

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

New Calgary AA Website

While meeting changes and additions, as well as event info are required to go through Central Office before being added to the website, you can now contact the website committee directly with comments, suggestions and corrections to the website here: websitocalgaryaa@gmail.com



REGULAR OFFICE HOURS

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

HOLIDAY CLOSURES

Christmas & Boxing Day

Wed. Dec. 25 + Thurs. Dec. 26

New Years Day

Wed. Jan. 1, 2020

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

Calgary Intergroup Presents:

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 5:00 PM

ENTRY WITH 7TH TRADITION DONATION

PENBROOKE MEADOWS COMMUNITY CENTRE

6100 PENBROOKE DRIVE SE

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

New Beginnings (Men's Meeting), Closed Meeting, Monday 8:00 pm, 380 Canyon Meadows Dr SE # 3216,.

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.

Primary Purpose Group changed rooms. Wednesday, 8:00 pm, First Baptist Church, 1311 – 4St. SW, meet in the Fellowship Room, downstairs, use the "Christian Education Building" door on 4th Street.

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

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

Southland Pancake Group, Wednesday, 8:00 pm closed meeting @ 600 Acadia Dr. SE, Open birthday meeting last Wednesday of the month

MEETING cancellations

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

Cochrane Ladies, Thursdays, St. Andrew's United, Out-of-Town, has closed.

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

Ladies Candlelight Group, in Okotoks, Sundays, Out-of-Town, has closed.

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

Southland Pancake Group, Cancelled Monday and Friday meetings.

HAPPY BIRTHDAY!



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

November						December			
Awakenings		Glenmore Group		New Beginnings		Awakenings		Kincora Group	
Lee H	12 years	Rachel	1 Year	Bryan K.	2 Years	Don B.	9 Years	Joel B.	2 Years
Bev H.	15 years	Jonathan S.	1 Year	Daneal	4 Years	Rudy N.	25 Years	Jennifer B.	2 Years
Laura J.	23 years	John D.	1 Year	Laara Z.	5 Years	Back from Hell		Danny M.	17 Years
Back From Hell		Katie	2 Years	Maria H.	6 Years	Clint P.	5 Years	MAAT Group	
Kellie M.	2 years	Laura C.	4 Years	Aron W.	9 Years	Deer Ridge		Ron W.	16 Years
Payden L.	2 years	Amanda	6 Years	Linda W.	9 Years	Delia	29 Years	Midnapore	
Norma G.	9 years	Mark M.	8 Years	Bill T.	15 Years	Edgemont Group		Travis A.	1 Year
Doug F.	13 years	Neal S.	9 Years	Margrit	15 Years	Derek T.	11 Years	Adora W	3 Years
Jessica Z.	15 years	Mike Y.	12 Years	Sherry S.	19 Years	Anima K.	11 Years	Tyler R.	3 Years
Michael G.	22 years	Cathy	27 Years	Sandy D.	22 Years	Harvest Hills Big Book Group		Kristy M.	5 Years
Deer Ridge		Bob G.	42 Years	Jayne R.	27 Years			Terry M.	5 Years
Justin R.	2 years	Harvest Hills Big Book Group		Ogden		Leslie W.	3 Years	Josef S.	6 Years
Dawn L.	2 years			Alex M.	5 Years	Joel B.	2 Years	Dave G.	12 Years
Severin B.	3 years	Anne Marie C.	27 Years	Denise T.	6 Years	Just for Today		Unity Group	
Mark H.	3 years			Jason R.	9 Years	Inga	3 Years	Kevin L.	17 Years
Layah G.	9 years	Dawn V.	27 Years	Recovery Group		Deborah	4 Years	Alex R.	28 Years
Ernie S.	28 years	Just for Today		Sarah S.	2 Years	Bob	29 Years		
Edgemont		Gord	4 Years	Chris E.	2 Years				
Ryan M.	2 years	Irma	9 Years	Victoria B.	6 Years				
Vanessa	4 years	Kevin	14 Years	Holly D.	7 Years				
Peter R.	5 years	Irene	31 Years	Brian J.	8 Years				
Fran	21 years	Lakeside		Linda S.	9 Years				
Marilyn L.	23 years	Matt S.	1 Year	Willy C.	10 Years				
Friday Night Fellowship		Shelley M.	8 Years	Linda G.	22 Years				
Don H	3 years	McKenzie Towne		Irene R.	31 Years				
Paul M	8 years	Lex H.	1 Year	Sharon B.	33 Years				
Garnet Block		Geoff S.	4 Years	Deborah	33 Years				
Ryan	2 Years	Bill T.	15 Years	John R.	34 Years				
Nathan	3 Years	Midnapore		Regal Group					
Nick	3 Years	James K	1 Year	Wayne	1 Year				
Kurtis	5 Years	Tamara	1 Year	Gord B.	2 Years				
Ryan H.	12 Years	Liam M.	1 Year	Blair T.	41 Years				
Jason K.	13 Years	Jesse C.	2 Years	Step, Stories & Beyond					
Kenny	17 Years	Blake S.	3 Years	Buddy B.	14 Years				
Brett	30 Years	Chris J.	3 Years	Unity Group					
Myra	31 Years	Dorian D.	3 Years	Shane S.	2 Years				
Irene	31 Years	Joseph S.	4 Years	Giovanni	4 Years				
Marsh	41 Years	Garett G.	6 Years	Travis A.	12 Years				
		Rae D.	8 Years	Wednesday Morning Eyeopener					
		Monte G.	13 Years						
		Northlanders		Kurtis P.	5 Years				
		Phil P.	7 Years						

