

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

**Central Office
wishes everyone a
Merry Christmas and
Happy New Year!**

**REGULAR OFFICE HOURS**

Mon–Fri, 8:30am–5:00pm
(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

Christmas Eve

Fri., Dec. 24, closed after 1pm

Christmas Day, Sat., Dec. 25

Mon. + Tues., Dec. 27 + 28

New Year's Day, Sat. Jan. 1

Mon., Jan. 3, 2022

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

centraloffice@calgaryaa.org
www.calgaryaa.org

**WE
MARCH
BACK
TO**
Banff



Banff Park Lodge
Booking ID: 39774
Bow View
Booking ID: 76231
Peaks Hotel & Suites
Booking ID: 39964

THE 2022 BANFF ROUND UP

MARCH 4TH - 6TH 2022

The Banff Park Lodge
222– Lynx Street Banff, AB
403-762-4433/ 1-800-661-9266

Room rate: \$152 and up

Registration: \$45

Banquet: \$125 February 27th cutoff

banquet ticket includes registration

**Purchase tickets from Calgary Central Office
or at www.banffroundup.com**

Speakers:

Paula P- Illinois (AA)

Butch M- Ontario (AA)

Doug R- California (AA)

Mari G- Ontario (AA)

Larcine G California (Al-Anon)

Plus: Workshops and Entertainment

Email: info@banffroundup.com for more details



In the spirit of tradition 6 A.A. is not allied with any sect denomination, politics, organization or institution.

INTERGROUP CONTACTS:

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	telmonitor.calgary@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	specevents@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**

Garnet Block – Open LGBTQS2 meeting, Wednesday, 7pm, starting the beginning of November.

Open AA meeting, 5am on Monday and Wednesday morning, starts November 1st.

MEETING CHANGES

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.

SouthView By the Book, Friday @ 7:30 pm is moving to the Forest Lawn 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.

MEETING INFO - REOPENING MEETINGS

Thursday Night Ladies, meeting at 7pm at Woodcliffe United Church. Meeting in person for November.

AMEN Group – are now back at Hope Lutheran Church, 3527 Boulton Rd. NW, Tuesday evenings at 7:30pm

Better Days Group, Re-opening for in-person meetings August 07, 2021, Saturday, 8:00 pm.

Airport Group, Re-opening for in-person AA meetings at 210-10 Ave NE (Danish Lutheran Church), September 01, 2021, Wednesday, 8:00 pm.

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

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

CANCELLED MEETING

Know the Difference, Friday night @ 6 PM will be closed effective immediately.

HAPPY BIRTHDAY!



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

November									
ABC Group		Glenmore Group		New Beginnings		Recovery Group		Wednesday Morning	
Marsh C.	43 Years	Al	24 Years	Brad W.	1 Year	Haleigh W.	1 Year	Eye Opener	
Airdrie Back from Hell		Lanny M.	32 Years	Renee M.	1 Year	Katie S.	1 Year	Kurtis P.	6 Years
Kelly T.	1 Year	Gord	40 Years	Matt R.	1 Year	Adele R.	2 Years	Denise N.	6 Years
Norma G.	11 Years	Knox Nooner		Maria H.	8 Years	Chris E.	4 Years	White Sheep	
Doug F.	15 Years	Peter B.	30 Years	Aron M.	11 Years	Holly D.	9 Years	Stephen T.	3 Years
Jessica Z.	17 Years	MAAT Group		Linda W.	11 Years	Brian J.	10 Years	Mike H.	4 Years
Pam S.	18 Years	Curtis R.	2 Years	Sherry S.	21 Years	Linda S.	11 Years	Gibson S.	5 Years
Airdrie Country Group		Joseph V.	2 Years	Sandy D.	24 Years	Linda G.	24 Years	Murray K.	6 Years
Joel	5 Years	Jody D.	4 Years	Northwest Calgary Group		Irene R.	33 Years	Rob B.	8 Years
Awakenings Group		Harvey F.	4 Years	Jim M.	1 Year	John R.	36 Years	Trayce S.	8 Years
Lee H.	14 Years	Mike H.	7 Years	Lisa N.	1 Year	Regal Group		Zack F.	10 Years
Bev H.	17 Years	McKenzie Towne		Pehr H.	1 Year	Gordon B.	4 Years	Rich W.	30 Years
Laura J.	25 Years	Josh T.	1 Year	Jesse O.	1 Year	Blair T.	43 Years	Brad F.	34 Years
Chinook Group		Keal B.	1 Year	Scott P.	1 Year	Rule 62		Dave W.	37 Years
Anne G.	29 Years	Paul S.	2 Years	Tom M.	2 Years	Lila	8 Years	Tom R.	40 Years
Annette V.	31 Years	Geoff S.	6 Years	Brandon M.	3 Years	TURF Group		Doug W.	42 Years
Deer Ridge Group		Midnapore Group		Colin P.	10 Years	Adam M.	4 Years	272 Group	
Mark H.	5 Years	Murray M.	1 Year	Pat H.	11 Years	Chris V.	27 Years	Bruce S.	19 Years
Daneal	6 Years	James K.	3 Years	Darren R.	20 Years	Andy C.	44 Years		
Laara	7 Years	Liam M.	3 Years	Ogden Group		Harold H.	44 Years	Independent Birthdays	
Layah G.	11 Years	Jesse C.	4 Years	Denise T.	8 Years	Jim S.	68 Years	Kim M.	10 Years
Ernie S.	30 Years	Joseph S.	6 Years			Unity Group			
Edgemont Group		Dorion D.	7 Years			Shane S.	4 Years		
Daniel D.	3 Years	Tracye S.	8 Years			Travis A.	14 Years		
Ryan M.	4 Years	Rae D.	10 Years						
Vanessa G.	6 Years	Monte G.	15 Years						
Fran McM.	23 Years	<div>Announcement:</div> <div>The Banff Roundup: Covid Edition Speaker Recordings are available to all on the website www.banffroundup.com</div> <div>This vital 12th Step Work is available and accessible to anyone who needs it. Speaker anonymity has been protected by using only audio, last initials, and not including the option to download the recording to discourage distribution. The recordings and website were created by members of the Roundup Committee, all AA members conducting service work for their own recovery and the good of AA. The website hosting and domain is paid for by the Roundup Committee which is a part of Calgary Intergroup/Calgary Central Office. To ensure we can continue to do so, and that we remain self supporting and free from outside influences, please consider sending 7th Tradition Contributions to centraloffice@calgaryaa.org. Full statements on Tradition 7 and 11 can be found on the</div>							
Marilyn L.	25 Years								
Garnet Block									
D.	2 Years								
Darren N.	3 Years								
Nick	5 Years								
Nathan D.	5 Years								
Kurtis	7 Years								
Barb	8 Years								
Paul H.	15 Years								
Greg T.	30 Years								
Brett	32 Years								
Irene R.	33 Years								

