

SUGGESTED 25¢ 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)

**Wishing you all  
a safe and sober  
summer season!**



## REGULAR OFFICE HOURS

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

## HOLIDAY CLOSURES

### LABOUR DAY WEEKEND

**Saturday, Sept.3, 2022**  
**& Monday, Sept.5, 2022**

### NATIONAL DAY FOR TRUTH & RECONCILIATION WEEKEND

**Friday, September 30, 2022**  
**& Saturday, October 1, 2022**

**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)

**District 86 Airdrie AA**

Good Food, Fellowship, & Camping!

Campfire Meetings

Raffles & 50/50

**★ PIG ROAST ★**

**CONTACT: Evan A. @**  
**403-305-4948**

**WHEN:** August 26-28, 2022  
**COST:** 7th Tradition  
**WHERE:** 271245 Range Rd 290, Rocky View County  
(Scan the QR code below for directions)

**MORE INFO:**  
\*On-site camping (Fri & Sat night), no hook-ups  
\*BYOC (Bring Your Own Chair)  
\*Roast happens rain or shine  
\*Potluck (Bring your best side dish)

**\*NO DOGS, PLEASE\***

**FRIDAY**  
4:00 Set-up  
6:00 Bring Your Own Dinner (BBQ available)  
7:00 - Games & Fellowship  
9:00 Campfire Meeting

**SATURDAY**  
8:00 Breakfast  
10:00 Campfire Meeting  
12:00 Lunch  
2:00 Al-anon Speaker  
5:00 Pig BBQ Potluck  
7:00 AA Speaker  
8:45 Countdown  
9:00 Campfire meeting

**SUNDAY**  
8:00 Breakfast  
9:00 Clean-up & Fellowship  
11:00 - Farewell Campfire Meeting

**MAKING CONNECTIONS...**  
**OPPORTUNITIES for SERVICE...**  
**TAKING PART IN THE FELLOWSHIP...**  
**SEE MORE FEATURES INSIDE !!!**

## Midnapore 4<sup>th</sup> Annual Picnic

Sunday August 28<sup>th</sup>, 2022

Fish Creek Park – Glenfield – Group B (ASPEN)

14428 Bannister Road SE

Time: 11:00am-3:00pm

Games and treats for kids

Pet Friendly

Hot Dogs, Hamburgers

Refreshments

& All the BBQ Fixings

**Rain or Shine!**

**Bring a Lawn Chair**



**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	cgsc intergroup@gmail.com

**MEETING CHANGES:****NEW MEETINGS / BOOK STUDIES:**

**New Big Book Study – New Beginnings** – starting Monday, September 26 at Fish Creek Village from 6:30 to 8pm. Hosted by Mary and Steve. *For more information see poster on pg. 7.*

**New Big Book Study – New Beginnings** – starting Wednesday, September 28 at 6:30 pm hosted by Jim B. Fish Creek Village, 3216, 380 Canyon Meadows Drive SE, 2<sup>nd</sup> floor.

**Speaker Meeting - Primary Purpose Group (PPG)** – is now hosting Downtown Saturday Night (8pm) – Nexem Building North Tower

**MEETING CHANGES**

**HADDON ROAD NEW LOCATION for end of August** – St. Andrews Presbyterian Church, Heritage Dr., SW

\*\*\*See poster on Page 7 for details

**4<sup>th</sup> Dimension Big Book Study – Changed from Monday Nights to Tuesday nights** for one cycle of the this Book study - Effective July 12, Kevin of PPG will be virtually hosting this round of this Big Book study on Tuesday nights from 6 – 8pm MST, through the Big Book Compendium, out of California.

Zoom link – 516 992 791 PW: 12Steps. *For more info see poster on Page 8.*

**Centre of Hope Open Meeting** – Effective immediately will be meeting Wednesdays, starting on June 29th at 6pm. NOT on Mondays at 7pm.

