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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

4th Annual Keeping the Spirit Alive Round-Up

"Our Way of Life"

April 6, 2019 @ De Winton Community Hall



Schedule of Events

10:30 am
11:30 am - 12:00 pm
12:00 pm - 1:15 pm
12:30 pm - 1:15 pm
1:30 pm - 2:30 pm
2:45 pm - 3:45 pm
4:00 pm - 5:00 pm
5:00 pm - 5:45 pm
5:45 pm
6:00 pm

7:30 pm - 8:30 pm
8:30 pm - 9:00 pm

Registration
Call Up Meeting
Light Lunch Service
Call up Meeting
AA Speaker TBA
Alanon Speaker TBA
Call Up Meeting
Raffle Prizes
Grace
Roast Beef Banquet
Sobriety Countdown
AA Banquet Speaker TBA
Fellowship & Wrap up

Ticket Information

Registration \$10 (Includes Light Lunch)

Banquet Registration \$30 (Banquet Registration Includes Light Lunch)

Advance Tickets Call Jack A. (403) 312-5757 or Email jack-district18@hotmail.com

Service Opportunity

A better way to get in and out of jail

If you are interested in chairing meetings at one of the three corrections facilities in Calgary, let us know.

The Calgary Corrections Committee is looking for male and female AA members, interested in service work who have one evening available each month to chair an AA meeting at either Calgary Corrections Centre (Spyhill); Calgary Remand Centre; or Calgary Young Offenders Centre (CYOC). CYOC and Remand each have separate mens' and womens' meetings.

It is a non-threatening environment and we provide on-the-job training. If you are interested in "carrying the message" at a corrections facility, please contact the Corrections committee at: cgscorreptions@gmail.com to express your interest and we'll send you information etc.

Requirements:

- Minimum one year of sobriety
- Hopefully the ability to commit to chair one meeting per month for at least one year.

This is an opportunity to share your "experience, strength and hope" and you never know when something said at that meeting may make all the difference.

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

Glenmore has started a new meeting at Thursdays 830am. It's an open meeting. Step and discussion format.

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

AWAKENINGS GROUP MEETING SATURDAYS at 0930 hours **CANCELLED, April 27th only** Back to normal weekly meetings May 4th at 0930 hours in the Conference Room of the Parkdale United Church 2919 - 8 Ave NW, Calgary, AB

Bridging the Gap Announces a New Online Temporary Contact Sign Up Form

The Bridging the Gap program is excited to announce the launch of a new "online" Temporary Contact Sign Up Form, to launch on www.calgaryaa.org in March 2019. This streamlined new form can be found at www.calgaryaa.org/bridging-gap and will allow AA members, looking for new service opportunities, to easily sign up as Temporary Contacts to shepherd newcomers to AA.

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. 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. To that end, Bridging the Gap in Calgary is looking for both male and female Temporary Contacts, **but we are especially in need of new Temporary Contacts from the NE quadrant of the city.** So, consider becoming a Temporary Contact!

Also, consider sharing your talents with the Bridging the Gap Committee. Bridging the Gap initiatives in and around Calgary are quarterbacked by the Bridging the Gap Committee, enthusiastic and diverse group of AA members from across Calgary, who meet the third Thursday of each month at 7:00pm at Central Office. The BTG Committee hosts interactive workshops, chairs meeting and provides speakers at various treatment centres, and offers information and resources, as requested, on the Bridging the Gap program. To that end, the Committee is looking for new members and new perspectives. So consider joining our team; we are particularly looking for members interested in becoming future Temporary Contact Coordinators.

For more information on Bridging the Gap or the Temporary Contact Programs, please contact us at cgsbta@gmail.com



BACK TO THE BOOK

4th Annual Roundup

Join us for a day of Speakers, Food and Fellowship
Saturday May 11, 2019

Doors open at 9:00am and first speaker is at 10:00am.
Last Speaker is at 7:00pm

\$30.00 gets you Lunch/Italian Dinner and amazing Speakers
\$15.00 for lunch and speakers (limited tickets available at door)

10:00am - AA - Brett K, Calgary
11:30am - Lunch
1:00pm - Al-Anon - Greg M, Calgary
2:30pm - AA - David L - Freedoms Path, Calgary
4:00pm - AA - Brandy B, Airdrie
5:30pm - Dinner
7:00pm - AA - Brian T, Airdrie

For more Information and Tickets	Directions
Mary at 403-796-3963	Highway 2 to Balzac and exit West
Lori at 403-483-1291	Cross tracks
Diane at 587-224-2167	Turn left into parking lot and Hall



BETTER DAYS GROUP MONTHLY SPEARKER MEETING

SATURDAY APRIL 13TH 8:00PM

DON W. From Walking Eagle Group

1432 19TH ST., NE.

