

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 ANNOUNCEMENTS

The new 2018 General Service Conference Reports are in and available for pick up from Central Office.



The Red Deer Lake United Church (off Hwy 22X near Spruce Meadows) is offering space to any AA group wishing to hold meetings in the deep south. Please call Central Office for their contact information.

REGULAR OFFICE HOURS

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

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

AA BANFF ROUND UP

Sponsored by Calgary Intergroup

March 1-3, 2019

Banff Park Lodge, Banff, Alberta

Val D. (MC) – Calgary, AB

SPEAKERS

Georgia B. (AA) – Los Angeles, CA
Courtney L. (AA) – Denver, CO
Barclay R. (AA) – Nashville, TN
Jacob B. (AA) – New Orleans, LA
Michele B. (Al-Anon) –
Dingmans Ferry, PA

SPECIAL EVENTS

Workshops, AA and Al-Anon Meetings,
Entertainment TBA

TICKETS

Registration only: \$37/person
Includes all workshops, meetings and entertainment

Banquet & Registration: \$110/person
(no door sales for banquet)

Tickets may be purchased from your General Service Rep, Intergroup Rep, online at www.banffroundup.com or from the Calgary Central Service Office at 403-777-1212.

ACCOMMODATIONS

Banff Park Lodge, 222 Lynx Street, Banff, Alberta
Phone 1-800-661-9266 or 1-403-762-4433, or online at www.banffparklodge.com
Special room rate of \$146/night, double occupancy, taxes not included
Room availability guaranteed until January 14, 2019.
Accommodations can be booked online or by phone with the hotel.
Use Group ID # 27477, Password # 520
For further information, contact:
www.BanffRoundup.com – or – info@BanffRoundup.com

GARNET BLOCK

67th Anniversary

Alcathon

SATURDAY FEB. 23 2019

**1609
Center
Street NW**

**Birthday
Meeting**

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 running but will resume back to our normal schedule next Saturday.

**All Day
Meetings
POTLUCK**

**1952-
2019**

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**

Sunday Night Speaker Meeting (District 77), Sundays, northwest, that has been temporarily cancelled has re-opened! The meeting is at 8:00 on Sundays and is an open speaker meeting. The new address is Parkdale United Church, downstairs, 2919 – 8 Ave. NW

TGIF Meeting, noon, Fridays, open, St. Paul's Lutheran Church basement, 5022 – 52 St., Olds AB

Step Sisters, closed, Wednesdays at 7:30 PM, Copperfield-Mahogany Community Hall, 6 Copperstone Way SE, Step/Tradition discussion format, open women's speaker meeting last Wednesday of the month

New group: **Wombley's Clapboard Factory**, Tuesdays, 6:15 pm, Closed, Men's, BB/12 & 12 Discussion, All Saints Traditional Anglican Church Renfrew, 904 Renfrew Dr. NE (back door, downstairs)

Garnet Block (1609 Centre St. NW, downstairs) has started another meeting, Garnet Friday Night Owl, open Step discussion, Fridays @ 10:00 pm.

4th Dimension Group, meets Tuesdays @ 7:30, closed, Step/Topic discussion, meets in the Chestermere Christian Fellowship, Conrich Road, Range Road 284, Chestermere AB, 1.9 km north of #1 Hwy., main door downstairs

MEETING CHANGES

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).

The **Bow Trail Group**, Wednesdays, southwest, has changed their name to the **Aspen/West Springs Group**. Everything else remains the same

The **After Work Meeting** (brand new – I just recently sent out notice) is changing their Friday start time again from 6:30 pm to 6:00 pm.

Forest lawn Candlelight Thursdays It's currently a 7:30-8:30pm meeting and we are changing it to 7-8pm.

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.

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

Garnet Block (1609 Centre St. NW.) adding meeting Monday -Friday at 3:30 p.m. cancelled

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.



