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A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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Central Office News

FREE!

Come in to the office and pick up
your free 2021 General Service
Conference Report



REGULAR OFFICE HOURS

Mon-Fri, 8:30am-5:00pm
(Closed 1-2pm for lunch)
Saturdays 9:00am-1:00pm

HOLIDAY CLOSURES

EASTER

Fri., Apr.15 & Sat., Apr. 16, 2022

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

39th Annual Gratitude Roundup Save the dates!!

When: June 10, 11, 12, 2022

Where: Glenmore Inn, 2720 Glenmore
Trail S.E, Calgary, AB
Reservations call 403-279-8611 or
visit: <http://www.glenmoreinn.com>

What: Roundup Features include:
Fellowship- Speaker Meetings- AA
Workshops - Ice Cream Social - AA
Literature Table- AA Archives Display- Al-
Anon Literature Table - World's Largest
Gratitude Globe.

**Details on tickets and registration will be
coming soon. Keep watching our website:**
<http://www.gratituderoundup.com> for
updates.

**Sponsored by Calgary General Service
Committee**

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
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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 / BOOK STUDIES:****MEETING CHANGES****Starting April:**

Airport AA meeting is temporarily closing our in-person meetings until further notice, effective immediately. We meet at the Danish Lutheran Church at 210-10th Ave NE, on Wednesdays at 8:00 pm.

Marlborough Park Group (Wednesday evenings) has changed their meeting time from 7:30pm to 7:00pm.

Starting in January:

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, Fri@ 7:30 pm, moving to Forest Lawn Fellowship Room - 1830 – 52 St. SE, Unit 208

Carstairs Sunday Night, Changing time back to 7:30 pm location - Royal Canadian Legion, 121 – 10th Ave N.

MEETING INFO - REOPENING MEETINGS

Better Days Group – Return to in-person meeting, Saturday, Room opens at 7:30, Meeting starts at 8 pm, 1432-19st NE, Calgary

Overcomers – started up again, Wednesdays from 7:30-8:30 pm, Cornerstone Christian Assembly/King of Glory, 2640 Rundlelawn Road, NE – parking is in the back, entrance at the door with the yellow awning

CANCELLED MEETINGS

Better Days Group – Online Tuesday and Thursday meetings are cancelled as of March 31

HAPPY BIRTHDAY!



March 2022						April 2022	
ABC		Midnapore		Wed. Eyeopener		Edgemont	
Trevor P	5 years	Grant J.	4 years	Elsie L.	4 years	Thomas	6 years
Awakenings		Pawel B.	6 years	Ann J.	33 years	Krista D.	6 years
Scott J.	5 years	Dave P.	7 years	Feb b-day correction		Marquita	13 years
Laurel A.	13 years	Jack B.	61 years	Ashok P.	25 years	Linda H.	18 years
Back to the Book		NW Calgary Group		Garnet		Audrey B.	23 years
Greg P.	15 years	Joy H.	2 years	Nadia	1 year	Ron D.	28 years
Back from Hell		Kevin O.	3 years	Anna P.	3 years	Kincora	
Nick T.	19 years	Jason M.	3 years	Charn	4 years	Bobby A.	14 years
Deer Ridge		Gord P.	4 years	Parnell	4 years	Mc Kenzie Towne	
Ashley C.	6 years	Rick R.	10 years	Cam H.	6 years	Natalie J.	1 year
Bob C.	8 years	Ogden		Jared G.	9 years	Nicholas S.	1 year
Adrian M.	18 years	Dustyn E.	3 years	Ron Mac	10 years	Duayne M.	2 years
Maggie B.	28 years	Ryan S.	4 years	Sheila	18 years	Dave K.	3 years
Edgemont		Rob M.	17 years	JP V.	20 years	Gary L.	4 years
Brent V.	35 years	Julius R.	29 years	Ron O.	22 years	Dean F.	9 years
Kincora		Yvonne O.	30 years	Debra C.	27 years	Kevin H.	16 years
Lindsay D.	2 years	Owen M.	30 years	Yvan	39 years	Kyle A.	16 years
MAAT		Regal		Lori L.	41 years	Liz L.	34 years
Chris M.	7 years	Harry P.	41 years	Jim L.	51 years	Midnapore	
Carol S.	26 years	SMOG		Glenmore		Dawn M.	3 years
Linda L.	37 years	Barry G.	1 year	Christine	1 year	Troy S.	3 years
McKenzie Towne		Rob	2 years	Jason C.	1 year	Andy S.	6 years
Tim M.	3 years	Adeleh	3 years	Michael	1 year	Jeff A.	7 years
Sheryl H.	3 years	Eric M.	7 years	Nick S.	1 year	Derek J.	10 years
Amanda H.	5 years	Joshua P.	7 years	Chelsea	2 years	Brian W.	28 years
Perry A.	8 years	Peter K.	14 years	Haley	2 years	Sandy M.	32 years
Shawn G.	9 years	Mary-Anne	15 years	Cam S.	7 years	Ogden	
Kyle D.	13 years	Simon B.	33 years	Bruce Z.	9 years	Diane D.	7 years
Derek C.	18 years	Whitesheep		Jack H.	37 years	Nicole R.	8 years
Mac W.	44 years	Shane S.	1 year	Darrel H.	41 years	Roy F.	30 years
Beacon's Refugees		Rule 62		New Beginnings		SMOG	
Jeanne	43 years	Jake C.	6 years	Jamie T.	1 year	Barry	2 years
Better Days Group		Jeff D.	7 years	Laara A.	1 year	Adeleh	3 years
Dave M.	8 years	Unity		Chris K.	1 year	Joshua	7 years
		Tom M.	4 years	Judy C.	8 years	Peter K.	14 years
				Mitch T.	9 years	Thursday Night Ladies	
						Kathryn P.	5 years
						Unity	
						Dave S.	12 years

LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday, April 9, 2022	"On the Firing Line" hosted by District 73 – Service Seminar	2nd Saturdays of each month, 1:00 – 3:00pm MST – ending April <i>See poster below for details</i>

Treatment Facility	AA Group for March	AA Group for April
Renfrew Fridays	Saturday Morning Bridge	Fellowship Room
Alpha House	Tues – PPG	Tues – Glenmore Group Fri – ABC Group
Sunrise	Tuesday Garnet Block	The Bridge
AARC	McKenzie Towne	Various / April 11 - TBA
Dream Centre	New Beginnings	Daily Reflections
Sandstone (Friday)	Friday Garnet Block	Friday Garnet Block

Monthly CGSC Service Commitments



AARC speaker needed for April 11.
Please contact:
cgsctreatment@gmail.com

Sunday Morning (9:30am) Ramada Breakfast Meeting In-person – LIVE!!	AA Group
March 27	SMOG
April 3	Regal
April 10	Go For It
April 17	Back from Hell
April 24	TBA
May 2	Go For It

Ongoing Monthly Intergroup Service Commitments

Phone Monitoring Dates	AA Group
March 28 – April 3	Regal Group
April 4 – April 10	Haddon Road
April 11 – April 17	Daily Reflections
April 18 – April 24	PPG
April 25 – May 1	New Beginnings

Calls for "SERVICE"

LOOKING FOR: "TELEPHONE MONITOR CHAIR"

Calgary Intergroup is in need of a Phone monitoring chairperson. They would be responsible for signing up groups to monitor the phones and to coordinate the day time phone monitors. Anyone interested in the position can email the chairperson cqigchair@gmail.com or centraloffice@calgaryaa.org

'Intro to Service' has formed 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 contact: 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: cgsctbtg@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

The April 2022 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Getting Back Out"...after COVID

To view the Table of Contents, click here.

Some stories include:

Tough Love

A member shares her thoughts about applauding when people come back from multiple relapses

What's in a Number?

Do we sometimes put too much importance on the amount of sober time we have?

Making Space

How helping a member opened his eyes to the needs of others and the world of AA accessibilities

Chicken Breasts 99 cents!

Being a "wise acre," I started making announcements.

I hoped folks would see that non-AA announcements didn't belong in a meeting.

Eyes Open

A member shares her thoughts about true helpers and people with hidden motives

NEW! - Podcast

AA Grapevine's Podcast |

Our new podcast, the **AA Grapevine Half-Hour Variety Hour** can be heard anywhere you listen to podcasts. We release a new episode every Monday. Tune in to hear funny, poignant, and always inspiring **"meeting after the meeting"** conversation about getting sober and staying sober in Alcoholics Anonymous.

Available for free wherever you listen to podcast or you can also find it on our website, at www.aagrapevine.org/podcast.

Cooperation with the Professional Community (C.P.C)

Grow in your recovery!

Attend a CPC Committee meeting!

C.P.C. is an A.A. committee offering unique service opportunities giving you a chance to carry the message directly to various industry and professional groups, either through your own network connections, or by participating in already established projects like the Doctor's Meeting and the Nurses Information session - both ongoing for many years.

Committee members can bring the A.A. message to professionals and to students at professional schools in your community, helping them to understand how and why A.A. works. A.A. has always valued friends in all professional fields. These associations have been mutually beneficial and completely in keeping with the A.A. Traditions.

