

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 everyone  
good cheer during  
the holiday season  
~ your Central Service Office**

**REGULAR OFFICE HOURS**

Mon–Fri, 8:30am–5:00pm

(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

**HOLIDAY CLOSURES****CLOSED**

Christmas Eve – Boxing Day  
Sat., Dec. 24 – Tues., Dec. 27

**OPEN**

Wed., Dec. 28 – Fri., Dec. 30

**CLOSED**

New Year's Eve – New Year's Day  
Sat., Dec. 31 – Mon., Jan. 2

**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)



**WILD & 2023**  
*New Years Eve Party*

FOOD . FELLOWSHIP . MUSIC . DANCING . GIVEAWAYS . MAGIC

**Saturday, December 31**  
**Penbrooke Meadows Community Hall**  
6100 8 Ave SE T2A 6M7  
5:30 pm doors open  
6:30 pm feast  
8:30 pm speaker meeting  
9:30 pm party until 2023

**Friends  
& Family  
welcome**  
POTLUCK DESSERT

**THIS EVENT IS FREE!**  
DONATIONS ALWAYS WELCOME... BASED ON THE 7TH TRADITION

*Info/RSVP 402*

See details inside on  
pg. 9

**December 2022 is PACKED with  
Fellowship, Celebration and Support  
Holiday Spirit, Potlucks, Speakers, Service,  
Connection. Fellowship**

## AA CALGARY INTERGROUP CHRISTMAS DINNER POTLUCK



Where: 134 Scarboro Ave – Scarboro United Church

When: December 17, 2022 - 11-4pm

Who: All are invited including kids; Santa will be there too

Cost: 7<sup>th</sup> Tradition

COME JOIN US FOR A DELICIOUS DINNER AND FELLOWSHIP!!

See full poster  
inside on pg. 8

**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 / BOOK STUDIES:**

**Big Book Meeting – New Beginnings** – Starting Monday, January 16 and facilitated by Mary and Steve – 6:30 – 8:30 at Canyon Meadows location – see poster on page 10 for details

**Hybrid Big Book Meeting – Uncover, Discover, Recover** – Join Mondays from Nov 23, 2022 – March 13, 2023 at the Alexandra Centre Society, SE Calgary. 6:30 – 8:30 MST – In person and Zoom ID: 5298412715, PW: surrender7 – see poster on page 9

**Big Book Meeting – Centre of Hope** - second meeting at the Centre of Hope (Salvation Army), Effective October, 14th, 6pm., Big Book Meeting Open all welcome., Fridays at 6pm

**Zoom Big Book Study** – “A New Light” presented by Paige F. – presented online by the Big Book Compendium. Monday Night Study – 6 – 8pm MST – Zoom ID – 519 992 791, Password: 12steps.

**MEETING CHANGES**

**The Sunday Night Group** in Canmore is changing its meeting time of 8-9 to 7:00pm -8:00pm every Sunday. It is still at the same location Scout Hall, 914, 8th Street, Canmore.




**Vulcan Group** - Vulcan 8 p.m. Tuesday and Thursday group has a new location. Effective November 19th, we will be meeting at 302 Centre Street, in the basement of the church, just up the street from where we were meeting before.

**Back to the Book** ~ Airdrie – “Living Spring Fellowship” - Saturday morning meeting time change New time 10:00 - 11:00am. This new time change begins October 15

**MEETING INFO - REOPENING MEETINGS****CANCELLED MEETINGS**

**Temporarily cancelled NW Calgary Group**, Saturday 5:30 pm Step and Tradition meeting at Foothills Alliance Church cancelled Dec. 24 and Dec. 31, 2022, only. Regular Saturday meetings will resume in January 2023.

**McKenzie Towne Tuesday Online** - The last Tuesday 7:30 p.m. Zoom meeting of the McKenzie Towne Group (Online McKenzie Towne) occurred on October 18. This meeting is now cancelled.

