

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](mailto:westwordeditor@gmail.com)

## Central Office News COMING SOON:

The Limited Edition printing of  
*A Visual History of  
Alcoholics Anonymous,  
an Archival Journey*  
originally developed as the souvenir book  
for the 2020 International Convention

### ALSO:

2021 Grapevine Calendars  
and Pocket Planners  
have arrived and  
**FREE 2020 General Service  
Conference Reports  
are available!**

Thank you for your continued  
support of the Calgary Central  
Service Office.

### REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm  
Closed 1:00pm–2:00pm for lunch  
Saturday: by appt only!

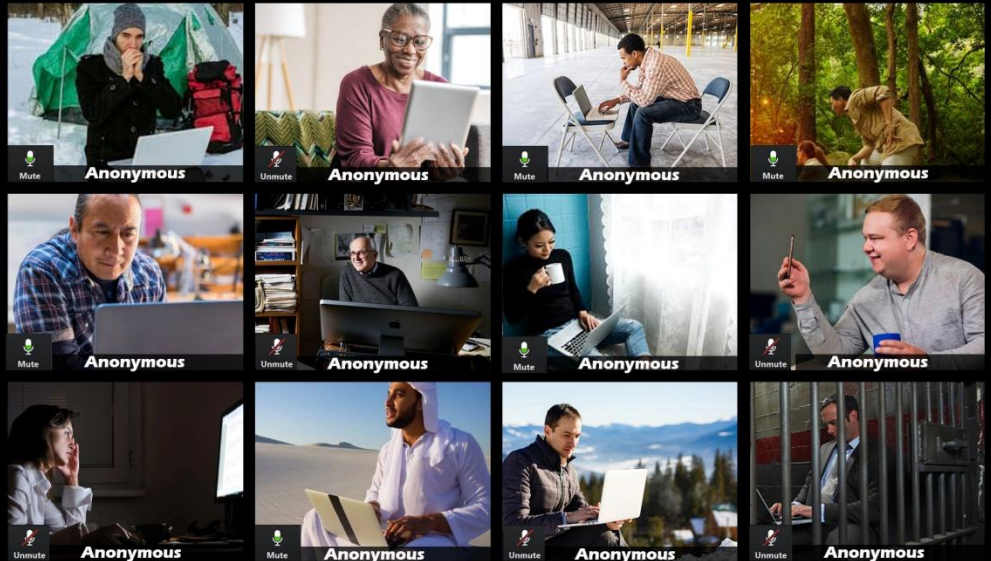
### HOLIDAY CLOSURES

**FAMILY DAY**  
Monday, February 15, 2020

AA Central Service Office  
4021 – 4 St. S.E.  
Calgary, Alberta T2G 2W4

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

## Transmitting the Message, Modem to Modem.



## 2021 BANFF ROUNDUP -online COVID-19 edition-

**DATE & TIME:** Saturday, March 6th, 9:00am - 9:00pm  
(dinner, 6:00pm-7:00pm)

**ZOOM INFO:** ID: 847 8614 0009 Pass: Banff2021

**SPEAKERS & EVENTS:** See attached schedule for info. No ticket required., 7th

**TICKETS & COST:** Tradition welcomed to cover costs and support Calgary Intergroup. Dinner \$20 (Calgary only): Chicken stew, cheese biscuits, caesar salad, special dietary requirements available. Delivery/curbside pickup available. Email us @

**CONTACT:** ([cgigbanffchr@gmail.com](mailto:cgigbanffchr@gmail.com)) to order!

### SCHEDULE OF EVENTS & SPEAKERS

All Times in MST (Mountain Standard Time)

MC – Tami L, Panel 70 Alternate Delegate for Area 78

9-945AM - Meditation Meeting Led by Linsay M, Calgary AB

10-11AM - Krista M, Dallas TX

11-1145AM - Breakout Rooms for Fun and Fellowship – Music, Games, Free for All

12-130PM - We Are Responsible: Spiritual Principles of Inclusion w/ Panelists Kyle B, Edmonton AB / Sammy H, Olympia WA / Joshua H, Toronto ON / Ryane P, Yellowknife NT / Carolyn T, Calgary AB