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group December	AA Group January
Renfrew Tuesday	Haddon Road	McKenzie Towne
Renfrew Thursday	ABC	Namaste
Renfrew Sunday	Daily Reflections	Friday Night Fellowship
Sunrise	Unity	Ogden
Alpha House	Haddon Road	Daily Reflections
Dream Centre	Glenmore	Thursday Night Ladies.

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
December 01	New Beginnings
December 08	Unity
December 15	West End Step & Trad.
December 22	Haddon Road
December 29	Open Door

Phone Monitoring Dates	AA Group
December 2 – 8	Glenmore
December 9 – 15	Rule 62
December 16 – 22	Harvest Hills
December 23 – 29	SMOG
Dec 30 – Jan 5	New Beginnings
January 6 – 12	Primary Purpose
January 13 – 19	Shipwreck at Sunset
January 20 – 26	Regal

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 Jo-Lynn at 403-870-4035

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

'Intro to Service' is forming a new Committee as of January 2, first Thursday of every month. Meetings will be held at Central Office @ 7:00PM. We will Be working with All Calgary Districts, DCM, GSR, Intergroup Reps, and over the next 2 years will involve all forms of our Service Body. This will be the hottest New Committee out there. If you are Interested in service Please Attend!
CGSCintro@gmail.com

Bridging the Gap (BTG) Committee Needs Members to Share the BTG Program. BTG is a program, through Alcoholics Anonymous, to help people, leaving a correctional, detox or treatment facility, become acquainted with AA. BTG meets every 3rd Thursday of the month at 7 pm at AA Central Office. Email: cgsctbg@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

LIST OF EVENTS

DATE	EVENT	DETAILS
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 nd annual ugly sweater party	3-6 pm Inglewood community association 1740 24 ave SE Calgary, AB Tickets \$15 More info calgaryaa.org
December 25, 2019	Forestlawn Fellowship Alcolthon at Eastside Victory Outreach Church	Starting at 9 am on Christmas Day there is an Alcolthon being held at 1840 38 Street SE in the Forest Lawn Fellowship Room. There is a potluck dinner at 5 pm and the last meeting is at 9 pm.
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 th 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.

"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.

The December 2019 Issue of GRAPEVINE is here!

On the Cover: Sober Holidays

To view the Table of Contents, click here.

Some stories include:

A bit of cheer in a tough place

With tape, cardboard and delicious chocolate cookies, a member helps his cellmates share a little joy.

A cold December night

Watching two AA guys on a Twelfth Step call was a Christmas Eve gift he'll never forget.

Oops, wrong bar!

The day after Christmas, two new guys stroll into his AA meeting. It's a toss-up on who was more surprised.

Start with a prayer

With love and lots of determination, a member tries to carry the AA message to a remote community in New Mexico.

Calgary Introduction To Service Committee
cgscintro@gmail.com PH# 403-777-1212

CRAZY FOR SERVICE

Gratitude Round-up !
 Banff Round-up !
 Intergroup Rep !
 DCM / GSR !

A Grapevine rep discovers the wonderful world of working with others and carrying the message


***Calgary General Service Committee**

- Co-operation with the Professional Community
- Correctional Facilities Committee
- Treatment Facilities Committee
- Bridging The Gap Committee
- Grapevine Committee
- Records & Registration Committee
- Gratitude Roundup Committee
- Intergroup Liaison

***Calgary Inter-Group**

- Information & Referral/Central Office
- AA 12 Step Work
- Meeting List
- Archives
- Public Information
- Newsletter "The Westward"
- Literature, Books and Pamphlets
- Intergroup Breakfast
- Special Events Committee
- Banff Roundup Committee

SPECIAL SECTION
Carry the Message:
It's a tie! Pacific and Northeast regions



District 86

Christmas Dinner & Dance

Balzac Community Hall
 Saturday
 December 7, 2019

Doors open at 5pm
 Dinner at 6pm
 Tickets \$25

Children under 12 Free with Voucher
Vouchers are required to ensure we do not exceed the capacity of the hall.

Please Join Our Christmas Celebration!