November 2022						December 2022			
272 Group		SMOG		Glenmore		272 Group		Southview by the Book	
Jody D	5 years	Luke S	3 years	Ben	1 year	Rania	1 year	Wade C	2 years
Bruce S	20 years	David D	4 years	Jen D	1 year	Dave G	5 years	Thursday Night Ladies	
ABC Group		Isabel R	5 years	Amberle	1 year	ABC Group		Sarah	2 years
Marsh C	44 years	Dorothy	15 years	Lanny M	33 years	Mel S	58 years	Diane	29 years
Airdrie Country		Steps, Stories & Beyond		New Beginnings		Airdrie Country		Unity	
Joel D	6 years	Buddy B	18 years	Amber V	1 year	Merle C	48 years	Kevin L	20 years
Awakenings		Thursday Night Ladies		Victoria L	1 year	Awakenings		Alex R	31 years
Bev H	18 years	Bev F	6 years	Abi P	2 years	Rudy N	28 years	West End Step and Trad.	
		Unity		Maria H	9 years	Back from Hell		Daryl M	26 years
Back from Hell		Pat H.	1 year	Aron M	12 years	Clint P	8 years	Whitesheep	
Kelly T	2 years	Shane S	5 years	Bill T	18 years	Deer Ridge		Justin H	5 years
Norma G	12 years	Travis A	15 years	Sandy D	25 years	Delia E	32 years	Collin G	6 years
Doug F	16 years	Wednesday Eyeopener		Jayne R	30 years	Homeward Bounders		Dave F	11 years
Jessica	18 years	Karen	1 year	NW Calgary Group		Kirby J	23 years	Darren	11 years
Deer Ridge		Kurtis P	8 years	Steve C	2 years	Kincora		Jeff D	33 years
Mark	6 years	Denise N	8 years	Grant S	6 years	Amanda	1 year	<div></div> <div><b>Happy birthday</b></div> <div><b>to</b></div> <div><b>everyone!</b></div> <div></div>	
Daneal	7 years	Norm S	35 years	John J	9 years	Neil H	2 years		
Laara	8 years	Whitesheep		Lee H	15 years	Jennifer	5 years		
Layah	12 years	Stephen	4 years	Recovery Group		Danny M	20 years		
Ernie	31 years	Mike H	5 years	Mike M	1 year	Jean L	23 years		
Knox Nooners		Gibson S	6 years	Haleigh	2 years	McKenzie Towne			
Peter B	31 years	Murray K	7 years	Katie S	2 years	Joey B	1 year		
John R	33 years	Rob B	9 years	Mike Y	2 years	Steve S	1 year		
Eduardo	47 years	Zack F	11 years	Susan M	3 years	Lon M	11 years		
MAAT		Rich W	31 years	Sarah S	5 years	Dwayne	15 years		
Keshia	1 year	Brad F	35 years	Holly D	10 years	Colleen	33 years		
Joseph V	3 years	Dave W	38 years	Brian J	11 years	Jon G	40 years		
Curtis R	3 years	Tom R	41 years	Linda S	12 years	Midnapore			
Jody D	5 years			Wilfredo	13 years	Darren F	2 years		
Harvey F	5 years			Victoria	19 years	Kevin	2 years		
Mike H	8 years	Garnet		Linda G	25 years	Tyler R	6 years		
McKenzie Towne		Michelle	1 year	Irene R	34 years	Kristy M	8 years		
Jordan W	1 year	Lucia	1 year	Deborah	36 years	Dave G	15 years		
Kristen	1 year	Krystle	3 years	John R	37 years	Laura Lea	16 years		
Kelsy C	1 year	Dee	3 years	<div></div> <div><b>YOU ARE AMAZING!</b></div>		Ogden			
Paul S	3 years	Darren	4 years			Linda T	2 years		
Josh T	3 years	Nathan D	6 years			Rosa P	6 years		
Geoff S	7 years	Nick	6 years			Eric P	32 years		
Midnapore		Kurtis	8 years			Darryl D	34 years		
Liam M	4 years	Barb	9 years			Regal			
Monte G	16 years	Paul H	16 years			Garry G	3 years		
Ogden		Wade	30 years			Rule 62			
Denise T	9 years	Brett	33 years			Dan	1 year		
Regal Group		Myra D	34 years			Melissa	2 years		
Gordon	5 years	Irene R	34 years	Aaron C	3 years				
Blair T	44 years			Brad M	3 years				

