

SUGGESTED 25¢ DONATION

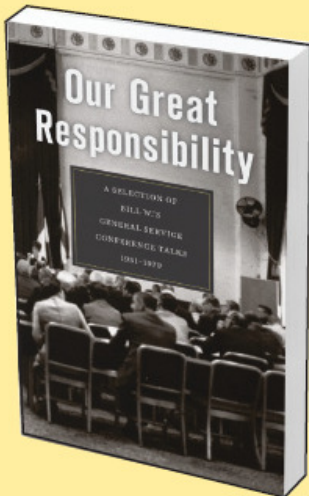


# THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)

## CALGARY CENTRAL OFFICE



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

### REGULAR OFFICE HOURS

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

### HOLIDAY CLOSURES

Easter

Fri. April 10 + Sat. April 11

### 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](mailto:centraloffice@calgaryaa.org)  
[www.calgaryaa.org](http://www.calgaryaa.org)

## Freedom

5<sup>th</sup> Annual Balzac Round Up  
*Back to The Book Group*

April 4, 2020  
Balzac Hall

Join us for a day of fantastic  
Speakers, Food and Fellowship!!

### Day At A Glance

9:00 – Doors Open

10:30 – AA – Garry M, Calgary

12:00 Lunch

2:00 – Alanon – Wendy H, Calgary

4:00 – AA – Lyle S, Calgary

6:00 Dinner

7:30 – AA – Becky P, Olds (Past Delegate to NY)

### Tickets

\$20.00 – Cost of Day with Lunch

\$30.00 – Cost of Day including Lunch and Supper

Questions?

Contact Shannon A – 587-215-2462 or Brian J – 403-926-6209



Balzac Community Hall is  
located on the south side of  
HWY 566, just west of the  
QEII.

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, 2<sup>nd</sup> 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

**Airdrie Country Group**, Open meeting, Monday's and Thursday's at 8:00 pm at Airdrie Seventh Day Adventist Church – 308 1 Ave S.E.

**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 – 4<sup>th</sup> St. SW, meet in the Fellowship Room, downstairs, use the "Christian Education Building" door on 4<sup>th</sup> 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.

MEETING cancellations

**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**, Monday's & Wednesday's, Noon, Open, Lutheran Church of the Cross, 10620 Elbow Dr. SW.

## HAPPY BIRTHDAY!



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

February						March			
Airdrie Reflections Group		Just for Today		Ogden		ABC Group		Ogden	
		Wayne	7 Years	Tania M.	14 Years	Trevor P.	3 Years	Dustyn E.	1 Year
Maureen S.	2 Years	Frank	31 Years	Pat M.	14 Years	Kim J.	7 Years	Ryan S.	2 Years
Lisa P.	4 Years	Kincora Group		Keith K.	29 Years	Airdrie Reflections Group		Owen M.	5 Years
Awakenings Group		Bali K.	1 Year	Laurie A.	40 Years	Andrew H.	13 Years	Naz M.	5 Years
Ron W.	5 Years	Paul G.	4 Years	Recovery Group		Awakenings Group		Mark L.	8 Years
Charles C.	16 Years	April H.	5 Years	Richard I.	1 Year	Scott J.	3 Years	Rob M.	15 Years
Back From Hell		Marlborough Park Group		Selina B.	2 Years	Back From Hell		Julius R.	27 Years
Brandy B.	6 Years	Ken P.	5 Years	Regal Group		Nick T.	17 Years	Yvonne O.	28 Years
Troy C.	10 Years	McKenzie Towne Group		Joe	1 Year	Better Days Group		Regal Group	
Better Days Group		Greg M.	3 Years	James	2 Years	Dave M.	6 Years	Harry P.	39 Years
Charles M.	30 Years	Mark P.	29 Years	Richard	2 Years	Deer Ridge		Rule 62	
Marilyn S.	33 Years	Dennis F.	34 Years	Unity Group		Ashley C.	4 Years	Jake C.	4 Years
Deer Ridge Group		Midnapore		Isaac R	2 Years	Bob C.	6 Years	Jeff D.	5 Years
Jennifer F.	4 Years	Amber W.	1 Year	Val D.	21 Years	Adrian M.	16 Years	Wednesday Morning Eyeopeners	
John W.	4 Years	Dave W.	1 Year	Ron B.	24 Years	Edgemont Group			
Sam S.	4 Years	Les B.	3 Years	Wednesday Morning Eyeopeners		Brent V.	37 Years	Elise L.	2 Years
Jerry P.	6 Years	Rob G.	3 Years			Friday Night Fellowship		Ann J.	30 Years
Katherine J.	14 Years	Barney M.	3 Years	Ashok P.	23 Years	Brittany S.	5 Years	West End Step & Tradition	
Yvon	33 Years	Jimmy T.	4 Years			Holly E.	10 Years		
Edgemont Group		Kelly D.	11 Years			Catherine M.	16 Years	Tom M.	2 Years
Kelly R.	2 Years	Brian K.	28 Years			Just For Today			
Patrick F.	27 Years	New Beginnings				Sharon G.	27 Years		
Harvest Hills Big Book Group		Brandy	2 Years			MAAT Group			
		Mitch	7 Years			Bruce B.	2 Years		
Katie J.	3 Years	Amanda	12 Years			Chris M.	5 Years		
Ron W.	5 Years	Danny	15 Years			Carol S.	24 Years		
						Linda L.	35 Years		
		Anneamarie	15 Years			Judy B.	36 Years		
		Kelly K.	17 Years			Marlborough Park Group			
		Roxanne	18 Years			Karen M.	16 Years		
		Mary M.	32 Years						

