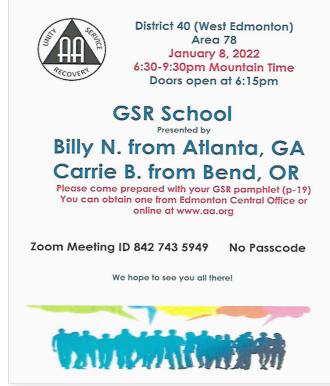
SUGGESTED 25¢ DONATION

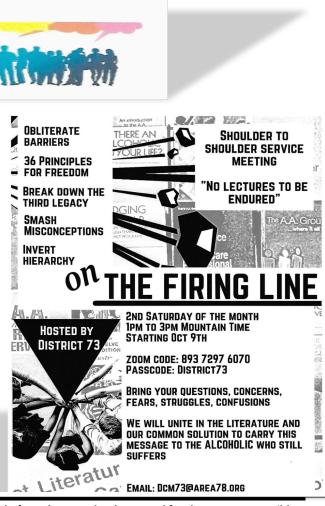


A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email westwordeditor@gmail.com







#### **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	cchair@gmail.com Alternate Chairperson cgscaltcha	
Treasurer	cgsctreasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	cgscgrapevine@gmail.com
Records & Registration Chair	cgscrecords@gmail.com	Intro to Service Chair	cgscintro@gmail.com
Bridging the Gap Chair	cgscbtg@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

### **MEETING CHANGES:**

#### **NEW MEETINGS / BOOK STUDIES:**

Big Book Study – Haddon Road - 200 Haddon RD 415pm to 615pm starting 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. monstermac13@gmail.com

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

**Garnet Block** – Open LGBTQS2 meeting, Wednesday, 7pm, starting the beginning of November.

Open AA meeting, 5am on Monday and Wednesday morning, starts November 1st

#### **MEETING CHANGES**

**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**

New Beginnings – Need support for in-person meetings- Fish Creek Village, 308 Canyon Meadows Dr, Calgary AMEN Group – in-person at Hope Lutheran Church, 3527 Boulton Rd. NW, Tuesdays at 7:30pm Airport Group – in-person at 210-10 Ave NE (Danish Lutheran Church), Wednesdays, 8 pm. Mazatlan Zoom Meeting - Zoom at noon on Friday in sunny Mazatlan Mexico. ID: 721 2445 6307, Password: "unity"

**Awakening Meeting** - Tuesday, Thursday and Saturday evenings at 7:00 pm. Zoom ID: 823 4331 8203. No Password required.

#### **CANCELLED MEETING**

Know the Difference, Friday night @ 6 PM will be closed effective immediately.

### **HAPPY BIRTHDAY!**



All birthdays are entered as received. Birthdays are posted for the month past, and the current month of issue.