## LIST OF December Holiday EVENTS

DATE	EVENT	Poster with Details
Friday, December 16	Knox Nooners Potluck	Page 7
Saturday, December 17	Zoom Remote Communities Forum – English, French, Spanish	Page 8
	Intergroup Potluck Christmas 11 – 4pm	Page 7
	Unity Potluck AA Christmas 4:30 – 8 pm	Page 7
	Balzac Christmas Dinner and Dance Doors open at 5pm	Page 7
Saturday, December 24	Whitesheep Christmas Eve BREAKFAST 8 – 11am	Page 8
Sunday, December 25	Forest Lawn Alcathon 9am – 9pm	Page 8
Dec 23 – Jan 1	Bow Valley Open “Night Owl” (Canmore) 9:30 – 10:30	Page 8
Saturday, December 31	Intergroup New Year’s Eve Party	Page 8
<b><i>EVEN MORE AMAZING EVENTS INCLUDED ON THE PAGES TO FOLLOW!!</i></b>		

Treatment Facility	AA Group for November	AA Group for December
Renfrew Fridays	Forest Lawn	Bridge Group
Alpha House	Tues - Glenmore	Forest Lawn
	Friday – McKenzie Towne	TBA
Sunrise	Ogden	Garnet Group
AARC – alternating Mon	Radical Change	Haddon Road
Dream Centre	NW Calgary Group	McKenzie Towne
Sandstone (2 <sup>nd</sup> Friday)	New Beginnings	District 83

## Monthly CGSC ← Service Commitments

### Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
December 4	NW Calgary Group
December 11	Garnet
December 18	TBA
December 25?	TBA

Phone Monitoring Dates	AA Group
November 27 – Dec 4	Unity
December 5 - 11	Daily Reflections
December 12 - 18	Kincora
December 19 - 25	Weekend Serenity
December 26 – Jan 1	PPG

## CALL FOR “SERVICE” – many opportunities

**“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).



## 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."*

### Public Information Committee (PI committee):

**Looking for a new Chair for the PI Committee – it comes with an established committee!!**

**Contact Calgary Intergroup for more information...**

**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  
[pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

### 12 Step List Service –

(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)

### 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...

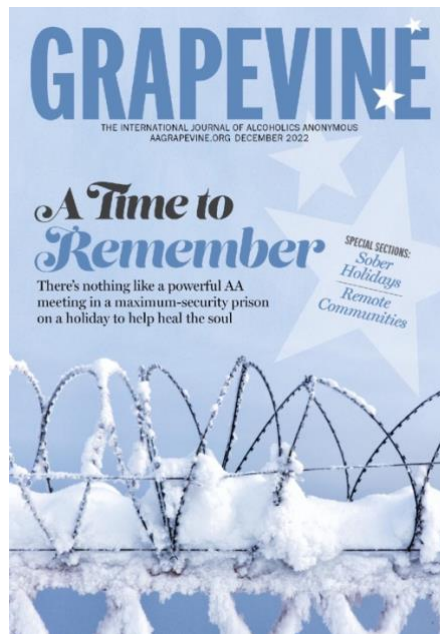
If you have at least one year of sobriety and can spare one hour (maybe two including travel time) once a month or so then chairing an AA meeting at a correctional facility is a great service opportunity. ***It is mainly about carrying a message of hope to those who at times might consider their situation 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 [cgscorrections@gmail.com](mailto:cgscorrections@gmail.com) or call or text volunteer-recruiting Lee H. at 403 815 3719 and we will get information sent out.

## The December 2022 Issue of GRAPEVINE is here!



### On the Cover: This issue is for "Remote Communities and Sober Holidays"

To view the Table of Contents, click here.

Some stories include:

#### **Mark your calendar AA International Convention!**

Vancouver, British Columbia, Canada

July 3 - 6, 2025

#### **Back in the picture**

It was late December and my wife and I had been invited by my 6-year-old daughter's teacher to come to a parent gathering at her elementary school.

#### **100 Beards**

During the summer of 2007, Sally, my second wife, and I were living in Nashville, Tennessee.

I regularly attended a men's AA meeting at a sober clubhouse on Sunday evenings.

#### **Maybe Next Year**

I sobered up in September of 1982. Immediately I began worrying about how I was going to get through Thanksgiving and Christmas with my family, without my reliable crutch of the previous 25 years. Habitually, my father and I would get drunk at holiday get-togethers and end up with hurtful words in both directions. The booze always helped me get through the day.

