SUGGESTED 25¢ DONATION

October 2021



MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA To receive a digital copy of the WestWord please email westwordeditor@gmail.com

Childcare



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 Rememberance Day, Thurs. Nov. 11, 2021

AA Central Service Office 4021 – 4 St. S.E. Calgary, Alberta T2G 2W4 <u>centraloffice@calgaryaa.org</u> <u>www.calgaryaa.org</u>

Mckenzie Towne 20th Anniversary Celebration!

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

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	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	cgsctreasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	cgscgrapevine@gmail.com
Records & Registration Chair	cgscrecords@gmail.com	Intro to Service Chair	cgscintro@gmail.com
Bridging the Gap Chair	cgscbtg@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, $121 - 10^{\text{th}}$ 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.

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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
October 03, 2021	Recovery Group
October 10, 2021	Garnet Block
October 17, 2021	Saturday Morning Bridge
October 24, 2021	New Beginnings
October 31, 2021	Rule 62
November 07, 2021	Daily Reflections

Phone Monitoring Dates	AA Group
October 04 – 10	
October 11 – 17	

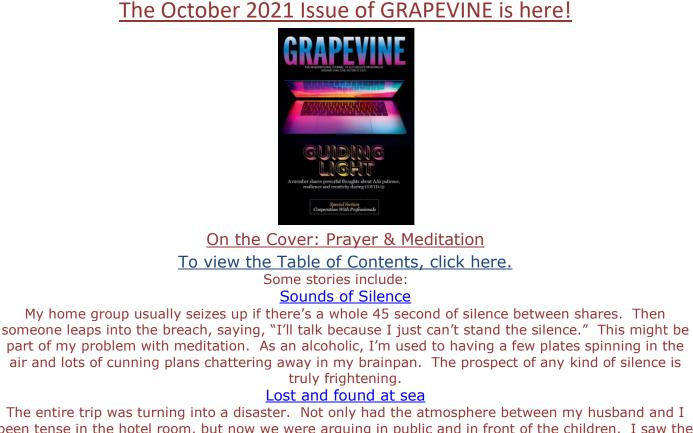
Calls for service

'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: cgscbtg@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 7:00pm. Everyone is welcome. The Zoom ID # 883 0218 3847 Passcode # Service



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.

Praver

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

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 website and all questions directed to cgigbanffchr@gmail.com

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!

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

Email: centraloffice@calgaryaa.org

Step 10 & Tradition 10

<u>Step 10 - "Continued to take personal</u> <u>inventory and when we were wrong</u> <u>promptly admitted it."</u>

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 vesterday'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.