

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

AA EVENT WITH AL-ANON PARTICIPATION

BANFF ROUNDUP MARCH 2019

1ST, 2ND, & 3RD MARCH
BANFF PARK LODGE
HOSTED BY CALGARY INTERGROUP

ENTERTAINMENT

Friday Night Jam!

BALLROOM AFTER SPEAKER!
BRING AN INSTRUMENT AND JOIN IN WITH GUY!

Saturday Night Movie and Games Night!

BALLROOM AFTER SPEAKER



BYOC!!

(BRING YOUR OWN CANDY)



BRING GAMES!

MOVIE TBA
SORRY NO FORGIVEN




INFO@BANFFROUNDUP.COM

Speakers - Workshops - Meetings - Meditation - and lots more!

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**

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

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

Rule 62 now celebrates birthdays on the first Thursday of the following month. So for example, January birthdays are celebrated on the 1st Thursday of February.

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.

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

Bring Your Own Cup Langdon, AB has folded, effective immediately.



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

<p>10:00-10:15 Meeting Starts Robb D. How it Works, 12 Tradition & Preamble</p> <p>10:15-10:30 BTG Statement Andre W. Alternate Chair</p> <p>10:30-10:45 Temporary Contact From Bowden to Calgary AA. Glen F.</p> <p>10:45-11:00 Correction Presentation Roger / Lee</p> <p>11:00-11:15 BREAK TIME</p> <p>11:15-11:30 BTG Temporary Contact Presentation Ezra M. & Kelly C.</p> <p>11:30-11:45 Renfrew Detox Presentation Diane J.</p> <p>11:45-12:00 Public Information Chair Dale S., & Don K.</p>	<p>12:00-1:00 Hamburgers & Potluck Lunch, Contact Claudette with Potluck Items By Feb 2/2019 PH# 403-993-9513</p> <p>1:00 -1:15 A.A Trivia Fun Facts Kara B. and Friend.</p> <p>1:15-1:30 C.P.C. Presentation Chair Derrick F.</p> <p>1:30-1:45 BTG Treatment Presentation Jeff C. & Kirsten F.</p> <p>1:45-2:00 District 80 Presentation Bringing it Back To The Home Groups Barry & Colleen B.</p> <p>2:00-2:15 BREAK TIME</p> <p>2:15-2:30 BTG Work Shop Presentation Tim H.</p> <p>2:30-2:45 Working With Young Offenders Nata M.</p>
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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.

BETTER DAYS GROUP
 WELCOMES YOU TO OUR
MONTHLY
SPEAKER MEETING

SUSZANNE T.
 FR: Funseekers Group

SATURDAY MARCH 9th 2019,
8:00PM

 1432 19 ST, NE

 COME AND HEAR WHAT IT WAS LIKE,
 WHAT HAPPENED
 WHAT IT'S LIKE TODAY
 WE ALL GET WELL WHEN IT'S WITH WE.


GARNET BLOCK
67th Anniversary
Alcathon
1609 Center Street NW
All Day Meetings POTLUCK
SATURDAY FEB. 23 2019

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.



HAPPY BIRTHDAY!