#### **Let there be light**

After some drama and quick action, their annual AA holiday breakfast went on like a charm

#### **No amount of Razor Wire**

I often witness members at AA meetings express their emotions with tears; usually over recognition of the harms done to themselves or others, as well as over a newfound awareness of God

#### **Closer Than You Think**

In the summer of 1993, I felt uniquely remote from in-person AA fellowship. I could no longer attend meetings due to some injuries.

## December – Holiday Fellowship

### Knox Nooners Gratitude Potluck

Friday, December 16, 2022  
12:00pm - 1:00pm

In the Parlour at Knox United Church  
506 - 4th Street SW

Email [knoxnooners@gmail.com](mailto:knoxnooners@gmail.com)  
if you have any questions!

### AA CALGARY INTERGROUP CHRISTMAS DINNER POTLUCK



Where: 134 Scarboro Ave – Scarboro United Church

When: December 17, 2022 - 11-4pm

Who: All are invited including kids; Santa will be there too

Cost: 7<sup>th</sup> Tradition



COME JOIN US FOR A DELICIOUS DINNER AND FELLOWSHIP!!

We would appreciate contributions of cooked food, desserts and other festive scrumptiousness. If your group would like to donate food to the dinner, please contact Nate 403 830-5086 or email [Cgigchair@gmail.com](mailto:Cgigchair@gmail.com), for a list of what's needed and what's covered.

For a great service opportunity, why not volunteer! We need Elves to help make the day EXTRA magical. Contact Nate or Just show up on the day!

If you or your group would like to make a donation towards the event, please contact Central Office at 403 777-1212 or [Centraloffice@calgaryAA.org](mailto:Centraloffice@calgaryAA.org)



**AA xmas potluck**

YOUR LOGO

All Saints Anglican Church  
404 4th Ave North  
Cochrane, Alberta  
Basement of Church Rectory



**Saturday Dec 17**  
**16:30 - 20:00**  
REGULAR MEETING 19:00



**DISTRICT 86**

**18th Annual Christmas Dinner & Dance**

**Saturday December 17**

**Balzac Community Hall**

Doors open @5:00  
Dinner served @6:00  
Dance to follow

Tickets - \$25  
Children 12 & Under - FREE

\*Santa  
\*Kids Corner

Contact Jerry for info:  
Text: 403-542-3457  
Email: [jwink99@gmail.com](mailto:jwink99@gmail.com)

Hwy 2 to Balzac & exit West. Cross tracks. Turn left into parking lot & Hall.







## BOW VALLEY AA-2022/2023

Extra "OPEN" NIGHT OWL meetings are being held as well as regularly scheduled meetings

If you think you may have a problem – we are here for you!

Dec 23 9:30-10:30 pm  
 Dec 24, 9:30-10:30 pm  
 Dec 25, 9:30-10:30 pm  
 Dec 26, 9:30-10:30 pm  
 Dec 27 9:30-10:30 pm  
 Dec 28, 9:30-10:30 pm  
 Dec 29, 9:30-10:30 pm  
 Dec 30, 9:30-10:30 pm  
 Dec 31, 9:30-10:30 pm  
 Jan 1, 9:30-10:30 pm

**Ralph Connor Church**  
 617, 8<sup>th</sup> Street, Canmore  
 Side Door and Upstairs

Contact: Jeff – 403 996-0571

To find regularly scheduled meetings in Banff & Canmore see [calgaryaa.org](http://calgaryaa.org)

