

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 News



They're back!

After a long absence,
the early sobriety key tags
are back and available at
Central Office.

30 + 60 day tags: \$2.25 ea.

90 day, 6 mo. + 9 mo. tags: \$1.50 ea.

REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

Closed 1:00pm–2:00pm for lunch

Closed Saturdays

HOLIDAY CLOSURES

Victoria Day, Mon. May 24, 2021

Canada Day, Thurs. July 1, 2021

AA Central Service Office

4021 – 4 St. S.E.

Calgary, Alberta T2G 2W4

centraloffice@calgaryaa.org

www.calgaryaa.org

The Deer Ridge group would like to invite you to attend a
presentation on our service structure via zoom

Speaker Becky P, Past Delegate for Area 78, will be our speaker

30 minutes (short and sweet) with time for questions after ☺

RECOVERY



Date: June 8th 2021

Tuesday @ 6:15pm

Meeting ID: 847 744 5262

INTERGROUP CONTACTS:

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	telmonitor@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 MEETINGSMEETING 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.

"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.

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

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.

HAPPY BIRTHDAY!



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

April						May			
Airdrie Back from Hell		Glenmore Group		Midnapore Group		Airdrie Country group		McKenzie Towne	
Brian T.	12 Years	Eric D.	3 Years	Dawn M.	2 Years	Scott H.	2 Years	Josh B.	2 Years
Don W.	16 Years	Nicole S.	4 Years	Dustin M.	2 Years	KC	10 Years	Jenn	4 Years
Awakenings Group		Chad S.	14 Years	Troy S.	2 Years	Central Recovery		Tiffany T.	5 Years
Allison B.	4 Years	Claude	33 Years	Andy S.	5 Years	Dave M.	13 Years	Denis L.	10 Years
Darlene	12 Years	David S.	33 Years	Jeff A.	6 Years	Deer Ridge Group		Rafal K.	11 Years
Better Days Group		Harvest Hills Group		Margaret	6 Years	Taylor	4 Years	Katie M.	11 Years
Steve B.	2 Years	Justin P.	5 Years	Derek J.	9 Years	Harold	13 Years	Shelley A.	14 Years
Deer		Jennifer H.	9 Years	Brian W.	27 Years	Cliff B.	32 Years	Bren C.	27 Years
Hugh F.	11 Years	Darlene M.	12 Years	Sandy M.	31 Years	Edgemont Group		James C.	27 Years
Gordon E.	30 Years	Kincora Group		NADZIEJA Group		Kellen M.	17 Years	Wayne C.	29 Years
Edgemont Group		Bobby A.	13 Years	Andrzej S.	2 Years	Dave R.	19 Years	NADZIEJA Group	
Krista D.	5 Years	Knox		Ogden Group		June J.	19 Years	Hubert K.	1 Year
Sergio A.	6 Years	Terry S.	10 Years	Alyjah N.	7 Years	Tom W.	23 Years	Lukasz B.	1 Year
Linda H.	17 Years	MAAT Group		Liz S.	13 Years	Fraser G.	49 Years	Iwona K.	2 Years
Audrey B.	22 Years	Marsh E.	47 Years	Cor P.	18 Years	Harvest Hills Group		Krzysztof M.	11 Years
Ron D.	27 Years	McKenzie Towne		Bill M.	24 Years	John H.	2 Years	Joanna C.	12 Years
Garnet Block		Duayne M.	1 Year	Regal Group		Deepy G.	3 Years	Ogden Group	
James D.	1 Year	Kelsy C.	1 Year	Kent J.	3 Years	Kincora Group		Diane D.	6 Years
Dee	1 Year	Lachlan R.	1 Year	Rule 62		Linda W.	6 Years	Doug H.	6 Years
Tyler F.	1 Year	Dave K.	2 Years	Glen F.	7 Years	Maureen K.	10 Years	Nicole R.	7 Years
Kyle T.	3 Years	Gary L.	3 Years	Unity Group		Midnapore Group		Roy F.	29 Years
Nicole S.	4 Years	Karen J.	5 Years	Hannah P.	4 Years	Bill G.	4 Years	Recovery Group	
Richy	5 Years	Dean F.	8 Years	Dave S.	11 Years	Mathew M.	4 Years	Susan B.	2 Years
Ralph C.	7 Years	Skip M.	10 Years			Ben T.	5 Years	Leanne N.	3 Years
Joy B.	12 Years	Kevin H.	15 Years			Dave M.	5 Years	Joanna C.	7 Years
Sarto L.	18 Years	Kyle A.	15 Years			Tracey B.	5 Years	Regal Group	
Jim M.	30 Years	Liz L.	33 Years			Angelina O.	6 Years	Paul G.	7 Years
Ellen D.	36 Years					April S.	6 Years	Rule 62	
Jim M.	43 Years					Ted W.	6 Years	Larry D.	7 Years
						Dianne B.	7 Years	Nate M.	7 Years
						Brydo D.	8 Years	Wednesday Morning Eye Opener	
						Chuck N.	10 Years	Marty B.	7 Years
						Bruce S.	14 Years	Tom M.	26 Years
						Brad W.	16 Years	Stella B.	40 Years
						Wendy S.	17 Years	Bill M.	58 Years
						Daryl L.	25 Years		
						Sylvia	29 Years		
						Shirley T.	34 Years		

