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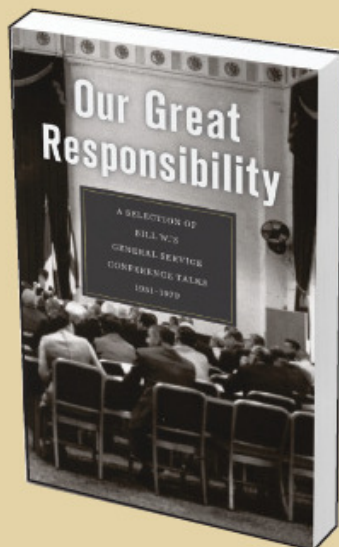


THE WESTWORD

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



Our Great Responsibility is the first new book published by GSO in over 30 years and is now available at Central Office.

Reminder: Banff Roundup tickets available at Central Office until Saturday, Feb. 29, 2020

REGULAR OFFICE HOURS

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

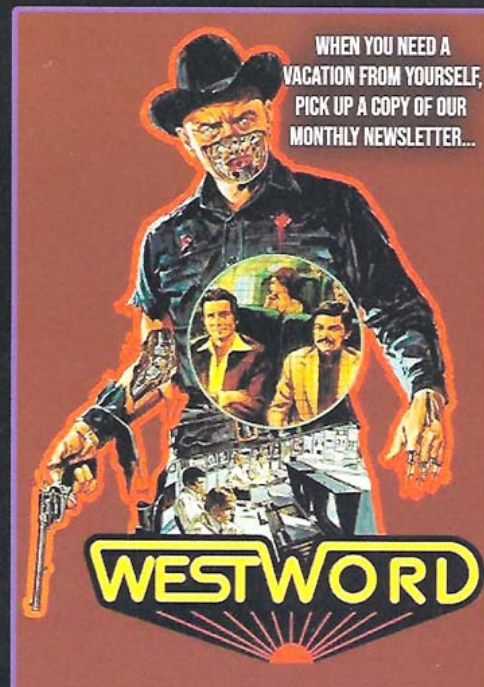
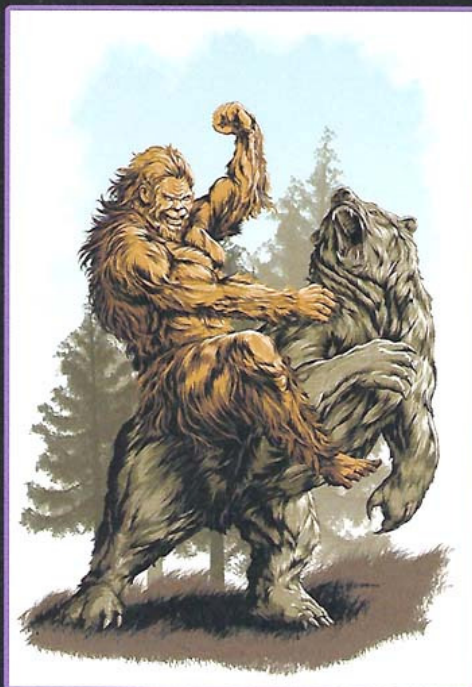
HOLIDAY CLOSURES

Family Day

Sat. Feb. 15 + Mon. Feb. 17

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



THE BANFF ROUND-UP 2020

WHEN: March 6 - 8th 2020

WHERE: The Banff Park Lodge - 222 Lynx Street, Banff AB

HOTEL CONTACT: 1.800.661.9266 or 1.403.762.4433

COST: Registration \$40 Banquet \$110 Room Rate \$150/night

TICKETS: Purchase from your General Service Rep, Intergroup Rep, Calgary Central Office or online @ www.banffroundup.com

SPEAKERS: Strawberry H - Los Angeles, CA Mike M - Brunswick, MD
Cliff & Lori G - OK Marty C - Hamilton, ONT

SPECIAL EVENTS: Workshops, AA & Al-Anon Meetings, Entertainment

FRIDAY NIGHT FUN - LIP SYNC BATTLE W/ EPIC GRAND PRIZE!!!

SATURDAY NIGHT FUN - DJ DANCE PARTY!!!

IMPORTANT:

- (1) When booking hotel tickets use Group ID # 32165
- (2) For further information and contest details feel free to contact us:
www.banffroundup.com - info@banffroundup.com

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**

Spirit Winds Group, Open, Big Book Discussion, Saturday's 3:00 pm, Grace Presbyterian Church, 1009 – 15 Ave. SW, 2nd floor Ballroom, use south alley door, ring bell for entry.

New Beginnings (Men's Meeting), Closed Meeting, Monday 8:00 pm, 380 Canyon Meadows Dr SE # 3216.

Beautiful Hope Women's Meeting, Open, Women's, Step/Tradition Discussion, Mondays, 7:00 pm, Eastside Victory Outreach, back door, 1840 – 38 St. SE.