**COME TO HEAR WHAT IT WAS LIKE,
WHAT HAPPENED, WHAT'S IT LIKE TODAY!**



The Cooperation with the Professional Community (CPC) Committee of the CGSC has an established relationship with The Mount Royal University (MRU) in which AA members present to nursing students about the issues their future clients may have with alcohol, and to demonstrate to these professionals that AA can be a viable solution. The hope is that these professionals may use AA as an option in which to recommend their future clients.

The Nurse Meeting Coordinator position of the Calgary CPC has become available.

This Coordinator acts a liaison with the representatives of MRU to set up and chair regular events for AA members to deliver scripted presentations to student nurses. These presentations occur during regular classroom times.

Interested parties should attend the CPC committee meetings, which are held every 2nd Thursday of each month, 7pm at central office. Please feel free to contact me directly.

Derric F
Chair, Cooperation with the Professional Community Committee
CGSC Calgary
cgsccpc@gmail.com
403-923-4084

HAPPY BIRTHDAY!



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

February						March			
ABC Group		Marlborough Park Group		Unity		ABC Group		Wednesday Morning	
Tim B	4 years	Ken P.	4 years	Isaac R.	1 year	Trevor P	2 years	Eye opener	
Don G	44 years	Midnapore		Val D.	20 years	Dana H	5 years	Elsie L	1 year
Better Days Group		Rob G	2 years	Getting There		Kim J	5 years	Meg H	4 years
Charles M	29 years	Kelly D	10 years	Taro P.	2 years	Awakenings		Howard A	11 years
Marilyn S	32 years	Margrit P	22 years	Steven C	7 years	Laurel A.	10 years	Ann J	29 years
Deer Ridge Group		Brian K	27 years	Greg W	12 years	Beacon Refugee Group		Recovery	
Jennifer F	3 years	New Beginnings		Wednesday Morning Eyeopener		Jeanne D	40 years	Elizabeth C	38 years
John W.	3 years	Brenda	1 year			Deer Ridge		Wally P	32 years
Sam S.	3 years	Bree W	1 year	Shane B	1 year	Ashley C	3 years	Caroline J	3 years
Jerry P..	5 years	Mitch T	6 years	Brent J	1 year	Mark C.	5 years	Lorene K	
Katherine	13 years	Danny P	14 years	Ashok P	22 years	Bob E.	5 years	Midnapore	
Yvon	32 years	Annamarie	14 years			Adrian M.	15 years	Grant S	1 year
Glenmore Group		Kelly K	16 years			Just for Today		Cody V	2 years
Patrick K	2 years	Roxanne M	17 years			Sharon	26 years	Kerry M	2 years
Talia D	3 years	Joan B	27 years			Kincora		Pawel B	3 years
Nellie	7 years	Mary M	31 years			George A.	7 years	Joe G	6 years
Cassandra	8 years	NW Calgary group				Marlborough Park		Nancy J	34 years
Trish	9 years	Lori H	1 year			Karen M.	15 years	Jack B	58 years
Alok S	11 years	Carly P.	3 years			NW Calgary Group			
Rob C	13 years	Rick P.	5 years			Shayla N.	1 year		
Heather B	13 years	Savannah M.	5 years			Tyler F.	2 years		
Lyle	24 years	Sydney R.	5 years			Frank R.	4 years		
Charlie M	26 years	Rick R.	7 years			Martin S.	5 years		
Gene H	29 years	Tia H.	7 years			George A.	9 years		
Haddon Road		Drew M.	8 years			Roger H.	13 years		
Neil B	5 years	Amanda K.	9 years			MAAT			
Rachel P	6 years	Shandra K.	10 years			Caryl S.	23 years		
Harvest Hills Monday		Morgan S.	10 years			Ogden			
Katie J	2 years	Linda	39 years			Ryan S.	1 year		
Ron W	4 years	Ogden				Naz M.	4 year		
Just for Today		Crystal P.	4 years			Mark L.	7 years		
Wayne	6 years	Aaron C.	5 years			Rob M.	14 years		
Frank	30 years	Tania M.	13 years			Julius R.	26 years		
Kincora		Keith K.	29 years			Owen M.	27 years		
Paul G.	3 years	Laurie A.	39 years			Yvonne O.	27 years		
April H.	4 years	Recovery				Regal Group			
MAAT		Selina B	1 year			Maximum S.	28 years		
Bruce B	1 year	Margrit P.	22 years			Harry P.	38 years		
Chris M	4 years	Sean O	30 years			Rule 62			
Linda L	34 years	Regal				Jake C.	3 years		
Judy B	35 years	James	1 year						

