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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

Central Office News

Happy New Year!

...and may it be better than
the last 2 years.

**Most Grapevine books
are reduced in price by 11%
in 2022!**



REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

Family Day

Sat. Feb. 19 & Mon. Feb. 21, 2022

AA Central Service Office

4021 – 4 St. S.E.

Calgary, Alberta T2G 2W4

centraloffice@calgaryaa.org

www.calgaryaa.org



District 40 (West Edmonton)
Area 78

January 8, 2022

6:30-9:30pm Mountain Time

Doors open at 6:15pm

GSR School

Presented by

Billy N. from Atlanta, GA

Carrie B. from Bend, OR

Please come prepared with your GSR pamphlet (p-19)
You can obtain one from Edmonton Central Office or
online at www.aa.org

Zoom Meeting ID 842 743 5949 No Passcode

We hope to see you all there!



OBLITERATE BARRIERS

36 PRINCIPLES FOR FREEDOM

BREAK DOWN THE THIRD LEGACY

SMASH MISCONCEPTIONS

INVERT HIERARCHY

SHOULDER TO SHOULDER SERVICE MEETING

"NO LECTURES TO BE ENDURED"

on THE FIRING LINE

HOSTED BY DISTRICT 73

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

ZOOM CODE: 893 7297 6070
PASSCODE: DISTRICT73

BRING YOUR QUESTIONS, CONCERNS, FEARS, STRUGGLES, CONFUSIONS

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

EMAIL: DCM73@AREA78.ORG

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 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. monsternac13@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 – 10th 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						January 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	Happy	1 year
Airdrie Back 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	MAAT		Darryl D.	33 years	Airdrie Country 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
Awakenings Group		Lon M.	10 years	Rule 62		Chelsea E.	5 years	Regal	
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 by the Book		Kim A.	46 years	Melissa	1 year
Back to the Book - Airdrie		Midnapore Group		Wade C.	1 year	Back From Hell - Airdrie		Avery	1 year
Lori H.	1 Year	Darren F.	1 year	Unity Group		Danielle F.	2 years	Lyle S.	27 years
Chinook 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 Ridge 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	
Edgemont Group		New Beginnings		Justin H.	4 years	Edgemont		Brant V.	2 years
Anima K.	13 years	Leah M.	2 years	Collin G.	5 years	Anima K.	13 years	Tim G.	4 years
Glenmore		Jessica K.	2 years	Dave F.	10 years	NW Group		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		Kincora	
Carol	17 years	Nancy R.	29 years	Mandy	1 year	Graem F.	1 year	Evan M.	7 years
Gail	18 years	Northwest Calgary 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 birthdays:	
				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	GSR School hosted by District 40 – 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	On the Firing Line hosted by 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 3rd Thursday of the month. Zoom Meeting ID: 985 155 6437 or Email: cgsbctg@gmail.com

12 Step List (1-Year Sobriety): Looking for a service opportunity? Add your name and number to the list for 12 step calls. This list is used when a caller needs to talk to another alcoholic. All we need is your availability and which part of the city you live in/are willing to travel to.
E-mail: cqig12steplist@gmail.com

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.

NEW!

AA Grapevine's Podcast |

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

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

BIG BOOK STUDY

Starting Monday January
17th at 6:30-8pm
Hosted by Mary S.J
and Steve Mc

New beginnings located at
380 canyon meadows drive

Bring big book, hi lighter, pen
or pencil.

COMC WANTS YOU!

Central Office Management Committee is looking
for 2 members at large to join our committee

Requirements: must have minimum 5 years sobriety

Previous Alcoholics Anonymous service experience outside of
the group level, as well as experience in business such as
Finance, Human Resources, Law, Business, Labour relations,
Management etc.

Interest and knowledge of computers / websites is an asset!

Please drop off or email your resume to Central Office for
consideration

Email: centraloffice@calgaryaa.org

WE MARCH BACK TO Banff



Banff Park Lodge
Booking ID: 39774
Bow View
Booking ID: 76231
Peaks Hotel & Suites
Booking ID: 39964

THE 2022 BANFF ROUND UP
MARCH 4TH - 6TH 2022

The Banff Park Lodge
222- Lynx Street Banff, AB
403-762-4433/ 1-800-661-9266

Room rate: \$152 and up
Registration: \$45
Banquet: \$125 February 27th cutoff
banquet ticket includes registration

**Purchase tickets from Calgary Central Office
or at www.banffroundup.com**



Speakers:
Paula P- Illinois (AA)
Butch M- Ontario (AA)
Doug R- California (AA)
Mari G- Ontario (AA)
Larcine G California (Al-Anon)

Plus: Workshops and Entertainment

Email: info@banffroundup.com for more details

In the spirit of tradition 6 A.A. is not allied with any sect denomination, politics, organization or institution

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 cgigbanffchr@gmail.com

Garnet Block

70th Anniversary Alcathon
Saturday February 26th - 2022
1609 Center Street North

SCHEDULE:

DOORS OPEN AT 10:AM

10:30am - 11:30am - Step 1

12:00pm — 1:00pm - Step 2-3

1:30pm — 2:30pm - Step 4-5

3:00pm — 4:00pm - Step 6-7

4:00pm - 5:30pm - Pizza/Chicken

5:30pm - 6:45pm - Relapse Prevention Discussion

7:00pm — 8:00pm - Step 8-9-10-11

8:30pm — 9:30pm - Gratitude Call Up Meeting

10:00pm — 11:00pm - Step 12

12:00am — Garnet Midnighter

- Regularly scheduled meetings will not be held
- Sign up sheet for Chairpersons is posted.
- Dinner will be supplied. No Potluck.



ROCK THE BLOCK!

EVERYONE IS WELCOME

ALL Covid Protocols Will be in Place.



Christmas Joy from Garnet Block!



Step 1 & Tradition 1

Step 1 – 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 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.

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 that 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.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

Tradition 1 – 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 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...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.