

SUGGESTED 25c DONATION



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

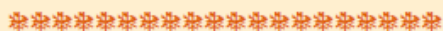
CALGARY CENTRAL OFFICE

Wishes you all a



Banff Roundup tickets
are available at
Central Office until
Sat., Feb. 29, 2020

Payment accepted in person via
cash, debit, credit. Tickets may be
ordered over the phone (credit
card only) and will be held at the
door for pick up at the Roundup.



REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

Closed for lunch 1-2pm

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



A NEW FREEDOM

With Al-Anon Participation

8TH ANNUAL DISTRICT 77 ROUND UP
SATURDAY JANUARY 25, 2020

EDGEMONT COMMUNITY CENTRE
33 Edgevalley Circle N.W. Calgary
Registration begins at 9:00am.

COST: \$45 Registration, Lunch & Dinner (Beef Brisket)
\$20 Registration & Lunch (Chili)

4 Fabulous Speakers

10:00 am. – Lisa K. Vancouver Island, B.C. A/A

1:00 pm. – Carol B. Calgary AB. Al-Anon

3:00 pm. – Gordon W. Kipling SK. A/A

7:00 pm. – Carol E. B. Consort AB. – A/A

Tickets

Calgary Central Office – 403-777-1212

Marilyn L. 403-239-4923

Jim C. 587-438-0949

Lee H. 403-815-3719

Don B. 403-612-7885



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

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.

Women with Heart Meeting, Mondays & Wednesdays, Noon, Open, Lutheran Church of the Cross, 10620 Elbow Dr. SW, Big Book discussion, Children welcome

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

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.

Garnet Midnighter, Sunday through Thursday (now Fridays & Saturdays only at midnight)

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.

HAPPY BIRTHDAY!



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

December					January				
ABC Group		Harvest Hills Big Book Group		Recovery Group		ABC Group		Kincora Group	
Kerrie P.	1 Year			Lori M.	1 Year	Kenneth L.	1 Year	Kevin L.	2 Years
Glenn B.	11 Years	Leslie W.	3 Years	Susan S.	2 Years	Jessica B.	11 Years	Evan M.	4 Years
Mel S.	55 Years	Joel B.	2 Years	Desiree P.	2 Years	Jim C.	23 Years	Charlotte G.	5 Years
Airdrie Country Group		Just For Today		Clyde S.	4 Years	Airdrie Country Group		Rick R.	8 Years
Merle C.	45 Years	Inga	3 Years	Lesley S.	26 Years	Arthur	1 Year	Jon B.	9 Years
Awakenings		Deborah	4 Years	Unity Group		Moe B.	5 Years	Mike O.	11 Years
Don B.	9 Years	Bob	29 Years	Kevin L.	17 Years	Brenda T.	10 Years	Midnapore	
Rudy N.	25 Years	Kincora Group		Alex R.	28 Years	Diane R.	27 Years	Murray M.	4 Years
Back From Hell		Joel B.	2 Years			Al C.	51 Years	Ryan P.	7 Years
Clint P.	5 Years	Jennifer B.	2 Years			Awakenings		Al M.	10 Years
Deer Ridge		Danny M.	17 Years			Chelsea E.	3 Years	Wes W.	42 Years
Delia	29 Years	MAAT				Patti D.	12 Years	Northlanders	
Edgemont Group		Ron W.	16 Years			Judy Mc.	21 Years	Karen O.	3 Years
Derek T.	11 Years	McKenzie Towne Group				Kim A.	44 Years	Art W.	46 Years
Anima K.	11 Years	Brad I.	7 Years			Back From Hell		Northwest Calgary Group	
Garnet Block		Lon M.	8 Years			Dylan K.	1 Year	Rhoda A.	1 Year
Jon S.	1 Year	Colleen M.	30 Years			April S.	2 Years	Rob M.	1 Year
Johanne	1 Year	Jon G.	37 Years			Jack J.	17 Years	Shaun M.	1 Year
Mike	1 Year	Midnapore				Rene R.	39 Years	Tracey E.	1 Year
Donna	1 Year	Travis A.	1 Year			Better Days Group		Jason M.	1 Year
Bevin	1 Year	Adora W.	3 Years			Patrick S.	9 Years	Scott S.	2 Years
Alisa	4 Years	Tyler R.	3 Years			Sandra M.	30 Years	Rick R.	8 Years
Rendel	45 Years	Kristy M.	5 Years			Deer Ridge		Morgan S.	10 Years
Glenmore		Terry M.	5 Years			Jen J.	1 Year	Rob O.	23 Years
Jason F.	1 Year	Josef S.	6 Years			Aaron L.	5 Years	Ogden Group	
Deano	1 Year	Dave G.	12 Years			Dustin	8 Years	Denise D.	6 Years
Selina	1 Year	New Beginnings				Bill	24 Years	Derek F.	7 Years
Jan	2 Years	Rob H.	1 Year			Marilyn	26 Years	Crystal H.	7 Years
Gaye	9 Years	Bonnie B.	2 Years			Edgemont Group		Jen A.	11 Years
Glen	10 Years	Joelle	7 Years			Ash K.	1 Year	Sherry F.	15 Years
Layne S.	15 Years	Darren W.	8 Years			Eric B.	9 Years	Jesse D.	19 Years
Carol B.	15 Years	Nancy R.	27 Years			Judy Mc.	21 Years	Vince C.	27 Years
Gail	16 Years	Ellen M.	37 Years			Haddon Road		Brian H.	37 Years
Pat	25 Years	Ogden Group				Peter R.	3 Years	Open Door Group	
Bill M.	29 Years	Rosa P.	4 Years			Craig F.	4 Years	Jo-Lynn H.	20 Years
Dallon	29 Years	Eric P.	30 Years			Aaron L.	5 Years	Rule 62	
David M.	39 Years	Darryl D.	32 Years			Just for Today		Lyle S.	25 Years
Haddon Road						Trevor S.	19 Years	Unity Group	
Greg H.	16 Years							Brendan H.	11 Years
								Todd M.	12 Years