**MEETING INFO - REOPENING MEETINGS**




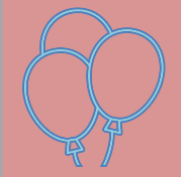
**Thursday Night Ladies** – Needs support for in person meeting at 7pm on Thursdays at Woodcliff United Church in SW Calgary

**Bow Bottom Group** – Needs support for in person meeting at 7:30pm on Thursdays.

**West End Step and Tradition Meeting** – Returns after a two-year hiatus, to Foothills United Church at 3803-69 St., NW on Saturdays at 8 pm

**CANCELLED MEETINGS**

**Centre of Hope Open Meeting** – Mondays at 7 pm cancelled. Changed to Wednesdays.

July 2022						August 2022			
ABC Group		Rule 62		Haddon Rd.		272 Group		SMOG	
Michael	4 years	Steve	6 years	Blake	1 year	Gary L	32 years	Dave W	2 years
Cindy P	25 years	McKenzie Towne		Ben F	1 year	ABC Group		Chad C	3 years
Awakenings		Santino	2 years	Bree R	1 year	Lib B	35 years	Elisa D	4 years
Ken L	4 years	Ray	4 years	Mienna	1 year	Airdrie Country Gr.		Katrina P	6 years
Garry B	8 years	Travis	4 years	Esther H	2 years	Pam R	3 years	David L	6 years
Amanda	28 years	Manny	5 years	Rachel	2 years	Awakenings		Skyler Mc	8 years
Les K	32 years	Wes	6 years	Les S	14 years	Mike K	9 years	Derrick C	8 years
Back to the Book		Neal	7 years	Isabelle C	30 years	Bob J	35 years	Bruce C	8 years
Christina	1 year	Craig	10 years	NW Group		Back from Hell		Wed. Morning Eye Opener	
Billie Sue	4 years	Lisa	10 years	Michael	1 year	Valeria C	8 years	Orland W.	36 years
Mary R	6 years	Christopher	11 years	Evren	4 years	Back to the Book		Whitesheep	
Ray	47 years	Joe	17 years	James	4 years	Christopher	3 years	David O	16 years
Deer Ridge		Danny	29 years	Lynn	4 years	Kincora		Phil L	21 years
Holly S	6 years	Lorne	31 years	Kelli	5 years	Glen H	1 year		
Jack W	16 years	Jodi	33 years	Joanne	8 years	Melissa	3 years		
Edgemont		Joanne	34 years	Recovery Group		Jim I	20 years		
Chad H	14 years	Whitesheep		Jessica W	2 years	MAAT			
Joanne	18 years	Paul W.	8 years	Debra P	2 years	Doug B	2 years		
Linda G	29 years	Keith B.	8 years	Kristina M	3 years	Marshall	40 years		
Homeward		Matt B.	8 years	Hannah D	3 years	Reid M	52 years		
Paul G	1 year	Kevin C.	31 years	Cheyenne	3 years	McKenzie Towne			
Susan D	7 years	Brian W.	34 years	Carlene D	5 years	Dave S	4 years		
Kincora		Ken R.	36 years	Dylan W	5 years	Ryan M	11 years		
Lucas	3 years	Garnet Block		Kasey B	6 years	Geoff I	12 years		
Rob	5 years	Ben	1 year	Pam C	6 years	Colleen K	25 years		
Adam	14 years	D. Rail	1 year	Brad K	14 years	Midnapore			
Knox Nooners		Rachael	2 years	Leonard	24 years	Josh R	3 years		
Austin	1 year	Mike R.	2 years	SMOG		Kim B	4 years		
Dave H	10 years	Ganesh	4 years	Ernesto V	5 years	Lynda W	4 years		
MAAT		Kirby	5 years	Thursday Night Ladies		Matt B	6 years		
Chris C	1 year	Ashley W.	8 years	Ali G	5 years	Rolan M	12 years		
Mike M	1 year	Amanda	8 years	New Beginnings		Alice M	48 years		
Don C	29 years	Tiff Kik	19 years	Taylor	1 year	Ogden			
Audrey C	30 years	Fred B.	31 years	Cassandra	1 year	Stacy G	6 years		
Midnapore		Glenmore Group		Marisa	3 years	Jim K	14 years		
Anita C	5 years	Colt	1 year	Codie B.	3 years	Mary S	20 years		
Susan A	5 years	Craig	2 years	Emma M.	9 years	Karol K	46 years		
Gord P	6 years	Brandy	2 years	Tanis	11 years	Regal			
Richard	6 years	Jaxon	2 years	Gail C.	24 years	Brad I	8 years		
Pat M	39 years	Benjamin	4 years	Anne H.	24 years				
Ogden		Kyle	7 years						
David I	4 years	Greg	10 years						
Cory M	9 years	Jesi	12 years						
Alain L	23 years	Daryl A.	12 years						
Jenn S	30 years	Linda A.	14 years						
		Lynn Mc.	17 years	<div>Happy birthday, everyone!! Congratulations!!</div>					
		Tom R.	30 years						

