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



Central Office News

NEW FROM THE GRAPEVINE

Two new books have arrived at Central Offic: Free on the Inside and Fun in Sobriety.



REGULAR OFFICE HOURS

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

HOLIDAY CLOSURES

CANADA DAY

Friday, July 1, 2022 & Saturday, July 2, 2022

AA Central Service Office 4021 – 4 St. S.E. Calgary, Alberta T2G 2W4

centraloffice@calgaryaa.org www.calgaryaa.org

39th Annual

Gratitude Roundup!!

Save the dates!!

When: June 10, 11, 12, 2022

Where: Glenmore Inn, 2720 Glenmore Trail S.E, Calgary, AB

Reservations call 403-279-8611 or visit: http://www.glenmoreinn.com

What: Roundup Features include: Fellowship-Speaker Meetings- AA Workshops - Ice Cream Social - AA Literature Table- AA Archives Display-Al-Anon Literature Table - World's Largest Gratitude Globe.

Details on tickets and registration will be coming soon. Keep watching our website:
http://www.gratituderoundup.com

for updates.

Sponsored by Calgary General Service Committee

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	cgsctreasurer@gmail.com Secretary cgscsecreta		cgscsecretary@gmail.com
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C.P.C. Chair	cgsccpc@gmail.com Grapevine Chair cgscgrapevin		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:

NEW: PPG taking over <u>hosting</u> Downtown Saturday Night (8pm) – Nexem Building North Tower

Centre Open AA Beginners Meeting – Commencing Monday, May 2, and will meet every Monday night at 7 – 8 pm. Centre of Hope, 420-9th ave, SE, Calgary. Further contact: Harry P. at 403-612-0228 or Central Service Office at 403-777-1212.

MEETING CHANGES

New Beginnings - Effective May 01, Friday 8:00 PM and Saturday 8:00 pm meeting time will be changed to 7:30 pm. Security will be locking the building doors at 7:45 PM. Monthly birthday meeting time will also be changed to 7:30 PM, still held at the Shepard King Lutheran Church

Starting April:

Airport AA meeting is temporarily closing our in-person meetings until further notice, effective immediately. We meet at the Danish Lutheran Church at 210-10th Ave NE, on Wednesdays at 8:00 pm.

MEETING INFO - REOPENING MEETINGS

Starting April:

Better Days Group – Return to in-person meeting, Saturday, Room opens at 7:30, Meeting starts at 8 pm, 1432-19st NE, Calgary

Overcomers – started 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

CANCELLED MEETINGS

West End Step and Tradition – Online Saturday night meetings are cancelled as of end of April Better Days Group – Online Tuesday and Thursday meetings are cancelled as of March 30.

HAPPY BIRTHDAY!!