Service Opportunities

Upcoming CGSC Service Commitments

Treatment Facility	AA Group April	AA Group May
Renfrew Tuesday	CANCELLED	CANCELLED
Renfrew Thursday	CANCELLED	CANCELLED
Renfrew Fridays (zoom)	Regal Group	Glenmore Group
Sunrise	Midnapore Group	New Beginnings
Alpha House	CANCELLED	CANCELLED
Dream Centre	Garnet Block	Midnapore Group
Sandstone (Friday)	Haddon Road	Primary Purpose

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
May 02, 2021	Ogden Group	April 26 – May 02	Ogden Group
May 09, 2021	Unity Group	May 03 – 09	Garnet Block
May 16, 2021	PPG	May 10 – 16	Glenmore Group
May 23, 2021	Garnet Block	May 17 – 23	Edgemont Group
May 30, 2021	New Beginnings	May 24 – 30	SMOG
June 06, 2021		May 31 – June 6	Daily Reflections
		June 7 – 13	Knox-Mustard Seed

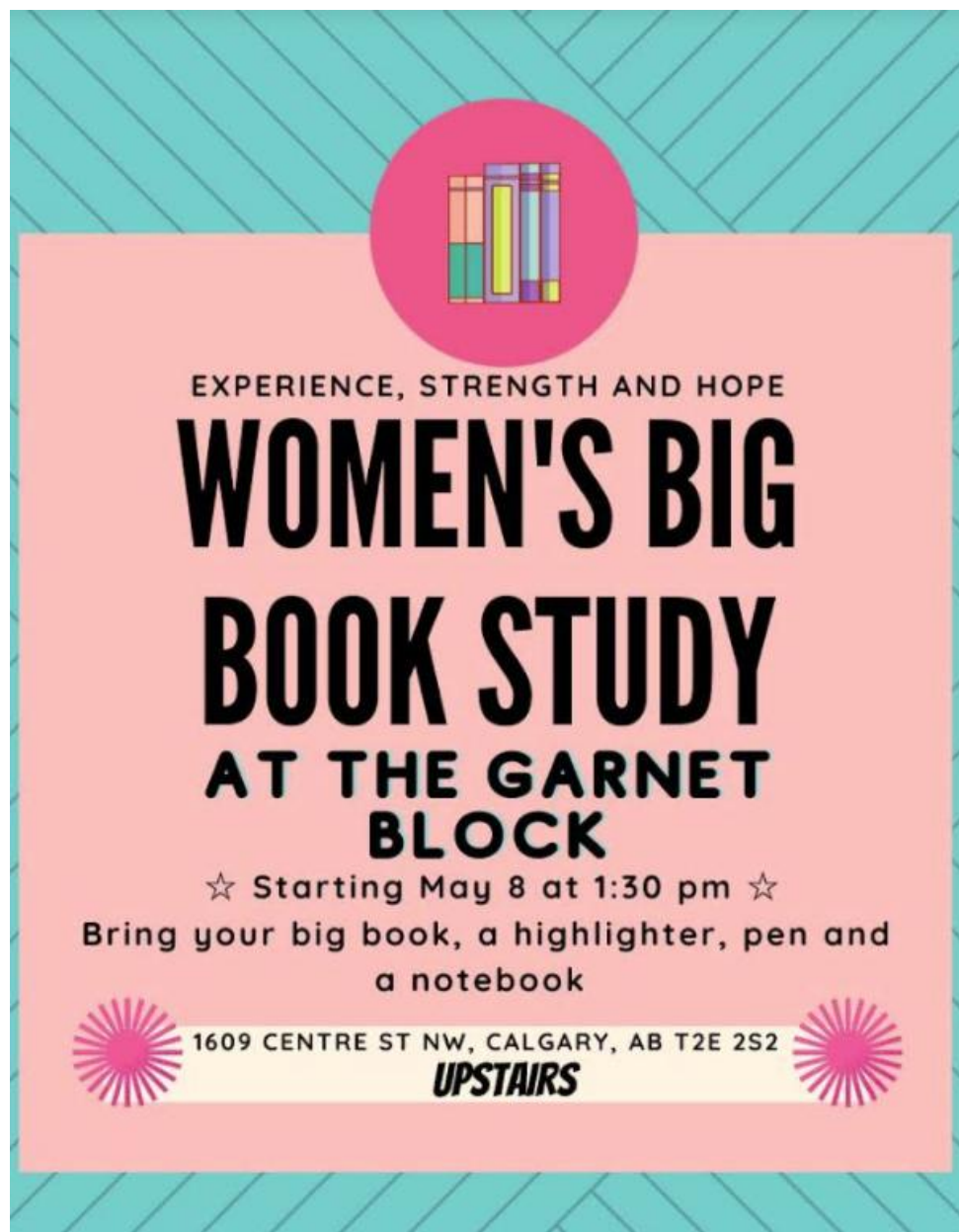
Calls for service

'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

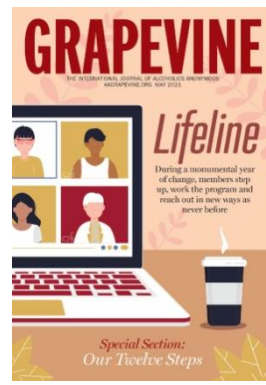
Bridging the Gap needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3rd Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email: cgsbgtg@gmail.com

LIST OF EVENTS

DATE	EVENT	DETAILS
Tuesday, June 08, 2021	Deer Ridge Group: Presentation on our Service Structure	Please see attached poster for zoom information. Presentation is 30 minutes and starts at 6:15 pm MT
Thursday, June 10, 2021	C.P.C. Committee: Information Session for Professionals	Please see attached flyer for more details. Lots of fantastic content from 11:30am to 1:00 pm MT.
Friday, Saturday, Sunday, June 9 – 11, 2021	6 th Annual Unity & Service Conference	Please register online at https://www.unityandserviceconference.org/ . See attached flyer for more information.



The May 2021 Issue of GRAPEVINE is here!



On the Cover: Lifeline

To view the Table of Contents, click here.

Some stories include:

These Steps Work

When I quit drinking in April of 1988, I was only 20 years old. I went from varsity cheerleading on the collegiate level to living so drunkenly I got kicked off the team for not showing up to any of my classes.

No Need to Fear