- Dinner
- Prizes
- DJ & Dance
- Kids Corner
- Santa

Directions: Take Highway 2 to Balzac, Exit West, Cross Train Tracks, Turn Left Into Balzac Hall Parking Lot.



BETTER DAYS GROUP

SPEAKER MEETING
MERRY CHRISTMAS AND HAPPY NEW YEARS FROM ALL OF US

1432 19 St. N.E. Saturday DEC. 14th 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



CALGYPAA
CALGARY YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

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 for more information

BETTER DAYS GROUP

SATURDAY JAN. 11TH 2020
SPEAKER MEETING

AT 8:00pm 1432 19TH ST N.E.

MARIAM A. FROM HADDON ROAD GR.

REMEMBER IT'S ALWAYS BETTER WITH WE !



Whitesheep AA Men's Group

23rd Annual
**CHRISTMAS EVE
BREAKFAST**

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



You are invited

to extra BOW VALLEY AA
"OPEN" NIGHT OWL meetings
2019/2020

Mon, Dec 23 9:30-10:30 pm
Tue, Dec 24, 9:30-10:30 pm
Wed, Dec 25, 9:30-10:30 pm
Thu, Dec 26, 9:30-10:30 pm
Fri, Dec 27 9:30-10:30 pm
Sat, Dec 28, 9:30-10:30 pm
Sun, Dec 29, 9:30-10:30 pm
Mon, Dec 30, 9:30-10:30 pm
Tue, Dec 31, 9:30-10:30 pm
Wed, Jan 1, 9:30-10:30 pm

NAKODA ROOM
CANMORE GENERAL HOSPITAL
1100 HOSPITAL PLACE
Canmore, Alberta T1W 1N2

HOSPITAL PHONE: 403 678 5536
AA Contact: Hilary - 403 679 1354



**Garnet Block
CHRISTMAS ALCATHON**
Wed. December 25th
1609 Center Street North

SCHEDULE:

DOORS OPEN AT 10:AM

10:30am - 11:30am - Step 1
12:00pm — 1:00pm - Step 2-3
1:30pm — 2:30pm - Step 4-5
3:00pm — 4:00pm - Step 6-7
4:00pm - 5:30pm - Potluck
5:30pm - 6:30pm - Speaker
7:00pm — 8:00pm - Step 8-9
8:30pm — 9:30pm - Step 10-11
10:00pm — 11:00pm - Step 12
12:00am — Garnet Midnighter

- Due to the Alcathon our regularly scheduled meetings will not be held
- Please use the sign up sheet to let us know what you can bring for the Potluck.



**Forest Lawn Fellowship Room
CHRISTMAS ALCATHON**
Wed. December 25th
Eastside Victory Outreach Church
1840 38 Street SE (Backdoor)

SCHEDULE:

DOORS OPEN AT 8:45am

9:00am - Step 1 - 2 - 3
10:30am - Step 4
12:00pm - Step 5
1:30pm - Step 6-7
3:00pm - Step 8
4:30pm - Step 9
6:00pm - Step 10
7:30pm - Step 11
9:00pm - Step 12

- Please use the sign up sheet to let us know what you can bring for the Potluck.
-- Everyone is Welcome



A NEW FREEDOM

With Al-Anon Participation

8TH ANNUAL DISTRICT 77 ROUND UP
SATURDAY JANUARY 25, 2020

EDGEMONT COMMUNITY CENTRE
33 Edgevalley Circle N.W. Calgary
Registration begins at 9:00am.

COST: \$45 Registration, Lunch & Dinner (Beef Brisket)
\$20 Registration & Lunch (Chili)

4 Fabulous Speakers

10:00 am. - Lisa K. Vancouver Island, B.C. A/A
1:00 pm. - Carol B. Calgary AB. Al-Anon
3:00 pm. - Gordon W. Kipling SK. A/A
7:00 pm. - Carol E. B. Consort AB. - A/A

Tickets

Calgary Central Office - 403-777-1212
Marilyn L. 403-239-4923
Jim C. 587-438-0949
Lee H. 403-815-3719
Don B. 403-612-7885



Step 12 & Tradition 12

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it...

From Twelve Steps and Twelve Traditions, chapter on Step 12.

Tradition 12 - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.

But in the beginning, anonymity was not born of confidence; it was the child of our early fears. Our first nameless groups of alcoholics were secret societies. New prospects could find us only through a few trusted friends. The bare hint of publicity, even for our work, shocked us. Though ex-drinkers, we still thought we had to hide from public distrust and contempt.

When the Big Book appeared in 1939, we called it "Alcoholics Anonymous". Its foreword made this revealing statement: "It is important that we remain anonymous because we are too few, at present, to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event." Between these lines, it is easy to read our fear that large numbers of incoming people might break our anonymity wide open.

As the A.A. groups multiplied, so did anonymity problems...

These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

From Twelve Steps and Twelve Traditions, chapter on Tradition 12.