May 2022			June 2022							
Α	вс	McKenzie	Towne	White	sheep	Airdrie Country		R	Regal	
Christine	11 years	Josh B.	3 years	Norm B.	3 years	Ute B	12 years	Taylor I.	7 years	
Byron L.	23 years	Jennifer R	5 years	Leslie Y.	3 years	Awakening		Ted M.	45 years	
Karen O.	32 years	Tiffany T.	6 years	Jamieson	3 years	Awake	nings	Rule 62		
Annelies	33 years	Denis L.	11 years	Brian N.	7 years	Graham	3 years	Sarah M	8 years	
Tim S.	41 years	Rafal K.	12 years	Sven G.	8 years	Chris M	5 years	SN	/IOG	
Awak	enings	Shelley A.	15 years	Dan R.	12 years	Gerry A	43 years	Wyatt V	1 year	
lan H.	8 years	Bonnie F.	25 years	Gary O.	50 years	Back fro	m Hell	Patrick D	1 year	
Deb W.	12 years	Brent C.	28 years	Gar	net	Candice	5 years	Terri L	3 years	
Keith S.	15 years	James C.	28 years	Richard	1 year	Brad H	8 years	Tasha L	3 years	
Trevor	20 years	Wayne C.	40 years	Nadia S	1 year	Better	Days	Scott L	3 years	
Back fr	om Hell	NADZI	EJA	Ray H	2 years	Ida S	39 years	Tanner P	3 years	
Murray	14 years	Hubert K.	2 years	Sean G	2 years	Deer Ridg	e Group	Kirsty B	4 years	
Central I	Recovery	Lukasz B.	2 years	Kyla P	3 years	Lara	2 years	Natalie R	7 years	
Dave M.	14 years	Iwona K.	3 years	Case	6 years	Rachelle6	6 years	Brian D	20 years	
	ge Group	Krysztof M.	12 years	Nicole R	8 years	Paul	10 years		Night Ladies	
Taylor Y.	5 years	Yoanna O.	13 years	Marty B	17 years	Peter	16 years	Erica F	8 years	
Katie M.	12 years	Ogd	en	Bea G	41 years	Nancy	18 years	U	nity	
Harold	14 years	Diane D.	7 years	Heather	50 years	Tammy	30 years	Linda V	8 years	
Cliff B.	33 years	Nicole R.	8 years	Gleri	more	Denny	32 years	Brian D	11 years	
	mont	Roy F.	30 years	Jen B	3 years	Margot	39 years	Jim H	21 years	
Kellem	18 years	Rule	62	AJ	9 years	Edger		Iva P	38 years	
Dave R.	20 years	Larry	8 years	Melissa R	12 years	Brent M	24 years		ng Eagle	
June J.	20 years	Nate	8 years	Dave W	16 years	Kinc		Leanne F	16 years	
Tom W.	24 years	SMC		Jim H	25 years	David M	33 years		esheep	
Fraser G.	50 years	Tiffany S.	1 year	Heather	35 years	Emillian	35 years	AJ S.	14 years	
	d Bounder	Evan H.	1 year		ginnings	Knox No		David G	30 years	
Darolyn	3 years	Judy V.	2 years	Corrinna	1 year	Deborah	5 years		A-1	
Kathy	6 years	Dave C.	5 years	Shannon	8 years	MA				
	cora	Harvey N.	5 years	Jill L	9 years	Grant C	37 years			
Linda W.	7 years	lan H.	8 years	Ken A	11 years	Midna		11-	10 10 t	
Mauree	11 years	Heather	35 years	Clarence	27 years	Wayne G	6 years	на на	рру	
	looners	Murray Mc	49 years		est Group	Tammy M	6 years	birt	hday,	
Brian S.	25 years	Wednesday I		Oliver	6 years	Tyler C	7 years		-	
Bob C.	49 years	Marty B.	17 years	Brian	31 years	Dan C	8 years	ever	yone!	
	5 years	Dave B.	19 years		y Group	Kristen B Ogd	10 years			
Eric G.	5 years	Tom M. Bill M.	27 years	Susan B	3 years					
Carol L.	33 years her		59 years	Leanne N	4 years	Lawrence	1 year	So r	nuch	
		West End St		Joanna C	8 years	Amber K	1 year	sohr	iety	
Adam	1 year	Ann C.	30 years	Laura P	29 years	Kirby L	5 years		•	
	Ridge *	Homeward B			Group	Deb D	11 years	than	k you!	
Aire	1 year	Ken H	2 years	Kyle	1 year	Don B	12 years			
Meagan	4 years	Thursday Ni		Paul G	8 years	Tony K	14 years			
di e		Georgianne	4 years	Peter G	44 years	Shannon T	16 years			
*Names h	ave been ac	lded to the gro	up from last	month's sub	mission	Maryann	24 years			

LIST OF EVENTS			
DATE	EVENT	DETAILS	
June 10, 11, 12	39th annual Gratitude Round-Up	Location: Glemore Inn, Calgary **See poster on front cover for details	
Friday, June 17	Knox Nooners Memorial Meeting and Potluck Tribute to Al F.	Location: Knox United Church **See message on page 7	
Saturday, June 25, 2022	Forest Lawn Fellowship 5 th Anniversary Alcathon	Location: Calgary *See poster for details on page 7	
Saturday, July 9, 2022	Haddon Road STAMPEDE BBQ	Location: Calgary, 200 Haddon Rd. **See poster for details on page 7	
July 8 & 9, 2022	Annual District 86: "Strathmore Round-Up"	Location: Strathmore, AB *See poster for details on page 7	
July 8 -10, 2022	"Unity and Service": Conference Concord, California	Location: California Inperson AND online **See poster for details on page 5	

Treatment Facility	AA Group for May	AA Group for June	
Renfrew Fridays	New Beginnings	Rockyview	
Alpha House	Tues. – McKenzie Towne	Tues. – Garnet	
Alpha House	Fri. – NW Group	Fri. – Daily Reflections	
Sunrise	Daily Reflections	SMOG	
AARC – alternating Mon	TBD	Glenmore Group	
Dream Centre	The Bridge	Forest Lawn Fellowship	
Sandstone (2 nd Friday)	TBD	June 10 - Garnet	

<u>N</u>	Ionthly CGSC Service
	Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting In-person – LIVE!!	AA Group
June 5	Step and Beyond
June 12	Rule 62
June 19	ABC Group
June 26	Daily Reflections