Before I got sober, most of my time was spent drinking and thinking about how I should be elevated to the appropriate stature that I so rightly deserved. I was determined to prove to everyone that I was very important.

Next Stop, Freedom!

In my second full month of sobriety, I thought I would challenge myself by taking a trip. I planned to visit an old friend in Boston. So on a very hot August day in 1995, I boarded the train in Wilmington, Delaware. I was a nervous and sweaty passenger.

Keys, Title & a Hug

The shiny, red sports car had to go back. I was unemployed, broke and could not make the payments. My new sponsor suggested I return it to the car dealer, so I did. It was the right thing to do, but also marked a low point in my sobriety.



6th Annual Unity & Service Conference

July 9-11, 2021 | Virtual on Zoom

An Alcoholics Anonymous event
with Al-Anon participation




ASL
Interpreted Spanish
Translation

Current Speaker Lineup:

Sister Judith Ann Kumar, Class A Trustee - "Loving Our Three Legacies"
 Katie H., Fair Oaks CA - "Never Too Young For General Service"
 Speaker TBA - "The Three Legacies In Relationships"
 Tim C., Hayward CA - "Our Primary Aim"
 Jimmy D., Dallas TX - "My Favorite Traditions"
 Kesho S., Grinnell IA - "Why Stay? Overcoming Racial Barriers"
 Ashley J. The Beacon Group, Boston - "The Twelve Concepts"
 Steve L., Nashville TN - "Anonymity, Our Spiritual Foundation"

"Applying the 12 Traditions & 12 Concepts of AA in All of Our Affairs"
Unityandserviceconference.org | 925.222.5639

an activity of...
loveandservicegroup.org




GARNET BLOCK STAMPEDE ALCATHON

1609 Center
Street NW



Open
Meeting

SATURDAY JULY 10th 2021

SCHEDULE:

DOORS OPEN AT 10:AM

10:30am - 11:30am - Step 2-3

12:00pm - 1:00pm - Step 4-5

1:30pm - 2:30pm - Step 6-7

3:00pm - 4:00pm - TBD

4:00pm - 5:30pm - Dinner

5:30pm - 6:30pm - Step 8-9

7:00pm - 8:00pm - Step 10-11

8:30pm - 9:30pm - TBD

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

Regularly scheduled meetings will not be held
Dinner will be supplied - Smokies and Hot Dogs
Current Covid protocol's shall be adhered to

ROCK THE BLOCK!