N2 Group, meets Sundays, 8:00 pm, Advent Lutheran Church, 11 Scenic Acres Gate NW, Calgary, closed, candlelight Step11/meditation meeting.

Men's Back to Basics Group, Closed Meeting, Men's, Step & Tradition, Thursday's at Noon, Advent Lutheran Church, 11 Scenic Acres Gate NW, Calgary

MEETING CHANGES

Question & Answer Discussion Meeting, Thursdays at 8:00 pm at 126B Main St. N, Unit B, Airdrie

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.

Primary Purpose Group changed rooms. Wednesday, 8:00 pm, First Baptist Church, 1311 – 4St. SW, meet in the Fellowship Room, downstairs, use the "Christian Education Building" door on 4th Street.

Southview by the Book is having a speaker meeting the first Friday of every month @ the Southview Community Center 2020 33rd st se. @ 7:30

Glenmore Group has changed the times of their evening meetings on Sundays, Mondays, Thursdays & Fridays from 8:30 pm to 8:00 pm.

Southland Pancake Group, Wednesday, 8:00 pm closed meeting @ 600 Acadia Dr. SE, Open birthday meeting last Wednesday of the month

MEETING cancellations

Cochrane Ladies, Thursdays, St. Andrew's United, Out-of-Town, has closed.

Ladies Candlelight Group, in Okotoks, Sundays, Out-of-Town, has closed.

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

Southland Pancake Group, Cancelled Monday and Friday meetings

Lakeside Serenity Group, Thursdays in Chestermere is closed.

Women with Heart Meeting, Mondays & Wednesdays, Noon, Open, Lutheran Church of the Cross, 10620 Elbow Dr. 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.

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		Garnet Block Cont.		Northlanders		Airdrie Reflections Group		Midnapore	
Kenneth L.	1 Year	Bernie	18 Years	Karen O.	4 Years	Maureen S.	2 Years	Amber W.	1 Year
Jessica B.	11 Years	Lyle	25 Years	Art W.	46 Years	Lisa P.	4 Years	Dave W.	1 Year
Jim C.	23 Years	Susan S.	36 Years	Northwest Calgary Group		Awakenings Group		Les B.	3 Years
Airdrie Country Group		Berry S.	40 Years	Rhonda A.	1 Year	Ron W.	5 Years	Rob G.	3 Years
Arthur	1 Year	Joan L.	46 Years	Rob M.	1 Year	Charles C.	16 Years	Barney M.	3 Years
Brenda T.	10 Years	Haddon Road		Shaun M.	1 Year	Back From Hell		Jimmy T.	4 Years
Diane R.	27 Years	Peter R.	3 Years	Tracey E.	1 Year	Brandy B.	6 Years	Kelly D.	11 Years
Brian H.	37 Years	Craig F.	4 Years	Jason M.	1 Year	Troy C.	10 Years	Brian K.	28 Years
Al C.	51 Years	Aaron L.	5 Years	Scott S.	2 Years	Better Days Group		Recovery Group	
Awakenings Group		Just For Today		Rick R.	8 Years	Charles M.	30 Years	Richard I.	1 Year
Chelsea E.	3 Years	Trevor S.	19 Years	Morgan S.	10 Years	Marilyn S.	33 Years	Selina B.	2 Years
Patti D.	12 Years	Kincora Group		Rob O.	23 Years	Deer Ridge Group		Unity Group	
Judy Mc.	21 Years	Kevin L.	3 Years	Ogden Group		Jennifer F.	4 Years	Issac R.	2 Years
Kim A.	44 Years	Evan M.	5 Years	Denise D.	6 Years	John W.	4 Years	Val D.	21 Years
Back From Hell		Charlotte	6 Years	Derek F.	7 Years	Sam S.	4 Years	Ron B.	24 Years
Dylan K.	1 Year	Rick R.	8 Years	Crystal H.	7 Years	Jerry P.	6 Years	Submission Format for Group Birthdays Group Name: Month: List youngest Birthday Member to Oldest Birthday Member. Their names and number of years	
April S.	2 Years	Jon B.	9 Years	Jen A.	11 Years	Katherine J.	14 Years		
Jack J.	17 Years	Mike O.	12 Years	Sherry F.	15 Years	Yvon	33 Years		
Rene R.	39 Years	Midnapore		Jesse D.	19 Years	Edgemont Group			
Better Days Group		Murray M.	4 Years	Vince C.	27 Years	Kelly R.	2 Years		
Patrick S.	9 Years	Ryan P.	7 Years	Brian H.	37 Years	Patrick F.	27 Years		
Sandra M.	30 Years	Al M.	10 Years	Open Door Group		Don G.	45 Years		
Deer Ridge Group		Wes W.	42 Years	Jo-Lynn H.	10 Years	Harvest Hills Big Book Group			
Jen J.	1 Year	New Beginnings		Recovery Group					
Aaron L.	5 Years	Karla H.	1 Year	Melanie F.	1 Year	Katie J.	3 Years		
Dustin	8 Years	Amber V.	1 Year	John H.	3 Years	Ron W.	5 Years		
Bill	24 Years	Brenda B	2 Years	Danny S.	5 Years	Just For Today			
Marilyn	26 Years	Zaynah H.	3 Years	Michelle H.	18 Years	Wayne	7 Years		
Edgemont Group		Cassie R.	7 Years	Marie U.	32 Years	Frank	31 Years		
Ash K.	1 Year	Glen T.	9 Years	Regal Group		Kincora Group			
Eric B.	9 Years	Steph F.	10 Years	Connor S.	4 Years	Bali K.	1 Year		
Judy Mc.	21 Years	Wayne B.	10 Years	Rule 62 Group		Paul G.	4 Years		
Garnet Block		Holly T.	11 Years	Lyle S.	25 Years	April H.	5 Years		
Tim S.	1 Year	Amanda L.	12 Years	Unity Group		Marlborough Park Group			
Randi	1 Year	Lenora G.	13 Years	Brendan H.	11 Years	Ken P.	5 Years		
Jason	1 Year	Tim F.	18 Years	Todd M.	12 Years				
Bevin	1 Year	Sheryl P.	22 Years	Wednesday Morning Eyeopener					
Dan A.	3 Years	John A.	31 Years						
Jeff C.	14 Years	Jan S.	36 Years	Dave C.	5 Years				