**LIST OF EVENTS**

DATE	EVENT	DETAILS
<b>Sunday, August 28, 2022</b>	<b>Midnapore 4<sup>th</sup> Annual Picnic</b>	<i>Location: Calgary, 144 Bannister Rd, SE **See poster for details on cover &amp; page 7</i>
<b>August 26 – 28, 2022</b>	<b>District 86: Airdrie AA – Campout and PIG ROAST</b>	<i>Location: RockyView County, 271245 R. 290 **See poster for details on cover &amp; pg. 7</i>
<b>August 27, 2022</b>	<b>Garnet Block Monthly Sober Dance</b>	<i>Location: Wildrose United Church **See poster for details on pg. 7</i>
<b>September 11, 2022</b>	<b>District 83: “Bringing Us Together Again” BBQ</b>	<i>Location: Fish Creek Park – 11am to 4pm **See poster for details on pg. 7</i>

Treatment Facility	AA Group for July	AA Group for August
Renfrew Fridays	McKenzie Towne	Daily Reflections
Alpha House	Tues. – PPG	Tues. – New Beginnings
	Friday in July – Various Groups: Radical Change, Walking Eagle, Forest Lawn, Aspen West Springs	Friday in July – Various Groups: Radical Change, TBD
Sunrise	Bridge	Walking Eagle/Forest Lawn
AARC – alternating Mon	Recovery Group	PPG
Dream Centre	SMOG	ABC Group
Sandstone (2 <sup>nd</sup> Friday)	Garnet Block	Walking Eagle

## Monthly CGSC Service Commitments

### Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting <b>In-person – LIVE!!</b>	AA Group
July 31	Glenmore
August 7	Daily Reflections
August 14	SMOG
August 21	Ogden
August 28	Midnapore

Phone Monitoring Dates	AA Group
August 1 - 7	Individual Volunteers
August 8 - 14	Go For It
August 15 - 21	Unity
August 22 - 28	Midnapore
August 29-Sept 4	Candlelight

## CALLS FOR “SERVICE”

**12 Step List - NEED SUPPORT** (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](mailto:cgig12steplist@gmail.com)

**“Bridging the Gap”** ...Bridging the Gap helps to soften the transition for individuals from treatment to an AA life. Wondering what Bridging the Gap is all about and interested in learning about service opportunities? BTG meets every 3<sup>rd</sup> Thursday of the month at Central Office at 7pm and  
**NEW Zoom:** 945 772 8029 Password: BTG Email: [cgsctg@gmail.com](mailto:cgsctg@gmail.com).

**NOTE: “SAVE the DATE”- September 24 – A Bridging the Gap event with more details ON PG 8!!**



**MORE "Calls to 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."*

## **CORRECTIONS VOLUNTEERS NEEDED**

The Calgary Corrections Committee is in need of volunteers to chair AA meetings at Calgary Correctional Centre (Spyhill) as well as the Women's Remand Centre...

If you have at least one year of sobriety and can spare one hour (maybe two including travel time) once a month or so then chairing an AA meeting at a correctional facility is a great service opportunity. ***It is mainly about carrying a message of hope to those who at times might consider their situation hopeless...***

Being inside a jail, may seem a bit daunting, but actually it is a very safe environment.