Bridging The Gap
BTG 1st WORKSHOP
Be A Part Of The Journey

Penbrooke Community Center 6100, 8-Ave S.E. Calgary
From 10:00AM -3:30PM February 9 2019 District 80 Host & Suppling Hamburgers Tradition 7 and BTG Potluck Lunch

10:00-10:15 Meeting Starts
Robb D. How it Works,
12 Tradition & Preamble

10:15-10:30 BTG Statement
Andre W. Alternate Chair

10:30-10:45 Temporary
Contact From Bowden to
Calgary AA. Glen F.

10:45-11:00 Correction
Presentation Roger / Lee

11:00-11:15 BREAK TIME

11:15-11:30 BTG Temporary
Contact Presentation
Ezra M. & Kelly C.

11:30-11:45 Renfrew Detox
Presentation Diane J.

11:45-12:00 Public Information
Chair Dale S., & Don K.

12:00-1:00 Hamburgers & Potluck
Lunch, Contact Claudette with
Potluck Items By Feb 2/2019
PH# 403-993-9513

1:00 -1:15 A.A Trivia Fun Facts
Kara B. and Friend .

1:15-1:30 C.P.C. Presentation
Chair Derrick F.

1:30-1:45 BTG Treatment
Presentation Jeff C. & Kirsten F.

1:45-2:00 District 80 Presentation
Bringing it Back To The Home Groups
Barry & Colleen B.

2:00-2:15 BREAK TIME

2:15-2:30 BTG Work Shop Presentation
Tim H.

2:30-2:45 Working With
Young Offenders Nata M.

2:45-3:15 Darryl D. Service Journey, and then the "BTG ASK IT BASKET"

Basic 12 Step Work

For Info Contact Robb D. 403-815-3002
Or Andre W. 403-850-8785 Female Contact Kelly C. 403-389-7985

Bridging the Gap (BTG) is a program through Alcoholics Anonymous to help people, leaving a correctional or treatment facility, become acquainted with A.A. The program offers supports for clients to facilitate attendance at A.A. meetings after release. One of the cornerstones of Bridging the Gap is the Temporary Contact Program, which is designed to help the alcoholic in an alcoholism treatment program or correctional facility make a successful transition. Indeed, one of the more "slippery" places in the journey to sobriety, is between the door of a facility and the nearest A.A. group or meeting, and a Temporary Contact can be that essential link between treatment and recovery.

On February 9th, come and be a part of the BTG journey at 10:00am at Penbrooke Community Centre (6100, 8 Ave SE)! Through interactive workshops and presentations, join us in learning about: Bridging the Gap at work in our area, what a Temporary Contact is and how to become one, how and where Bridging the Gap is working throughout Calgary, and areas of opportunity for service through Bridging the Gap in the city. This inaugural event promises to be active, engaging and informative. This event, and hamburgers at lunch, are being hosted by District 80, and per the 7th Tradition, attendees are encouraged to bring a potluck item to enhance the lunch.



SPEAKER MEETING

BETTER DAYS GROUP
1432 19 ST., N.E.
CALGARY

SATURDAY, 9TH FEBRUARY 2019

8:00 PM

DAVE M.

FROM: 272 GROUP

COME TO HAVE SOME FELLOWSHIP AND TO HEAR HIS STORY



A NEW FREEDOM

With Al-Anon Participation

7TH ANNUAL DISTRICT 77 ROUND UP SATURDAY JANUARY 26, 2019

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 - Final speaker @ 7pm.

A/A	Glen S.	Kindersley, Sask.
A/A	Lee S.	Kindersley, Sask.
A/A	Ron M.	Williams Lake, B.C.
Al-Anon	Lori L.	Boyle, AB.

Tickets from Calgary Central Office
Call 403-777-1212
Or Committee members.
403-239-4923



HAPPY BIRTHDAY!



