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/ NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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**Banff Park Lodge Booking ID: 39774 Bow View Booking ID: 76231** 

**Peaks Hotel & Suites** Booking ID: 39964

#### **INTERGROUP CONTACTS:**

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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

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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 / BOOK STUDIES:**

**Big Book Study – Haddon Road** - 200 Haddon RD 415pm to 615pm started January 16, 2022, and will run every Sunday for 14 weeks. There's a maximum limit of 18 people in the room so people need to sign up via email. <a href="mailto:monstermac13@gmail.com">monstermac13@gmail.com</a>

**Big Book Study – New Beginnings –** started Monday, January 17, 2022, from 6:30 PM till 8 PM and will run approximately 12 weeks.

#### **MEETING CHANGES (starting January)**

**NEW - Better Days Group –** temporary in person meeting shutdown – online Thursdays and Saturdays <a href="https://global.gotomeeting.com/join/858492805">https://global.gotomeeting.com/join/858492805</a>

**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 – 10<sup>th</sup> Ave N.

#### **MEETING INFO - REOPENING MEETINGS**

Overcomers – starting 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 New Beginnings – Need support for in-person meetings- Fish Creek Village, 308 Canyon Meadows Dr, Calgary

#### **CANCELLED MEETING**

**NEW** - **Better Days Group** – temporary in person meeting shutdown, online available as seen above *Know the Difference*, Friday night @ 6 PM will be closed effective immediately.



January 2022						Februa	ry 2022		
ABC G	iroup	Recover	ry Group	Garne	t Block	Awak	enings	Recovery Group	
Ramona	2 years	Harpeet	1 year	JoAnn C.	1 year	Ron W.	7 years	Luke C.	1 year
Jessica B.	13 years	Kyle A.	5 years	Carmen	1 year	Charles C.	18 years	Kandie W.	1 year
Jim C.	25 years	Danny S.	7 years	Murray	1 year	Better D	ays Group	Noah H.	2 years
Airdrie (	Country	Cate N.	14 years	Andrea	1 year	Charles M.	25 years	Jade S.	2 years
Diane R.	29 years	Michelle	20 years	Ken	1 year	Deer	Ridge	Richard I.	3 years
Awake	enings	Marie U.	34 years	Dougie	1 year	Jennifer F.	6 years	Scott B.	20 years
Chelsea	5 years	Re	gal	Marlene	1 year	John W.	6 years	Margrit P.	25 years
Patti D.	14 years	Connor	6 years	Kyle M.	1 year	Jerry P.	8 years	Re	egal
Judy Mc.	23 years	Rul	e 62	James S.	2 years	Kathrine J.	16 years	Joe H.	3 years
Kim A.	46 years	Melissa	1 year	Archie	2 years	Yvon	35 years	James F.	4 years
Back Fro	Back From Hell - Avery 1 year		1 year	Bryce C.	2 years	Edge	emont	Bruce M.	34 years
Danielle	2 years	Lyle S.	27 years	Nikki W.	3 years	Lisa K.	6 years	Thursday	Night Ladies
Dylan K.	3 years	Unity	Group	Dylan K.	3 years	Patrick F.	29 years	Sheri Y.	1 year
April S.	4 years	Brendan	13 years	Brandy	4 years	Eyeo	pener	Iris M.	9 years
Rene R.	41 years	Todd M.	14 years	Dan	5 years	Ashok P.	25 years	SN	иOG
Better	Days	Weekend	Serenity	Nicole	6 years	Kin	cora	David B.	1 year
Sandra	32 years	Jo-Lynn	29 years	Kaiser Z.	7 years	Paul G.	6 years	David L.	3 years
Linda J.	45 years	White	Sheep	Chris M.	7 years	April H.	7 years	Dave R.	3 years
Edgei	mont	Brant V.	2 years	Bruce S.	9 years	Knox I	Nooners	Tero P.	5 years
Anima K.	13 years	Tim G.	4 years	Cassie	9 years	Trent B.	8 years	Robby S.	5 years
NW Calga	ry Group	Peter R.	5 years	Rick W.	10 years	McKenz	ie Towne	Kate J.	10 years
James M.	3 years	Wayne	12 years	Rich	11 years	Al D.	2 years	Scott B.	32 years
Tia H.	9 years	Chris B.	19 years	Bernie	20 years	Sarah Y.	2 years	Gord G.	37 years
Ogden	Group	Kin	cora	Rob O.	25 years	Jaclyn S.	4 years		
Graem F.	1 year	Evan M.	7 years	Lori	41 years	Greg M.	5 years		
Theo P.	1 year	Charlott	8 years	Dave H.	52 years	Mike S.	18 years		
Denise D.	8 years	Rick R.	10 years	New Be	ginnings	Mark P.	31 years		
Crystal H.	9 years	Jon B.	11 years	Ryan H.	1 year	Dennis F.	36 years		
Derek F.	9 years	Mike O.	14 years	Ryan R.	2 years	NAD	ZIEJA		
Sherry F.	17 years	Glenmo	re Group	Chelsea	5 years	Slawek S.	1 year		
Vince C.	29 years	Dan	2 years	Glen T.	11 years	Andrzej K.	3 years		
Knox N	ooners	Meghan	3 years	Holly T.	13 years	NW Calg	ary Group		
Marie D	39 Years	Melissa	3 years	Lenora	15 years	Joy H.	2 years		
McKenzi	e Towne	Nicole	4 years	Sheryl P.	24 years	Jason M.	3 years		
Jennifer	8 years	Rob M	9 years	John A.	33 years	Kevin	3 years		
Shaun	13 years	Tim F	20 years	Sharon	37 years	Rick R.	10 years		
Heather	22 years	Mike P	20 years	Other Bi	rthdays:				
Mike	28 years	Pat R	39 years	Dellas Z.	25 years				

