

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 CENTRAL OFFICE

The new vinyl  
book covers are  
now in stock!

New soft cover Big Book,  
large print Big Book and  
large print Combined  
BB+12x12 vinyl book  
covers have arrived.  
Also in stock are the  
popular standard Big  
Book and Combined  
BB+12x12 book covers.



### REGULAR OFFICE HOURS

Mon-Fri, 8:30am-5:00pm  
Closed for lunch 1-2pm  
Saturday, 9:00am-1:00pm

### HOLIDAY CLOSURES

Remembrance Day Weekend  
Sat. Nov. 9 + Mon. Nov. 11

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](mailto:centraloffice@calgaryaa.org)  
[www.calgaryaa.org](http://www.calgaryaa.org)



## GARNET BLOCK SERVICE SEMINAR

When – November 16<sup>th</sup> 2019

Where – G-Block 1609 Center Street NW

Time – 4:00 PM – 5:15 PM

### AGENDA

- AA Service Structure
- Chairing Meetings
- Group Positions
- Literature
- Central Office
- Phone Monitoring
- Traditions
- Fellowship

Everyone is Welcome!

Speakers

Pizza and refreshments provided

Bring your questions!

A DECLARATION OF UNITY

*This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united.  
For on A.A. unity depend our lives, and the lives of those to come.*



PRESENTS:

THE 2ND ANNUAL  
UGLY SWEATER  
CHRISTMAS PARTY

### WORKSHOP:

Sex! What's Service Got To Do With It?

"Three Legacy Relationships"

Full Dinner Provided

Naughty Or Nice Gift Exchange

Quirky Card Making

Pie Eating Contest

Prizes For The Best Ugly Sweaters, Fervor And More!

December 8, 2019

3pm -6pm

Inglewood Community Association

1740 24 Ave SE, Calgary, AB

Tickets \$15

[Calgypaa@gmail.com](mailto:Calgypaa@gmail.com) for more information

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	cgsc intergroup@gmail.com

MEETING CHANGES:NEW MEETINGS

**Beautiful Hope Women's Meeting**, open, women's, Step/Tradition Discussion, Mondays, 7:00 pm, Eastside Victory Outreach, back door, 1840 – 38 St. SE.

**Women with Heart Meeting**, Mondays & Wednesdays, noon, open, Lutheran Church of the Cross, 10620 Elbow Dr. SW, Big Book discussion, children welcome

New Ladies Meeting

**Woman with Heart** Monday's big book study and Wednesday's big book discussion. Both are from 12pm - 1pm. 10620 Elbow Dr. SW

**N2 Group**, meets Sundays, 8:00 pm, Advent Lutheran Church, 11 Scenic Acres Gate NW, Calgary, closed, candlelight Step11/meditation meeting.

MEETING CHANGES

**5th Tradition Safe Harbour**, Tuesdays northwest, has changed their day and time. They now meet (in the same place, Wild Rose Church) on Sundays instead of Tuesdays, at 2:00 pm instead of 8:00 pm, and they are now open instead of closed. The format is the same and they have a birthday meeting on the last Sunday.

As of Sept 1, **the Regal Group** (Monday & Thursday NE) will meet at St. Matthew Lutheran Church, 66 – 7 St. NE. (Old address Renfrew United, 956 Radnor Ave. NE.) Everything else remains the same.

**Southview by the Book** is having a speaker meeting the first Friday of every month @ the Southview Community Center 2020 33rd st se. @ 7:30

the **Glenmore Group** has changed the times of their evening meetings on Sundays, Mondays, Thursdays & Fridays from 8:30 pm to 8:00 pm.