2-345PM - Emotional Sobriety Workshop Led by Andy C, Victoria BC and Mike C, Calgary AB

4-5PM - Speaker Peggy M, London ON

5-645PM - Dinner and Breakout Rooms for Fun and Fellowship – Music, Games, Free for All

645PM - Sobriety Countdown

7-830PM - Mark E, Laguna Beach CA

830-9PM - Closing and Serenity Prayer

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	cgigbanffchr@gmail.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

**Mazatlan Zoom Meeting**, new Zoom meeting at noon on Friday in sunny Mazatlan Mexico. Zoom ID: 721 2445 6307, Password: "unity"

**Friday Night Trainwreck**, Open, Fridays, 10 pm, 2+ hours, Step & Tradition, 200 Haddon Rd. SW, Rm. 200L (upstairs).

**Awakening Meeting**, Tuesday, Thursday and Saturday evenings at 7:00 pm. Zoom Meeting ID: 823 4331 8203. No Password required.

MEETING CHANGES

**Steps, Stories & Beyond** will be offering in-person meetings at the Forest Lawn Fellowship Room at 1830 52 Street SE (Clayborn Centre: upstairs).

**Beautiful Hope Women's Group**, open, Mondays, 7:00 pm, Step/Tradition discussion, Mustard Seed Neighbor Centre, Madigan Plaza, 6060 Memorial Drive NE, Suite 24.

**Garnet Block Updates**, Saturday Women's meeting will be at 1:30 pm instead of 1:00 pm.

- There is a meeting at 7 pm on Thursday's and Friday's
- There will be a 10 am meeting Monday through Saturday starting in October.
- Big Book study/discussion starting Sunday Oct. 4<sup>th</sup> at 7 pm.

**"SouthView By the Book"**, Friday @ 7:30 pm is moving to the ForestLawn Fellowship Room at 1830 – 52 Street SE, Unit 208

**Carstairs Sunday Night**, Changing their time back to 7:30 pm and the location will be the Royal Canadian Legion, 121 – 10<sup>th</sup> Ave N.

**Stampeders Group**, no longer has a zoom meeting on Saturdays. Just their regular in person Meeting, Saturday's at Rockpointe Church.

MEETING INFO

**Shipwreck @ Sunset**, On the first Friday of every month there will be a speaker meeting, speakers are from the Area 78 Service Committee. Speakers will speak about AA volunteer service work. The meeting has been changed from 9:30 pm to 8:00 pm. Zoom ID: 820 2747 0151