LIST OF EVENTS					
DATE	EVENT	DETAILS			
Saturday, February 12, 2022	"On the Firing Line" hosted by District 73 – Service Seminar	2nd Saturdays of each month, 1:00 – 3:00pm MST See poster below for details			
Saturday, February 12 & Sunday, February 13	North America CPC & PI Conference *All AA members welcome	Hosted by: Area 83 Eastern Ontario See program below for registration			
Saturday, February 26, 2022	Garnet Block 70 <sup>th</sup> Anniversary Alcathon	1609 – Center Street North See poster below for details			
Fri, Sat & Sun – March 4-6	2022 Banff Round-Up	Banff Park Lodge See FRONT COVER for details.			

Treatment Facility	AA Group for January	AA Group for February
Renfrew Fridays	(Random Speakers)	NE Calgary
Alpha House	Forest Lawn	Daily Reflections
Sunrise	New Beginnings	Forest Lawn
AARC	Thursday Night Ladies	TBA
Dream Centre	Glenmore	Deer Ridge
Sandstone (Friday)	Northlanders	ТВА



Sunday Morning (9:30am) Ramada Breakfast Meeting Zoom Code: 816 3325 2940 Password: 853947	AA Group
January 30	New Beginnings
February 6	Saturday Morning Bridge
February 13	Knox Nooners
February 20	TBA

Upcoming
Intergroup
Service
Commitments

Phone Monitoring Dates	AA Group
January 24 - 30	Deer Ridge
January 31 – Feb 6	Mackenzie Towne
February 7 - 13	Garnet
February 14 - 20	ТВА
February 21 - 27	Go For It

## **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! <a href="mailto:CGSCintro@gmail.com">CGSCintro@gmail.com</a>

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

**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 Committee:** is looking 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. Our committee meetings are the last Tuesday of every month at 7:00pm. Zoom ID # 883 0218 3847 Passcode # Service.

## The February 2022 Issue of GRAPEVINE is here!



#### On the Cover: This issue is for "Getting Through the Tough Times"

To view the Table of Contents, click here.

Some stories include:

#### Eyes Wide Open

She was sober now, so why was life so tough? Where was her amazing meadow full of butterflies?

#### Trial by Fire

What's the first thing you do when you lose your home and all your belongings? Her answer was simple—AA

#### We Did It

When COVID hit, everything went haywire—kids, stress, technology—you name it. AA to the rescue!

#### The Long Road Back

Thanks to prayer, fellowship and a good sponsor, she held onto her sanity through a long, serious work injury. "Once I get sober, life will be great!"

