

SUGGESTED 25c DONATION



A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email 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

www.calgaryaa.org

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 - Meal TBD

5:30pm - 6:45pm - Workshop - TBD

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 Midnigher

- Regularly scheduled meetings will not be held

- Sign up sheet for Chairpersons is posted.



ROCK THE BLOCK!

EVERYONE IS WELCOME

All Covid Protocols shall be adhered to



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

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. 4th 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 – 10th 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.

| December | | | | | | January | | | |
|-----------------------|----------|------------------------|----------|-----------------------------|----------|-----------------------|----------|------------------------|----------|
| ABC Group | | Harvest Hills Big Book | | Ogden Group | | Awakenings Group | | Edgemont Group | |
| Mel S. | 56 Years | Joel B. | 3 Years | Rosa P. | 4 Years | Chelsea E. | 4 Years | Judy Mc. | 22 Years |
| Awakenings Group | | Leslie W. | 4 Years | Eric P. | 30 Years | Patti D. | 13 Years | Harvest Hills Big Book | |
| Vince A. | 7 Years | Kincora Group | | Darryl D. | 32 Years | Judy Mc. | 22 Years | Amber | 1 Year |
| Don B. | 10 Years | Jennifer B. | 3 Years | Recovery Group | | Kim A. | 45 Years | Joy H. | 1 Year |
| Rudy N. | 26 Years | Danny M. | 18 Years | Danny S. | 6 Years | Back From Hell | | Carl S. | 16 Years |
| Chinook Group | | Jean L. | 21 Years | Cate N | 13 Years | Danielle F. | 1 Year | Kincora Group | |
| Kirby | 21 Years | MAAT Group | | Michelle H. | 19 Years | Dylan K. | 2 Years | Evan M. | 6 Years |
| Annette V. | 30 Years | Ron W. | 27 Years | Marie U. | 33 Years | April S. | 3 Years | Charlotte | 7 Years |
| Country Group Airdrie | | Marlborough Park Group | | Rule 62 | | Rene R. | 40 Years | Rick R. | 9 Years |
| Cathy L. | 11 Years | Patrick S. | 10 Years | Brad M. | 1 Year | Better Days group | | Jon B. | 10 Years |
| Merle C. | 46 Years | New Beginnings | | Steps, Stories & Beyond | | Sandra M. | 31 Years | Mike O. | 13 Years |
| Deer Ridge | | Jessica K. | 1 Year | Tony B. | 3 Years | Linda J. | 44 Years | Regal Group | |
| Elle | 10 Years | Leah | 1 Year | Unity Group | | Country Group Airdrie | | Gary G. | 1 Year |
| Curt F. | 13 Years | Sydney | 1 Year | Kevin L. | 18 Years | Arthur R. | 2 Years | Rule 62 | |
| Delia E. | 30 Years | Bonnie B. | 3 Years | Alex R. | 29 Years | Brenda T. | 11 Years | Lyle S. | 26 Years |
| Edgemont Group | | Carol L. | 23 Years | West End Step and Tradition | | Diane R. | 28 Years | Unity Group | |
| Anima K | 12 Years | Nancy R. | 28 Years | | | Brian H. | 38 Years | Brendan H. | 12 Years |
| Garnet Block | | | | Daryl M. | 36 Years | Al C. | 52 Years | Todd M. | 13 Years |
| Sierra | 2 Years | | | 272 Group | | Deer Ridge Group | | | |
| Alisa | 5 Years | | | Dave G. | 3 Years | Aaron L. | 6 Years | | |
| Frances | 45 Years | | | | | Dustin | 9 Years | | |
| Rendel K. | 46 Years | | | | | Bill | 25 Years | | |
| | | | | | | Marilyn | 27 Years | | |

24/7  Meetings

Meeting ID

180941258

Password

782203



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 |
|---|-------------------|---------------------------|-----------------------|
| January 3, 2021 | Recovery Group | Dec. 28 – Jan. 03 | Thursday Night Ladies |
| January 10, 2021 | Garnet Block | January 04 – 10 | Haddon Road |
| January 17, 2021 | New Beginnings | January 11 - 17 | ABC Group |
| January 24, 2021 | Ogden | January 18 – 24 | Unity Group |
| January 31, 2021 | Daily Reflections | January 25 - 31 | New Beginnings |
| February 07, 2021 | | February 01 - 07 | Recovery Group |
| | | February 08 - 14 | |

Calls for service

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 on the 3rd
Saturday of each month @ 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 @ 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 needs: Temporary Contacts, Committee members, Speakers for Detox centres.
Interested? BTG meets every 3rd Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email:
cgsGBTG@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

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, January 09, 2021 | Better Days Group Speaker Meeting | Online room opens at 7:30 pm and at 8:00 pm Tim H. from Regal Group, will be sharing his experience, strength and hope |
| 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 th Anniversary Alcathon | A full day to celebrate the 69 th Anniversary of the Garnet Block, see flyer for more details. |

ANNOUNCING:

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

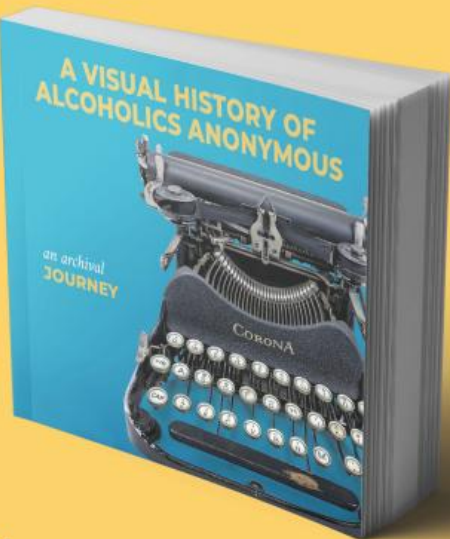
**Coming
Soon to
Central
Office**

**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 January 2021 Issue of GRAPEVINE is here!



On the Cover: Oldtimers! & Stories of Hope During Covid-19

To view the Table of Contents, click here.