Ongoing
Monthly
Intergroup
Service
Commitments

Phone Monitoring Dates	AA Group
May 30 – June 5	Steering Committee
June 6 - 12	Unity
June 13 - 19	Ogden
June 20 - 26	Edgemont
June 27 – July 3	Daily Reflections
July 4 - 10	Regal

CALLS FOR "SERVICE"

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

Bridging the Gap needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3rd Thursday of the month at Central Office at 7pm and Zoom: 985 155 6437 Password: BTG Email: cgscbtg@gmail.com **BTG will be at Gratitude Roundup. We will be taking names for Temp. Contacts**

'Intro to Service' has formed 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 contact: CGSCintro@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."



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 cgsccorrections@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
- 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 cgsccpc@gmail.com

Public Information Committee (PI committee):

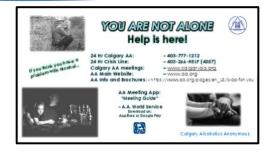
continues to look for committee members. If this interests you at all or if you would like to learn more about what Public Information is all about please feel free to join us.

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 above: pichair.calgary@gmail.com



The June 2022 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Stories by Longtimers"

To view the Table of Contents, click here.

Some stories include:

51 Years of Peeling the Onion

One day in 1971 he listened to that still small voice and made a decision. What an adventure it's been

Staying Green

At 81, with 50 years sober, she's traveled the world both in person and virtually and plans to keep on growing

Sober in '69https://www.aagrapevine.org/magazine/2020/oct/lets-make-deal

I came into AA in 1969. I was 19 years old. I had hit a low bottom, landing in hospitals and jails, and surviving bad car and motorcycle accidents.

The Boisterous Bunch

Hey, it was the 80s. We were rowdy and having fun. But we stayed sober and we had each other's backs

Not Quite Bulletproof

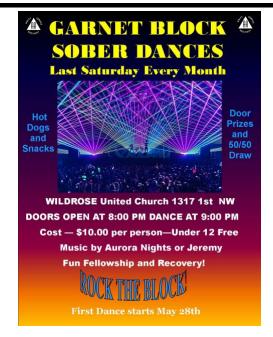
Sober since 1974, a member shares about getting older, staying sane and yes, never letting his guard down











KNOX NOONERS Memorial Meeting and Potluck Tribute to Al F. (Big Al)

Friday, June 17: Open meeting – 12 – 1
Potluck – 1 – 2
Knox United Church, 506-4th St. S.W.

All Welcome! Food contributions are welcome. 7th tradition will be observed. Further Info Contact: Harry P., 403-612-0228





ANNUAL DISTRICT 86

STRATHMORE ROUND-UP





Venue: Centennial Civic Centre,

120 Brent Blvd, Strathmore, Alberta

7th Tradition Cost:

Friday:

6:00 - 9:00 pm

Set-up Campfire Meeting – Everyone welcome (Bring your own lawn chair) 9:00 - finished

9:00 – 10:00 am 10:00 – 11:00 am 11:00 – noon 12:00 – 1:30 pm 1:30 – 2:30 pm Registration & Refreshments Fellowship Call up meeting SPEAKER – Curtis F (Strathmore) Lunch break (7th Tradition) ALANON SPEAKER – Linda W (Calgary) Saturday:

2:30 – 3:15 pm 3:15 – 4:15 pm 4:15 – 5:00 pm Fellowship Call up meeting
SPEAKER – John G (Calgary)
Social & Refreshments

5:00 - 6:30 pm 6:30 - 7:30 pm Banquet (7th Tradition)

SPEAKER – Anita D (Vegreville, AB)

Sobriety Countdown – Raffle draws – 50/50 draw

7:45 - 8:30 pm 8:30 pm Take down and clean up (humbly ask for everyone to help)

RAFFLE TABLE DONATIONS WELCOME

ACCOMMODATIONS
Strathmore Ag Society Campground (Located within walking distance from Civic Center) with service

OR CODE to website reservations 403.325.0794 QR CODE to website



STRATHMORE HOTEL RESERVATIONS

Days Inn & Suites by Wyndham Strathmore - 400 Ranch Market (403) 934-1134

Best Western Strathmore Inn - 550 Alberta #1 highway (403) 934-5777

Travelodge by Wyndham Strathmore - 350 Ridge Rd (403) 901-0000

Westlake Inn Strathmore - 450 Westlake Rd (403) 934-1808

Wheatland Hotel - 960 Westridge Rd (403) 934-4000

Randy 403.461.6964

Contacts Michelle 403.629.6396 Deanne 403.361.3086

District 86
Pre – Irricana - Rockyford - Siksika – Strathmore Airdrie - Carstairs - Chesterm



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

What a trip...What a trip!