#### Wrapped in Fellowship

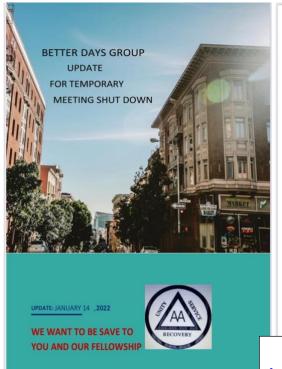
Being a sober AA member doesn't mean I will have a life free of trials and tribulations, but what it does give me is a Fellowship I can rely on.

## **NEW !- 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 <a href="https://www.aagrapevine.org/podcast">www.aagrapevine.org/podcast</a>.



## WE WILL BE HAVING MEETINGS ONLINE UNTILL NEXT BUSINESS MEETING IN FEB

**BIRTHDAYS FOR JAN.29th** 

LINDA J. 45 YEARS & SANDRA M. 32 YEARS
WILL BE ONLNE Sat. JAN.29, 8:00PM

WE WILL ALSO LATER POSSIBLY IN FEB.TO HAVE A IN PERSON CELEBRATION!

We Welcome you to join us on this road to recovery

PLEASE FIND US ON: Thursday & Saturday BETTER DAYS GROUP OPENS AT 7:30 PM YOU CAN JOIN ON YOUR COMPUTER, TABLET, OR SMARTPHONE This is not a

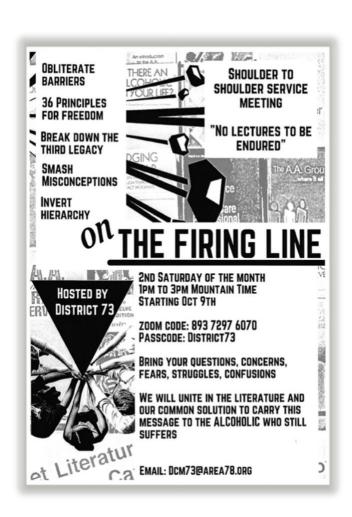
zoom MEETING

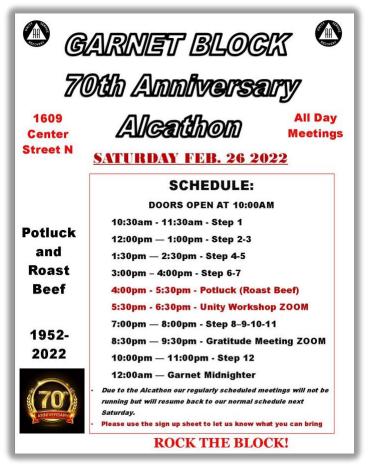
#### THIS IS A "GO TO MEEETING PLATFORM"

LINK IS: http://global.gotomeeting.com/join/858492805
THERE ALSO HELP TO GET YOU ON THE MEETING PLEASE
CLICK YES FOR VIDEO AND MIC BEFORE CLICKING ENTER.
YOU CAN ALWAYS CLICK OFF VIDEO WHEN YOU ARE IN THE
MEETING IF YOU'RE HAVING A BAD HAIR DAY
Call-in toll-free Canada 1-888-455-1389
Access code: 858-492-805

KEEP BEING KIND TO YOURSELF AND BLESSINGS

Click here to join the **Better Days Group** <a href="https://global.gotomeeting.com/join/858492805">https://global.gotomeeting.com/join/858492805</a>





