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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 BOOK from GSO

The new publication
"OUR GREAT RESPONSIBILITY"
 is the first original book to be published by AA in over 30 years! It contains a collection of 16 Bill W. talks capturing a clear picture of Bill's vision for the future of Alcoholics Anonymous.



Also just arrived is a wide selection of new bookmarks, available for \$1.25 each

REGULAR OFFICE HOURS

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

HOLIDAY CLOSURES

CANADA DAY WEEKEND
 Saturday June 29, and
 Monday July 1, 2019

HERITAGE DAY WEEKEND

Saturday August 3, and
 Monday August 5, 2019

AA CENTRAL SERVICE OFFICE

#2, 4015 – 1 Street S.E.
 Calgary, AB, T2G 4X7
 Telephone: 403-777-1212 (24/7)
centraloffice@calgaryaa.org
www.calgaryaa.org



GARNET BLOCK STAMPEDE ALCATHON



1609 Center
Street NW



Open
Meeting

SATURDAY JULY 6th

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.

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

Sign up sheet for Chairpersons is posted.



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

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

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.

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.

The Vulcan Group, out-of-town, Tuesdays & Thursdays, has moved to 116 – 3 Ave. N in Vulcan AB, effective immediately.

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.

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

Central Office Management Committee. Business and service experience as well as a working knowledge of our 12 Steps and Traditions an asset. Suggested 5 years sobriety, Time commitment is one evening meeting per month to provide leadership to the business of our Central Office. Please submit a resume to Central Office.

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

HAPPY BIRTHDAY!



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

May						June					
ABC Group		Harvest Hills		NW Calgary Group		ABC Group		Tyler C	4 years	Just for Today	
Devon C	4 years	Deepy G	1 year	Julia W.	2 years	Brian	8 years	Dan C	5 years	Vivic	23 years
Christin	9 years	Just for Today		Nate M.	5 years	Awakenings		Kristen	7 years	West End Step and Tradition	
Dave R	17 years	Dodie	48 years	Dan T.	5 years	Chris	2 years	James C	8 years		
Byron L	20 years	Kincora		Jason F.	25 years	Lynda	19 years	Bill L	35 years	Brian D	16 years
Karen C	29 years	Linda W.	4 years	Ogden		Gerry	40 years	New Brighton		Iva P.	35 years
Tim S	38 years	Mauree	8 years	Kirby L.	2 years	Better Days		Mike C	4 years		
Awakenings		MAAT		Diane	4 years	Anna	17 years	NWCG			
Ian H	5 years	Eric G	2 years	Doug H.	4 years	Ida S.	36 years	Tom B.	1 year		
Deb W.	9 years	Carol L	30 years	Nicole R.	5 years	Deer Ridge		Serge C.	1 year		
Richard	12 years	Gary O	37 years	Deb D	7 years	Lori B	1 year	Kristen	1 year		
Keith S.	12 years	Marlborough Park		Wayne	9 years	Paul C	7 years	Julie W.	1 year		
Trevor	17 years	Marilyn	6 years	Donnie	9 years	Nancy	15 years	Tim M.	2 years		
Better Days Group		Rob D.	6 years	Tony K.	11 years	Tamm	27 years	Tyler P	2 years		
Gord S	18 years	Brian F.	18 years	Shannon	13 years	Denny	29 years	Adam	2 years		
Deer ridge		Midnapore		Maryan	21 years	Margo	36 years	Nick W.	3 years		
Taylor Y-	2 years	Matt L	1 Year	Roy F.	27 years	Edgemont Group		Sarah	5 years		
Harold	11 years	Chelsea	1 Year	Regal Group		Janice	4 years	David R.	14 years		
Cliff B	30 years	Bill G	2 years	Paul G	5 years	Brent	21 years	Recovery Group			
Edgemont		Dave M	3 years	Denny B	45 years	Getting There		Kris A.	1 year		
Kellen	15 years	Jen C	3 years	Recovery Group		Shane	11 years	Maria A.	2 years		
Tom W.	21 years	Tracey C	3 years	Magnoli	1 year	Nick M	14 years	Heather	2 years		
Fraser	47 years	April S	4 years	Leanne	1 year	Gerry	40 years	Brandon	2 years		
Garnet		Bruce S	12 years	Cory B.	1 year	Harvest Hills		Donna	4 years		
Krista	1 year	Brad W	14 years	Joanna	5 years	Stuart	3 years	James S.	6 years		
Paul	1 year	Darryl L	23 years	Laura F.	26 years	Shalee	4 years	Chris H.	18 years		
Case	17 year	Nadzieja		Rule 62		Sandra	6 years	Bernie B	23 years		
Tania	17 years	Krzyszto	9 years	Jaason L	1 year	Bo H	8 years	Rule 62			
Heather	47 years	Yoanna	10 years	Nate M	5 years	Kincora		Sarah W	5 years		
Glenmore		New Beginnings		Tuesday Morning		David	30 years	Tuesday morning Ladies			
Jen T	1 year	Dave W	1 year	Lena	8 years	MAAT					
Mike	4 years	Jen S	1 year	Mauree	8 years	James	4 years	Kristy B.	1 year		
Dwight	6 years	Leah B	1 year	Shirley	32 years	Grant	34 years	Gail P.	15 years		
AJ	6 years	Christine	1 year	Marjorie	35 years	Marlborough Park		Susan	32 years		
Claire	6 years	Lorena S	4 years	Wednesday Morning		Carol	4 years	Unity			
Jeff T.	8 years	Todd M	5 years			Allen	10 years	Jim H	18 years		
Tony	9 years	Stephan	7 years	Tom M	24 years	Anna	17 years	Walking Eagle			
Melissa	9 years	Robyn V	7 years	Stella B	38 years	Emilia	32 years	Leanne F	13 years		
Doug B	13 years	Michelle	10 years	Bill M	56 years	Midnapore		Wednesday Morning			
David W	13 years	Clarence	24 years	White Sheep		Cole C	1 year	Eyeopener			
Jim H	22 years	Rvan D	4 years	James J	1 year	Glen F	2 years	Doug D	30 years		