Submission Format for
Group Birthdays

Group Name:
Month:

List youngest Birthday
Member to Oldest Birthday
Member. Their names and
number of years

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group February	AA Group March
Renfrew Tuesday	Midnapore	Unity
Renfrew Thursday	Just For Today	Regal
Renfrew Sunday	Thursday Night Ladies	New Beginnings
Sunrise	Glenmore	Rule 62
Alpha House	Shipwreck at Sunset	Daily Reflections
Dream Centre	McKenzie Towne	Haddon Road
Centre of Hope	Primary Purpose	McKenzie Towne

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
February 02, 2020	Steps Stories & Beyond
February 09, 2020	Shipwreck at Sunset
February 16, 2020	Garnet Block
February 23, 2020	McKenzie Towne
March 01, 2020	Recovery Group

Phone Monitoring Dates	AA Group
February 3 – 9	Thursday Night Ladies
February 10 – 16	Just for Today
February 17 – 23	Just for Today
Feb. 24 – Mar. 01	Go For It
March 2 – 8	Harvest Hills Big Book
March 9 – 15	Haddon Road
March 16 - 22	Primary Purpose

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 Jo-Lynn at 403-870-4035

CGSC is looking for people to fill service positions. Treatment Committee Meeting: Treatment Chairs and members that would like to help. Meetings will be held at 1840 – 38 Street. SE, Forestlawn Fellowship Room, rear door, 3rd Saturday each month, February Meeting is February 15th @ 4 pm. Contact: cgsctreatmentchair@gmail.com

'Intro to Service' is forming a new Committee as of February 6, first Thursday of every month. Meetings will be held at Central Office @ 7:00PM. We will be working with All Calgary Districts, DCM, GSR, Intergroup Reps, and over the next 2 years will involve all forms of our Service Body. This will be the hottest New Committee out there. If you are Interested in service Please Attend!
CGSCintro@gmail.com

Bridging the Gap (BTG) Committee Needs Members to Share the BTG Program. BTG is a program, through Alcoholics Anonymous, to help people, leaving a correctional, detox or treatment facility, become acquainted with AA. BTG meets every 3rd Thursday of the month at 7 pm at AA Central Office. Email: cgsctbtg@gmail.com

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

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.

LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday February 8, 2020	Better Days Group Speaker Meeting	Steve M will be speaking at 8:00 pm at 1432 19 th Street NE.
Saturday February 8, 2020	Taber 64 th Anniversary Roundup	Royal Canadian Air Cadet Hall, 7100 – 50 Street North, Taber, Alberta. Registration+Lunch: \$15/person; Reg.+Lunch+Banquet: 30/person
Saturday, February 29 th , 2020	Garnet Block 68 th Anniversary Alcathon	Doors open at 10:00 am. Pizza at 4:00 pm. 1609 Centre Street North.
Friday, Saturday and Sunday March 6 – 8, 2020	Banff Roundup	Banff Park Lodge, 222 Lynx Street. Banff, Alberta, Tickets: Registration only \$40/person; Registration+Banquet \$110/person.
Saturday March 28 th , 2020	Introduction to Service Workshop	10:00 am to 2:00 pm, St. John's Church, Cross Hall, 1423 – 8 Ave. SE, Calgary, Alberta, Coffee, Tea & Potluck Lunch, Cost: 7 th Tradition.

