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A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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



Central Office News

FREE!

Come in to the office and pick up your free 2021 General Service Conference Report



REGULAR OFFICE HOURS

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

HOLIDAY CLOSURES

EASTER

Fri., Apr. 15 & Sat., Apr. 16, 2022

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

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Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	cgig12steplist@gmail.com
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Sunday AM Breakfast Chair	cgigbrkfst@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

CGSC CONTACTS:

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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 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. monstermac13@gmail.com

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 (March)- Better Days Group – temporary in person meeting shutdown – online **Tuesdays** and Thursdays https://global.gotomeeting.com/join/858492805

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, $121 - 10^{th}$ Ave N.

MEETING INFO - REOPENING MEETINGS

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

CANCELLED MEETING

HAPPY BIRTHDAY!



February 2022				March 2022					
Awake	nings	Garr	net	Recovery	y Group	АВ	С	Midna	pore
Ron W.	7 years	Shannon	1 year	Luke C.	1 year	Trevor P	5 years	Grant J.	4 years
Charles C.	18 years	Richard	1 year	Kandie W.	1 year	Awake	nings	Pawel B.	6 years
Better Da	ys Group	Odessa	1 year	Noah H.	2 years	Scott J.	5 years	Dave P.	7 years
Charles M	32 years	Chelsea	1 year	Jade S.	2 years	Laurel A.	13 years	Jack B.	61 years
Deer F	Ridge	Angelica	1 year	Richard I.	3 years	Back to tl	ne Book	NW Calga	ry Group
Jennifer F.	6 years	Mark	2 years	Scott B.	20 years	Greg P.	15 years	Joy H.	2 years
John W.	6 years	Doneen	2 years	Margrit P.	25 years	Back fro	m Hell	Kevin O.	3 years
Jerry P.	8 years	Sarah	2 years	Reg	gal	Nick T.	19 years	Jason M.	3 years
Kathrine J.	16 years	Alisha	3 years	Joe H.	3 years	Deer F	Ridge	Gord P.	4 years
Yvon	35 years	Jason	5 years	James F.	4 years	Ashley C.	6 years	Rick R.	10 years
Edger	mont	Robert	5 years	Bruce M.	34 years	Bob C.	8 years	Ogd	en
Lisa K.	6 years	Andrea	6 years	Thursday N	ight Ladies	Adrian M.	18 years	Dustyn E.	3 years
Patrick F.	29 years	Heather	16 years	Sheri Y.	1 year	Maggie B.	28 years	Ryan S.	4 years
Eyeop	ener	Danny	17 years	Iris M.	9 years	Edgen	nont	Rob M.	17 years
Ashok P.	25 years	Daryl W.	27 years	SMO	og	Brent V.	35 years	Julius R.	29 years
Kinc	ora	Lyle M.	27 years	David B.	1 year	Kince	ora	Yvonne O.	30 years
Paul G.	6 years	Joanne H	40 years	David L.	3 years	Lindsay D.	2 years	Owen M.	30 years
April H.	7 years	Glenn	nore	Dave R.	3 years	MA	AT	Reg	al
1/			_		_	Cl : 14	7,400,00	5	41 years
Knox No	ooners	Hayley B.	2 years	Tero P.	5 years	Chris M.	7 years	Harry P.	TI years
	8 years	Patrick K.	2 years 5 years	Tero P. Robby S.	5 years 5 years	Carol S.	26 years	Harry P.	
	8 years								
Trent B.	8 years	Patrick K.	5 years	Robby S.	5 years	Carol S.	26 years 37 years	SMO	OG
Trent B. McKenzie	8 years • Towne	Patrick K. Trish	5 years 12 years 29 years	Robby S. Kate J.	5 years 10 years	Carol S. Linda L.	26 years 37 years	SMO Barry G.	1 year
Trent B. McKenzie Noel W.	8 years Towne 1 year	Patrick K. Trish Charlie M.	5 years 12 years 29 years	Robby S. Kate J. Scott B.	5 years 10 years 32 years 37 years	Carol S. Linda L. McKenzie	26 years 37 years Towne	Barry G.	1 year 2 years
Trent B. McKenzie Noel W. Al D.	8 years Towne 1 year 2 years	Patrick K. Trish Charlie M. Ogd	5 years 12 years 29 years en	Robby S. Kate J. Scott B. Gord G.	5 years 10 years 32 years 37 years	Carol S. Linda L. McKenzie Tim M.	26 years 37 years Towne 3 years	Barry G. Rob Adeleh	1 year 2 years 3 years
Trent B. McKenzie Noel W. Al D. Sarah Y.	8 years Towne 1 year 2 years 2 years	Patrick K. Trish Charlie M. Ogd Trent L.	5 years 12 years 29 years en 2 years	Robby S. Kate J. Scott B. Gord G. Whites	5 years 10 years 32 years 37 years	Carol S. Linda L. McKenzie Tim M. Sheryl H.	26 years 37 years Towne 3 years 3 years	Barry G. Rob Adeleh Eric M.	1 year 2 years 3 years 7 years
Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S.	8 years Towne 1 year 2 years 2 years 4 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G	5 years 12 years 29 years en 2 years 7 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M.	5 years 10 years 32 years 37 years sheep 3 years	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H.	26 years 37 years Towne 3 years 3 years 5 years	Barry G. Rob Adeleh Eric M. Joshua P.	1 year 2 years 3 years 7 years
Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M.	8 years Towne 1 year 2 years 2 years 4 years 5 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M.	5 years 12 years 29 years en 2 years 7 years 16 years 31 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M.	5 years 10 years 32 years 37 years sheep 3 years 23 years	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A.	26 years 37 years Towne 3 years 3 years 5 years	Barry G. Rob Adeleh Eric M. Joshua P. Peter K.	1 year 2 years 3 years 7 years 7 years 14 years
Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M. Mike S.	8 years Towne 1 year 2 years 2 years 4 years 5 years 18 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M. Keith K.	5 years 12 years 29 years en 2 years 7 years 16 years 31 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M. Terry K. Cliff Mc.	5 years 10 years 32 years 37 years sheep 3 years 23 years 30 years	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A. Shawn G.	26 years 37 years Towne 3 years 3 years 5 years 8 years 9 years	Barry G. Rob Adeleh Eric M. Joshua P. Peter K. Mary-Anne	1 year 2 years 3 years 7 years 7 years 14 years 15 years 33 years
Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M. Mike S. Mark P.	8 years e Towne 1 year 2 years 2 years 4 years 5 years 18 years 31 years 36 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M. Keith K. NW Calga	5 years 12 years 29 years en 2 years 7 years 16 years 31 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M. Terry K. Cliff Mc.	5 years 10 years 32 years 37 years sheep 3 years 23 years 30 years 46 years	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A. Shawn G. Kyle D.	26 years 37 years Towne 3 years 3 years 5 years 9 years 13 years	Barry G. Rob Adeleh Eric M. Joshua P. Peter K. Mary-Anne Simon B.	1 year 2 years 3 years 7 years 7 years 14 years 15 years 33 years
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Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M. Mike S. Mark P. Dennis F.	8 years Towne 1 year 2 years 2 years 4 years 5 years 18 years 31 years 36 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M. Keith K. NW Calga Joy H. Jason M.	5 years 12 years 29 years en 2 years 7 years 16 years 31 years ry Group 2 years 3 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M. Terry K. Cliff Mc. Back to th	5 years 10 years 32 years 37 years sheep 3 years 23 years 30 years 46 years	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A. Shawn G. Kyle D. Derek C.	26 years 37 years Towne 3 years 3 years 5 years 9 years 13 years	Barry G. Rob Adeleh Eric M. Joshua P. Peter K. Mary-Anne Simon B. Whites	1 year 2 years 3 years 7 years 14 years 15 years 33 years
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Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M. Mike S. Mark P. Dennis F. NADZ Slawek S. Andrzej K. New Beg	8 years Towne 1 year 2 years 4 years 5 years 18 years 31 years 36 years TEJA 1 year 3 years	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M. Keith K. NW Calgar Joy H. Jason M. Kevin Rick R.	5 years 12 years 29 years en 2 years 7 years 16 years 31 years ry Group 2 years 3 years 3 years 10 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M. Terry K. Cliff Mc. Back to the	5 years 10 years 32 years 37 years sheep 3 years 23 years 30 years 46 years 1 year	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A. Shawn G. Kyle D. Derek C. Mac W.	26 years 37 years Towne 3 years 5 years 8 years 9 years 13 years 18 years 44 years	SMC Barry G. Rob Adeleh Eric M. Joshua P. Peter K. Mary-Anne Simon B. Whites Shane S. Rule Jake C. Jeff D.	1 year 2 years 3 years 7 years 14 years 15 years 33 years sheep 1 year 62 6 years 7 years
Trent B. McKenzie Noel W. Al D. Sarah Y. Jaclyn S. Greg M. Mike S. Mark P. Dennis F. NADZ Slawek S. Andrzej K. New Beg Annamarie	8 years 2 Years 2 years 4 years 5 years 18 years 31 years 36 years 2 IEJA 1 year 3 years 3 years 2 IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	Patrick K. Trish Charlie M. Ogd Trent L. Cameron G Tania M. Keith K. NW Calgar Joy H. Jason M. Kevin Rick R.	5 years 12 years 29 years en 2 years 7 years 16 years 31 years ry Group 2 years 3 years 3 years 10 years	Robby S. Kate J. Scott B. Gord G. Whites Rhett M. Gerry M. Terry K. Cliff Mc. Back to the	5 years 10 years 32 years 37 years sheep 3 years 23 years 30 years 46 years 1 year	Carol S. Linda L. McKenzie Tim M. Sheryl H. Amanda H. Perry A. Shawn G. Kyle D. Derek C.	26 years 37 years Towne 3 years 5 years 8 years 9 years 13 years 18 years 44 years	SMC Barry G. Rob Adeleh Eric M. Joshua P. Peter K. Mary-Anne Simon B. Whites Shane S. Rule Jake C. Jeff D.	1 year 2 years 3 years 7 years 14 years 15 years 33 years sheep 1 year 62 6 years 7 years