Sign up sheet for Chairpersons is posted.

The 12 Concepts

The Rest of the Service Manual

A Second Series

offered by a

Quartet of Delegates

(An International Affair)

excited to invite you
to join us in
learning more about
the 12 Concepts.

Thursdays

May 20-June 24

7pm-8:30pm EST

Room opens at 6:30pm EST

Zoom log in information:

882 8095 8514

Pass Code:

327551

F.M.I.

2021SMStudy@gmail.com

Terry H., Nikki O., Cynthia T., J.J. S

Schedule

May 20	Concept 1	Beau B.	AAWS Trustee
	Concept 2	Jan L.	E. Canada Trustee
May 27	Concept 3	Don M.	Past Trustee at Large
	Concept 4	Trish L.	Trustee at Large, CA
June 3	Concept 5	Nagini V.	Past Delegate
	Concept 6	Kathi F.	P. Regional Trustee
June 10	Concept 7	Hugh H.	Past Delegate
	Concept 8	El N.	Past Trustee
June 17	Concept 9	Dave A.	Past Delegate
	Concept 10	Sue W.	Past Delegate
June 24	Concept 11	Elaine O.	Past Delegate
	Concept 12	J. Buck R.	Past Delegate

The weekly format will
include 2 Concept
presentations followed by
Q & A

Week 6, June 24, will be a
2-hour workshop to
accommodate Concept 12

You are Invited!



C.P.C. COMMITTEE (COOPERATION WITH THE PROFESSIONAL COMMUNITY)

Members of C.P.C. committees inform Professionals and future Professionals about A.A.

Our **Mission** is to Cooperate with non-alcoholic Professionals in an effective way to provide information about AA to those that have contact with alcoholics through their Profession.

ZOOM LOGIN INFORMATION

Meeting ID: 249 154 1082

Password: 720467

<https://us02web.zoom.us/j/2491541082?pwd=Q0lGbzR5SRmNnaFJiaEFoZkVkd3F5UT09>

FOR MORE INFORMATION

Brian L.

C.P.C. Chairperson

Email: cqscpc@gmail.com or

Text: 587-717-1369

or

Meeting Coordinator

aacpcevents@gmail.com

PLEASE RSVP

Email: cqscpc@gmail.com

Or: aacpcevents@gmail.com

ALCOHOLICS ANONYMOUS

Information Session for Professionals

If in your Professional life you come in contact with individuals experiencing problems with Alcohol, please join us for this informative session.

Thursday June 10th, 2021

11:30 am – 1:00 pm

11:30am – 12:15pm: Presentation & Speaker

12:15pm – 1:00pm: Q & A small group breakout sessions with Professionals and AA members.

PROGRAM DETAILS

AA Information Presentation

We will provide you a brief yet comprehensive look at the History of AA, What AA is, what we do, what we do not do, how to find us, and other important information about us. (approx. 15 min.)

A Story of Success

One of our members will share their story of recovery through the 12 Steps of Alcoholics Anonymous. They will share about "What it was like, what changed, and what it's like now". (approx. 15-20 min)

What we can do for you!

Learn what the C.P.C. Committee is, what we do, and how we may be able to help you to help others. If your Profession puts you in contact with anyone struggling with problem drinking or Alcoholism, we would like to help. (approx. 5 min.)

Q & A Open discussion in small group breakout rooms

Ask anything about us in this rare opportunity and candid session with some of our AA members. Don't be shy, were not!

WHY SHOULD YOU ATTEND?

Learn about Alcoholics Anonymous and Recovery directly from our members. Many of us were referred to AA by Professionals just like you!

Learn how the C.P.C. can Cooperate with Professionals and be helpful to those you may serve that are struggling with alcohol.

Learn how referring your employees, clients, patients, parishioners, or friends and family to us can help you to help them.

WHO CAN ATTEND?

Professionals: Anyone who through their Profession may encounter individuals struggling with alcohol is encouraged to attend.

Please share this invitation with others that may benefit!