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

December						January				
Airdrie Country Group		Deanna	10 years	19 th Hole		ABC group		Link Group		
Cathy L	9 years	Carol	14 years	Terry M	7 years	Jeff	1 year	Richard	4 years	
ABC Group		Gail N	15 years	Ogden		Jessica	10 years	Don M	39 years	
Glenn B	10 years	Dallon	28 years	Rosa P	2 years	Jim C	22 years	Harvest Hills		
Darmody	16 years	Haddon Road		Eric P	28 years	Airdrie Back From Hell		Cavell S	2 years	
Mel S	54 years	Jeannette	1 year	Darryl D	30 years	April S	1 year	Peter C	43 years	
Airdrie Back From Hell		Dwight	2 years	Recovery Group		Ben K	12 years	Open Door		
Rob T	1 year	Kirk R	5 years	Hannah J.	1 year	Jack J	16 years	Jo-Lynn H	9 years	
Clint P	4 years	Greg H	15 years	Susan S.	1 year	Rene R	38	Recovery		
Awakenings Group		Corey J	21 years	Desiree P.	1 year	Airdrie Country Group		Kyle A	1 year	
Don B.	18 years	Ron S	49 years	Clyde S.	3 years	Moe B	4 years	John H	2 years	
Rudy N.	24 years	Harvest Hills Monday		Lesley S.	25 years	Brenda T	9 years	AL L	2 years	
Deer Ridge		Joel B	1 year	Woody H.	35 years	Dianne R	26 years	Danny S	2 years	
Dawn	6 years	Leslie W	2 years	Tuesday Morning Ladies		Al C	50 years	Michelle H	17 years	
Ernie S	27 years	Don B	8 years	Gail M.	18 years	Awakenings		Marie U	31 years	
Delia E	28 years	Jean L	19 years	Unity		Patti D.	11 years	Unity		
Edgemont		Just For Today		Kevin L	16 years	Kim A.	43 years	Todd M.	11 years	
Kurtis K.	1 year	Inga	2 years	Alex R	27 years	Better days group		Brendan H.	10 years	
Justin R.	2 years	Keith	24 years	West End Step and Tradition		Patrick S.	8 years	Wednesday Morning Eye Opener		
Rob L.	2 years	Bob	28 years			Sandra M.	29 years			
Kendrick	2 years	Kincora		Daryl M.	34 years	Deer Ridge Group		Brent J	1 year	
Janice	8 years	Joel B.	1 year	Wednesday Morning Eyeopener		Aaron L.	4 years	Midnapore Group		
Anima K.	10 years	Jennifer B	1 year			Bill	7 years	Jody P	1 year	
Garnet		The Link		Lynn	34 years	Dustin	7 years	Lauren S	2 years	
Brittany	1 year	Jack M.	36 years			Marilyn	25 years	Leasa K	2 years	
Nick	2 year	MAAT				Pam S.	28 years	Rich M	2 years	
Alisha	3 years	Ron W	15 years			Edgemont Group		Murray M	3 years	
Kurtis	4 years	Midnapore				Lisa D.	3 years	Mike M	4 years	
Jason	12 years	Marisza C.	1 year			Eric B	8 years	Kelly M	6 years	
Kenny	16 years	Tyler R.	2 years			Judy M	20 years	Ryan P	6 years	
Brett	20 years	Paul H.	2 years			Kincora		Jason N	39 years	
Kim	21 years	Kristy M.	4 years			Kevin L.	2 years	Wes W	41 years	
Vic	26 years	New Beginnings				Evan M.	4 years			
Irene	30 years	Bonnie B	1 year			Charlotte	5 years			
Myrad	30 years	Jeannette C	1 year			Rick R.	7 years			
Marsh	40 years	Leslie M	2 years			Jon B.	8 years			
Rendell	44 years	Dave M	5 years			Mike O.	11 years			
Glenmore		Darren W	7 years			Just For Today				
Jan	1 year	Darmody M	16 years			Trevor S	18 years			
Shawn	1 year	Carol	21 years			Wendy	31 years			
Stew C	1 year	Nancy R	26 years							
Gaye	8 years									