We are looking for new C.P.C members who would be interested in sharing the message of A.A. or helping to open doors to:

- Accounting Professionals
- Clergy
- Criminal Justice Students
- EAP Providers
- Educators
- Health Care Professionals
- HR Professionals
- Legal and Law Enforcement Professionals
- Medical and Nursing Students
- Not-for-profits
- Unions
- Etc., etc., etc.



Attend a C.P.C. Committee Meeting on Zoom, 2nd Thursday of every month at 7:00 pm
Contact the C.P.C. Committee for more information at cgscpc@gmail.com



Opportunities for Service

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



Public Information Committee (PI committee):

- continues to look for committee members. 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.
 - **SPECIAL EVENT - NEXT MEETING - Presentation:** For our next meeting we are doing a trial run of our new presentation developed for high schools. Come take a look for yourself and gi
- Date:** Wednesday, April 27 **Time:** 7:00pm. **Location:** Central Office, 4021 4 St SE, space is limited
- Contact the PI Committee chair for more information: pichair.calgary@gmail.com

Poster created by Calgary's PI Committee



YOU ARE NOT ALONE

Help is here!



If you think you have a problem with alcohol...

24 Hr Calgary AA: - 403-777-1212
 24 Hr Crisis Line: - 403-266-HELP (4357)
 Calgary AA meetings: - www.calgaryaa.org
 AA Main Website: - www.aa.org
 AA Info and Brochures: - https://www.aa.org/pages/en_US/aa-for-you

AA Meeting App:
"Meeting Guide"

- A.A. World Service
Download on:
AppStore or Google Play







Calgary Alcoholics Anonymous

OBLITERATE BARRIERS
36 PRINCIPLES FOR FREEDOM
BREAK DOWN THE THIRD LEGACY
SMASH MISCONCEPTIONS
INVERT HIERARCHY

on **THE FIRING LINE**

HOSTED BY DISTRICT 73

2ND SATURDAY OF THE MONTH
1PM TO 3PM MOUNTAIN TIME
STARTING OCT 9TH

ZOOM CODE: 893 7297 6070
PASSCODE: DISTRICT73

BRING YOUR QUESTIONS, CONCERNS, FEARS, STRUGGLES, CONFUSIONS

WE WILL UNITE IN THE LITERATURE AND OUR COMMON SOLUTION TO CARRY THIS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS

EMAIL: DCM73@AREA78.ORG

FYI from PPG:

PPG has posted four talks from our home group members and a fun video about the founding on AA on our website. If you think that would be interesting to your readers, feel free to share.

<https://www.ppg-calgary-aa.org/speakers>

**Info and
Updates!!**



EASTER EGG HUNT

FRIENDS • FAMILY • FELLOWSHIP

APRIL 16 | **HADDON**
9:15 AM | **ROAD**

> PLEASE BRING YOUR BASKET <
> SPECIAL GUEST: THE EASTER BUNNY <

Delegates' Corner!! *(...a word from our Delegate for Area 78)*

Hi there. Tami here; still an alcoholic.

The reason any of us can take 1 year or 3, 5, or 30 years is because AA is still here. It is still here because in 1950, 72 years ago, this intricate, spiritually based structure came to be, to ensure AA continues to thrive by placing the running of AA directly into your hands, into the hands of the entire AA membership. With our Pre-Conference Assembly complete, I am prepared to carry the voice of Area 78 to the General Service Conference in NY. The theme this year: AA Comes of Age 2.0: Unified in Love and Service

When we first enter Service we may never even imagine where this journey could take us. We put up our hand and miracles happen. Giving back takes courage and sacrifice. It means digging deeper into step and traditions work, to lean heavily on a HP and those we trust and respect. The concepts become highly regarded, thoughtfully expressed, using our free will to serve from love rather than from ego.

On April 23rd I will attend the optional, pre-Conference Remote Communities meeting and workshops. In 1992, at the York Hotel in Toronto, our very own Elaine S, Panel 42 Delegate started this remote communities meeting. Area 78's dedication to our remote membership has been strong. In remote, isolated areas - while they share the same disease, and the same solution, they truly do have unique struggles. We all know, getting sober is one thing. Staying and living sober is quite another when anonymity can be virtually impossible or meetings don't happen if you are the only one sober or the closest meeting takes 2 days travel. For some the stigma of being sober, has serious consequences. Sponsorship or access to technology can be limited. Poverty, isolation, teeny populations, cultural and language differences show us the importance of being loving, understanding and continuing to reach out the hand of AA.