## More December – Holiday Fellowship

Whitesheep  
AA Men's Group

## CHRISTMAS EVE BREAKFAST

December 24th 8:00am - 11:00am  
 Deerfoot Inn & Casino

**FAMILY & FRIENDS WELCOME**

Tickets: \$30.00 each  
 Kids 11 & Under \$15  
 Babes in Arms Free

**FOR MORE INFORMATION**

AA Central Office: 403-777-1212  
 Gerry M: 403-874-6441

## FOREST LAWN FELLOWSHIP ROOM ALCATHON

Potluck- finger Food and treats – ALL  
DAY

Sunday December 25<sup>th</sup>

Meetings begin at 9am

9am- Came To

10:30am-

12:00 (noon)-

1:30 pm- Weekend Serenity

3:00pm-

4:30pm-

6:00pm-

\* 7:30pm- Back to the drawing board

9:00pm-

\* 7:30pm- Back to the drawing board

9:00pm-



1830 52 Street Southeast



## NEW YEAR'S EVE PARTY

WILD & 2023  
*New Years Eve Party*

FOOD . FELLOWSHIP . MUSIC . DANCING . GIVEAWAYS . MAGIC

Saturday, December 31

Penbrooke Meadows Community Hall

6100 8 Ave SE T2A 6M7

5:30 pm doors open

6:30 pm feast

8:30 pm speaker meeting

9:30 pm party until 2023

**Friends  
& Family  
welcome**

POTLUCK DESSERT

**THIS EVENT IS FREE!**

DONATIONS ALWAYS WELCOME... BASED ON THE 7TH TRADITION

Info/RSVP 403 804-3376  
 514 629-2013  
 wildand2023@gmail.com





**ALCOHOLICS ANONYMOUS**  
REMOTE COMMUNITIES  
**FORUM 2022**

HOSTED BY THE  
INTER-AREA  
REMOTE  
COMMUNITIES  
WORKING GROUP

EVERYONE  
WELCOME



ENGLISH,  
FRENCH,  
SPANISH,  
ASL

MEETING ID  
823 3345  
5028  
PW  
453204

DEC 17 SAT.  
1100AM -  
2:00PM  
PACIFIC TIME

CONTRIBUTIONS FOR ASL :  
PDACAA.ORG/CONTRIBUTIONS

INTERAREARC@GMAIL.COM

**COMMUNAUTÉS ÉLOIGNÉES**  
**FORUM 2022**

HÉBERGÉ PAR LE  
GROUPE DE TRAVAIL  
INTER-AREA  
REMOTE  
COMMUNITIES

BIENVENUE À  
TOUS !



ANGLAIS,  
FRANÇAIS,  
ESPAGNOL,  
ASL

# DE  
RÉUNION :  
823 3345  
5028  
CP : 453204

17 DÉC., SAM.  
11H00 - 14H00  
PACIFIQUE

CONTRIBUTIONS À  
L'INTERPRÉTATION EN  
ASL : PDACAA.ORG/CONTRIBUTIONS

INTERAREARC@GMAIL.COM

**COMUNIDADES REMOTAS**  
**FORO 2022**

ORGANIZADO  
POR EL GRUPO  
DE TRABAJO DE  
COMUNIDADES  
REMOTAS  
ENTRE ÁREAS

¡TODOS  
SON  
BIENVENIDOS!



INGLÉS,  
FRANCÉS,  
ESPAÑOL,  
ASL

IDENTIFICACIÓN  
DE LA  
REUNIÓN: 823  
3345 5028  
PW: 453204

17 DE DICIEMBRE,  
SÁBADO  
11:00 - 14:00  
HORA DEL PACÍFICO

CONTRIBUTIONES DE  
INTERPRETACIÓN DE ASL:  
PDACAA.ORG/CONTRIBUTIONS

*Connection, Experience,  
Strength and Hope*

*December*

HELLO  
AND  
WELCOME

TO THE

**THE BETTER DAYS  
GROUP**


**SPEAKER MEETING**

COME TO HEAR WHAT IT WAS LIKE, WHAT HAPPENED  
AND WHAT ITS LIKE TODAY

**BILL W. BIG BOOK BILL**

FROM THE GROUP GLENMORE

MEETING OPENS AT 7:30PM  
STARTS AT 8:00PM  
1432 19<sup>TH</sup> ST. N.E.  
Saturday December 10<sup>TH</sup>



*Big Book*

UNCOVER, DISCOVER  
RECOVER

**A DESIGN FOR  
LIVING**

**BOOK STUDY** JOIN US MONDAYS  
NOV 21, 2022 - MAR 13, 2023

ALEXANDRA CENTRE SOCIETY  
922 9TH AVE SE  
6:30 PM - 8:30 PM  
DOORS OPEN AT 6:00 PM

**FACILITATED BY  
BILL W.**

JOIN US ONLINE  
ZOOM ID: 529 841 2715  
PASSWORD: surrender7

• UNDERSTANDING THE ILLNESS  
• REMOVAL OF SUBSTANCE  
• THE DESIGN FOR LIVING  
• SPONSORSHIP

**AND JANINE H.**

FOR MORE INFORMATION  
CONTACT BILL @ 403-903-3694

PARTICIPANTS ARE WELCOME TO BRING THE  
BIG BOOK AND 12X12 TO FOLLOW ALONG

**OPEN TO ANYONE**

FRIENDS AND FAMILY \* SPONSORS \* EDUCATORS  
HEALTHCARE WORKERS \* SERVICE PROVIDERS



**BETTER DAYS GROUP**  
**SPEAKER MEETING**  
**SATURDAY JANUARY 14<sup>TH</sup> 2023**  
**JOHNNY B. FROM**  
**STEP -STORIES - BEYOND**  
 Sobriety July 17<sup>th</sup>, 1960 1432 19<sup>th</sup> ST. NE