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group January
Renfrew Tuesday	Daily Reflections
Renfrew Thursday	Unity
Renfrew Sunday	Primary Purpose
Sunrise	Rule 62
Alpha House	New Beginnings
Dream Centre	Shipwreck at Sunset

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30**	AA Group
January 13	Go For It
January 20	Haddon Road
January 27	Haddon Road
February 3	NW Calgary
February 10	Westend Step & Tradition
February 17	Unity
February 24	Getting There

Phone Monitoring Dates	AA Group
January 7- 13	McKenzie Towne
January 14-21	Primary Purpose Group
January 21 -27	Daily Reflections
Jan 28 -Feb 3	Unity
February 4 -10	SMOG
February 11-17	Primary Purpose
February 18-24	Regal
February 25 – March 3	Ogden

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

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

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

LIST OF EVENTS

DATE	EVENT	DETAILS
January 18 -19 2019	Area Committee Meeting	St David's United Church Leduc, Alberta Cost :7 th tradition For more details and event poster see calgaryaa.org
Saturday January 19 2019	Claresholm Sponsorship Workshop	Claresholm Pentecostal Assembly 4716 – 2 St. West, Claresholm, Alberta Light lunch provided For event poster and details see calgaryaa.org
January 26, 2019	District 77 Round up	Edgemont Community Center Full registration \$45/person (lunch and dinner) For event poster and details see calgaryaa.org
Saturday February 9, 2019	Bridging the Gap Workshop	Pembroke Community Centre 6100 – 8 Ave. S.E., Calgary, Alberta Hamburgers & Potluck Lunch provided For event poster and details see calgaryaa.org
Saturday, February 9, 2019	Recovery Group 35th Anniversary	4820 Macleod Trail S.W., Calgary, Alberta 3pm Potluck; 4pm Speaker; 5pm Cake & conversation For event poster and details see calgaryaa.org
February 22-24, 2019	WRAASA Western AA Regional Service Assembly	Coast Capri Hotel 1171 Harvey Ave, Kelowna, BC Registration: \$30/person. For event poster see calgaryaa.org
February 23 2019	Garnet Block Anniversary Alcahthon	Saturday, February 23, 2019 10:00 am – ?? 1609 Centre St. N.W., Calgary, Alberta Step Meetings / Potluck supper / Speaker / Birthday Meeting For event poster and details see calgaryaa.org
March 1 - March 3	Banff Roundup 2019	Banff Park Lodge, 222 Lynx Street, Banff, Alberta Tickets: Registration \$37/person; Banquet + Registration \$110/person

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.

"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.

"Glenmore Big Book Study"

Glenmore Big Book Study begins Thursday at 8:30 PM done by Mike R. in the tradition of the first 100 AA members. Focussing on the first 164 pages.

In the tradition and memory of Joe & Charlie

The big book study at Recovery Group has finished for the season. Will look at another maybe next spring, or in the fall. For the foreseeable future, there will be a step meeting in that time, 730 pm to 830 pm, on Tuesday. evening, steps 1 thru 12, closed , mixed.

The January 2019 Issue of GRAPEVINE is here!

On the Cover: Stories for Day Counters

To view the Table of Contents, click here.

Some stories include:

The Best gifts

Fresh off the out-of-control liquor train, he learned a valuable lesson: It's not the caboose that flattens.

Gotta shop around

After making it through the front door, an AA newcomer learns that not all meetings are alike.

Gettin' busy

A newcomer leaps back into life and becomes a much more interesting guy.

Had Enough?

He thought he had power over alcohol, until one day someone asked him a question that had only one answer.

My imperfect self

A minister gets sober in Texas and finds out he's been loved and taken care of all along

Step & Tradition 1

Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability...

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.