MEETING cancellations

*The 12x12 Group in Pincher Creek, Tuesdays, Out-of-Town, has closed.*

*Garnet Midnighter, Sunday through Thursday (now Fridays & Saturdays only at midnight)*

*Sunrise treatment center has changed their Tuesday northeast meeting to be for residents only, effective immediately*

## HAPPY BIRTHDAY!



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

October						November			
Airdrie Country Group		New Beginnings		Wednesday Morning Eyeopener		Awakenings		Lakeside	
Brenda T.	26 years	Angela S	1 year			Lee H	12 years	Matt S.	1 year
Dan E.	37 years	Anne H	1 year	Lyndsay M	4 year	Bev H.	15 years	Shelley M	8 years
Sherry J.	29 years	Stacey T	4 years	Whitesheep		Laura J	23 years	Midnapore	
Awakenings		Billy R	7 years	Wade C	6 years	Back From Hell		James K	1 year
Mike I.	1 year	Mel C	8 years	Michael K	12 years	Kellie M	2 years	Tamara	1 year
Katrina W.	21 years	Kerri T	10 years	Travis L	13 years	Payden L	2 years	Liam M	1 year
DeerRidge		Melody F	13 years	Jason S	25 years	Norma G	9 years	Jesse C	2 years
Zach M.	3 years	Keith B	25 years	Bryce O	27 years	Doug F	13 years	Blake S	3 years
Greg S.	6 years	Jane M	28 years	Tuesday Morning Ladies		Jessica Z	15 years	Chris J	3 years
Edgemont		Northwest Step and Tradition				Michael G	22 years	Dorian D	3 years
Peter R.	5 years			Irene B	46 years	Deer Ridge		Joseph S	4 years
Ben B.	9 years	Chris D.	9 years	Mckenzie Towne		Justin R.	2 years	Garett G	6 years
Getting There Group		NWCG		Angela S	1 year	Dawn L	2 years	Rae D	8 years
Jeff L.	19 years	Donna P	1 year	Marilyn	3 year	Severin B	3 years	Monte G	13 years
Harvest Hills Big Book		Evan S	1 year	Howie S.	3 year	Mark H	3 years	Northlanders	
Andrew K.	3 years	Sandra S	1 year	Larry A.	7 years	Layah G.	9 years	Phil P	7 years
Jim W.	3 years	Corey S	4 year	JP.	11 year	Ernie S.	28 years	Ogden	
Terry M	12 years	Clara C	6 years	Noelle R	13 years	Edgemont		Alex M	5 years
Just For Today		Mike J	8 years	Liz H.	14 years	Ryan M.	2 years	Denise T	6 years
Lisa S.	4 years	Pat H	9 years	Mike R.	15 years	Vanessa G.	4 years	Jason R	9 years
Kincora		Ogden				Peter R.	5 years	Steps, Stories and Beyond	
Tammy O.	1 year	Marcus	1 year			Fran McM.	21 years		
Darnell G.	3 years	Ian	1 year			Marilyn L.	23 years	Buddy B	14 years
Lakeside Serenity		Becky	6 years			Friday Night Fellowship		Unity	
Chuck D	8 years	Stephen	7 years			Don H	3 years	Shane S.	2 years
Midnapore		Trish	9 years			Paul M	8 years	Giovanni D.	4 years
Baily B	1 year	Kris	11 years			Glenmore Group		Travis A.	12 years
Jason T	1 year	Chuck	13 years			Rachel	1 year	Wednesday Morning Eyeopener	
Damian G	1 year	Glen	13 years			Jonathan S	1 year		
Evan C	1 year	Recovery Group				John D	1 year	Kurtis P	5 years
Stacey J	2 year	Zane W.	1 year			Katie	2 years	Rule 62	
James S.	3 years	Zahra M.	1 year			Laura C.	4 years	Lila	6 years
Joe H	3 years	Clifton S.	2 years			Amanda	6 years		
Nathan M	3 years	Seamus G.	4 years			Mark M	8 years		
Kyle	5 years	Penny B.	4 years			Neal S	9 years		
Gurinder	5 years	Catherine	6 years			Mike Y	12 years		
Carrie P	5 years	Lavonne	17 years			Cathy	27 years		
Maury P	9 years	Unity				Bob G	42 year		
Heather D	10 years	Sarah C.	10 years						
Al H	22 years								

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group November	AA Group December
Renfrew Tuesday	McKenzie Towne	Haddon Road
Renfrew Thursday	Glenmore	ABC
Renfrew Sunday	New Beginnings	Daily Reflections
Sunrise	Haddon Road	Unity
Alpha House	Shipwreck at Sunset	Haddon Road
Dream Centre	NW Calgary	Glenmore

## Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
November 3	Thursday Night Ladies
November 10	Primary Purpose
November 17th	Shipwreck at Sunset
December 1st	New Beginnings

Phone Monitoring Dates	AA Group
November 4 -10	NW Calgary
November 11-17	Primary Purpose
November 18 -24	Southwest Serenity
Nov 25 -Dec 1	Deer Ridge
December 2- 8	Glenmore
December 9 -15	Rule 62
December 16-22	Harvest Hills
December 23-29	SMOG

## Calls for service

Public Information Committee has a lot of work to do. We are presently looking for enthusiastic members to share the load. If you have a desire to give back that which was so freely given to you, Call Dale at 587-229-0582

**CGSC is looking for people to fill service positions for meeting chairs and alternate chairs for treatment facilities. The treatment co-chair should also attend the CGSC meeting once a month as well as the steering committee. This position requires previous service work as a GSR. Contact [cgsctreatmentchair@gmail.com](mailto:cgsctreatmentchair@gmail.com)**

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
November 16 2019	Garnet Block service Seminar	4 – 5 :15 pm Everyone welcome, pizza and refreshments provided G block 1609 Center St NW. See poster on calgaryaa.org
November 23	Christmas AA intergroup Potluck Scarboro ave SW	11:00 am - 5:00 pm Based on 7 <sup>th</sup> tradition See poster on calgaryaa.org
December 7, 2019	District Christmas Dinner and Dance	Balzac Community Hall Doors at 5 pm, Dinner at 6 Tickets \$25
December 8 2019	CalgaryYPAA 2 <sup>nd</sup> annual ugly sweater party	3-6 pm Inglewood community association 1740 24 ave SE Calgary, AB Tickets \$15 More info calgaryaa.org
Tuesday, December 31	New Year's eve	Featuring guest speakers, door prizes and much more 6100 Pembroke Meadows Community Center See poster Calgaryaa.org
Saturday January 25 2019	8 <sup>th</sup> annual district 77 round up	Edgemont Community Centre 33 edgevalley circle NW Calgary, AB More info and tickets available 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.

### *"Joe and Charlie Big Book Study"*

Beginning on 10 Sept. 2019, we will be starting 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!

### *"Haddon Road Sunday Big Book Study"*

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

### *"Traditions Study, Sunday Morning at Haddon Road"*

There is a weekly Traditions study at 200 Haddon Road SW. This AA Comes of Age based study is held Sunday mornings, 9:00am - 10:30am.

### *"Haddon Road Monday night Big Book Study"*

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

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

### *"The Monday Night Big Book Meeting (Closed)"*

This Big Book study needs your support! Dust off your Big Book and let's read and share. We are located downstairs in St. Peter's Anglican Church 903 - 75th Avenue SW (corner of Elbow Dr. & 75th Ave.) 8 p.m. - Big Book Discussion format

"Big Book Comes Alive"

There is a weekly Big Book study running at New Brighton Community Centre, 2 New Brighton Drive SE, Calgary. Meeting runs on Sundays from 6:00pm – 7:15pm.

"Bill W and Jesse P big book study"

starts Thursday Nov 07 2019 at the Plumbers/Pipefitters union hall (local 496) Address is 5649 Burbank Rd SE Calgary Study will run every Thursday for 16-17 weeks.

the study will focus on 1) the removal of substance 2) the design for living 3) sponsorship 4) general knowledge of the steps and literature. for more information contact Jesse P @ 4036297836 or Bill W @ 4039033654

## The November 2019 Issue of GRAPEVINE is here!

### On the Cover: Grapevine Classics

To view the Table of Contents, click here.

Some stories include:

Crayons, Cookies and Kisses

With Steps, coffee and baskets of toys, some California mothers stay sober together

The problem and the actress

In 1960, a Hollywood star tells of her fear of being found out and what it took to get help in AA - Courage Me- a Speaker?

I told my story in 12 minutes. It wasn't earth-shaking. Nobody seemed impressed. Nobody except me. I thought it was all a miracle.