## 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		Midnapore Group		Awakenings Group		Ogden Group	
Ramona B.	1 Year	Archi	1 Year	Ryan P.	8 Years	Ron W.	6 Years	Theo P.	1 Year
Jessica B.	12 Years	Bryce	1 Year	Al M.	11 Years	Charles C.	17 Years	Trent L.	1 Year
Jim C.	24 Years	James S.	1 Year	Wes W.	43 Years	Back From Hell Group		Tania M.	15 Years
Awakenings Group		Jen Z.	1 Year	New Beginnings		Teshuvah	6 Years	Keith K.	30 Years
Chelsea E.	4 Years	Vanessa	1 Year	Anne	1 Year	Brandy B.	7 Years	Laurie A.	41 Years
Patti D.	13 Years	Kaiser	6 Years	Ryan R.	1 Year	Troy C.	11 Years	Recovery Group	
Judy Mc.	22 Years	Bernie	19 Years	Vaughn M.	1 Year	Better Days Group		Noah H.	1 Year
Kim A.	45 Years	Rob O.	23 Years	Brandy Mc.	3 Years	Charlie M.	31 Years	Richard I.	2 Years
Back From Hell		Dave H.	51 Years	Chris C.	4 Years	Marilyn S.	34 Years	Margrit P.	24 Years
Danielle F.	1 Year	Glenmore Group		Glen T.	10 Years	Deer Ridge Group		Regal Group	
Dylan K.	2 Years	Anne	1 Year	Steph F.	11 Years	Jennifer F.	5 Years	James F.	3 Years
April S.	3 Years	Dan M.	1 Year	Holly T.	12 Years	John W.	5 Years	Richard	4 Years
Rene R.	40 Years	Ian A.	1 Year	Leonora G.	14 Years	Jerry P.	7 Years	Bruce M.	33 Years
Better Days Group		Cassandra	2 Years	Simone H.	15 Years	Katherine J.	15 Years	Unity Group	
Sandra M.	31 Years	Nicole	3 Years	Chris T.	16 Years	Yvon	34 Years	Isaac R.	3 Years
Linda J.	44 Years	Meghan J.	3 Years	Sheryl P.	23 Years	Edgemont Group		Val D.	22 Years
Country Group Airdrie		Rob Mac.	8 Years	John A.	32 Years	Patrick F.	28 Years	Ron B.	25 Years
Arthur R.	2 Years	Mike P.	19 Years	NW Calgary Group		Don G.	46 Years		
Brenda T.	11 Years	Tim F.	19 Years	Jas on M.	2 Years	Harvest Hills Big Book			
Diane R.	28 Years	Sean B.	24 Years	Kevin O.	2 Years	Kamal A.	1 Year		
Brian H.	38 Years	Pat R.	38 Years	Tracey E.	2 Years	Vince S.	1 Year		
Al C.	52 Years	David M.	40 Years	Rick R.	9 Years	Katie J.	4 Years		
Deer Ridge Group		Harvest Hills Big Book		Ogden Group		Ron W.	6 Years		
Aaron L.	6 Years	Amber	1 Year	Denise D.	7 Years	Kincora Group			
Dustin	9 Years	Joy H.	1 Year	Crystal H.	8 Years	Paul G.	5 Years		
Bill	25 Years	Carl S.	16 Years	Derek F.	8 Years	April H.	6 Years		
Marilyn	27 Years	Kincora Group		Sherry F.	16 Years	Midnapore Group			
Edgemont Group		Evan M.	6 Years	Vince C.	28 Years	Amber W.	2 Years		
Judy Mc.	22 Years	Charlotte G.	7 Years	Regal Group		Dave W.	2 Years		
		Rick R.	9 Years	Connor S.	5 Years	Barney M.	4 Years		
		Jon B.	10 Years	Rule 62		Les B.	4 Years		
		Mike O.	13 Years	Lyle S.	26 Years	Rob G.	4 Years		
		McKenzie Towne		Unity Group		Kelly D.	12 Years		
		Sandi F.	1 Year	Brendan H.	12 Years				
		Jennifer L.	7 Years	Todd M.	13 Years				
		Shaun C.	12 Years						
		Heather W.	21 Years						
		Mike C.	28 Years						

# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Group January	AA Group February
Renfrew Tuesday	CANCELLED	CANCELLED
Renfrew Thursday	CANCELLED	CANCELLED
Renfrew Sunday	CANCELLED	CANCELLED
Sunrise	Garnet Block	***
Alpha House	CANCELLED	CANCELLED
Dream Centre	AA Speakers	***
Sandstone	Kristin B.	***

## Upcoming Intergroup Service Commitments

Sunday Morning (9:30am) Intergroup Zoom Meeting ID: 639 139 785 Password: 531069 (Ramada Breakfast Meeting)	AA Group	Phone Monitoring Dates	AA Group
February 07, 2021	Primary Purpose Group	February 01 – 07	Recovery Group
February 14, 2021	New Beginnings	February 08 – 14	Primary Purpose Group
February 21, 2021	Ogden	February 15 – 21	Regal Group
February 28, 2021	Primary Purpose Group	February 22 – 28	Back From Hell
March 07, 2021	Garnet Block	March 01 – 07	Knox & Mustard Seed
March 14, 2021	Regal Group	March 08 – 14	
		March 15 – 21	

## Calls for service

**Daytime Telephone Monitor Needed:** Rewarding service position available for a telephone monitor. Required for Mondays 9 am – 1 pm. 1 year commitment required. Please e-mail Telephone Monitor Chair at [cgigtelmonitorchair@gmail.com](mailto:cgigtelmonitorchair@gmail.com)

'Intro to Service' is forming a new Committee as of February 6, first Thursday of every month. Meetings will be held at @ 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** needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3<sup>rd</sup> Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email: [cgsbctg@gmail.com](mailto:cgsbctg@gmail.com)