DOOR OPENS AT 7:30 PM	Speaker starts at 8:00pm
LIVE , LOVE , ENJOY THIS DAY "ONE DAY AT A TIME"	Come to hear what it was like ,what happened , and whats it like today

## Big Book Study

### *Big Book*

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

Monday January 16, 2023  
 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

*January - The  
 hope of a new  
 year...*

## **Area 78 ACM**

HOSTED BY DISTRICT 75

**January 20 & 21, 2023**

lunch and supper to be served (7 Tradition)

Guest Speaker Saturday @ 8pm

@

Scarboro United Church

134 Scarboro Ave S.W Calgary AB

Hotel Accommodations:

Ramada Plaza by Wyndham Calgary Downtown 708  
 8th Ave S.W

Call in to reserve a room under the Area 78 block

**(403) 263-7600**

\$117.88 per night stay and \$15 for underground  
 parking

Any info needed, please contact Kathryn at 403-251-4442  
 (leave a message if no answer)

Celebrate  
 the Golden  
 Anniversary  
 of the  
 Banff RoundUp

**50**  
 YEAR

of  
 Recovery  
 in  
 The  
 Rockies

**FEBRUARY 24TH TO 26TH**

The Banff Park Lodge

222- Lynx Street Banff, AB

1-800-661-9266

Room rate: \$157 and up

Registration only: \$45

Banquet and Registration: \$140

February 17th cutoff

Purchase tickets from  
 Calgary Central Office or  
 at [www.banffroundup.com](http://www.banffroundup.com)

**Speakers:**

Kacy R - Texas (AA)

Tony M - Oklahoma (AA)

John A - Texas (AA)

Ruth L - Quebec (AA)

Rhonda J - Connecticut

(Al-Anon)

Plus: Workshops

and Entertainment

**"Struck something better than Gold."**

Big Book p129



Banff Park Lodge  
 Booking ID: 462462.

Email: [cgigbanffchregmail.com](mailto:cgigbanffchregmail.com) for more details

**February  
 Save the Date  
 "Banff  
 Roundup"**

## DELEGATES CORNER...December 2022

At a District's "For the Love of AA workshop" recently we explored the 'who, what, where, why and how' of giving back to our program and ways to carry the message. We looked at the benefits and opportunities that service gives us and will give to those yet to come. We discovered this is where we find joy and discover our own depth. In Bill's own words, "I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes." This has been the experience of the thousands who devote themselves to all three legacies of our program. Being sober - merely the tip of the iceberg.

Attending a District Unity Night (and seeing the many groups and districts doing the same), it warmed my heart to see everyone coming together, listening to the many shares. We do more than deal with alcoholism. We truly grant a life like no other. It is safe to say, we receive a life we didn't even know was waiting for us to join. A life uniquely evolving through our spiritual journey - day by day by day. Most of the time we don't see our own development. But every time we help another, the magic shines. Each time we overcome our resentment, anger, pain or suffering, we increase our experience, gain in strength and eventually share that hope.

December wraps up a year that brought many challenges but carried more joys. I hope this year closes for you with goodness and grace. And may the coming year bring deeper appreciation, awareness and growth. Wishing you, your family and friends a safe and loving holiday season.

*With love in the Spirit,*

**Tami**

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### **PS: AREA NEWS:**

- **72<sup>nd</sup> Conference Final Reports arrived.** Pick up your free copy at the Calgary or Edmonton Central Office or DCMs can contact me for someone in your District to collect them from my home (Calgary). Will also be available at the ACM in January
- **2 New Groups in our Area!**
- **Area Committee Meeting (ACM)** on January 20 & 21, 2023 in Calgary
- **WRAASA (Western Regional AA Service Assembly)** in Edmonton on February 24 - 26, 2023. Hope to see you there. To register <https://wraasa.org/registration>

### **MORE...**

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.