Now, that's attraction

She never really told me much about AA or sobriety. She never shoved it down anyone's throat. No, this woman practiced attraction.



### **NEW CALGARY AA WEBSITE LAUNCHED**

If you haven't noticed already, Calgary AA now has an updated website which is more mobile friendly. A special debt of gratitude goes to Tom Mc. who took the Calgary skyline photo used as our home page masthead, and Warren D., the WordPress Wizard who masterfully built the new site.

New on the site is the WestWord Content Submissions Form for birthdays and announcements, and coming soon will be a WestWords Archive section with all the WestWords for the past 10 years. Also new is an Events Submission form and coming soon will be a 7th Tradition e-transfer page which will make group contributions a breeze. Eventually we hope to have separate info pages for all Service Committees.

The launch has been a long time in development and the website committee appreciates your patience. We expect there will be the odd glitch or listing error, so please let us know about these by email at [websitecalgaryaa@gmail.com](mailto:websitecalgaryaa@gmail.com). We will endeavour to make all corrections/additions quickly.

~ Thank you, Calgary AA Website Committee ~

## BETTER DAYS GROUP

SPEAKER MEETING

MERRY CHRISTMAS AND HAPPY NEW YEARS FROM ALL OF US

1432 19 St. N.E. Saturday DEC. 14<sup>th</sup> 8:00 pm

SPEAKER  
**TONY S.**

FROM: M.A.A.T. GROUP

COME TO HEAR  
WHAT IT WAS LIKE  
WHAT HAPPEN  
AND WHAT IT'S LIKE TODAY



**December 24th**  
**Deerfoot Inn & Casino**

11500 - 35th Street SE

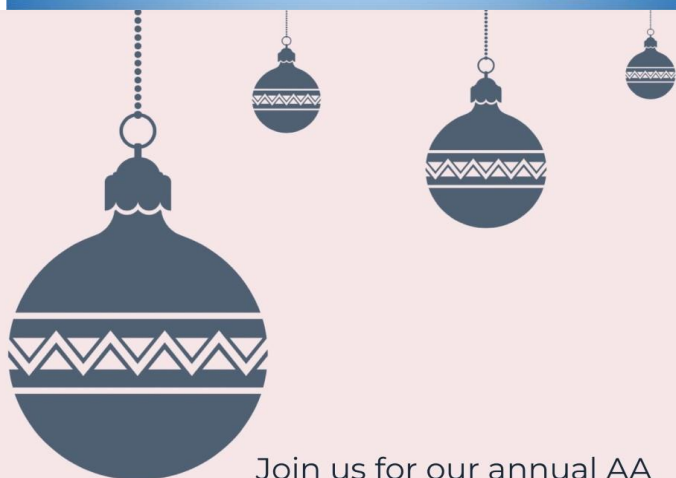
**8:00am - 11:00am**

**Family & Friends Welcome!**

Tickets: \$30.00 each  
Kids 11 & Under \$15, Babes In Arms, Free  
AA Central Office  
403-777-1212

For More Information

Gerry M: 403-874-6441



Join us for our annual AA

Games  
Turkey  
Stuffing  
Fellowship  
50/50 Draw  
And much  
more ...

## Christmas Potluck

Saturday Nov, 23, 2019  
11:00am - 3:00pm  
Scarboro United Church  
134 Scarboro Ave SW

Based on 7th Tradition



## New Year's Eve 2020

Featuring

GUEST SPEAKERS  
SOBRIETY COUNTDOWN  
BIG BOOK GIVEAWAY  
DINNER & DANCING  
50/50 DRAW  
DOOR PRIZES

**TUESDAY, DECEMBER 31**

DOORS OPEN AT 5:00PM

ENTRY WITH 7TH TRADITION DONATION

**PENBROOKE MEADOWS COMMUNITY CENTRE**  
6100 PENBROOKE DRIVE SE



# Step & Tradition 11

***Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.***

**From Twelve Steps and Twelve Traditions, chapter on Step 11.**

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all...

Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer...

***Tradition 11 -Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.***

**From Twelve Steps and Twelve Traditions, chapter on Tradition 11.**

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every newsfront, the men and women of the press have attached themselves to us as friends.

In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members..