

SUGGESTED 25¢ DONATION



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

**2023 Grapevine
Wall Calendars &
Pocket Planners
HAVE ARRIVED!**

**REGULAR OFFICE HOURS**

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

HOLIDAY CLOSURES**THANKSGIVING WEEKEND**

Saturday, October 8, 2022
& Monday, October 10, 2022

REMEMBERANCE DAY WEEKEND

Friday, November 11, 2022
& Saturday, November 12, 2022

AA Central Service Office
4021 – 4 St. S.E.
Calgary, Alberta T2G 2W4
centraloffice@calgaryaa.org
www.calgaryaa.org



WILD & 2023
New Years Eve Party
FOOD . FELLOWSHIP . MUSIC . DANCING . GIVEAWAYS . MAGIC
Saturday, December 31
Meadows Community Hall
Friends

See details inside on
pg. 9

**Big Book Studies – Fellowship – Workshops
Calls to Service
LOTS TO SEE INSIDE...**

**AA CALGARY INTERGROUP CHRISTMAS
DINNER POTLUCK**



Where: 134 Scarboro Ave – Scarboro United Church

When: December 17, 2022 - 11-4pm

Who: All are invited including kids; Santa will be there too

Cost: 7th Tradition

COME JOIN US FOR A DELICIOUS DINNER AND FELLOWSHIP!!

See full poster
inside on pg. 8

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	cgsc intergroup@gmail.com

MEETING CHANGES:**NEW MEETINGS / BOOK STUDIES:**

Big Book Meeting – Centre of Hope - second meeting at the Centre of Hope (Salvation Army), Effective October, 14th, 6pm., Big Book Meeting Open all welcome., Fridays at 6pm

New Big Book Study – “A New Light” presented by Paige F. – presented online by the Big Book Compendium. Monday Night Study – 6 – 8pm MST – Zoom ID – 519 992 791, Password: 12steps. *See poster pg. 8.*

Big Book Study Weekend – Fellowship of the Spirit is sponsoring the return of the Bragg Creek Big Book Study at Camp Horizon – November 18, 19 & 20. *For more information see poster on pg. 8.*

New Big Book Study - Haddon on Heritage (Haddon Road) – started on Sunday, September 25 – 3:30 to 5:30pm. 703 Heritage Dr. SW, St. Andrews Presbyterian Church. *For more information see poster on pg. 8.*

New Big Book Study – New Beginnings – started Monday, September 26 at Fish Creek Village from 6:30 to 8pm. Hosted by Mary and Steve. *For more information see poster on pg. 8.*

New Big Book Study – New Beginnings – started Wednesday, September 28 at 6:30 pm hosted by Jim B. Fish Creek Village, 3216, 380 Canyon Meadows Drive SE, 2nd floor.

MEETING CHANGES



Back to the Book ~ Airdrie – “Living Spring Fellowship” - Saturday morning meeting time change New time 10:00 - 11:00am. This new time change begins October 15

MEETING INFO - REOPENING MEETINGS

Airport Meeting - resumed in- person meetings on Wednesday, Sept 7, 2022 at 8:00 pm. We are located in the basement of the Danish Lutheran Church, 210 - 10th Ave NE.

CANCELLED MEETINGS

McKenzie Towne Tuesday Online - The last Tuesday 7:30 p.m. Zoom meeting of the McKenzie Towne Group (Online McKenzie Towne) occurred on October 18. This meeting is now cancelled.