December 2021					Januar	y 2022			
ABC (	Group	Kincora	Group	Ogden Group		ABC Group		Recovery Group	
Mel S.	58 years	Jennifer B	4 years	Linda T.	1 year	Ramona B.	2 years	Нарру	1 year
Airdrie Bac	k from Hell	Danny M.	19 years	Rosa P.	5 years	Jessica B.	13 years	Kyle A.	5 years
Clint P.	7 years	Jean L.	22 years	Eric P.	31 years	Jim C.	25 years	Danny S.	7 years
Rod L.	35 years	MA	AT	Darryl D. 33 years		Airdrie Cou	ntry Group	Cate N.	14 years
Airdrie	Country	Ron W.	18 years	Regal Group		Diane R.	29 years	Michelle H.	20 years
Merle	47 years	McKenzie	Towne	Gary G. 2 years		Awakenings		Marie U.	34 years
Awakenii	ngs Group	Lon M.	10 years	Rule	e 62	Chelsea E.	5 years	Reg	gal
Rachael	8 years	Dwayne W	14 years	Aaron C.	2 years	Patti D.	14 years	Connor S.	6 years
Vince A.	18 years	Colleen M.	32 years	Brad M.	2 years	Judy Mc.	23 years	Rule	62
Rudy N.	27 years	Jon G.	39 years	Southview I	y the Book	Kim A.	46 years	Melissa	1 year
Back to the B	Book - Airdrie	Midnapor	e Group	Wade C.	1 year	Back From H	lell - Airdrie	Avery	1 year
Lori H.	1 Year	Darren F.	1 year	Unity	Group	Danielle F.	2 years	Lyle S.	27 years
Chinoo	k Group	Kevin	1 year	Kevin L.	19 years	Dylan K.	3 years	Unity (	Group
Annette	31 years	Tyler R.	5 years	Alex R.	30 years	April S.	4 years	Brendan H.	13 years
Deer Rid	ge Group	Kristy M.	7 years			Rene R.	41 years	Todd M.	14 years
Elle T.	11 Years	Terry M.	7 years	West End Step and Trad.		Better	Days	Weekend	Serenity
Curt F.	14 years	Josef S.	8 years	Daryl M.	37 years	Sandra M.	32 years	Jo-Lynn H.	29 years
Delia E.	31 years	Dave G.	14 years	White	Sheep	Linda J.	45 years	White	Sheep
Edgemo	nt Group	New Beg	innings	Justin H.	4 years	Edger	mont	Brant V.	2 years
Anima K.	13 years	Leah M.	2 years	Collin G.	5 years	Anima K.	13 years	Tim G.	4 years
Glen	more	Jessica K.	2 years	Dave F.	10 years	NW G	roup	Peter R.	5 years
Lola	1 year	Bonnie B.	4 years	Darren W.	10 years	James M.	3 years	Wayne B.	12 years
Darren	1 year	Darren W.	10 years	Jeff D.	32 years	Tia H.	9 years	Chris B.	19 years
Jason	3 years	Carol L.	24 years	Garnet	Block	Ogden	Group	Kinc	ora
Carol	17 years	Nancy R.	29 years	Mandy	1 year	Graem F.	1 year	Evan M.	7 years
Gail	18 years	Northwest Ca	lgary Group	Tasha	1 year	Theo P.	1 year	Charlotte G.	8 years
Jackie	24 years	Steve C.	1 year	Chris	1 year	Denise D.	8 years	Rick R.	10 years
Dallon	31 years	Grant S.	5 years	Antoine	1 year	Crystal H.	9 years	Jon B.	11 years
Bill	31 years	John J.	8 years	Sam	1 year	Derek F.	9 years	Mike O.	14 years
David	34 years	Lee H.	14 years	Chad	1 year	Sherry F.	17 years	Other birthda	ys:
				Leah	2 years	Vince C.	29 years	Dellas Z.	20 years
				JoHanne	4 years				
				Clint	7 years				
				Marsh	43 years				
				Rendel	47 years				



LIST OF EVENTS			
DATE	EVENT	DETAILS	
Saturday, January 8, 2022	– West Edmonton	GSR School presenting Billy N. from Atlanta and Carrie B. from Bend, OR. In person and zoom options. Poster on the front page.	
Saturday, January 8, 2022	District 73 – Service Seminar	2nd Saturdays of each month, Oct. 9, 2021 – Apr. 9, 2022 (7 weeks total) - 1:00 – 3:00pm MST See attached poster for details	

# **Service Opportunities**

Treatment Facility	AA Group for December	AA Group for January
Renfrew Fridays		(Random Speakers)
Alpha House	Garnet Block	Forest Lawn
Sunrise	Daily Reflections	New Beginnings
AARC	Primary Purpose Group	Thursday Night Ladies – Jan 17 & 31
Dream Centre	NW Calgary Group	Glenmore
Sandstone (Friday)	(Tom)	Northlanders

Upcoming CGSC

Service

Commitments

### **Upcoming Intergroup Service Commitments**

Sunday Morning (9:30am) Ramada Breakfast Meeting Zoom Code: 816 3325 2940 Password: 853947	AA Group
January 02, 2022	Thursday Night Ladies
January 09, 2022	SW Serenity

