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A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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CALGARY CENTRAL OFFICE THANK YOU

On behalf of all Calgary AA members, Central Office extends a heart-felt thank you to 2 of our daytime phone monitors who are leaving this month. Jim W. is retiring from the Monday morning shift after faithful service of over 20 years, and Marie M., who did the Tuesday afternoon shift is moving to Edmonton and we wish them all the best. These two long-time servants of AA will be missed. As they slide down the banister of life, may all the splinters point the other way.



REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

Closed for lunch 1-2pm

Saturday, 9:00am–1:00pm

HOLIDAY CLOSURES

-- Labour Day Weekend --

Sat. Aug. 31 + Mon. Sept. 2

-- Thanksgiving Weekend --

Sat. Oct. 12 + Mon. Oct. 14

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

District 80

Service & Unity Roundup

Saturday August 31 2019

Where: Penbrooke Community Centre

6100 8 Avenue S.E.

8:00 am to 9:30 am	Registration
9:30 am to 9:45 am	Chairman Presentation of Agenda
9:45 am to 10:00 am	Break
10:00 am to 11:00 am	Speaker (Karen M)
11:00 am to 11:15 am	Break
11:15 am to 11:50 am	Mock area 78 sharing session facilitated by District 75/76 DCM (Dave S.)
12:00 am to 1:30 pm	Lunch
	Lunch provided by District 80 Committee
1:30 pm to 2:30 pm	Alanon Speaker (TBA)
2:30 pm to 2:45 pm	Break
3:00 pm to 4:00 pm	Value of Service Panel Presentation Presented by Past and Present Servants
4:00 pm to 4:15pm	Break
4:15 pm to 5:15 pm	A.A. Topic Meeting
6:00 pm to 7:30 pm	Supper & Countdown (Potluck)
7:30 pm to 8:30 pm	Banquet Speaker (Mathew M.)

If you can help us with our potluck menu please email f.mazzei@telus.net

Or drd12x12@gmail.com

As Always Based on 7th Tradition

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.

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

The Glenmore Group, 2509 Dieppe Ave. SW (Currie Barracks, Bldg. B-6, Room 103 downstairs) has started another meeting, the Glenmore Power Hour, on Wednesdays @ 8:30 AM.

5th Tradition Safe Harbour, Tuesdays northwest, has changed their day and time. They now meet (in the same place, Wild Rose Church) on Sundays instead of Tuesdays, at 2:00 pm instead of 8:00 pm, and they are now open instead of closed. The format is the same and they have a birthday meeting on the last Sunday.

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

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 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

BIG BOOK STUDY

In the tradition and memory of Joe & Charlie

As presented by Chris H and Laurence M formerly at Cedarbrae, Community Center, St. Peters Anglican Church, & Chris, Laurence, Tom and John at Haddon Road, since 2009

Beginning on 10 Sept. 2019, we will be starting a Big Book Study at Recovery Group, 4820 Macleod Trail SW. We will begin at 7:30 pm, and end at 9pm sharp. We will closely follow the format as laid out by Joe and Charlie, and we will share their stories, as well as stealing their jokes!

There is no cost for the study, 7th tradition applies. Coffee is available. Handicap access thru front entrance, parking is around back in the alley.

for more info: Text Chris Hemke at 403 860 5313 anytime, call after 6pm, or email bigchrish@shaw.ca

HAPPY BIRTHDAY!



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

July					August					
ABC		Kaidon N.	4 years	Carl J	5 years	ABC		Leslie P	20 years	
Michael S	1 year	Lakeside Serenity		Cindy E	11 years	Lib	32 years	Midnapore		
Leona	2 year	Jimmy	1 year	Jen S.	27 years	Airdrie Country Group		Lynda W	1 year	
Cindy P	22 years	Don	34 years	Recovery Group		Sharon	6 years	Kim B	1 year	
Airdrie Country Group		MAAT group		Ricardo H	1 year	Jim M.	32 years	Devon M	3 years	
Gus G.	8 years	Audrey C	27 years	Dylan W.	2 years	Awakenings		Jeff Z	3 years	
Len Q.	30 years	Midnapore		Carlene D	2 years	Vince H.	4 years	Jesse	3 years	
Ray F.	44 years	Ashley D	1 year	Pam C.	3 years	Mike K.	6 years	Matt B	3 years	
Awakenings		Darek S	2 years	Blake K.	11 years	Bob J.	32 years	Matt S	3 years	
Alison B.	1 year	Susan A	2 years	Rule 62		Pat J.	37 years	Ryan M	3 years	
Garry B.	5 years	Anthony L	3 years	Steve H	3 years	Getting There Group		Sam T	3 years	
Amanda	25 years	Mike N	3 years	Vanessa S	6 years	Jocelyn G.	5 years	Wayne R	4 years	
Back to Book Airdrie		George B	4 years	Wednesday Morning Eyeopener		Bianca T.	7 years	Victoria S	4 years	
Mary R.	3 years	Pat M	36 years			Glenmore		Matt L	5 years	
Deer Ridge		New Beginnings		Pamela C	8 years	Carla C.	2 years	Rolan M	9 years	
Milton F.	2 years	Angelique	2 years	Whitesheep		Jason C.	2 years	Nigel S	27 years	
Luke	3 years	Paul W	4 years	Matt B	5 years	Madeline M	2 years	Emile W	39 years	
Holly S.	3 years	Kim H	5 years	Keith B	21 years	Kyle B	4 years	Alice M	45 years	
Jack W	13 years	Emma M	6 years	Kevin C	28 years	Brent E.	4 years	NWCG		
Edgemont Group		Tina M	9 years	Al B	32 years	Mike G.	5 years	Dallas H	1 year	
Richard K.	1 year	Andrea D	20 years	Ken R	33 years	Daryl A	9 years	Michelle E	2 years	
Marco A.	2 years	Lorene S	27 years		Linda A	11 years	Jarred W	3 years		
Ken P.	9 years	Morag	30 years		Lynn Mc	14 years	Jared L	7 years		
Joanne M	15 years	Al S	30 years		Jay	15 years	Dwyla F	9 years		
Linda G.	26 years	Ken R	33 years		Happy Joyous and Free		Roger D	32 years		
Garnet		Debbie K	37 years		Colleen	25 years	Recovery			
Daryl	1 year	New Brighton			Kincora		Millie S.	3 years		
Dean M.	3 years	Robbie	1 year		Maggie C.	2 years	Nicole W	3 years		
Latoya	3 years	Steve	3 years		Lakeside Serenity		Robert P	9 years		
Artyom	4 years	Gary	4 years		Chad	4 years	Tai S	7 years		
Ashley	4 years	NWCG			MAAT		Regal Group			
Carlos	12 years	Cody S	1 year		Marshall D	37 years	Chris	2 years		
Dennis D	16 years	Ganash A	1 year		Marlborough Park		Brad I.	4 years		
Bruce	31 years	James E	1 year		Mike	1 year	Brent	11 years		
Getting There Group		Kelli F	2 year		Jeannie C.	14 years	Darcy W	35 years		
Gail A.	13 years	Pryce P	2 years		Ray I.	33 years	Unity			
Mike P.	15 years	Joanne T	3 years		Monday Night Big Book		Mike B.	3 years		
Harvest Hills Big Book		Chelsey F	7 years				Wednesday Morning Eyeopener			
Ken L.	1 year	Gary V	25 years							
Bob H	29 years	Amy B	33 years							
Kincora		Ogden								
Rob H	2 years	Beau H.	4 years		Becky H	3 years	Doug W	13 years		
						Wayne H	7 years	Orland W	33 years	
						Sylvia S	10 years			
						Jim I	17 years			