October 2022						November 2022			
272 Group		NW Calgary Group		Garnet		272 Group		SMOG	
Tammas	30 years	Grant E	1 year	Trish	1 year	Jody D	5 years	Luke S	3 years
Airdrie Country		Zoe Anne	1 year	Jeremiah	1 year	Bruce S	20 years	David D	4 years
Dave P	32 years	Lisa N-D	2 years	Raymond	1 year	ABC Group		Isabel R	5 years
Glen F	40 years	Peter H	2 years	Jason M	1 year	Marsh C	44 years	Dorothy	15 years
Awakenings		Colin P	11 years	Nicole P	1 year	Airdrie Country		Steps, Stories & Beyond	
Mike I	9 years	Ogden		Veronica	1 year	Joel D	6 years	Buddy B	18 years
Katrina M	24 years	Tanya V	2 years	Steffi	1 year	Awakenings		Thursday Night Ladies	
Back From Hell		Debra	2 years	AJ M	2 years	Bev H	18 years	Bev F	6 years
Jeremy K	4 years	Becky C	9 years	Tanya	2 years	Back from Hell		Unity	
Bobbi A	6 years	Kris M	14 years	Jack M	3 years	Kelly T	2 years	Shane S	5 years
Mike L	8 years	Chuck C	16 years	Surrina	4 years	Norma G	12 years	Travis A	15 years
Rick D	13 years	Stan S	26 years	David E	5 years	Doug F	16 years	Wednesday Eyeopener	
Joe P	38 years	Regal		Tony F	5 years	Jessica	18 years	Karen Ann	1 year
Deer Ridge		Mark G	1 year	Brad F	11 years	Deer Ridge		Kurtis P	8 years
Emily W	1 year	Christina	5 years	Herb	31 years	Mark	6 years	Denise N	8 years
Nicole P	1 year	SMOG		Bill W	37 years	Daneal	7 years	Norm S	35 years
Greg S	9 years	Tracy S	1 year	Curtis A	44 years	Laara	8 years	Whitesheep	
Tim H	41 years	Ray B	1 year	Bob G	48 years	Layah	12 years	Stephen T	4 years
Edgemont		Aimee G	1 year	Glenmore		Ernie	31 years	Mike H	5 years
Mike R	1 year	Sandra	4 years	Tim W	1 year	Knox Nooners		Gibson S	6 years
Just for Today		Craig F	4 years	Steffi	1 year	Peter B	31 years	Murray K	7 years
Lisa	7 years	Emily N	12 years	Jess V	1 year	John R	33 years	Rob B	9 years
Kincora		Steps, Stories and		Katie	5 years	Eduardo	47 years	Zack F	11 years
Scott S	3 years	Bruce C	3 years	Neal S	12 years	MAAT		Rich W	31 years
Darnell G	6 years	Flo P	6 years	Tamara K	15 years	Keshia	1 year	Brad F	35 years
Danny O	21 years	Thursday Night		Mike V	15 years	Joseph V	3 years	Dave W	38 years
McKenzie Towne		Christi W	4 years	Stan	26 years	Curtis R	3 years	Tom R	41 years
Angela B	1 year	Deanie P	9 years	Bob	48 years	Jody D	5 years	<div>Happy birthday, everyone!!</div> <div>You are amazing!</div> <div></div>	
Dave L	1 year	Unity Group		NW Calgary Group		Harvey F	5 years		
Kevin S	2 years	Kate N	3 years	Zach	1 year	Mike H	8 years		
Dale M	3 years	Sarah C	13 years	Octavio	1 year	McKenzie Towne			
Howie S	6 years	Wed. Morning		Scott	2 years	Jordan W	1 year		
Larry A	10 years	Zach B	1 year	Tom	3 years	Kristen	1 year		
Noelle R-F	16 years	Lindsay	7 years	Pat	12 years	Kelsy C	1 year		
Liz H	17 years	Whitesheep		Darren	21 years	Paul S	3 years		
Mike R	18 years	Michael	15 years	Recovery Group		Josh T	3 years		
Midnapore		Travis L	16 years	Zane W	1 year	Geoff S	7 years		
Evan C	4 years	Jason S	28 years	Lisa T	1 year	Midnapore			
Carrie P	8 years	Bryce O	30 years	Rhonda	1 year	Liam M	4 years		
Maury P	12 years	Glenmore - addition		Marta	2 years	Monte G	16 years		
Al H	15 years	James	9 years	Peter D	2 years	Ogden			
Jason T	17 years			Clifton S	3 years	Denise T	9 years		
NADZIEJA				Zahra M	4 years	Regal Group			
Jedrzey C	3 years			Seamus	7 years	Gordon	5 years		
Jan K	7 years			Catherine	9 years	Blair T	44 years		
CONGRATULATIONS!				Mark M	11 years				
				Lavonne	20 years				

LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday, November 12	12 Step Tradition Workshop	Location: Nanton United Church, Nanton, AB 10am – 12:15... **See poster for details on pg. 7
November 18, 19 & 20	19 th Annual Bragg Creek Big Book Weekend	Location: Camp Horizon, Bragg Creek, AB **See poster for details on pg. 7.
Saturday, November 26	Three Legacies Workshop @ Recovery Group	Location: Recovery Group – 114-5211 MacLeod Trail, SW **See poster for details on pg. 7
Saturday, November 26	Garnet Clock Monthly Sober Dance	Location: Wildrose United Church, Calgary **See poster for details on pg. 8.