AA Members: All AA members are welcome. Only CPC committee members will join Professionals in the breakout rooms. **Non C.P.C. AA members will be offered a C.P.C. information session at that time.**

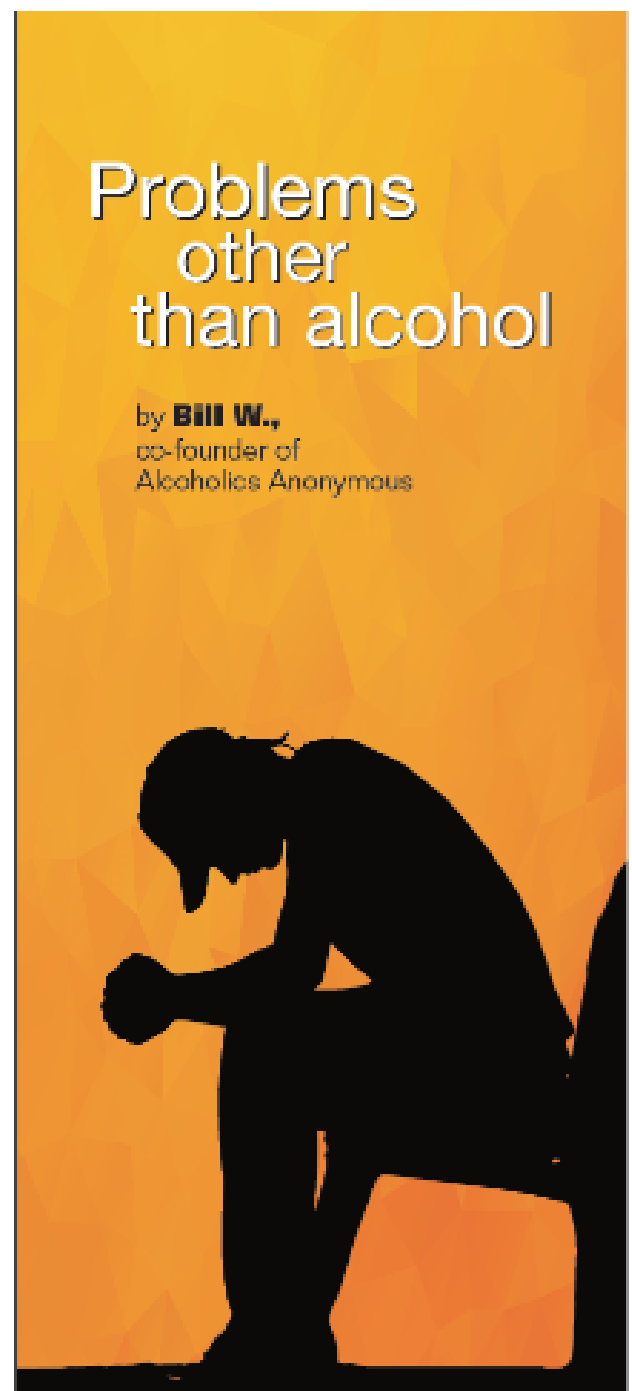
Regarding Tradition 5:

We cannot give A.A. membership to nonalcoholic narcotics addicts. But, like anyone else, they should be able to attend certain open A.A. meetings, provided, of course, that the groups themselves are willing.

A.A. members who are so inclined should be encouraged to band together in groups to deal with sedative and drug problems. But they ought to refrain from calling themselves A.A. groups.

There seems to be no reason why several A.A.s cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, obviously, such a dual-purpose group should not insist that it be called an A.A. group, nor should it use the A.A. name in its title. Neither should its straight-addict contingent be led to believe that they have become A.A. members by reason of such an association.
(Pg. 7 of 8).

https://www.aa.org/assets/en_US/P35_Problems_Other_than_Alcohol.pdf



Step 5 & Tradition 5

Step 5 – Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Having made our personal inventory, what shall we do about it? We have been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defects, we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the *Fifth Step* in the program of recovery mentioned in the preceding chapter.

This is perhaps difficult – especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another human being when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they turned to easier methods. Almost invariably, they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone all of their life story.

From Alcoholics Anonymous, Chapter 6 Into Action p.72-73

Tradition 5 – Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

“Shoemaker, stick to thy last! „, better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

Alcoholics Anonymous can be likened to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease. True, each physician in such a group might have his own specialty. Every doctor concerned would at times wish he could devote himself to his chosen field rather than work only with the group. But once these men had hit upon a cure, once it became apparent that only by their united effort could this be accomplished, then all of them would feel bound to devote themselves solely to the relief of cancer. In the radiance of such a miraculous discovery any doctor would set his other ambitions aside, at whatever personal cost.

Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety...

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unrelenting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission—to carry the A.A. message to those who don't know there's a way out.

From Twelve Steps and Twelve Traditions, p.150-151.