Announcement:

The Banff Roundup: Covid Edition Speaker Recordings are available to all on the website www.banffroundup.com

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HAPPY BIRTHDAY!



December									
ABC Group		Chinook Group		MAAT Group		Ogden Group		West End Step & Tradition	
Mel S.	64 Years	Gary G.	2 Years	Ron W.	18 Years	Linda T.	1 Year		
Airdrie Country Group		Deer Ridge Group		McKenzie Towne		Rosa P.	5 Years	Daryl M.	37 Years
Merle	47 Years	Elle T.	11 Years	Lon M.	10 Years	Eric P.	31 Years	White Sheep	
Awakenings Group		Curt F.	14 Years	Dwayne W.	14 Years	Darryl D.	33 Years	Justin H.	4 Years
Rachael S.	8 Years	Delia E.	31 Years	Colleen M.	32 Years	Rule 62		Collin G.	5 Years
Vince A.	18 Years	Edgemont Group		Jon G.	39 Years	Aaron C.	2 Years	Dave F.	10 Years
Rudy N.	27 Years	Anima K.	13 Years	Midnapore Group		Brad M.	2 Years	Darren W.	10 Years
Back From Hell Airdrie		Kincora Group		Darren F.	1 Year	Southview By the Book		Jeff D.	32 Years
Clint P.	7 Years	Jennifer B.	4 Years	Kevin	1 Year	Wade C.	1 Year		
Rod L.	35 Years	Danny M.	19 Years	Tyler R.	5 Years	Unity Group			
Back to the Book - Airdrie		Jean L.	22 Years	Kristy M.	7 Years	Kevin L.	19 Years		
				Terry M.	7 Years	Alex R.	30 Years		
				Josef S.	8 Years				
Lori H.	1 Year			Dave G.	14 Years				

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

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Groups for November	AA Group for December
Renfrew Thursday	CANCELLED	CANCELLED
Renfrew Fridays	CANCELLED	ABC Group
Alpha House		Garnet Block
Sunrise		Daily Reflections
AARC		Primary Purpose Group
Dream Centre		NW Calgary Group
Sandstone (Friday)		(Tom)

Upcoming Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting Zoom Code: 816 3325 2940 Password: 853947	AA Group	Phone Monitoring Dates	AA Group
December 05, 2021	Rule 62	Nov. 29 – Dec. 05	Garnet Block
December 12, 2021		December 06 – 12	Saturday Morning Bridge
December 19, 2021	Rule 62	December 13 – 19	New Beginnings
December 26, 2021	Garnet Block	December 20 – 26	Regal Group
January 02, 2022	Thursday Night Ladies	Dec. 27 – Jan. 02	Primary Purpose Group
January 09, 2022	SW Serenity	January 03 – 09	
		January 10 – 16	