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

January						February			
ABC group		Sean B	22 years	Murray M	3 years	Better Days Group		Getting There Group	
Jeff	1 year	Charles N	27 years	Damien G	3 years	Marilyn S	32 years	Greg W	12 years
Jessica	10 years	Pat R	36 years	Mike M.	4 years	Charles M	29 years	Steven C	7 years
Jim C	22 years	Rene R	38 years	Kelly M.	6 years	Deer Ridge Group		Taro P.	2 years
Airdrie Back From Hell		Haddon Road		Ryan P.	6 years	Jennifer F	3 years		
April S	1 year	Ryan M	1 year	Al M.	9 years	John W.	3 years		
Ben K	12 years	Colt	2 years	Chris T.	14 years	Sam S.	3 years		
Jack J	16 years	Brennan	3 years	Jason N.	39 years	Jerry P..	5 years		
Rene R	38 years	Dana M	4 years	Wes. W	41 years	Katherine J.	13 years		
Airdrie Country Group		Peter R	4 years	New Beginnings		Yvon	32 years		
Moe B	4 years	Aaron L	4 years	Brandy M.	1 year	Harvest Hills Monday			
Brenda T	9 years	Paul	6 years	Sharon T	2 years	Katie J	2 years		
Dianne R	26 years	Harvest Hills		Zaynah H	2 years	Ron W	4 years		
Al C	50 years	Cavell S	2 years	Ryan R	2 years	Kincora			
Awakenings		Peter C	43 years	Chelsea E	2 years	Paul G.	3 years		
Patti D.	11 years	Just For Today		Trish	2 years	April H.	4 years		
Kim A.	43 years	Trevor S	18 years	Dee M	4 years	Marlborough Park Group			
Better days group		Wendy	31 years	Kristin	5 years	Ken P.	4 years		
Patrick S.	8 years	Kincora		Glen T	8 years	Midnapore			
Sandra M.	29 years	Kevin L.	2 years	Steph F	9 year	Rob G	2 years		
Deer Ridge Group		Evan M.	4 years	Holly T	10 years	Kelly D	10 years		
Aaron L.	4 years	Charlotte	5 years	Lenora G	12 years	Margrit P	22 years		
Bill	23 years	Rick R.	7 years	Simone H	13 years	Brian K	27 years		
Dustin	7 years	Jon B.	8 years	Tim F	17 years	Ogden			
Marilyn	25 years	Mike O.	11 years	Sheryl P	21 years	Crystal P.	4 years		
Pam S.	28 years	Link Group		John A	30 years	Aaron C.	5 years		
Edgemont Group		Richard	4 years	Jan S	35 years	Tania M.	13 years		
Lisa D.	3 years	Don M	39 years	Open Door		Keith K.	29 years		
Eric B	8 years	Mackenzie Group		Jo-Lynn H	9 years	Laurie A.	39 years		
Judy M	20 years	Maria L.	1 year	Recovery		Recovery			
Garnet Block		Chris C.	2 year	Kyle A	1 year	Selina B	1 year		
Bart	3 years	Jason P.	2 year	John H	2 years	Margrit P.	22 years		
Bernie	17 years	Elena	2 years	AL L	2 years	Sean O	30 years		
Glenmore		Serge	4 years	Danny S	2 years	Regal			
Meghan J	1 year	Shaun C.	10 years	Michelle H	17 years	James	1 year		
Robert D.	1 year	Jessie C.	17 years	Marie U	31 years	Unity			
Nicole W	1 year	Mike C.	26 years	Regal		Isaac R.	1 year		
Stew C	1 year	Midnapore		Connor S	3 years	Val D.	20 years		
Rob M	6 years	Jody P.	1 year	Doug R	17 years	Wednesday Morning Eye			
Tyler F	6 years	Lauren S.	2 years	Unity		Shane B	1 year		
Jeff C	13 years	Leasa K.	2 years	Todd M	11 years	Brent J	1 year		
Mike P	17 years	Rich M.	2 years	Brendan H.	10 years	Ashok P	22 years		

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group January	AA Group March
Renfrew Tuesday	Midnapore	Glenmore
Renfrew Thursday	Namaste	Friday Night Fellowship
Renfrew Sunday	Primary Purpose	Primary Purpose
Sunrise	Haddon Road	Unity
Alpha House	Daily Reflections	SMOG
Dream Centre	NW Calgary	Haddon Road

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30**	AA Group
February 10	Westend Step & Tradition
February 17	Unity
February 24	Getting There
March 3	Primary Purpose
March 10	Recovery
March 17	New Beginnings
March 24	Shipwreck at Sunset

Phone Monitoring Dates	AA Group
February 4 -10	SMOG
February 11-17	Primary Purpose
February 18-24	Regal
February 25 – March 3	Ogden
March 4 – 10	Daily Reflections
March 11 – 17	ABC
March 18 -24	NW Calgary
March 25 - 31	Recovery

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
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
Saturday, February 9 2019	Taber Group 63 rd Anniversary	Air Cadet Hall 7100 – 50 St. North, Taber, Alberta Doors open @ 10:00am, Banquet @ 6:00 pm Registration only : \$15/person; Banquet + Registration \$30/person
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 Alcathon	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 2019	Banff Roundup 2019	Banff Park Lodge, 222 Lynx Street, Banff, Alberta Tickets: Registration \$37/person; Banquet + Registration \$110/person
April 6, 2019	Keeping the Spirit Alive Round up	DeWinton, Alberta Details to follow

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

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.

