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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 NEW LITERATURE

A new publication has arrived from GSO, *One Big Tent*, a booklet in which atheist and agnostic AA members share their experience, strength and hope.

Also just arrived are three new pamphlets:

LGBTQ Alcoholics in A.A.,
The "God" Word, and
*A.A. for Alcoholics with
Mental Health Issues—and
their sponsors.*

Come down to Central Office
and check them out!


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



33rd Annual AA Cochrane Roundup On the Trail to Sobriety

Saturday - May 25, 2019, 9:30 a.m. - 8:00 p.m.

Registration: \$25.00 ticket - All day & evening events, breakfast, lunch, roast beef dinner
\$10.00 at the door - Day only events, breakfast, lunch

Schedule:
9:30 a.m. - Doors open
10:30 - 12:00 p.m. - Wednesday Laughtnooners presents Jason C., Ron R. and Derek D. speaking on early sobriety
12:00 - 1:00 p.m. - Lunch
1:30 - 2:30 p.m. - Al-Anon presents Norma G.
2:30 - 4:00 p.m. - Sunday Head to Heart Group presents Floyd H. from Cremona Blasters
4:30 - 5:30 p.m. - Cochrane Women's Group presents Susan L.
5:30 p.m. - Countdown
6:00 p.m. - Dinner
7:00 - 8:00 p.m. - Happy Joyous and Free group, Calgary, presents Patricia G., 8 years sobriety

Location: Weedon Hall is at the corner of Hwy 22 and Big Hill Springs Road.
Camping is available across the highway at the Shell Station trailer lot.
Call (403) 932-2010; open 6:00 a.m. to 11:00 p.m.

To purchase tickets digitally, e-transfer fifthchapter012@gmail.com
Please place your name and phone number in e-transfer message area

TICKETS: Linda (403) 990 - 8826 Bobbi (587) 832 - 4965 Candace (403) 801 - 2192

38th Annual AA Gratitude Roundup

Calgary, AB

June 7, 8 and 9, 2019

AA Guest Speakers

Billy N. - Atlanta, Georgia
Ron S. - Saskatoon, Saskatchewan
Delia E. - Calgary, Alberta
Bob D. - Las Vegas, Nevada
Heather M. - Fort Saskatchewan, Alberta

Al-Anon Guest Speaker

Marj S. - Saskatoon, Saskatchewan



Ticket Information

Registration: \$30 incl. admission for entire weekend and all six (6) speakers

Banquet: \$75 incl. admission for entire weekend, all six (6) speakers and banquet dinner Saturday evening
*Deadline to purchase Banquet tickets is June 5, 2019

Sunday-only: \$15 will be avail. for purchase at the registration table

Tickets can be purchased from your GSR or Intergroup Reps, Calgary Central Service Office or online at (credit cards accepted):
www.gratituderoundup.com
Phone: 403-777-1212

ROUNDUP FEATURES

Fellowship — Speaker Meetings — AA Workshops — Sober Dance —
Ice Cream Social — AA Literature Table — AA Archives Display —
Al-Anon Literature Table — World's Largest AA Gratitude Globe

Conference headquarters and accommodations:

The Glenmore Inn
2720 Glenmore Trail SE
Calgary, AB

For Reservations call 403-279-8611, toll free at
1-800-661-3163 or visit www.glenmoreinn.com
*Ask about special rates for Roundup guests

Sponsored by Calgary General Service Committee

For ticket sales and schedule of events please visit our website at:
www.gratituderoundup.com

Early bird tickets available at Central Office or online until April 15, 2019 (Reg. \$25, Banq. \$70)

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.

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**

The **Glenmore Group** has added a new meeting called the **Glenmore Power Hour**, Thursdays 8:30 AM, Open, Step Discussion format, Currie Barracks, Building B-6, Room 103, downstairs; 2509 Dieppe Ave. SW

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

Garnet Night Owl, Sunday through Thursday, 10:00 PM (Night Owl will now meet every night at 10:00 PM)

Garnet block will also be starting 10AM meeting twice a week on Tues. and Thurs.