I will attend the "Delegate's Only" meeting and the Open Dinner on Saturday, prior to the Conference starting. We begin our week coming together for a roll call and briefings. Then we roll up our sleeves and get down to our Committee work, mine is with Report and Charter. We have much to do with the Service Manual and the Final Reports along with two EDW (equalized distribution of workload) from Literature. The other 8 Delegates on the committee are great. We've been meeting twice a month since January. I'm the only one from Canada.

For the first 5 days there are many meetings and activities. We will get together as a Region to discuss regional activities & issues. Our Regional Trustee, Irma V. shares all the going-ons about trustee activities and updates with us. There is much to do as we prepare for the final 2-3 days when all 135 of us meet to discuss and decide on the 78+ agenda items.

I look forward to sharing this experience along with the interesting results from the discussion and decisions on the Agenda Items once I am back. I understand I have a deadline to be ready by our May ACM in Ft Mac. So, that I shall. Any groups, districts or service bodies wanting me to share the Delegate's report, please email me so we can make arrangements.

Now for yet something else that is way cool! We have 8 Regions across Canada/US; Canada has 2, the US has 6. We belong to the Western Canada Region which includes us, BC/Yukon, SK and MB. Each region puts on two events - a Service Assembly and a Forum - both designed to bring regional members closer while learning and growing together. The regions rotate these events between their Areas.

In February 2023, it is our turn to host WRAASA, the Western Regional AA Service Assembly. Five districts from Edmonton bid, and won, to be the host.

Also, our 2022 Western Canada Regional Forum is this year in Winnipeg June 3-5, hosted by Area 80. This is when the traveling General Service Office comes to our Region - to meet us and to put on workshops, displays, presentations, discussions and learn about "what's on **our** mind". There, you'll be able to meet the General Manager, the General Service Board Chair, the Chair of AA Grapevine board and the Publisher, an AAWS (AA World Services) Director, our own Trustees, the list goes on. It is a *GREAT* weekend of fellowship and sharing, and a chance to inform the GSO about our needs for our Region. Hope you can come!

At the Assembly, little acorns were given to each of the members. They were chosen because our spiritual journey is like that of the acorn ... we too need to break open in order to become all that we are intended to be.

With a grateful heart,

Tami

Reflecting on Tradition 4: From the pages of April 2019 Grapevine...

“Coffee or tea?”

BY: BILLY N. | BUFORD, GEORGIA

Tradition Four is handy when choosing which beverage to serve, but what about when we decide on other Traditions?

Tradition Four: *Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*

Group autonomy was a liberty given to AA groups to develop their own group “customs.” But AA has only one set of Traditions. Likewise, each AA member is given the freedom to decide which group customs they like and which they do not. The same liberty does not apply to our Traditions. In my experience, an AA group that does not honor all Twelve Traditions ceases to be an AA group.

Some groups like large cakes, others like individual cupcakes. Some groups hold meetings that are an hour long while others have meetings that are an hour and a half. I have the freedom to pick the group where I feel most comfortable. This is true spiritual freedom.

Some groups celebrate birthdays every week, while others once a month. Some groups give out chips, while other groups find them a wasted use of AA money. While all of these issues seem important, they don’t come close to the real importance of such issues as who gets to attend a “closed” AA meeting and who gets to participate at an “open” AA meeting.

While the short form of the Third Tradition welcomes anyone with a desire to stop drinking, the long form makes clear our membership ought to

include all those who suffer from alcoholism. Too often we confuse the right to attend an AA meeting with the requirement to be a member.

The Fourth Tradition is always welcome when discussing a group custom, such as whether to have only coffee or coffee and tea but it should never be used when deciding an issue regarding the other Traditions. Group autonomy never overrules our membership requirement or our primary purpose. Group autonomy is never a reason to take contributions from outside AA or require members to belong to the church where a group meets.

Using the Fourth Tradition to break another Tradition does affect other groups and AA as a whole because breaking any Tradition affects other groups and AA as a whole. God bless the liberty and freedom our Twelve Traditions have given every AA member. But this freedom and liberty come with a price tag, and that cost is simple respect for the program that saved our lives.

(submitted by a member of our Fellowship)

Step 4 & Tradition 4

Step 4 - Made a fearless and searching moral inventory of ourselves.

From Alcoholics Anonymous, Chapter 5 How It Works p. 63, 67

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

Therefore, we started upon a personal inventory. **This was Step Four.** A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its human manifestations.

...

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person entirely. Where were we to blame? The inventory was ours, not the other man's.

Tradition 4 - Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

From Twelve Steps and Twelve Traditions, p146-147.

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When A.A.'s Traditions were first published in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We say that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group, they have no other affiliation.

...

The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.