**COMC (Central Office Management Committee):** Two volunteers needed to be members at large! 5 Years of sobriety and relevant business or management experience needed. Internet/computer knowledge and an interest in our website would be an asset. Email [centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)



## LIST OF EVENTS

DATE	EVENT	DETAILS
Friday, Saturday & Sunday, February 12 – 14, 2021	Better Days: Weekend Round-up	A fantastic Zoom Round-up hosted by Better Days Group. See flyer and agenda for further information and be sure to register to save your spot.
Saturday, February 27, 2021	Garnet Block: 69 <sup>th</sup> Anniversary Alcathon	A full day to celebrate the 69 <sup>th</sup> Anniversary of the Garnet Block, see flyer for more details.
Saturday, March 06, 2021	2021 Banff Round-up: Online Covid-19 Edition	Please see flyer for more information. There will be fantastic speakers, fun and fellowship. Join us for the digital edition of the Banff Round up.

**ANNOUNCING:**

**The limited edition publication of a new book!**

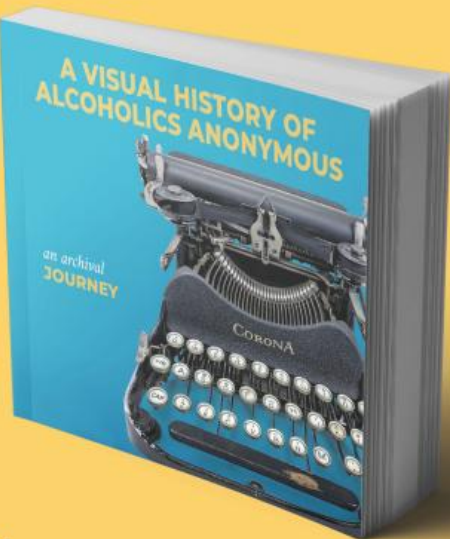
**Coming Soon to Central Office**

**A VISUAL HISTORY OF ALCOHOLICS ANONYMOUS:**  
*An Archival Journey*

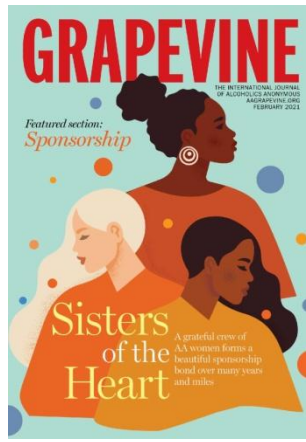
Lavishly illustrated, this lively tour through A.A.'s history is told in hundreds of iconic images never before published in one volume. Illuminating descriptions walk us through powerful moments in our shared history — from the people, places and things integral to A.A.'s early growth, and forward to today's vibrant, international Fellowship. Includes a special focus on Detroit in A.A.'s history and updated coverage of recent innovations in A.A. group life. 4.75" x 3.75", 416 pages.

Release date: **February 14, 2021**

**Originally developed as the souvenir book for the 2020 International Convention in Detroit.**



## The February 2021 Issue of GRAPEVINE is here!



### On the Cover: Sponsorship & Stories of Hope During Covid-19

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

Some stories include:

#### [Fired Once a Year](#)

By the grace of God and the Fellowship of AA, I am in my 42<sup>nd</sup> year of continuous sobriety. I was Twelfth Stepped into the program by a woman named Betty.

#### [Truth Works](#)

I was blessed with the gift of sobriety in June of 1988, and I'm incredibly grateful to my first sponsor for the values he instilled in me and the actions he directed me to take.

#### [Sisters of the Heart](#)

I met Lu when I moved to San Antonio. I was about two years sober. The fact that Lu was from California motivated me to ask her to be my sponsor because I knew that she'd understand why I longed to return to my birth state. But Lu said that I could return to California only when I was able to say, "My name is Cathy, I'm an alcoholic – and I'm visiting from Texas."

#### [Wait! He's Your Sponsor?](#)

It was March, and I was cold, lonely, confused and terrified. I was sure that this was it for me. It was 7:30 a.m., and I somehow crawled out of the car drunk and made it into the house.