Meetings are held on Wednesday, Thursday and Sunday evenings (depending on the facility).

If you can help out, please contact the chair of the Calgary Corrections Committee Bianca T. - 403-473-9930 or email [cgscorreptions@gmail.com](mailto:cgscorreptions@gmail.com) or call or text volunteer- recruiting Lee H. at 403 815 3719 and we will get information sent out.

### **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](mailto:cgscpc@gmail.com)

### **Public Information Committee (PI committee):**

**1. WOULD YOU LIKE TO HELP A TEEN** – the committee is looking for individuals who may be willing to take our message into high schools. We already have a foundational presentation being tweaked and trimmed so you would only need to bring your story and sense of hope!

**2. The committee is also looking for more committee members to join the group and tackle the various responsibilities of PI.** Public Information is responsible for getting info out to those who may still be suffering.

**Meeting Dates:** Last Tuesday of every month

**Time:** 7:00pm.

**Location:** Central Office, 4021 4 St SE

- Contact the PI Committee chair for more information and/or ***if interested in copy of digital poster below, please contact:***  
[pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)



**YOU ARE NOT ALONE**  
Help is here!



24 Hr Calgary AA: -403-777-1212

24 Hr Crisis Line: -403-244-HELP (4357)

Calgary AA meetings: - [www.ca.org](http://www.ca.org)

AA Main Website: - [www.aa.org](http://www.aa.org)

AA info and brochures: - [https://www.aa.org/pages/en\\_US/is-aa-for-you](https://www.aa.org/pages/en_US/is-aa-for-you)

AA Meeting App:  
"Meeting Guide"

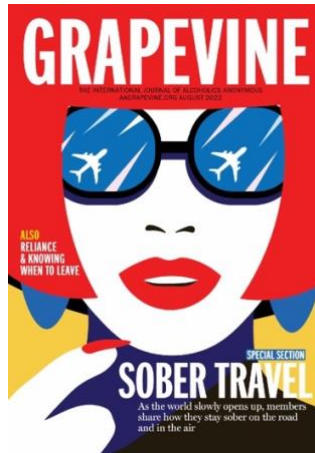
- A.A. World Service

Download on:  
AppStore or Google Play



Calgary Alcoholics Anonymous

## The August 2022 Issue of GRAPEVINE is here!



### On the Cover: This issue is for "Sober Travel"

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

Some stories include:

#### [Let's Go](#)

I was one week shy of 11 months sober when I took my first business trip as a sober woman. The significance of this trip was huge.

#### [Getting used to a new town](#)

I got sober in 2012 while I was living in Los Angeles, California. Then, at three years sober I lost my job, couldn't find another one and ran out of savings.

#### [Wherever I Am](#)

My first sober trip was with my 10-year-old daughter to Oahu, Hawaii.

#### [Far from home](#)

Thank God for awesome sponsorship. I'm grateful to have been taught early in sobriety by my first sponsor Louise that my recovery was my responsibility.

#### [On the Right Track](#)

In 1986, God took me from Thompson Falls, Montana, by a bizarre chain of events and circumstances, to the town of "lost souls"—Los Animas, Colorado.

#### [Flight BOOKed](#)

Airports used to scare me. Commercial flights were frightening for me in early sobriety. I was uncomfortable leaving my home group and heading far away without a drink.

## Participate with "Grapevine"

### Flex your funny bone

If a great caption springs to mind when you look at this picture, submit it for possible publication on our humor page. Or just vote for your favorite caption! [See more.](#)

### Share Your Story With Us

We are always looking for stories on special topics as well as for departments such as Emotional Sobriety, Sponsorship, Newcomers, Youth Enjoying Sobriety, Old-Timers and Home Group, and the Twelve Steps and Twelve Traditions.

[Learn more: Submission guidelines and editorial calendar](#)

**WE ARE MOVING****HADDON ROAD GROUP IS MOVING TO:****ST ANDREWS PRESBYTERIAN CHURCH****703 HERITAGE DR. SW**

(JUST OFF CORNER OF HERITAGE DR AND HADDON RD.)