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 February 2019 Issue of GRAPEVINE is here!

On the Cover: Old-Timers

To view the Table of Contents, click here.

Some stories include:

My Place in the World

No longer in the center of the universe, a longtime member in Tasmania is content to deal with things as they come along.

62 years of showing up

I didn't plan my recovery this way; it just worked out. Getting Sober was the easy part. Staying sober and creating an incredible sober life was a little more difficult.

Grave danger

Bored with the same old meeting routine, he had become a "sober fossil". Time to dust himself off.

Balancing Act

On a cold, rainy day, a longtime member gets a powerful lesson about letting go.

Early Warning

I couldn't drink the whole glass, so I poured the excess into a potted plant. In the morning, the plant was dead. It was an ominous warning.

Step & Tradition 2

Step 2 – Came to believe that a Power greater than ourselves could restore us to sanity.

The moment they read Step Two, most A.A. newcomers are confronted with a dilemma, sometimes a serious one. How often have we heard them cry out, "Look what you people have done to us! You have convinced us that we are alcoholics and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none, but a Higher Power can remove our obsession. Some of us won't believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right – but where do we go from here?"

Let's look first at the case of the one who says he won't believe – the belligerent one. He is in a state of mind which can be described only as savage. His whole philosophy of life, in which he so gloried, is threatened. But now, still smarting from that admission, he is faced with something really impossible. How he does cherish the thought that man, risen so majestically from a single cell in the primordial ooze, is the spearhead of evolution and therefore the only god that his universe knows! Must he renounce all this to save himself?

At this juncture, his A.A. sponsor usually laughs. This, the newcomer thinks, is just about the last straw. This is the beginning of the end. And so, it is: the beginning of the end of his old life, and the beginning of his emergence into a new one. His sponsor probably says, "Take it easy. The hoop you have to jump through is a lot wider than you think. At least I've found it so"..."I think I can tell you exactly how to relax. You won't have to work at it very hard either. Listen, if you will, to these three statements. First, Alcoholics Anonymous does not demand that you believe anything. All of its Twelve Steps are but suggestions. Second, to get sober and to stay sober, you don't have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. Third, all you really need is a truly open mind. Just resign from the debating society and quit bothering yourself with such deep questions as whether it was the hen or the egg that came first. Again, I say, all you need is the open mind.

From Twelve Steps and Twelve Traditions, Chapter on Step 2.

Tradition 2 – For our group purpose, there is but one ultimate authority – a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Where does A.A. get its direction? Who runs it? This, too, is a puzzler for every friend and newcomer. When told that our Society has no president having authority to govern it, no treasurer who can compel the payment of any dues, no board of directors who can cast an erring member into outer darkness, when indeed no A.A. can give another a directive and enforce obedience, our friends gasp and exclaim, "This simply can't be. There must be an angle somewhere," These practical folks then read Tradition Two, and learn that the sole authority in A.A. is a loving God as He may express Himself in the group conscience. They dubiously ask an experienced A.A. member if this really works. The member, sane to all appearances, immediately answers, "Yes! It definitely does," The friends mutter that this looks vague, nebulous, pretty naïve to them. Then they commence to watch us with speculative eyes, pick up a fragment of A.A. history, and soon have the solid facts...

This brings us straight to the question "Does A.A. have a real leadership?" Most emphatically the answer is "Yes, notwithstanding the apparent lack of it." ...

Nearly every oldtimer in our Society has gone through this process in some degree. Happily, most of them survive and live to become elder statesmen. They become the real and permanent leadership of A.A. Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis. When sorely perplexed, the group inevitably turns to them for advice. They become the voice of the group conscience; in fact they are the true voice of Alcoholics Anonymous. They do not drive by mandate; they lead by example. This is the experience which has led us to the conclusion that our group conscience, well-advised by its elders, will be in the long run wiser than any single leader.

From Twelve Steps and Twelve Traditions, chapter on Tradition 2.