24/7  Meetings

**Meeting ID**

180941258

**Password**

782203



## Better Days Group Roundup Agenda

UNITY ----- RECOVERY----- SERVICE

Friday, February 12<sup>th</sup> 2021

7:00 - 7:30 pm	Log on, Registration and Welcome
8:00 - 9:30pm	Documentary on one man's fight with Alcoholism "DRUNK IN PUBLIC"
10:00 - 11:00 pm	NIGHT Owl Meeting

Saturday February 13<sup>th</sup> 2021

9:00 - 10:30 am	Open - Morning Meeting
11:00 - 12:30 PM	History of Recovery- <b>TOM BRADY</b> on Emotional Sobriety
12:30 - 2:30 PM	<b>BREAK</b>
3:00 - 4:30 PM	AL-Anon Speaker <b>Linda L.</b> from Nashville Tennessee USA AL-Alon group CHAIR MEETING "FRIDAY FRIENDS Nashville"
5:00 - 7:00 PM	<b>BREAK</b>
7:00 - 7:30 PM	Welcome & Sobriety Countdown
7:30 - 9:15 pm	A.A. Speaker <b>DON C.</b> from Colorado Springs, Colorado USA Founder of WHITE Bison WELLBRIETY Movement
10:00 - 11:00 pm	Night Owl Meeting

Sunday February 14<sup>th</sup> 2021

10:30 - 12:00 pm	A.A. Speaker - <b>POLLY P.</b> From Jacksonville, Florida USA
12:15 PM	Farewell Fellowship Circle & Closing Ceremonies

**'THE GIFTS FROM THE 12 STEPS TO EMOTIONAL SOBRIETY'**

Please join our roundup from your computer, tablet or smartphone

At: "GO TO WEBIAR" APP OR CLICK LINK ID 852-901-299

<https://attendee.gotowebinar.com/register/262925527930608399>**Also Phone Call In : Canada with your Unlimited Canada Wide plan 1-647-497-9386****United States with your USA National Phone plan : 1-562-247-8421**BETTER DAYS GROUP WELCOMES YOU TO OUR  
WEEKEND ROUNDUP 2021

## THE GIFTS FROM THE 12 STEPS TO EMOTIONAL SOBRIETY

FEBRUARY- FRIDAY 12<sup>TH</sup> - SATURDAY 13<sup>TH</sup> - SUNDAY 14<sup>TH</sup>

Please register for Roundup at:

<https://attendee.gotowebinar.com/register/262925527930608399>

Go to webinar ID 852-901-299

**Also Phone Call In : Canada with your Unlimited Canada Wide Plan 1-647-497-9386**  
**United States with your USA National Phone plan : 1-562-247-8421****Sometimes dreams are  
WISER than walking****Black Elk - Oglala Sioux Medicine Man****"The ROOT of all Difficulties is a Lack of the  
Sense of the Presence of GOD"****Emmet Fox**



# Garnet Block

## 69th Anniversary Alcathon

### Saturday February 27th - 2021

### 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 - Relapse Prevention Discussion

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.
- Dinner will be supplied. No Potluck.



# ROCK THE BLOCK!

## EVERYONE IS WELCOME

### ALL Covid Protocols Will be in Place.





# Garnet Block

**12x12 Study**

Every Sunday at 7:00PM

1609 Center Street North

Drop In. Everyone is Welcome

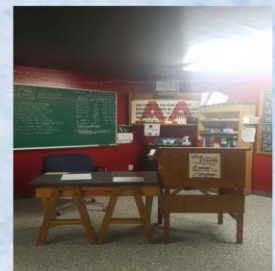
## TWELVE STEPS AND TWELVE TRADITIONS

**DON'T MISS IT!**

**ROCK THE BLOCK!**

Hosted by Peter L and James S.

All Covid Protocols Adhered to.







# COMC WANTS YOU!

Central Office Management Committee is looking  
for 2 members at large to join our committee

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Requirements: must have minimum 5 years sobriety

Previous Alcoholics Anonymous service experience outside of  
the group level, as well as experience in business such as  
Finance, Human Resources, Law, Business, Labour relations,  
Management etc.

Interest and knowledge of computers / websites is an asset!

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Please drop off or email your resume to Central Office for  
consideration

Email: [centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)

## 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.*