**FINAL MEETING AT ORIGINAL LOCATION IS 8PM BIRTHDAY MEETING  
SATURDAY AUGUST 27TH****FIRST MEETING AT ST ANDREWS 5PM LADIES MEETING SUNDAY  
AUGUST 28TH****HADDON ROAD GROUP HAS NEW MEETING TIMES:**

MONDAY-FRIDAY 6AM AND 12:10PM(BROWNBAG)

MON,TUE,THUR,FRI,SAT,SUN 7PM

**NO EVENING MEETING WEDNESDAY NIGHTS**

SATURDAY 10AM LIVING SOBER

SUNDAY LADIES 5PM

PLEASE PARK ON EAST-SIDE PARKING LOT , WALK AROUND BACK TO  
WEST DOOR ENTRANCE**Midnapore 4<sup>th</sup> Annual Picnic**Sunday August 28<sup>th</sup>, 2022

Fish Creek Park – Glenfield – Group B (ASPEN)

14428 Bannister Road SE

Time: 11:00am-3:00pm

Games and treats for kids

Pet Friendly

Hot Dogs, Hamburgers

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&amp; All the BBQ Fixings

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**District 86 Airdrie AA**

Good Food, Fellowship, & Camping!

Campfire Meetings

Raffles & 50/50

**★ PIG ROAST ★**

**CONTACT: Evan A. @ 403-305-4948**

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**\*NO DOGS, PLEASE\***

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7:00 AA Speaker  
8:45 Countdown  
9:00 Campfire meeting

**SUNDAY**  
8:00 Breakfast  
9:00 Cleanup & Fellowship  
11:00 - Farewell Campfire Meeting

**Events  
and  
Fellowship!!**

**GARNET BLOCK SOBER DANCES**  
Last Saturday Every Month

Hot Dogs and Snacks

Door Prizes and 50/50 Draw

**WILDROSE United Church 1317 1st NW**  
**DOORS OPEN AT 8:00 PM DANCE AT 9:00 PM**  
**Cost — \$10.00 per person—Under 12 Free**  
**Music by Aurora Nights or Jeremy**  
**Fun Fellowship and Recovery!**  
**ROCK THE BLOCK!**  
First Dance starts May 28th

**DISTRICT 83**

**BRINGING US**

**TOGETHER AGAIN BBQ**

**COME JOIN US SEPTEMBER 11 @ FISH CREEK PARK FROM 11AM - 4PM**

LOCATION IS GLENFIELD BLACKBIRD (EAST) SITE CAN BE SEARCHED ON GOOGLE MAPS AS "GLENFIELD DAY USE AREA". LUNCH WILL BE SERVED AT 12PM WE WILL BE PROVIDING HAMBURGERS, HOT DOGS, VEGETARIAN OPTIONS, CAN POP WATER AND SNACKS. COST IS 7TH TRADITION WITH ALL PROCEEDS GOING TOWARDS DISTRICT 83 COMMITTEE. WILL BE HAVING A SPEAKER @ 2PM FOLLOWED BY FELLOWSHIP GAMES AND ACTIVITIES. THERE IS FREE PARKING, SHELTER, PICNIC TABLES AND PRIVATE RESTROOMS ON SITE FOR US. SO WE WILL BE THERE RAIN OR SHINE. GRAB YOUR FAVORITE LAWN CHAIR AND YOUR FRIENDS AND COME SUPPORT YOUR LOCAL DISTRICT 83. FOR ANY QUESTIONS AND CONCERNS YOU CAN CONTACT JARRETT 403-797-3304

**WE SHALL BE WITH YOU IN THE FELLOWSHIP OF THE SPIRIT, AND YOU WILL SURELY MEET SOME OF US AS YOU TRUDGE THE ROAD OF HAPPY DESTINY.**





## SAVE THE DATE!!!

**Bridging the Gap (BTG)** is hosting a Teach-out session for fellow AA members that want to learn more about BTG and becoming a temporary contact.

Wondering what Bridging the Gap is all about and interested in learning about service opportunities?