Calls for service

'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: cgsbctg@gmail.com

12 Step List (1-Year Sobriety): Looking for a service opportunity? Add your name and number to the list for 12 step calls. This list is used when a caller needs to talk to another alcoholic. All we need is your availability and which part of the city you live in/are willing to travel to.
E-mail: cgig12steplist@gmail.com

Public Information: is looking for committee members and someone who is interested in doing presentations to high schools during calm class in Calgary and surrounding areas. If this interests you at all or if you would like to learn more about what Public Information is all about please feel free to join us. Our committee meetings are the last Tuesday of every month at 7:30pm. Everyone is welcome.
The Zoom ID # 883 0218 3847 Passcode # Service

LIST OF EVENTS/BOOK STUDIES

DATE	EVENT	DETAILS
Saturday, December 11, 2021	Better Days Speaker Meeting.	Steve B. will be sharing his story at the Better Days Speaker meeting at 8:00 pm. The meeting is located at 1432 19 th Street NE.
Saturday, December 25, 2021	Garnet Block Christmas Alcañon	Doors open at 10 AM! Please see poster for more information.

The December 2021 Issue of GRAPEVINE is here!



On the Cover: Remote Communities & Sober Holidays

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

Some stories include:

[800 miles away](#)

I currently live in a North Dakota town of 200 people. The closest meeting is 50 miles away and is held at 8:00 P.M. to travel at night is no longer an option for me.

[Getting Connected](#)

God teaches me life lessons in the weirdest ways. Often he makes me think that I am the teacher when, in fact, I'm the student.

[Devil's Rejects](#)

I'm 44 and I've worked in the oil industry since 1992. I got sober young in AA in 1995. Sobriety can be tough at an isolated oil camp. But, these guys stepped up and made AA happen and even found time to celebrate.

[Welcome to the jungle](#)

The newest member of our AA group here in Costa Rica is titi monkey. He's not the first wild animal we've had visit us. Many sloths have come in too.

Primary Purpose group website is back online! [PPG Calgary \(ppg-calgary-aa.org\)](http://ppg-calgary-aa.org)

GARNET BLOCK
CHRISTMAS ALCATHON
Saturday - December 25th 2021
1609 Center Street North

MEETING SCHEDULE:

DOORS OPEN AT 10:AM

10:30am - 11:30am - Step 1-2

12:00pm - 1:00pm - Step 3-4

1:30pm - 2:30pm - Step 5-6

3:00pm - 4:00pm - Service Workshop

4:00pm - 5:30pm - Supper

5:30pm - 6:30pm - Step 7-8

7:00pm - 8:00pm - Step 9-10

8:30pm - 9:30pm - Gratitude

10:00pm - 11:00pm - Step 11-12

11:15pm - Marathon Meeting

- Service Workshop & 8:30 Meeting LIVE ZOOM

Use Zoom ID - 654342181

- Dinner will be supplied

- Current Covid protocol's shall be adhered to

ROCK THE BLOCK!





BOW VALLEY AA-2021/2022

Extra "OPEN" NIGHT OWL meetings are being held as well as regularly scheduled meetings

If you think you may have a problem – we are here for you!

Dec 23	9:30-10:30 pm
Dec 24,	9:30-10:30 pm
Dec 25,	9:30-10:30 pm
Dec 26,	9:30-10:30 pm
Dec 27	9:30-10:30 pm
Dec 28,	9:30-10:30 pm
Dec 29,	9:30-10:30 pm
Dec 30,	9:30-10:30pm
Dec 31,	9:30-10:30pm
Jan 1,	9:30-10:30pm

***The Scout Hall
918, 8 Street (Main Street),
Canmore, Alberta***

Contact: Hilary – 403 679 1354

COVID PROTOCOLS IN PLACE

BIG BOOK STUDY

Starting Monday January
17th at 6:30-8pm
Hosted by Mary S.J
and Steve Mc

New beginnings located at
380 canyon meadows drive

Bring big book,hi lighter,pen
or pencil.

Step 12 & Tradition 12

Step 12 - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.

Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs. "What do you mean when you talk about a 'spiritual awakening'?" they ask.

Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it...

From Twelve Steps and Twelve Traditions, chapter on Step 12.

Tradition 12 - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit - well symbolized by anonymity - is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.

But in the beginning, anonymity was not born of confidence; it was the child of our early fears. Our first nameless groups of alcoholics were secret societies. New prospects could find us only through a few trusted friends. The bare hint of publicity, even for our work, shocked us. Though ex-drinkers, we still thought we had to hide from public distrust and contempt.

When the Big Book appeared in 1939, we called it "Alcoholics Anonymous". Its foreword made this revealing statement: "It is important that we remain anonymous because we are too few, at present, to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event." Between these lines, it is easy to read our fear that large numbers of incoming people might break our anonymity wide open.

As the A.A. groups multiplied, so did anonymity problems...

These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

From Twelve Steps and Twelve Traditions, chapter on Tradition 12.