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group March	AA Group April
Renfrew Tuesday	Glenmore	Daily Reflections
Renfrew Thursday	Friday Night Fellowship	McKenzie Towne
Renfrew Sunday	Primary Purpose	Thursday Night Ladies
Sunrise	Unity	Shipwreck at Sunset
Alpha House	SMOG	NW Calgary
Dream Centre	Haddon Road	Saturday Morning Bridge

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30**	AA Group
March 10	Recovery
March 17	New Beginnings
March 24	Shipwreck at Sunset
March 31	Unity
April 7	Thursday Night Ladies
April 14	Elbow Park
April 21	Daily Reflections
April 28	Primary Purpose

Phone Monitoring Dates	AA Group
March 11 – 17	ABC
March 18 -24	NW Calgary
March 25 - 31	Recovery
April 1 - 7	Go For It
April 8 - 14	Deer Ridge
April 15 - 21	Primary Purpose
April 22 - 28	Haddon Road
April 29 - May 5	New Beginnings

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
April 6, 2019	Keeping the Spirit Alive Round up	DeWinton, Alberta details and poster on calgaryaa.org
May 11 Balzac Roundup	Balzac Roundup	Saturday, May 11, 2019 Balzac Community Hall, Balzac Alberta Registration + Lunch & Dinner: \$30/person Registration + Lunch: \$15/person For event poster see calgaryaa.org
June 7,8 And 9, 2019	38TH ANNUAL CALGARY GRATITUDE AA ROUNDUP	Details to follow or see http://www.gratituderoundup.com/

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.

"Sunday Morning Tradition Study at Haddon Road"

Haddon Road (200 Haddon Road SW) is starting a weekly Tradition Study open meeting, 9 - 10:30 am. This AA Comes of Age based meeting starts April 7, 2019.

"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 <http://www.aagrapevine.org/feature/68126> Tuesday. evening, steps 1 thru 12, closed , mixed.

The March 2019 Issue of GRAPEVINE is here!

On the Cover: What'

To view the Table of Contents, click here.

Some stories include:

Smarty pants

This longtime member prefers to keep it personal. There's a time and a place for analyzing our literature.

None of my business

I've always felt that anyone doing anything with their phone during a meeting was just disrespectful. However, I can no longer be so judgmental about cell phones in AA meetings.

Should we say it?

A member who loves the Lord's Prayer wonders if AA is the place to use it.

Outside issue?

If I inhale a substance through a straw, I'm going to run screaming for a bottle of whiskey. That's an outside issue?

Finding your lane

My friend left AA after more than two years of sobriety. At first I was disappointed, resentful and, I'll admit. Pretty judgmental. I thought it was selfish and self-centered of him to leave the program that saved his life.

Right in front of me

Broken hand, no phone, locked out of his van and running late. Perfect time to do the Third step prayer.

Step & Tradition 3

Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From Twelve Steps and Twelve Traditions, Chapter on Step 3.

Tradition 3 – The only requirement for A.A. membership is a desire to stop drinking.

This Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?" ...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.

As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition.

From Twelve Steps and Twelve Traditions, chapter on Tradition 3.