MEETING CHANGE

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)

FrontRunners meeting on May 7(Tue), 9(Thur), 10(Fri) and 11(Sat) will not be held at Hillhurst Church, but will be held at the apartment complex located at 4515 Varsity Drive NW, T3A 0Z8

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

AA Group Insurance

This is your opportunity to renew or sign up. The annual premiums are the same as last year:

- o \$75 for \$1 million
- o \$100 for \$2 million
- o \$250 for \$5 million

If you're already covered by the subscription policy, renewal forms have been sent to your group's representative by email. To request an application form or for more information, contact Marilyn B. at 403-998-4207 or mb@calbright.ca (Member-at-large, Central Office Management Committee, Calgary Intergroup).

The deadline to renew or apply is July 16. The effective date of the new policy will be August 1.



Alcoholics Anonymous: Cooperation with the Professional community

The Calgary cooperation with the Professional community committee of Alcoholics Anonymous would like to extend an invitation for you to attend a professional luncheon. This event is being held for those in the Calgary professional community who are interested in learning about how Alcoholics Anonymous can help individuals within the scope of your professional practice to gain and maintain sobriety.

It is only through the kind cooperation of so many non-alcoholic professionals like you, that A.A. has more than two million members in recovery, in over 180 countries.

Our committee's work would be enhanced by your participation, and we would be delighted if you could attend this valuable and informative presentation.

Glenmore Inn & Convention Centre, 1000 Glenmore Court SE

June 7, 2019

Doors open at 11:30

Presentation and lunch from noon – 1PM

If you are able to attend, please RSVP Zach M. on or before May 31, 2019 by emailing cpcluncheoncalgary@gmail.com or calling Zach M. 403- 477-2066.

If you have friends or colleagues who would benefit from this presentation, please let Zach know when confirming your attendance.

Lunch is on us, and parking is free!

This is not a fund-raising event – our 7th tradition states: "every AA group ought to be fully self-supporting, declining outside contributions."

**if you have dietary concerns please let us know when confirming attendance.*

**BETTER DAYS
GROUP**

WELCOMES YOU TO OUR SPEAKER MEETING

SATURDAY JUNE 15TH
1432 19th ST., N.E.
SPEAKER: WEST W.
From: MIDNAPORE Group

COME TO HEAR WHAT IT WAS LIKE
WHAT HAPPENED AND WHAT IT LIKE TODAY!



**InterGroup
Games
Night**

**Scarboro
United Church** June 1st

5PM - 9PM
hamburgers and hotdogs

Sp Adobe Spark

Sunday, May 26, 2019
Recovery Group
104-4820 Macleod Trail SE

10 am to 3:30 pm
Hot Roast Beef Lunch Served
\$5.00 per person

ONLY 50 spots available!
See your group GSR for tickets or email
Pam C at:
pamachrist130@yahoo.ca

Larry M. has been an area delegate to New York and his area of passion and interest is the Traditions. Come and learn from the teaching of Larry M.

Hot Roast Beef Lunch will be served!

Your Group GSR has tickets to this workshop.

AA Traditions Workshop
Larry M. Past Delegate Panel 66

Learn about the Guidelines that help conduct our relationships in A.A. and in the outside world.

HAPPY BIRTHDAY!



