

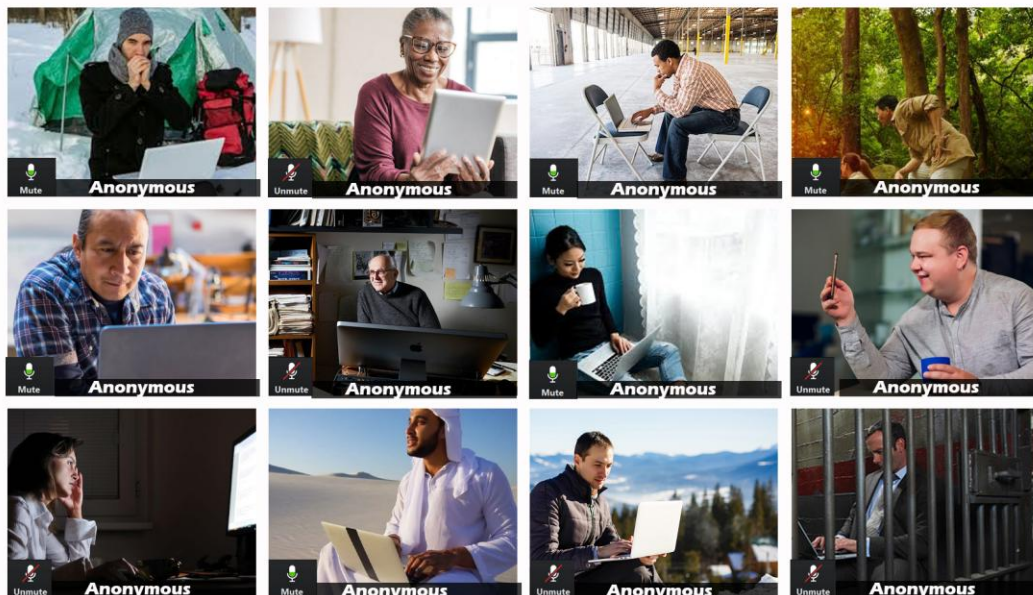
SUGGESTED 25c DONATION

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

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) 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 Lindsay 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

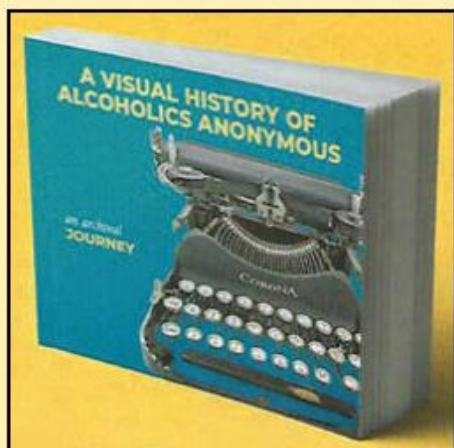
645PM - Sobriety Countdown

7-830PM - Mark E, Laguna Beach CA

830-9PM - Closing and Serenity Prayer



Central Office News



AVAILABLE NOW!

A Visual History of Alcoholics Anonymous, an Archival Journey

The Limited Edition printing originally developed as the souvenir book for the 2020 International Convention

REGULAR OFFICE HOURS

Mon-Fri, 8:30am-5:00pm

Closed 1:00pm-2:00pm for lunch

Closed Saturdays

HOLIDAY CLOSURES

Good Friday, April 2, 2021

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

centraloffice@calgaryaa.org

www.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.

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. 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.