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group January	AA Group February
Renfrew Tuesday	McKenzie Towne	
Renfrew Thursday	Namaste	
Renfrew Sunday	Friday Night Fellowship	
Sunrise	Ogden	
Alpha House	Daily Reflections	
Dream Centre	Thursday Night Ladies.	

Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
January 5, 2020	Lakeside Serenity
January 12, 2020	Thursday Night Ladies
January 19, 2020	
January 26, 2020	NW Calgary
February 02, 2020	

Phone Monitoring Dates	AA Group
Dec 30 – Jan 5	New Beginnings
January 6 – 12	Primary Purpose
January 13 – 19	Shipwreck at Sunset
January 20 – 26	Regal
Jan 27 – Feb 2	Westend Step & Tradition
February 3 – 9	Thursday Night Ladies
February 10 – 16	Just for Today
February 17 – 23	Just for Today

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 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: cgsc_treatmentchair@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: cgscbtg@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

LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday January 11, 2020	Better Days Group Speaker Meeting	Mariam A. is speaking at 8:00 pm at 1432 19 th Street NE.
Saturday January 25, 2020	8 th annual district 77 round up	Edgemont Community Centre 33 Edgevalley Circle NW, Calgary, AB More info and tickets available at Calgaryaa.org
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 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	More information to come next month.

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 January 2020 Issue of GRAPEVINE is here!

On the Cover: Spiritual Awakenings

[To view the Table of Contents, click here.](#)

Some stories include:

[Coming to believe](#)

After 29 years of sobriety, a member gets a completely new understanding of Step Two

[Son of a rocket scientist](#)

His analytical mind had to see results of a Higher Power at work. Thanks to his sponsor, he could show you it on a chart.

[Borrow mine](#)

I said "Jim, maybe you could use my Higher Power." I told him I was sure he wouldn't mind. Jim thanked me and we never spoke of the God thing again.

[Clearer than ever](#)

A private investigator discovers that faith, not sight, would lead him out of the dark.

BETTER DAYS GROUP

SATURDAY JAN. 11TH 2020
SPEAKER MEETING

AT 8:00pm 1432 19TH ST N.E.

MARIAM A.

FROM
HADDON ROAD GR.

REMEMBER IT'S ALWAYS BETTER WITH WE !



Calgary Introduction To Service Committee

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

CRAZY FOR SERVICE

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

Gratitude Round-up !

Banff Round-up !

Intergroup Rep !

DCM / GSR !



SPECIAL SECTION

Carry the Message:

It's a tie! Pacific and Northeast regions

Garnet Block

MONTHLY AA SPEAKER MEETING

2nd Saturday of Every Month

Time: 5:30 PM

1609 Center Street North



EVERYONE IS WELCOME



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



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

Step 1 & Tradition 1

Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability...

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.