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group August	AA Group September
Renfrew Tuesday	Unity	Midnapore
Renfrew Thursday	McKenzie Towne	Shipwreck at Sunset
Renfrew Sunday	Primary Purpose	Go For It
Sunrise	Garnet	New Beginnings
Alpha House	Namaste	Ogden
Dream Centre	Regal	Deer Ridge

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
August 4 th	Unity
August 11	Thursday Night Ladies
August 25	Primary Purpose
September 8	McKenzie Towne
September 29	Ogden

Phone Monitoring Dates	AA Group
August 5 -11	Go For It
August 12 -18	ABC
August 19 -25	Shipwreck at Sunset
August 26- Sept 1	Primary Purpose
September 2-8	Recovery
September 9 -15	Back From Hell
Sept 16-23	New Beginnings
September 23-29	Garnet

Calls for service

Step, Stories And Beyond would like to thank everyone that attended the bbq and all who volunteered. We made a profit of \$25.00 which will go to Central Office.

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

LIST OF EVENTS

DATE	EVENT	DETAILS
Sunday August 18th	Intergroup BBQ	12-4 PM Edworthy Park Site 8 Based on seventh tradition, burgers and hot dogs provided.
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
August 24 2019	Midnapore BBQ & Potluck	10:00 am – 2:00 pm South end of Midnapore Lake, Calgary, Alberta South Secondary Entrance Burgers, hot dogs, pop provided, please bring other potluck items
August 31, 2019	District 80 Service and Unity Round up	Pembroke Community Center 6100 – 8 ave SE Calgary, Alberta
Saturday September 7 2019	Hope & Unity Round up	Irricana Lions Community Hall 300 – 1 St, Irricana, Alberta (1 St. & 2 Ave.) Tickets \$30/person, includes lunch & roast beef dinner, camping available

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.

"Joe and Charlie Big Book Study"

Beginning on 10 Sept. 2019, we will be starting a Big Book Study at Recovery Group, 4820 Macleod Trail SW. We will begin at 7:30 pm, and end at 9pm sharp. We will closely follow the format as laid out by Joe and Charlie, and we will share their stories, as well as stealing their jokes!

"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)"

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 August 2019 Issue of GRAPEVINE is here!

On the Cover: African American Alcoholics in AA

To view the Table of Contents, click here.

Some stories include:

I'm here, we're here

A long-time African-American member tells his story and encourages others to get involved beyond the group

Not too much to ask

A member reminds us that it is never hurts to be kind, patient and accepting of one another

To remember without anger

The program helped him find compassion, love and a new definition of forgiveness

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: cgsccorrections@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
BARBEQUE**

LET'S SPEND THE DAY
CELEBRATING SOBRIETY

SUNDAY
AUGUST 18, 2019

12PM - 4PM
EDWORTHY PARK,
SITE 8



Step & Tradition 8

Step 8 – “Made a list of all persons we had harmed, and became willing to make amends to them all.”

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

These obstacles, however, are very real. The first, and one of the most difficult, has to do with forgiveness....

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them...

From Twelve Steps and Twelve Traditions, p.77-79.

Tradition 8 – “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

Despite this certainty, it is nevertheless true that few subjects have been the cause of more contention within our Fellowship than professionalism....

At last, however, a plain line of cleavage could be seen between professionalism and nonprofessionalism. When we had agreed that the Twelfth Step couldn't be sold for money, we had been wise. But when we had declared that our Fellowship couldn't hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience....

The job was not to do Twelfth Step work; it was to make Twelfth Step work possible. It was a service proposition, pure and simple....

This is the exciting welter of events which has finally cast up A.A.'s Tradition of nonprofessionalism. Our Twelfth Step is never to be paid for. but those who labor in service for us are worthy of their hire.

From Twelve Steps and Twelve Traditions, p.166-171.