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

April					May			
ABC group		Ron D	25 years	Rule 62	ABC Group		NW Calgary Group	
Deborah H	32 years	Marlborough Park		Glen F 5 years	Devon C	4 years	Julia W.	2 years
Awakenings		Devin	2 years	Tuesday Morning	Christine B	9 years	Nate M.	5 years
Allison B.	2 years	Rose F	3 years	Kathleen 4 years	Dave R	17 years	Dan T.	5 years
Cory H.	10 years	Mary Lynn	7 years	Unity	Byron L	20 years	Jason F.	25 years
Kevin D.	35 years	Judy S.	39 years	Hannah P. 2 years	Karen C	29 years	Ogden	
Deer ridge		New Beginnings		Dave S. 9 years	Tim S	38 years	Kirby L.	2 years
Riley B.	3 year	Brandi A	1 year	Midnapore	Awakenings		Diane	4 years
Hugh F.	9 years	Tania M	1 year	Andy S 3 years	Ian H	5 years	Doug H.	4 years
Gordon E.	28 years	Doug M	1 year	Margaret 4 years	Deb W.	9 years	Nicole R.	5 years
Edgemont Group		Linda R	3 years	Brian W 25 years	Richard T.	12 years	Deb D.	7 years
Thomas B.	3 years	Linda M	21 years	Sandy M 29 years	Keith S.	12 years	Wayne	9 years
Krista D.	3 years	19th hole		White Sheep	Trevor H.	17 years	Donnie B	9 years
Sergio A.	4 years	Dan M	28 years	Dave W 1 year	Better Days Group		Tony K.	11 years
Linda H.	15 years	NW Calgary Group		George G 25 years	Gord S	18 years	Shannon T.	13 years
Audrey B.	20 years	Patrick Y	1 year		Deer ridge		Maryan M	21 years
Ron D.	25 years	Timothy M.	1 year		Taylor Y-W	2 years	Roy F.	27 years
Garnet Block		Michelle K.	2 years		Harold	11 years	Regal Group	

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Kyle	1 year	Luke P.	3 years		Cliff B	30 years	Paul G	5 years
Jen	2 years	Carol Anne H	3 years		Edgemont		Denny B	45 years
Joy B	10 years	Arie V.	3 years		Kellen M.	15 years	Recovery Group	
Tania	17 years	Sue W.	6 years		Tom W.	21 years	Magnolia	1 year
Ellen	34 years	Andrew K	6 years		Fraser G.	47 years	Leanne	1 year
Haddon road		Open Door			Harvest Hills		Cory B.	1 year
Timothy M	1 year	Wade A	9 years		Deepy G	1 year	Joanna C.	5 years
Don K	2 years	Ogden			Just for Today		Laura F.	26 years
Erin R	8 years	Dawn	1 year		Dodie	48 years	Rule 62	
Harry F	17 years	Richard	2 year		Kincora		Jaason L	1 year
Deborah	32 years	Andy	3 year		Linda W.	4 years	Nate M	5 years
Tim C	41 years	Ange N	5 years		Maureen	8 years	Tuesday Morning Ladies	
Harvest Hills Big Book		Keegan E	9 years		MAAT		Lena	8 years
Gina H.	2 years	Cor	11 years		Eric G	2 years	Maureen	8 years
Justin P.	3 years	Peter K	11 years		Carol L	30 years	Shirley	32 years
Jennifer H	7 years	Bill M.	22 years		Gary O	37 years	Marjorie	35 years
Just for Today		Recovery			Marlborough Park		Whitesheep	
Kathy	3 years	Laura S	1 year		Marilyn D.	6 years	Sven G	5 years
Bonnie Anne	22 years	Wendy H	7 years		Rob D.	6 years	James J	1 year
Kincora		Jill D	13 years		Brian F.	18 years		
Bali G.	8 years	Natalie I	22 years		Nadzieja			
Bobby A.	11 years	Keith H	28 years		Krzysztof	9 years		
MAAT		Tom M	31 years		Yoanna O.	10 years		
Doug B.	3 years							

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group May	AA Group June
Renfrew Tuesday	Regal	Midnapore
Renfrew Thursday	SMOG	New Beginnings
Renfrew Sunday	NW Calgary	Primary Purpose
Sunrise	Thursday Night Ladies	Haddon Road
Alpha House	Garnet	Thursday Night Ladies
Dream Centre	Unity	Haddon Road