Walking through the time in New York - before, during and after the 72nd Conference is like nothing I've ever experienced. I love New York and I never in a million years thought I would ever say that. It is clean, friendly and lovely. Everyone walks everywhere. The work that is put into carrying the message from the staff, Trustees, Directors and overall Conference members is so heartwarming. It took me quite a while after coming home to sort through it all. I still haven't finished. My soul keeps moving around the experience.

The 10 days were in sections. First there was the site-seeing my sister and I did. Some on our own and some with Carolyn and Rio, from BC/Yukon, Richard from Manitoba. Later, we joined up with Irma and Glenn from Sask.

The next part was also prior to the conference when we had the Remote Communities Meeting, the open Hospitality meet and greet and then the Delegate's Only meeting. The Co-chairs for the next Conference are Richard, from area 80 (Manitoba), Janet F from Area 23 (Southern Indiana) and myself.

The next phase was with our Committee work. Each committee meet for 10-12 hours over 3 days. Also on those days were many reports, workshops, presentations and something they called the Fishbowl discussions. I learned so much and appreciated the hard work done by the committees and staff throughout the year between conferences.

The last three days were dedicated solely and completely to the committee recommendations and considerations. This was followed by floor actions put forward at the conference itself. These were long, inspiring and soul filling hours. Watching all our Traditions and Concepts put into action was really something. Every voice was heard, every question answered and all put into thoughtful consideration, no matter how long it took.

The final part was after the Conference. Two busloads of us, with our Plus One were given a tour of the GSO, Archives and Grapevine offices. Seeing all the offices, each identified with either a position or committee name felt like a family member.

All told, the trip was a trip! So very grateful for the opportunity to take our voice, then return with the entire Conference voice.

Now for a little Pony Express Update of what's been going on:

- 1. **Regional Forum** June 3-5 in Winnipeg
- 2. **Stories** are requested for: 5th Edition of the Big Book & pamphlets: "A.A. for the Black and African-American Alcoholic", "AA for the Native North American", and "AA for the Older Alcoholic"
- 3. **WRAASA** (our Regional Service Assembly) is set for Feb 24 26, 2023
- CPC (Cooperating with the Professional Community) is participating with GSO in the American Academy of Physicians Assistants Conference in Calgary on June 17 – 19, 2022. Volunteers are needed. Contact Ron (cpc.72@area78.org)
- 5. **GSC Delegate Report** Districts/Groups can request the report for their members; email delegate.72@area78.org
 - Two Reports online will be given Tues, July 19 and Mon, July 25 @ 7-9pm Zoom: 780 555 5414 password: area78

In loving service,

Tami

Step 6 & Tradition 6

<u>Step 6</u> - Were entirely ready to have God remove all these defects of character.

So Step Six-"Were entirely ready to have God remove all these defects of character"-is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is to try to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say, "No, I can't give this up yet." And we shall often tread on even more dangerous ground when we cry, "This I will never give up!" Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

Some who feel they have done well may dispute this, so let's try to think it through a little further. Practically everybody wishes to be rid of his most glaring and destructive handicaps. No one wants to be so proud that he is scorned as a braggart, nor so greedy that he is labeled a thief. No one wants to be angry enough to murder, lustful enough to rape, gluttonous enough to ruin his health. No one wants to be agonized by the chronic pain of envy or to be paralyzed by sloth. Of course, most human beings don't suffer these defects at these rock-bottom levels.

We who have escaped these extremes are apt to congratulate ourselves. Yet can we? After all, hasn't it been self-interest, pure and simple, that has enabled most of us to escape? Not much spiritual effort is involved in avoiding excesses which will bring us punishment anyway. But when we face up to the less violent aspects of these very same defects, then where do we stand?

<u>From Twelve Steps and Twelve Traditions, p.65-66.</u>

<u>Tradition 6</u> – An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on other good works...

Yes, we of A.A. did dream those dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of us had wished to do great good, perform great deeds, and embody great ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and settled for the bottle and the blackout. Providence, through A.A., had brought us within reach of our highest expectations.

Whereupon we tried A.A. hospitals—they all bogged down because you cannot put an A.A. group into business; too many busybody cooks spoil the broth. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? Was A.A. spiritual or was it medical? Was it a reform movement?...

These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We, of Alcoholics Anonymous could not be all things to all men, nor should we try.

<u>From Twelve Steps and Twelve Traditions, p.155-156.</u>