## AWAKENINGS GROUP MEETING

SATURDAYS at 0930 hours

**CANCELLED, April 25<sup>th</sup> only**

Back to normal weekly meetings May 2<sup>nd</sup>  
at 0930 hours in the Conference Room

(west side, church basement)

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group March	AA Group April
Renfrew Tuesday	Unity	Marlborough Park
Renfrew Thursday	Regal	SMOG
Renfrew Sunday	New Beginnings	Garnet Block
Sunrise	Rule 62	New Beginnings
Alpha House	Daily Reflections	Shipwreck at Sunset
Dream Centre	Haddon Road	McKenzie Towne
Centre of Hope	McKenzie Towne	Haddon Road

## Upcoming Intergroup Service Commitments

Sunday Morning Breakfast at Ramada**served till 9:30** 708 – 8 Ave. S.W	AA Group
March 8, 2020	Haddon Road
March 15, 2020	Recovery
March 22, 2020	Shipwreck at Sunset
March 29, 2020	Glenmore
April 05, 2020	Ogden

Phone Monitoring Dates	AA Group
March 2 – 8	Harvest Hills Big Book
March 9 – 15	Haddon Road
March 16 - 22	Primary Purpose
March 23- 29	Shipwreck at Sunset
March 30 – April 5	Unity
April 6 – 12	Midnapore
April 13 - 19	SMOG

## 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, 3<sup>rd</sup> Saturday each month, March Meeting is March 21 @ 4 pm. Contact: [cgsctreatmentchair@gmail.com](mailto: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](mailto: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 3<sup>rd</sup> Thursday of the month at 7 pm at AA Central Office. Email: [cgsctbtg@gmail.com](mailto: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](mailto: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
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 <sup>th</sup> , 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 <sup>th</sup> Tradition.
Saturday, April 4, 2020	Freedom – Balzac Roundup	9:00 am to 8:30 pm, Balzac Community Hall, 10075 TWP 262 Balzac, Alberta. Tickets: \$20/person includes lunch; \$30/person includes lunch and dinner
Saturday, April 18, 2020	Archives Workshop - Nanton	Archives Workshop being held in Nanton at the Nanton United Church. 2121 – 21 Street, Nanton, Alberta Cost: 7 <sup>th</sup> Tradition.
Saturday, May 09, 2020	34 <sup>th</sup> Annual AA Cochrane Round-up: 1 Day Event	All day event; held at the Bow Valley Baptist Church - 54 W. Aarsby Rd, Cochrane. Tickets: \$20/person includes morning, lunch and afternoon; \$30/person includes Full Day with Evening Banquet.

## 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.

### *"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.

### *"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 March 2020 Issue of GRAPEVINE is here!

### On the Cover: Puzzled

To view the Table of Contents, click here.

Some stories include:

#### Embracing Change

I always figured I would die at my desk. I was afraid I couldn't face retirement because I wouldn't stay sober.

#### Lucky Me

I have been lucky enough to live one day at a time for awhile now. Every now and then, I reflect back to some of the best things I've heard at my AA meetings, things that have served me well.

#### Staying Alive

The other day I remarked at my home group discussion meeting that my life was uneventful. Later it occurred to me: Who needs excitement anyway?

#### The Best Things in Life Aren't Things

I had my last drink on May 14, 1973.

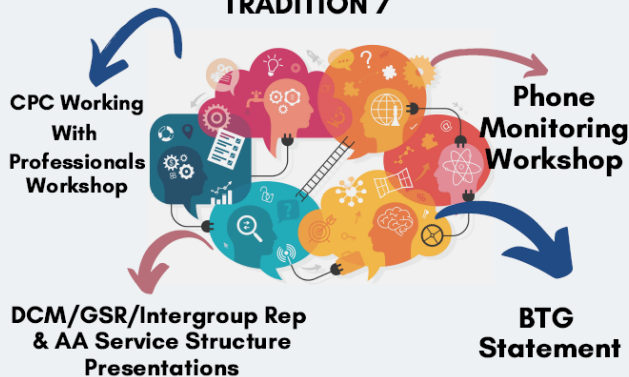
#### A Better Fit

My first interaction with a Higher Power was terse. I had reached the end of my rope, having attempted sobriety for a period of about 19 months.

## 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



Haddon Road Movie Night presents



Join us!  
March 20th 7:00pm  
200 Haddon Rd SW

WE WELCOME YOU TO

**BETTER**

**DAYS GROUP**

SPEAKER

MEETING

1432 19th N.E.

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

SPEAKER FOR  
APRIL 11<sup>TH</sup>  
8:00PM  
TREVOR S.

FROM: JUST FOR TODAY GROUP

REMEMBER IT'S ALWAYS BETTER WITH WE!

**Calgary Introduction To Service Committee**

[cgscintro@gmail.com](mailto: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

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

**\*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 Westward"
- 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*



**34rd Annual AA Cochrane Roundup**

**On the Trail to Sobriety - 1 Day**

**Saturday - May 9, 2020**

**Bow Valley Baptist Church**

**54 W Aarsby Rd, Cochrane**

**Speakers:**

**Theo F.**

**Bob M.**

**More Speakers To Be Announced**

**Full Day with Banquet \$30**

**Morning, Lunch & Afternoon only \$20**

**Save the date, more information to be released.**

## Step 3 & Tradition 3

### **Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.**

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From Twelve Steps and Twelve Traditions, Chapter on Step 3.

### **Tradition 3 – The only requirement for A.A. membership is a desire to stop drinking.**

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?" ...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.

As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition.

From Twelve Steps and Twelve Traditions, chapter on Tradition 3.