LIST OF EVENTS			
DATE	EVENT	DETAILS	
Fri, Sat & Sun – March 4-6	"2022 Banff Round-Up"	Banff Park Lodge See FRONT COVER for details.	
Saturday, March 12, 2022	"On the Firing Line" hosted by District 73 – Service Seminar	2nd Saturdays of each month, 1:00 – 3:00pm MST – ending April See poster below for details	

Treatment Facility	AA Group for February	AA Group for March
Renfrew Fridays	NE Calgary	Saturday Morning Bridge
Alpha House	Daily Reflections	Tues – PPG / <mark>Fri - TBA</mark>
Sunrise	Forest Lawn	Tuesday Garnet Block
AARC	TBA	McKenzie Towne
Dream Centre	Deer Ridge	New Beginnings
Sandstone (Friday)	TBA	Friday Garnet Block

Monthly CGSC Service Commitments

Looking for: A group to volunteer to speak at Alpha House on Friday night for March.

Contact: Treatment Chair
cgsctreatment@gmail.com

Sunday Morning (9:30am) Ramada Breakfast Meeting Zoom Code: 816 3325 2940 Password: 853947	AA Group
February 27	Garnet
March 6	NW Calgary Group
March 13	Daily Reflections
March 20	Daily Reflections
March 27	SMOG

Ongoing
Monthly
Intergroup
Service
Commitments

Phone Monitoring Dates	AA Group
February 21 - 27	Go For It
Feb. 28 – March 6	Daily Reflections
March 7- March 13	NW Calgary
March 14-March 20	Know Mustard Seed
March 21-March 27	ABC
March 28 – April 3	Regal Group

Calls for "SERVICE"

LOOKING FOR: <u>Telephone monitoring</u> is looking for a person to answer phone calls from their home on Wednesday evenings from 5 pm - 11 pm. This position is a weekly with 1 year commitment and is a very rewarding experience.

A great opportunity to help others and give back what was so freely given.

"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."

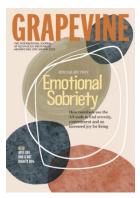
Contact: Telephone Monitor Chair – telmonitor.calgary@gmail.com

'Intro to Service' is 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

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: cgscbtg@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: cgig12steplist@gmail.com

The March 2022 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Emotional Sobriety"

To view the Table of Contents, click here.
Some stories include:

Harvesting Kindness

This year, I've once again got my garden in. It was a struggle.

Letting Go

Last Sunday night, we had a discussion in my home group about remembering those times we wanted to escape into alcohol.

New & Improved

Our washing machine broke yesterday. My wife and I had to drive to the store, pick out a new machine, get it into the minivan, remove the old machine and install the new one.

Rough Days

Because of my character defects, I've spent quite a few years of my sobriety broke, in debt, late on bills and unemployed.

Simplicity

When I first started my path in recovery, my sponsor told me that being intelligent wasn't necessarily the best thing when it came to working the Steps.

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 www.aagrapevine.org/podcast.

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
- Unions
- 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



Opportunities for 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."



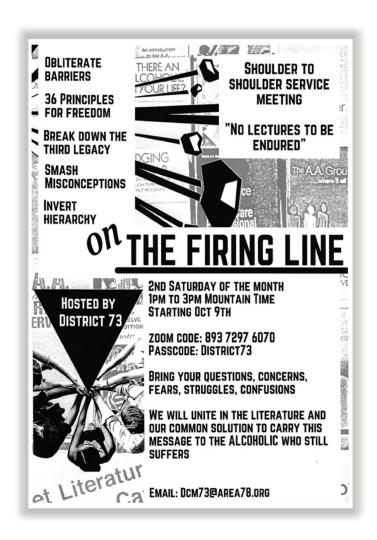
Public Information Committee: continues to look for committee members. If this interests you at all or if you would like to learn more about what Public Information is all about please feel free to join us.

Our committee meetings are the last Tuesday of every month at 7:00pm – next meeting March

Zoom ID # 883 0218 3847 Passcode # Service.

Poster created by Calgary's Public Information Committee





Info and Updates!!





Step 3 & Tradition 3

<u>Step 3</u> –Made a decision to turn our will and our lives over to the care of God <u>as we</u> <u>understood Him</u>.

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From Twelve Steps and Twelve Traditions, Chapter

<u>Tradition 3</u> – The only requirement for A.A. membership is a desire to stop drinking.

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications —even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?"...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.

As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition.

<u>From Twelve Steps and Twelve Traditions, chapter on Tradition 3.</u>