Date: September 24, 2022

Pizza and cold drinks included

Location: Renfrew Community Hall

811 Radford Road NE, Calgary, AB

*Big Book,  
Speakers  
and  
Workshop*



## Big Book Study

Big Book Study held at New Beginnings  
3216, 380 Canyon Meadows Drive SE  
Fish Creek Village  
2<sup>nd</sup> floor

Monday Sept. 26, 2022  
Time 6:30 to 8:00 PM

Facilitated by Mary S and Steve  
Bring your big book and highlighters

Enjoy and great night of teaching and fellowship

Hope to see you there

For more information email Steve  
monsternac13@gmail.com



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

**August 2022**

The summer is bringing the membership together, doing what we all love the most – sharing in the fellowship and carrying the message of recovery from alcoholism.

While members gather for roundups, birthdays, and campouts through the summer, the General Service Board is Meeting in New York July 29 – 31. Updates, reports, actions taken and those still outstanding will be discussed. After these meetings, Irma (our Western Canada Regional Trustee) shares all the goings-on with us four delegates. Look for the highlights next month! To keep current on what's happening from GSO, check out "What's New"

<https://www.aa.org/news-and-announcements>

TRUSTEE-AT-LARGE, CANADA Trish L., our current Trustee will soon finish her term. At the next Conference, a new Canada Trustee will be elected. The choices come from past delegates who are elected in each of the 14 areas across Canada. So, at our September Assembly, any past delegates interested in putting their name forward for this service position will be voted on by the Assembly Committee (GSRs, DCMs and Area Committee Officers). Anyone able and interested, please contact me.

It was a pleasure to give the Delegate's Report, virtually, on July 19 & 25. For any groups or Districts who would like the report presented for their members, please contact me at the email below. The written report, a PP of the report, the Advisory Actions, and the Committee Considerations will be posted on Area78.org website by the end of July.

In July, the North South Connection Special Forum was held virtually and included western hemisphere Areas from the far north to the most southern tip. It was great to get notices and questions from members in Area 78 who were super excited about the Forum. Although traveling during the one-day event, I was able to participate before hitting the road to Slave Lake and listened to the rest as I drove. Hope you found it as moving and inspiring as I did.

When I was in Slave Lake, it was great to see some of the members on Saturday night at the meeting at the Friendship Center. Thanks for welcoming me and for all your shares! I've heard how great all the roundups have been in our Area. What a life we have been gifted!

A little reminder about WRAASA – Western Regional A.A. Service Assembly, Feb 26 – 28 in Edmonton. Hope you're planning to be there!

Yours in loving service,

**Tami**

Area 78 Delegate

[delegate.72@area78.org](mailto:delegate.72@area78.org)

## Step 8 & Tradition 8

### ***Step 8 – “Made a list of all persons we had harmed, and became willing to make amends to them all.”***

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know.

This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

These obstacles, however, are very real. The first, and one of the most difficult, has to do with forgiveness....

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we had hurt. It had been embarrassing enough when in confidence we had admitted these things to God, to ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them...

*From Twelve Steps and Twelve Traditions, p.77-79.*

### ***Tradition 8 – “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”***

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.'s have ever worked the Twelfth Step for a fee.

Despite this certainty, it is nevertheless true that few subjects have been the cause of more contention within our Fellowship than professionalism....

At last, however, a plain line of cleavage could be seen between professionalism and non-professionalism. When we had agreed that the Twelfth Step couldn't be sold for money, we had been wise. But when we had declared that our Fellowship couldn't hire service workers nor could any A.A. member carry our knowledge into other fields, we were taking the counsel of fear, fear which today has been largely dispelled in the light of experience....

The job was not to do Twelfth Step work; it was to make Twelfth Step work possible. It was a service proposition, pure and simple....

This is the exciting welter of events which has finally cast up A.A.'s Tradition of non-professionalism. Our Twelfth Step is never to be paid for. but those who labor in service for us are worthy of their hire.

*From Twelve Steps and Twelve Traditions, p.166-171.*