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
May 12	Glenmore
May 19	Westend Step & Tradition
May 26	Shipwreck at Sunset
June 2	ABC
June 16	Ogden

Phone Monitoring Dates	AA Group
May 13-19	Thursday Night Ladies
May 27- June 2	Daily Reflections
June 3-9	Recovery
June 10- 16	Glenmore
June 17-23	Southwest Serenity
June 24- 30	Unity

Calls for service

Bridging The Gap Committee is looking for a **new Male Coordinator**

- Willingness to learn Excel Spreadsheet or Access Database
- Preferably have cell phone as need to be available anytime throughout the day
- Willingness to contact clients and temporary contacts about info needed
- Good communication skills -Email and text messaging availability

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

CGSC looking for used copies of the Grapevine Magazine

The Calgary General Service Committee is looking for used copies of the grapevine in good condition for jails and Bridging the Gap. Please bring to CGSC to give to Martin Schapansky. For more information contact **Martin S** at 403 701 8048.

LIST OF EVENTS

DATE	EVENT	DETAILS
May 11	Balzac Roundup	Balzac Community Hall, Balzac Alberta Registration + Lunch & Dinner: \$30/person Registration + Lunch: \$15/person For event poster see calgaryaa.org
May 25	Cochrane Round up	9:30am – 8:00pm Weldon Hall corner of Hwy 22 and Big Hill Springs Rd. Registration + Banquet: \$25/person, includes events, breakfast, lunch & dinner Day events only: \$10/person, includes breakfast & lunch Camping available
May 26	Traditions Workshop	Facilitator Larry M., Past Delegate Sunday, May 26, 2019 10:00 AM – 3:30 PM Includes hot roast beef lunch! Recovery Group #104, 4820 Macleod Trail SE, Calgary, Alberta Tickets: \$5/person, available from your home group GSR
May 31 - June 1	Area Committee Meeting	Parkland Village Community Centre 60 Parkland Gate Road, Spruce Grove, Alberta Registration: \$25/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/
June 22, 2019	Strathmore Roundup	Centennial Civic Centre 120 Brent Blvd., Strathmore, Alberta Cost: 7th Tradition For event poster see calgaryaa.org
July 26- 28	Consort Campout	Gooseberry Lake Provincial Park 8 miles North of Consort on Hwy 41, and 1 mile East Registration: \$20/person (kids under 12 Free) Provincial Park camping fees in effect

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

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.

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 May 2019 Issue of GRAPEVINE is here!

On the Cover: Happy Birthday Big Book

To view the Table of Contents, click here.

Some stories include:

A Big Book is born

A timeline of the first year and half of the birth of the making of Alcoholics Anonymous

Frequent Contact

Some favorite passages in the Big Book help a father get through the darkest days of his life.

The Editor

"How It Works" is finally safe from my editorial scrutiny. What needs editing is within me, not in the Big Book, in my AA fellows or the outside world

The smell of freedom

When it was time to admit, she spent some quiet time in a very special place under the sky

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: cqscorrections@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.

District 77 Annual Family

POTLUCK PICNIC!

Saturday June 15

At Bowness Park Site 3

11am to 3pm

7th Tradition

We will supply:

Burgers-Hotdogs-Fixin's

Coffee-Water

Potluck items appreciated:

- Vegetables
- Fruits
- Salads
- Chips/Snacks
- Cookies/Squares
- Refreshments



Come join us for an afternoon of fellowship!

Bring your own chairs and picnic games-
Football, Frisbees, etc

Hosted by Northlanders Group

Step & Tradition 5

Step 5 – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the *Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult – especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another human being when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone all of their life story.

From Alcoholics Anonymous, Chapter 6 Into Action p.72-73

Tradition 5 – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

“Shoemaker, stick to thy last! „, better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety...

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unrelenting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

From Twelve Steps and Twelve Traditions, p.150-151.