Some stories include:

63 Wonderful Years

My last drink was in 1957 in California. I was 25. And I've been sober and active in AA ever since.

The Magic Pill

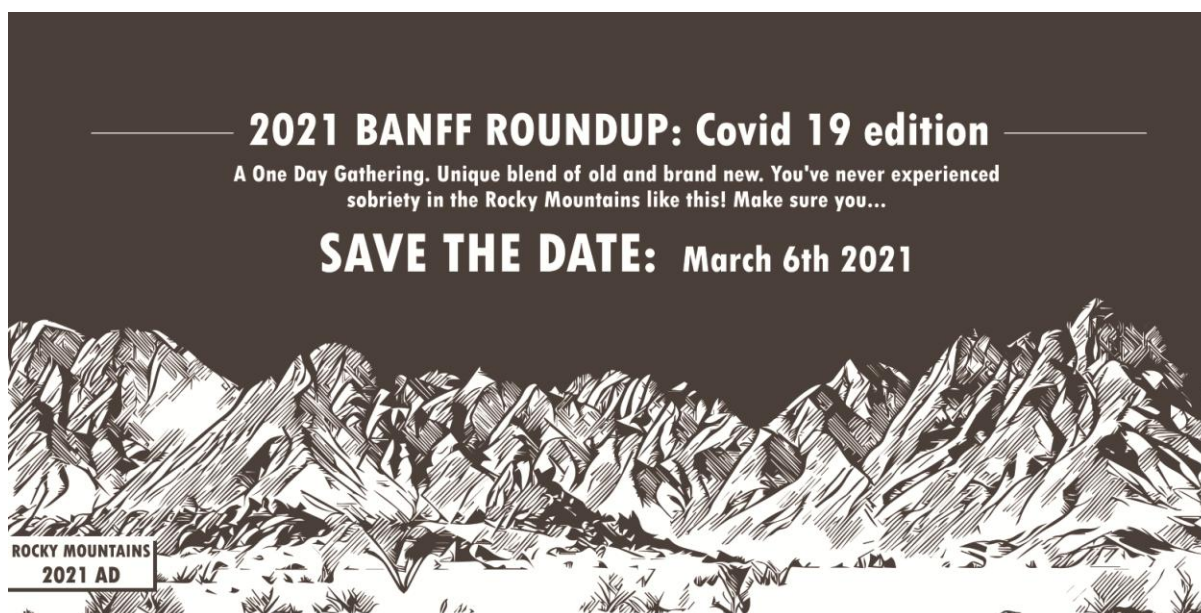
I stumbled into the rooms of AA in 1983 looking for a way out of my misery. Really what I wanted was a magic pill or some secret handshake to take away my alcoholism. Just give me the cure and get me out of here!

Everything I looked for in a Bottle

I had my last drink and walked into my first AA meeting in 1966. I was a single mother with two small children, and I was scared to death. I didn't know how I was going to stay sober, work and take care of my children.

Seemingly Miraculous

In early May of 1975, I was a textbook case of an alcoholic in a state of pitiful and incomprehensible demoralization.





THE BETTERS DAYS GROUP WELCOMES YOU TO OUR MONTHLY SPEAKER MEETING

BETTER DAYS GROUP MEETING

meetings are on Tuesday, Thursday, SATURDAY.
speaker is on the second WEEK OF EACH MONTH
ONLINE OPENS AT 7:30PM MEETING STARTS AT
8:00PM

**Please join our meeting from your computer, tablet or
smartphone.**

<https://www.gotomeet.me/BETTERDAYSGROUP>

Access Code: [858-492-805](https://www.gotomeet.me/BETTERDAYSGROUP)

**You can also dial in using your phone.
number is**

Canada (Toll Free): [1 888 455 1389](https://www.gotomeet.me/BETTERDAYSGROUP)

**WE WELCOME YOU TO
HEAR**

TIM H.

FR. THE REGAL GROUP

**COME TO HEAR WHAT
IT WAS LIKE WHAT
HAPPENED**

**AND WHAT ITS LIKE
TODAY**

**SPEAKER FOR
SATURDAY
JANUARY**

**9th 2021
8 :00 pm**

Online opens at 7:30pm

Better Days Group Roundup Agenda

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

Friday, February 12th 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 13th 2021

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

Sunday February 14th 2021

| | |
|------------------|---|
| 10:30 - 12:00 pm | A.A. Speaker - POLLY P. 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 12TH - SATURDAY 13TH - SUNDAY 14TH

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**



COMC WANTS YOU!

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

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!

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

Email: centraloffice@calgaryaa.org



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.