- **PLEASE** update your meeting information with an email to [grouprecords.72@area78.org](mailto:grouprecords.72@area78.org) or online <https://area78aa.org/downloads/forms/GroupChangeForm2022-Area78-fillable.pdf>  
Let us all do our part to ensure a newcomer (or visiting member) always find us. Pass it on...thanks!
- Workshops, speakers and assistance available to your groups and districts from any of our 16 Area Committee Officers – reach out to any of us, any time. A quick email to [alternatedelegate.72@area78.org](mailto:alternatedelegate.72@area78.org) can help you make arrangements.

### **PPS: News from our General Service Office (GSO)**

- **Lovely message on Gratitude by General Manager, GSO**  
<https://www.aa.org/sites/default/files/literature/Gratitude%20Letter%202022%20-%20EN.pdf>
- **Stories from our young members!** There's a call out to hear your stories....  
<https://www.aa.org/young-peoples-video-project>
- **Grapevine News!!** <https://www.aagrapevine.org/important-updates>
- **International A.A. Convention:** Make plans to join members from around the world at the next International A.A. Convention in Vancouver July 3 – 6, 2025. First time ever in our Region! Share the info!  
Check this out - <https://www.aa.org/international-convention> Stay tuned for Registration and hotel info.
- **Box 4-5-9** [https://www.aa.org/sites/default/files/newsletters/F-36\\_Box\\_4-5-9\\_Fall\\_2022.pdf](https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Fall_2022.pdf)
- Literature update <https://www.aa.org/sites/default/files/literature/EN%20-%20Nov%20update%20on%20printing%20delays%20and%20backorders.pdf>
- **Jobs at G.S.O** [https://www.aa.org/sites/default/files/literature/EN%20-%20GSO%20Staff%20Recruitment%20Announcement%20October%202022\\_0.pdf](https://www.aa.org/sites/default/files/literature/EN%20-%20GSO%20Staff%20Recruitment%20Announcement%20October%202022_0.pdf)
- **New cover for our Big Book** – now with a new jacket cover which makes it possible to get them printed and printed quicker...  
<https://www.aa.org/sites/default/files/literature/Jacketless%20BB%20-%20EN.pdf>
- Reminder of the contributions address:

Box 2407

James A Farley Station

New York, NY 10116-2407

or online: <https://www.aa.org/sites/default/files/literature/Press%20Release%2010-2022%20-%20EN.pdf>

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

## Step 12 & Tradition 12

***Step 12 –Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.***

**From Twelve Steps and Twelve Traditions, p106, p107, p109**

*The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily live so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it.*

*Our Twelfth Step also says that as a result of practicing all the Steps, we have each found something called a spiritual awakening. To new A.A.'s, this often seems like a very dubious and improbable state of affairs...*

*When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself...*

*Now, what about the rest of the Twelfth Step? The wonderful energy it releases, and the eager action by which it carries our message to the next suffering alcoholic and which finally translates the Twelve Steps into action upon all our affairs is the payoff, the magnificent reality, of Alcoholics Anonymous...*

***Tradition 12 – Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.***

**From Twelve Steps and Twelve Traditions, p184**

*The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of them all. It is A.A.'s proved willingness to make these sacrifices that gives people their high confidence in our future.*

**From November 25th, Daily Reflections**

*A POWERFUL TRADITION - In the years before the publication of the book, "Alcoholics Anonymous", we had no name... By a narrow majority the verdict was for naming our book "The Way Out." ... One of our early lone members...found exactly twelve books already titled "The Way Out." ... So Alcoholics Anonymous" became first Choice. That's how we got a name for our book of experience, a name for our movement and, as we are now beginning to see, a tradition of the greatest spiritual import.*

*"A.A. Tradition: How It Developed", pp. 35-36*

*Beginning with Bill's momentous decision to Akron to make a telephone call rather than a visit to the hotel bar, how often has a Higher Power made itself felt at crucial moments in our history! The eventual importance that the principle of anonymity would acquire was but dimly perceived, if at all, in those early days. There seems to have been an element of chance even in the choice of a name for our Fellowship.*

*God is no stranger to anonymity and often appears in human affairs in the guises of "luck," "chance," or "coincidence." If anonymity, somewhat fortuitously, became the spiritual basis for all of our Traditions, perhaps God was acting anonymously on our behalf.*