February						March					
Awakenings Group		Kincora Group		Recovery Group		Airdrie Country Group		Ogden Group			
Ron W.	6 Years	Paul G.	5 Years	Noah H.	1 Year	Nathan	1 Year	Dustyn E.	2 Years		
Charles C.	17 Years	April H.	6 Years	Richard I.	2 Years	Airdrie Ladies in Sobriety		Ryan S.	3 Years		
Back from Hell Group		Mckenzie Towne Group		Margrit P.	24 Years	Mandy S.	3 Years	Rob M.	16 Years		
Teshuvah	6 Years	Greg M.	4 Years	Regal Group		Linda G.	10 Years	Julius R.	28 Years		
Brandy B.	7 Years	Mike S.	17 Years	James F.	3 Years	Awakenings Group		Owen M.	29 Years		
Tory C.	11 Years	Mark P.	30 Years	Richard	4 Years	Scott J.	4 Years	Yvonne O.	29 Years		
Better Days Group		Dennis F.	35 Years	Bruce M.	33 Years	Laurel A.	12 Years	Recovery Group			
Charlie M.	31 Years	Midnapore Group		Unity Group		Deer Ridge Group		Todd S.	1 Year		
Marilyn S.	34 Years	Amber W.	2 Years	Isaac R.	3 Years	Ashley C.	5 Years	Elizabeth	30 Years		
Deer Ridge Group		Dave W.	2 Years	Val D.	22 Years	Bob C.	7 Years	Wally P.	34 Years		
Jennifer F.	5 Years	Barney M.	4 Years	Ron B.	25 Years	Adrian M.	17 Years	Rule 62			
John W.	5 Years	Les B.	4 Years			Maggie B.	27 Years	Jake C.	5 Years		
Jerry P.	7 Years	Rob G.	4 Years			Edgemont Group		Jeff D.	6 Years		
Katherine	15 Years	Kelly D.	12 Years			Brent V.	34 Years				
Yvon	34 Years	New Beginnings				Midnapore Group					
Edgemont Group		Brianne	3 Years			Grant J.	3 Years				
Patrick F.	28 Years	Mitch	8 Years			Pawel B.	5 Years				
Don G.	46 Years	Anna Marie	16 Years			Dave P.	6 Years				
Harvest Hills Big Book		Kelly K.	18 Years			Jack B.	60 Years				
Kamal A.	1 Year	Ogden Group									
Vince S.	1 Year	Trent L.	1 Year								
Katie J.	4 Years	Tania M.	15 Years								
Ron W.	6 Years	Keith K.	30 Years								
Garnet Block		Laurie A.	41 Years								
Marc M.	1 Year										
Sarah Y.	1 Year										
James S.	2 Years										
Alisha	2 Years										
Robert D.	4 Years										
Andre L.	5 Years										
Sonny	9 Years										
Vie	9 Years										
Heather	15 Years										

24/7



Meetings

Meeting ID

180941258

24/7  Meetings

Meeting ID
180941258

Password
782203



Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group February	AA Group March
Renfrew Tuesday	CANCELLED	CANCELLED
Renfrew Thursday	CANCELLED	CANCELLED
Renfrew Sunday	CANCELLED	CANCELLED
Sunrise	Rule 62	Primary Purpose Group
Alpha House	CANCELLED	CANCELLED
Dream Centre	Deer Ridge	Primary Purpose Group
Sandstone	Shawn G.	Ogden Group

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
March 07, 2021	Garnet Block	March 01 – 07	Knox & Mustard Seed
March 14, 2021	Regal Group	March 08 – 14	Mckenzie Towne Group
March 21, 2021	Go for It	March 15 – 21	The Bridge
March 28, 2021	Go for It	March 22 – 28	Primary Purpose Group
April 04, 2021		Mar. 29 – Apr. 04	New Beginnings
April 11, 2021		April 5 – 11	Deer Ridge
		April 12 – 18	Go For It

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

'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

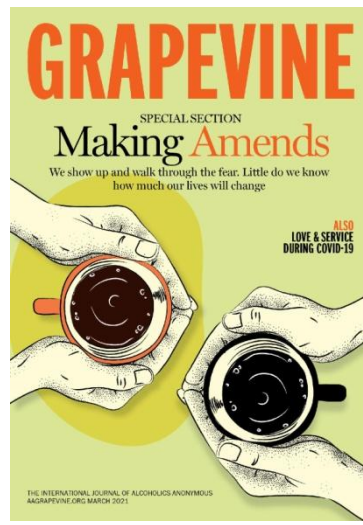
Bridging the Gap needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3rd Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email: cgsbgtg@gmail.com

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

LIST OF EVENTS

DATE	EVENT	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.

The March 2021 Issue of GRAPEVINE is here!



On the Cover: Making Amends

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

Some stories include:

[Just Live It](#)

I'd been sober for seven months. As a recovering alcoholic, I knew how important it was that I make amends to the people I had harmed when I was drinking.

[The One I'd Never make](#)

In a blackout, she did something very regretful involving a knife and a policeman. How would she ever facet his man again? This was how low my disease brought me.

[Showtime](#)

I've seen a lot of miracles take place in recovery, and I'd like to share a personal experience that I consider to be nothing short of miraculous: An amazing transformation between a mother and son that would have never happened without AA.

[260 Breakfasts](#)

Out of all of the Twelve Steps, I think it was the Ninth Step that helped me start to grow in understanding and personal effectiveness. Someone once said that God stands for "Grow Or Die." How true that is for me.

Garnet Block

12x12 Study

Every Sunday at 7:00PM

1609 Center Street North

Drop In. Everyone is Welcome

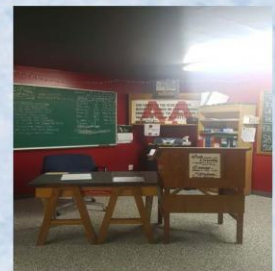
TWELVE STEPS AND TWELVE TRADITIONS

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

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



A READING FROM THE BETTER DAYS GROUP

Bill W., AA — Emotional Sobriety

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted". Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever. Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life. Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as he would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety. Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

~ Bill Wilson



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.