# NORTH AMERICA CPC & PI CONFERENCE

	Saturday February 12th 2022					2
PST	CST	EST	Duration	Panel	Topic	Panelist
10:00 AM	12:00 PM	1:00 PM	15 minutes	Panel 1	Our Primary Purpose at Scale using Technology	Fred M Past Registrar, Area 49
10.15 484	12.15 DM	1.1E DM	1 F minutos	Danal 1	Podcasts at a Public Level	Daniel C PI Liaison Officer,
10.13 AIVI	12.13 FIVI	1.13 FIVI	13 minutes	ranei 1	Fodcasts at a Fublic Level	East Lancashire Intergroup, England
10:30 AM	12:30 PM	1:30 PM	15 minutes	Panel 1	Social Media within the Traditions	Jan L Class B Trustee, Eastern Canada Region
10:45 AM	12:45 PM	1:45 PM	15 minutes	Panel 1	Anonymous Not Invisible	Peter F District PI/CPC Chair, Area 48
11:00 AM	1:00 PM	2:00 PM	15 minutes	Panel 1	Questions	
11:15 AM	1:15 PM	2:15 PM	30 minutes		В	REAK
PST	CST	EST	Duration	Panel	Topic	Panelist
11:45 AM	1:45 PM	2:45 PM	30 minutes	Panel 2	Working with Legal Professionals	Judge Flores - Past Class A Trustee
12:15 PM	2:15 PM	3:15 PM	30 minutes	Panel 2	Working with Healthcare Professionals	Dr. Mooney - Class A Trustee
12:45 PM	2:45 PM	3:45 PM	15 minutes	Panel 2	Questions	
1:15 PM	3:15 PM	4:15 PM	15 minutes		BREAK	
PST	CST	EST	Duration	Panel	Topic	Panelist
1:30 PM	3:30 PM	4:30 PM	15 minutes	Panel 3	Attraction rather than Promotion	Amy B CPC Coordinator, GSO
1:45 PM	3:45 PM	4:45 PM	15 minutes	Panel 3	Diversity and Inclusion	Irma V Class B Trustee, Western Canada Region
2:00 PM	4:00 PM	5:00 PM	15 minutes	Panel 3	7th Tradition and Carrying the Message	Betty G Member, Area 64
2:15 PM	4:15 PM	5:15 PM	15 minutes	Panel 3	Speaking at Non A.A. Meetings	Cate W Past Class B Trustee, Western Canada Region
2:30 PM	4:30 PM	5:30 PM	15 minutes	Panel 3	Questions	
Sunday February 13th 2022						
PST	CST	EST	Duration	Panel	Topic	Panelist
10:00 AM	12:00 PM	1:00 PM	30 minutes	Panel 4	A.A. and Faith Leaders- Working Together	Rev. Ewing - Past Class A Trustee
	12:30 PM	1:30 PM	30 minutes	Panel 4	Working with Traditional Media Outlets	Tim C Lead, National PI & CPC Working Group
10:30 AM			30 minutes 15 minutes			Tim C Lead, National PI & CPC Working Group
	1:00 PM	2:00 PM			Questions	Tim C Lead, National PI & CPC Working Group REAK
10:30 AM 11:00 AM	1:00 PM	2:00 PM 2:15 PM	15 minutes 30 minutes	Panel 4	Questions	, , , , , , , , , , , , , , , , , , , ,

Register Here Today!!

## Click Here

**Information:** This virtual conference is taking place over two days, on February 12 and 13, 2022, for 4.5 hours on Saturday and 2.75 hours on Sunday. French and Spanish translation will be available. To register, simply open the Program and register using the link provided above.

This is a unique opportunity for us to hear from some Class A Trustees. The Rev. W. Ewing, for example, had a heavy hand in drafting the new and recently released pamphlet, "*Faith Leaders ask about AA*". Dr. Mooney and Judge Flores will share their perspectives on working with professionals in their respective fields.

Equally interesting is the fact that there are three Canadian panelists on the Program. Jan L. is our Eastern Canada Regional Trustee. Jan will be sharing her thoughts on Social Media within the AA Traditions. Two other Canadians are from Western Canada: the current and former Regional Trustees: Irma V. and Cate W., the former will speak about Diversity & Inclusion and the latter will discuss the topic How to speak at non AA meetings.

The Conference promises to be informative, educational and inspirational. It's free by the way!

It's for all A.A. members, not only those PI and CPC service work. So, please share widely!

**NORTH AMERICA CPC & PI CONFERENCE** 

## Step 2 & Tradition 2

<u>Step 2</u> -"We came to believe that a power greater than ourselves could restore us to sanity."

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, selfcentered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself.

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, chapter on Step 2.

<u>Tradition 2</u> – "For our group purpose there is but one ultimate authority a loving God as He may Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!".

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

Thus has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which—God willing—shall sustain us in unity for so long as He may need us.

<u>From Twelve Steps and Twelve Traditions, chapter on Tradition 2.</u>