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Mark M.	25 years	Bernie P	30 years	Sven G	5 years	Wayne	3 years	Dwayne	47 years	
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Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group June	AA Group July
Renfrew Tuesday	Midnapore	Glenmore
Renfrew Thursday	New Beginnings	Regal
Renfrew Sunday	Primary Purpose	Harvest Hills
Sunrise	Haddon Road	Bridge
Alpha House	Thursday Night Ladies	Recovery
Dream Centre	Haddon Road	NW Calgary

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 - 8 Ave. S.W	AA Group
June 16	Ogden
June 23	*empty*
June 30 th	*empty*
July 7 th	*empty*
July 14 th	Rule 62
July 21 st	*empty*
July 28 th	New Beginings

Phone Monitoring Dates	AA Group
June 10- 16	Glenmore
June 17-23	Southwest Serenity
June 24- 30	Unity
July 1 -7	Shipwreck at Sunset
July 8 -14	Primary Purpose
July 15 -21	Daily Reflections
July 22- 28	Midnapore
July 29 – August 4	SMOG

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

LIST OF EVENTS

DATE	EVENT	DETAILS
June 22, 2019	Strathmore Roundup	Centennial Civic Centre 120 Brent Blvd., Strathmore, Alberta Cost: 7th Tradition For event poster see calgaryaa.org
June 15	District 77 Picnic	11:00 a.m. – 3:00 p.m. Bowness Park, Site 3 Potluck; burgers & hotdogs supplied Cost: 7th Tradition
July 26 - July 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
August 23 - August 25	International Corn Roast	August 23, 24 & 25, 2019 Writing on Stone Provincial Park 41 Kilometers (26 Miles) East of Milk River, Alberta, Canada Cost: 7th Tradition
August 23 - August 25	Innisfail Campout/Roundup	Antler Hill Community Hall Township Rd. 362, Penhold, Alberta Registration: \$25/person for weekend Saturday Potluck :\$15/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.

" 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)"

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.

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 June 2019 Issue of GRAPEVINE is here!

On the Cover: Letting Go of Resentments

To view the Table of Contents, click here.

Some stories include:

Crash Course

Furious with her ex, she headed out to toss a brick through his window. Luckily, She stopped to buy paint first.

The need to be right

He tried all the tools he could think of to end a huge resentment toward his wife- except one.

Grateful

When he heard that you couldn't feel grateful and resentful at the same time, he grabbed his pencil and pad.

I don't work here

**While taking meetings into a hospital detox,
A member finds it's important to say he's just another drunk**

District 77 Annual Family

POTLUCK PICNIC!

Saturday June 15

At Bowness Park Site 3

11am to 3pm

7th Tradition

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: cgscorrections@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.

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 6

Step 6 – Were entirely ready to have God remove all these defects of character.

So Step Six—"Were entirely ready to have God remove all these defects of character"—is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is to try to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say, "No, I can't give this up yet." And we shall often tread on even more dangerous ground when we cry, "This I will never give up!" Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

Some who feel they have done well may dispute this, so let's try to think it through a little further. Practically everybody wishes to be rid of his most glaring and destructive handicaps. No one wants to be so proud that he is scorned as a braggart, nor so greedy that he is labeled a thief. No one wants to be angry enough to murder, lustful enough to rape, gluttonous enough to ruin his health. No one wants to be agonized by the chronic pain of envy or to be paralyzed by sloth. Of course, most human beings don't suffer these defects at these rock-bottom levels.

We who have escaped these extremes are apt to congratulate ourselves. Yet can we? After all, hasn't it been self-interest, pure and simple, that has enabled most of us to escape? Not much spiritual effort is involved in avoiding excesses which will bring us punishment anyway. But when we face up to the less violent aspects of these very same defects, then where do we stand?

From Twelve Steps and Twelve Traditions, p.65-66

Tradition 6 – An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on other good works...

Yes, we of A.A. did dream those dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of us had wished to do great good, perform great deeds, and embody great ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and settled for the bottle and the blackout. Providence, through A.A., had brought us within reach of our highest expectations.

Whereupon we tried A.A. hospitals—they all bogged down because you cannot put an A.A. group into business; too many busybody cooks spoil the broth. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? Was A.A. spiritual or was it medical? Was it a reform movement?...

These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We, of Alcoholics Anonymous could not be all things to all men, nor should we try.

From Twelve Steps and Twelve Traditions, p.155-156.