

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!

2022 Grapevine Calendars  
and Pocket Planners

ALSO

TWO new Grapevine books  
arriving any day:

*"FREE ON THE INSIDE"*

and

*"PRAYER & MEDITATION"*



### REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

Closed 1:00pm–2:00pm for lunch

Closed Saturdays

### HOLIDAY CLOSURES

Thanksgiving, Mon. Oct. 11, 2021

Remembrance Day,

Thurs. Nov. 11, 2021

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)

# McKenzie Towne 20th Anniversary Celebration!

Childcare  
available  
ages 3-10

FELLOWSHIP

12th STEP WORK

3 PM - 6 PM

November 6, 2021

## PROMISES

JOIN US FOR A FUN AFTERNOON FULL OF LIVE MUSIC,  
POTLUCK, AND AA SPEAKERS

Potluck & Live Music 3:00 - 4:00 p.m.

(bring your favourite dish)

Fellowship Speaker 4:00 - 4:20 pm

12 Step Speaker 4:25 - 4:45p.m.

15 Minute Break

Promises Speaker 5:00 - 5:20 pm

Dessert 5:20 - 6:00 pm

Topics: Fellowship, 12th Step Work, Promises

At: McKenzie Towne Church

7 McKenzie Towne Gate SE, Calgary, AB T2Z 3W5

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

**Came to** - Sunday morning 9am Forest Lawn Fellowship Room 1830 - 52st SE upstairs.

**Saturday Night Fellowship**, speaker meeting, Saturday, 7:30 pm, Forest lawn Fellowship Room, 1830 52 St. SE.

MEETING CHANGES

**Steps, Stories & Beyond** – are now back in the Penbrooke Community Centre as of March (6100 – 8 Ave SE).

**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 – 10<sup>th</sup> Ave N.

MEETING INFO - REOPENING MEETINGS

**Thursday Night Ladies**, meeting at 7pm at Woodcliffe United Church. Meeting in person for Sept. and Oct.

**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.

September					October				
ABC Group		Garnet Block Cont.		MATT Group Cont.		Ogden Group Cont.		McKenzie Towne	
Matthew YP	1Year	Cory		Troy F.	4 Years	Veronica D.	9 Years	Kevin S.	1 Year
Bruce M.	4 Years	Damon		James S.	5 Years	Austin M.	14 Years	Dale M.	2 Years
Thomas M.	12 Years	Dean		McKenzie Towne		Yvonne S.	18 Years	Howie S.	5 Years
Gordon F.	21 Years	Steven P.		Mike R.	7 Years	Andy B.	34 Years	Larry A.	9 Years
Airdrie Country Group		Artyom		Nathalie F.	7 Years	Regal Group		Noelle R.F	15 Years
Ed R.	19 Years	Ashley		Tom M.	8 Years	Mark G.	7 Years	Liz H.	16 Years
Bill F.	52 Years	Clint		John R.	10 Years	Rule 62		Mike R.	17 Years
Airdrie Back to the Book		Renee		Gail H.	12 Years	Jonnie	1 Year	Midnapore Group	
Barb L.	1 Year	Lucas		Katie D.	13 Years	272 Group		Bob F.	2 Years
Wendy H.	5 Years	Courtney		Liz W.	23 Years	Jim A.	4 Years	Damian G.	3 Years
Shannon A.	10 Years	Clarke		Bryan F.	34 Years	Tom M.	10 Years	Evan C.	3 Years
Shandi P.	14 Years	Brendan		Midnapore Group		Airdrie Back from Hell		Nathan	5 Years
Awakenings Group		Dennis		Dennee S.	2 Years	Jeremy K.	3 Years	Kyle A.	7 Years
Audrey U.	4 Years	Derek P.		Jeannie C.	3 Years	Debbie A.	5 Years	Carrie P.	7 Years
Back From Hell		Josh		Sierra V.	4 Years	Mike L.	7 Years	Maury P.	11 Years
Peter F.	47 Years	Herb		Todd N.	5 Years	Rick D.	12 Years	Heather	12 Years
Deer Ridge Group		Fiona		Neil L.	6 Years	Joe P.	37 Years	Al H.	14 Years
Austin P.	5 Years	Theresa		David F.	7 Years	Airdrie Country Group		Jason T.	16 Years
Cassie S.	26 Years	Robbie		Harold J.	11 Years	Robert W.	1 Year	Other Oct. Birthdays	
Jeremy	31 Years	Shirley		Stephanie	16 Years	Devar	31 Years	Jedrzey C.	2 Years
Garnet Block		Darcy		Samantha	31 Years	Glen R.	39 Years	Janek	6 Years
Racheal	1 Year	Glenmore Group		New Beginnings		Awakenings Group/Zoom		Christine	4 Years
Teresa	1 Year	Stacey	1 Year	Catherine	3 Years	Jacinda	2 Years	Tanya V.	1 Year
Courtney	1 Year	Scotty S.	2 Years	Jill G.	4 Years	Mike I.	3 Years	Becky C.	7 Years
Mike R.	1 Year	Jesse R.	4 Years	Chelsea C.	6 Years	Jim W.	5 Years	Steve G.	9 Years
Tricia	1 Year	Mike M.	4 Years	Paul W.	6 Years	Katrina M.	23 Years	Trish L.	11 Years
Vernon	1 Year	Dan	8 Years	Marron R.	24 Years	Chinook Group		Kris M.	13 Years
Audra	1 Year	Andre	14 Years	Northwest Calgary Group		Katrina M.	23 Years	Chuck C.	15 Years
Lonny	1 Year	Val B.	16 Years	Rufus B.	1 Year	Deer Ridge Group		Stan S.	25 Years
Jenny	1 Year	Deb Mc	17 Years	Evern M.	3 Years	Zach M.	5 Years	Tony	1 Year
Bryce	1 Year	Duff	29 Years	Michelle E.	4 Years	Greg S.	8 Years	Peter D.	3 Years
Audrey	1 Year	Shirley	41 Years	Jarred W.	5 Years	Tim H.	40 Years	Clifton s.	4 Years
Tricia	1 Year	Harvest Hills Group		Dwyla F.	11 Years	Edgemont Group		Seamus G.	6 Years
Desiree	1 Year	Frances	1 Year	Kenny N.	19 Years	Susan L.	10 Years	Catherine	8 Years
Nick T	1 Year	Lynn A.	19 Years	Leslie P.	22 Years	Ben B.	11 Years	Mark M.	10 Years
Christopher	1 Year	David H.	21 Years	Roger D.	34 Years	Harvest Hills Group		Lavonne	19 Years
Sarah-Dawn	1 Year	Knox Nooner		NADZIELA		Vanessa	2 Years	Bruce C.	2 Years
Jasmin	1 Year	Robyn B.	1 Year	Jeremy D.	31 Years	Jim W.	5 Years	Flo P.	5 Years
Krissy	2 Years	Gary M.	2 Years	Tadeusz	38 Years	Kincora Group		Kate N.	2 Years
Dawn F.	2 Years	Linda B.	28 Years	Ogden Group		Scott S.	2 Year	Sarah C.	12 Years
Brett	3 Years	MATT Group		Mike H.	8 Years	Darnell G.	5 Years	Lyndsay M.	6 Years
Lane	4 Years	Troy C.	2 Years	Jordan D.	9 Years	Danny O.	20 Years		