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 12 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 20th there is a Big Book Study in the Haddon Road meeting room. The Big Book Study begins Monday January 20th and meets every Monday night 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 February 2020 Issue of GRAPEVINE is here!

On the Cover: No Matter What

To view the Table of Contents, click here.

Some stories include:

Sharing my secret

Angry and lonely, he stayed quiet about his reading skills. Then one day he was able to help others.

In my darkest hour

When he lost his wife after 51 years of marriage, he knew exactly what to do and where to go.

From three and a half feet

With a little help and love from her AA friends, she heads off to the bus for her 7 a.m. meeting

All things are possible

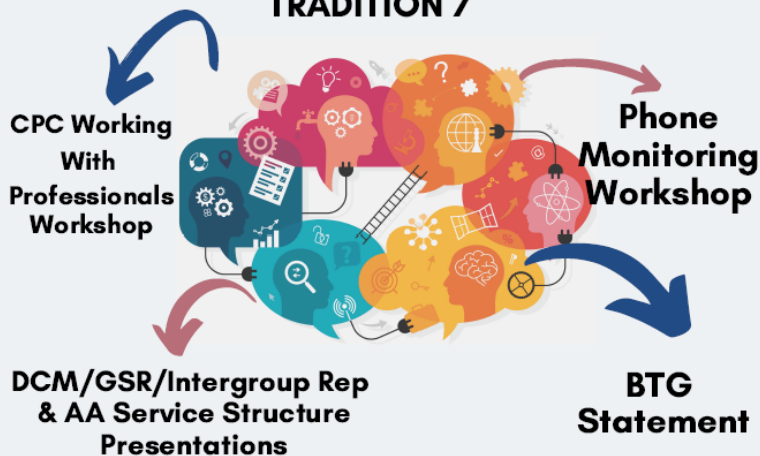
After a mother loses her son, she finds that listening and sharing are beautiful gifts she can give others.

I cried almost every day

A mother wraps herself up in every AA tool she can after the tragic loss of her husband.

INTRODUCTION TO SERVICE WORKSHOP

POTLUCK!
Coffee/Tea/Water supplies
TRADITION 7



Host District 73

St. John Church, Cross Hall 1423 - 8 Ave SE
MARCH 28, 2020 | 10AM-2PM

Please reach out:

cgscintro@gmail.com | 587-839-1970



Better Days Group

SPEAKER MEETING

WELCOMES YOU TO HEAR

STEVE M. FROM THE Haddon Road group

Come to hear what it was like, What Happened, and what's it like today.

1432 19th ST., N.E.

Saturday February 8th 2020 • 8:00 pm

REMEMBER IT ALWAYS BETTER WITH WE



Better Days
GROUP

Speaker Meeting

CAROL W.
*From the Better Days Gr.

WHEN March 14 th 8:00 pm	WHERE 1432 19 th St. N.E.
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Garnet Block

68th Anniversary Alcahthon
Saturday February 29th - 2020
1609 Center Street North



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 - Pizza/Chicken

5:30pm - 6:45pm - Working With Others Workshop - Chapter 11

7:00pm - 8:00pm - Step 8-9-10-11

8:30pm - 9:30pm - Gratitude Call Up Meeting

10:00pm - 11:00pm - Step 12

12:00am - Garnet Midnighter

- Regularly scheduled meetings will not be held

- Sign up sheet for Chairpersons is posted.

- Bringing something for the Potluck ? Use the Sign up sheet



ROCK THE BLOCK!

EVERYONE IS WELCOME



Garnet Block

MONTHLY AA SPEAKER MEETING
2nd Saturday of Every Month
Time: 5:30 PM
1609 Center Street North



EVERYONE IS WELCOME



Calgary Introduction To Service Committee

cgscintro@gmail.com PH# 403-777-1212

CRAZY FOR SERVICE

Gratitude Round-up !
Banff Round-up !
Intergroup Rep !
DCM / GSR !

A Grapevine rep discovers the wonderful world of working with others and carrying the message

*Calgary General Service Committee

- Co-operation with the Professional Community
- Correctional Facilities Committee
- Treatment Facilities Committee
- Bridging The Gap Committee
- Grapevine Committee
- Records & Registration Committee
- Gratitude Roundup Committee
- Intergroup Liaison

*Calgary Inter-Group

- Information & Referral/Central Office
- AA 12 Step Work
- Meeting List
- Archives
- Public Information
- Newsletter "The Westword"
- Literature, Books and Pamphlets
- Intergroup Breakfast
- Special Events Committee
- Banff Roundup Committee

SPECIAL SECTION
Carry the Message:
It's a tie! Pacific and Northeast regions

Step 2 & 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 folk 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.