F. | 8 years | Shandi P | 11 years |
| Valerie C | 4 years | Roger D. | 31 years | Peter F | 44 years |
| Mike A. | 11 years | New Beginnings | | Airdrie Country Group | |
| Airdrie Country Group | | Marcie | 1 year | Graham | 9 years |
| Sherri T | 1 year | Angie | 1 year | Ed R | 16 years |
| Sharon | 5 years | Angelique | 1 year | Gord R | 45 years |
| Awakenings Group | | Alison G | 1 year | Bill F | 49 years |
| Vince H. | 3 years | Kwynn | 1 year | Link Group | |
| Mike K. | 5 years | Tonya | 2 year | Paul M. | 26 years |
| Bob J. | 31 years | Ashley K | 3 years | Monday Night Harvest Hills | |
| Pat J. | 36 years | Betty N | 3 years | | |
| Edgemont | | Shelbi | 4 years | Lynn A | 16 years |
| Veronique | 1 year | Leanne | 6 years | MAAT | |
| Glenmore | | Janine | 6 years | Troy F | 1 year |
| Alex M | 1 year | Todd G | 7 years | James S | 2 year |
| Mike B. | 2 years | Lisa S | 10 years | Marlborough Park | |
| Karen K | 2 years | Lise | 18 years | Andre W | 3 years |
| Bill S. | 6 years | NW Calgary Group | | Ed H. | 7 years |
| Ryan B. | 11 years | Jared W. | 2 years | Nadzieja | |
| Kincora | | Dwyla F. | 8 years | Hieronim D. | 28 years |
| Maggie C. | 1 years | Roger D. | 31 years | Tadeusz L. | 35 years |
| Mike K. | 5 years | Recovery Group | | NW Calgary Group | |
| Marlborough Park | | Millie S. | 1 year | Brendan W. | 6 years |
| Jeannie C. | 13 years | Nicole W. | 2 years | Colin P. | 7 years |
| Ray I. | 32 years | Robert P. | 8 years | Jamie W. | 9 years |
| MAAT | | Step, Stories and Beyond | | 19 th hole | |
| Marshall | 36 years | | | Robert J. | 1 year |
| Monday Night Harvest Hills | | Miranda | 2 years | Recovery | |
| | | Tuesday Morning | | Tanya J. | 14 years |
| Becky | 2 years | Sylvia | 9 years | Estee L. | 14 years |
| Wayne H | 6 years | Susan D. | 13 years | Louise M. | 29 years |
| Sylvia S | 9 years | Faye H. | 28 | Tuesday Morning Ladies | |
| Scott B | 12 years | Pat J. | 36 years | Anita E. | 34 years |
| Jim I | 16 years | Wednesday Morning Eyeopener | | Maureen D. | 36 years |
| Leslie P | 19 years | | | Unity | |
| 19 Hole. | | Doug W | 12 years | Justin M | 2 years |
| Tracy C. | 23 years | Orland W | 32 years | West End Step and Tradition | |
| | | | | Annette B. | 9 years |

Service Opportunities

Upcoming CGSC Service Commitments

| Treatment Facility | AA Group -September | AA Group -October |
|--------------------|---------------------|-------------------------|
| Renfrew Tuesday | Shipwreck at Sunset | Glenmore |
| Renfrew Thursday | Primary Purpose | Friday Night Fellowship |
| Renfrew Sunday | NW Calgary | Regal |
| Sunrise | McKenzie Towne | Bow Trail |
| Alpha House | New Beginnings | Unity |
| Dream Centre | Unity | Smog |

Upcoming Intergroup Service Commitments

| Sunday Morning Breakfast at Ramada **served till 9:30** | AA Group |
|--|-----------------------|
| September 2 | Primary Purpose |
| September 9 | Ogden |
| September 16 | Thursday Night Ladies |
| September 23 | Marlborough Park |
| October 7 | Rule 62 |

| Phone Monitoring Dates | AA Group |
|------------------------|-----------------------|
| September 3- 9 | Daily Reflections |
| September 10 -16 | Regal |
| September 17- 23 | Getting There |
| September 24 – 30 | ABC |
| October 1- 7 | Midnapore |
| October 8 -14 | Ogden |
| October 15- 21 | NW Calgary |
| October 22- 28 | Thursday Night Ladies |

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 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.

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 |
|---|---|--|
| 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... |
| September 27 th 2018 | Rule 62 3rd anniversary | Rule 62 group would like to thank members for its support with a speaker meeting. Cake and fellowship to follow 1212 1 st NW Crescent Heights Baptist Church |
| September 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. |
| September 29, 2018 | Ladies AA Gratitude Gala | Ramada Hotel Ballroom, 708 8 th ave SW, Calgary See Poster on www.calgaryaa.org |
| October 20, 2018 | Sorrel Rider 11 th annual AA Roundup | Saturday October 20, 2018 Gordon Yellowfly Memorial Arbor (approximately 8 km west of Gleichen on highway 901) For Information Frank T @ 403 701 5067 Francis M 403 681 2675 |
| November 3 2018 | Innisfail 24 hour group 56 th annual beef supper | Aberdeen Hall HWY 590 East of Innisfail Contact Tom C. (403) 227-6717 |

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.

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

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, 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 September 2018 Issue of GRAPEVINE is here!

On the Cover: Young and Sober

To view the Table of Contents, click here.

Some stories include:

Boyish Charm

At 21, his innocent face had only gotten him so far. But this night, standing in the cold, he saw hope.

Flying Spaghetti Monster

At 16, she crashed hard. But her sponsor helped her find some hope and even a Higher Power.

Never Too Young

Most of us in that Young People's group are still sober today, some since the late 1960s. That group no longer exists, but we do.

ICYPAA 60 Wonderful Years

In 1958, in Niagara Falls, New York, a meeting of young AAs from across the U.S. and Canada started what is now ICYPAA.



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**



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.

Step & Tradition 9

Step 9 - "Made direct amends to such people wherever possible, except when to do so would injure them or others."

GOOD judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

From Twelve Steps and Twelve Traditions, p.83-84.

Tradition 9 - "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

When Tradition Nine was first written, it said that "Alcoholics Anonymous needs the least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, "What do they mean, no organization?"

Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board, * nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We've tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?"...

Just as the aim of each A.A. member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it.

From Twelve Steps and Twelve Traditions, p.172-175.