Phone Monitoring Dates	AA Group
Dec. 27 – Jan. 02	PPG
January 03 – 09	Thursday Night Ladies
January 10 – 16	SMOG
January 17 - 23	Rule 62

### **Calls for service**

'Intro to Service' is forming a new Committee as of February 6, first Thursday of every month. Meetings will be held at @ 7:00PM. We will be working with All Calgary Districts, DCM, GSR, Intergroup Reps, and over the next 2 years will involve all forms of our Service Body. This will be the hottest New Committee out there. If you are Interested in service. Please Attend! CGSCintro@gmail.com

**Bridging the Gap** needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 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. Everyone is welcome.

The Zoom ID # 883 0218 3847 Passcode # Service

### The January 2022 Issue of GRAPEVINE is here!



#### On the Cover: This issue is for Beginners

To view the Table of Contents, click here.

Some stories include:

#### My Time on the Hump

I remember when I asked someone to be my sponsor. To this day I don't know what it was that moved me to talk to him. We were completely different people and yet he seemed to have that something I wanted for myself.

#### Right in the Middle

It was May 2009, and I was in rehab for a second time. I was unable to control most of my bodily functions and unable to understand more than a few words when people spoke to me. But I was able to hear that I had to be honest with myself, keep an open mind and be willing to be willing.

#### The Things They Don't Tell You

AA is a room full of people who throw around a lot of common phrases. They'll tell you to "change your playgrounds and playmates" and to take things "a day at a time." They tell you to get in touch with your "Higher Power."

#### I Got My Life Back

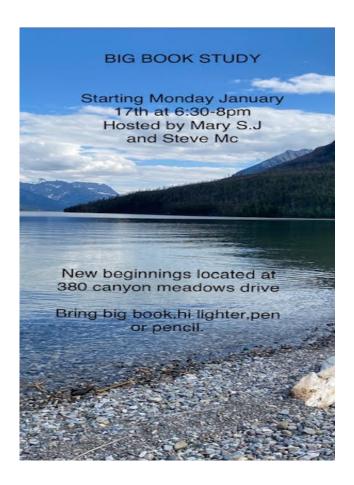
July of 2019 marked a huge personal milestone. That's when I got two years sober, two years of not drinking while living in a world soaked in alcohol. But being sober has been more than simply not consuming alcohol. Sobriety taught me more about myself than I ever thought possible.





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="www.aagrapevine.org/podcast">www.aagrapevine.org/podcast</a>.







#### Announcement:

The Banff Roundup: Covid Edition Speaker Recordings are available to all on the website www.banffroundup.com

This vital 12th Step Work is available and accessible to anyone who needs it. Speaker anonymity has been protected by using only audio, last initials, and not including the option to download the recording to discourage distribution. The recordings and website were created by members of the Roundup Committee, all AA members conducting service work for their own recovery and the good of AA. The website hosting and domain is paid for by the Roundup Committee which is a part of Calgary Intergroup/Calgary Central Office. To ensure we can continue to do so, and that we remain self supporting and free from outside influences, please consider sending 7th Tradition Contributions to centraloffice@calgaryaa.org. Full statements on Tradition 7 and 11 can be found on the website and all questions directed to <a href="mailto:cgigbanffchr@gmail.com">cgigbanffchr@gmail.com</a>



# Christmas Joy from Garnet Block!



## **Step 1 & Tradition 1**

# <u>Step 1</u> -We admitted we were powerless over alcohol - that our lives had become unmanageable.

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 out 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.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle tht we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability...

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.

<u>From Twelve Steps and Twelve Traditions, Chapter on Step 1.</u>

# <u>Tradition 1</u> – Our common welfare should come first; personal recovery depends upon A.A. unity.

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 the 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 sift; 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...

<u>From Twelve Steps and Twelve Traditions, chapter</u> <u>on Tradition 1.</u>