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.



# Service Opportunities

## Upcoming CGSC Service Commitments

Treatment Facility	AA Groups for September	AA Group for October
Renfrew Tuesday	CANCELLED	CANCELLED
Renfrew Thursday	CANCELLED	CANCELLED
Renfrew Fridays	Primary Purpose Group	
Sunrise	Ogden	
AARC	Rule 62	
Dream Centre	Randomly Asked Speakers	
Sandstone (Friday)	Liz	

## Upcoming Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Zoom Meeting Zoom Code: 816 3325 2940 Password: 853947	AA Group	Phone Monitoring Dates	AA Group
October 03, 2021	Recovery Group	October 04 – 10	
October 10, 2021	Garnet Block	October 11 – 17	
October 17, 2021	Saturday Morning Bridge		
October 24, 2021	New Beginnings		
October 31, 2021	Rule 62		
November 07, 2021	Daily Reflections		

## 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](mailto:CGSCintro@gmail.com)

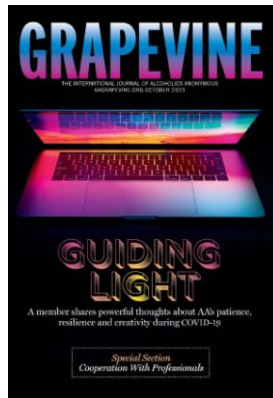
**Bridging the Gap** needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3<sup>rd</sup> Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email:

[cgsbctg@gmail.com](mailto:cgsbctg@gmail.com)

**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: [cqig12steplist@gmail.com](mailto:cqig12steplist@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 7:00pm. Everyone is welcome. The Zoom ID # 883 0218 3847 Passcode # Service

## The October 2021 Issue of GRAPEVINE is here!



### On the Cover: Prayer & Meditation

To view the Table of Contents, click here.

Some stories include:

#### Sounds of Silence

My home group usually seizes up if there's a whole 45 second of silence between shares. Then someone leaps into the breach, saying, "I'll talk because I just can't stand the silence." This might be part of my problem with meditation. As an alcoholic, I'm used to having a few plates spinning in the air and lots of cunning plans chattering away in my brainpan. The prospect of any kind of silence is truly frightening.

#### Lost and found at sea

The entire trip was turning into a disaster. Not only had the atmosphere between my husband and I been tense in the hotel room, but now we were arguing in public and in front of the children. I saw the fear in their eyes.

#### Prayer

I still experience doubts and have not made that quantum leap to faith. Some nuts are tougher to crack than others.

#### A Thousand Wishes

A man fresh out of rehab surprisingly discovers that a childhood rhyme leads him to prayer.

### Announcement:

The Banff Roundup: Covid Edition Speaker Recordings are available to all on the website [www.banffroundup.com](http://www.banffroundup.com)

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](mailto:centraloffice@calgaryaa.org). Full statements on Tradition 7 and 11 can be found on the website and all questions directed to [cgigbanffchr@gmail.com](mailto:cgigbanffchr@gmail.com)



# 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 10 & Tradition 10

### **Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."**

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion— anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past...

**From Twelve Steps and Twelve Traditions, p.88-89.**

### **Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."**

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause.

**From Twelve Steps and Twelve Traditions, p.176-177.**