Treatment Facility	AA Group for October	AA Group for November
Renfrew Fridays	SMOG	Forest Lawn
Alpha House	Tues - Unity	Tues - Glenmore
	Friday - Kincora	Friday – McKenzie Towne
Sunrise	Recovery Group	Ogden
AARC – alternating Mon	McKenzie Towne	Radical Change
Dream Centre	Forest Lawn	NW Calgary Group
Sandstone (2 nd Friday)	McKenzie Towne	New Beginnings

Monthly CGSC Service Commitments

Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
November 6	Primary Purpose
November 13	Weekend Serenity
November 20	TBA
November 27	TBA

Phone Monitoring Dates	AA Group
October 31 – Nov 6	Weekend Serenity
November 7 - 13	PPG
November 14 - 20	Kincora
November 21 - 27	Go For It
November 27 – Dec 4	Unity

CALLS FOR “SERVICE”

12 Step List - NEED SUPPORT (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” ...Bridging the Gap helps to soften the transition for individuals from treatment to an AA life. Wondering what Bridging the Gap is all about and interested in learning about service opportunities? BTG meets every 3rd Thursday of the month at Central Office at 7pm and
NEW Zoom: 945 772 8029 Password: BTG Email: cgsctg@gmail.com.

I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there. And for that I am responsible.

**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."

COMC WANTS YOU!

Central Office Management Committee is looking for 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

DEADLINE NOVEMBER

Email: centraloffice@calgaryaa.org

Public Information Committee (PI committee):

1. WOULD YOU LIKE TO HELP A TEEN – the committee is looking for individuals who may be willing to take our message into high schools. We already have a foundational presentation being tweaked and trimmed so you would only need to bring your story and sense of hope!

2. The committee is also looking for more committee members to join the group and tackle the various responsibilities of PI. Public Information is responsible for getting info out to those who may still be suffering.

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
pichair.calgary@gmail.com

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...

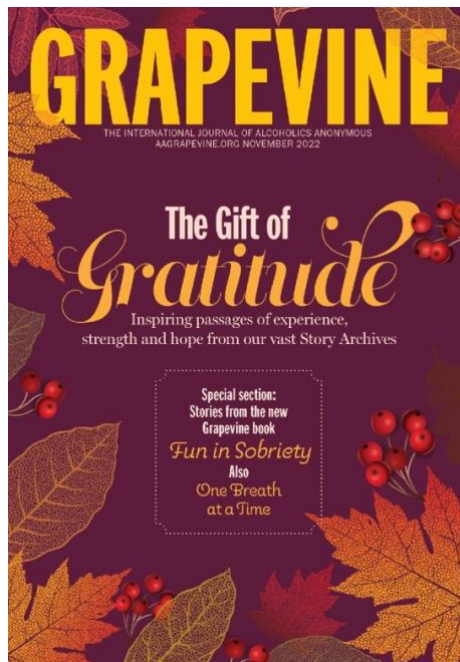
If you have at least one year of sobriety and can spare one hour (maybe two including travel time) once a month or so then chairing an AA meeting at a correctional facility is a great service opportunity. ***It is mainly about carrying a message of hope to those who at times might consider their situation 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 cgscorrections@gmail.com or call or text volunteer-recruiting Lee H. at 403 815 3719 and we will get information sent out.

The November 2022 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Gratitude – Fun in Sobriety"

[To view the Table of Contents, click here.](#)

Some stories include:

Mark your calendar AA International Convention!

Vancouver, British Columbia, Canada

July 3 - 6, 2025

The Gift of Gratitude

"Love is the principle that guided my first friends in AA. They welcomed me without question into their Fellowship. They were not concerned about anything except that I was a drunk. I was asked if I wanted help, if I had a place to sleep that night, and if I'd care for a cup of coffee. I was allowed to be myself, as best I could. No demands were made, no expectations were declared, no conformity was required. I was simply invited to share what they offered."

Unity at the Music Festival

Twice a year, a bunch of fun-loving AAs hit the road for a great sober time in the High Sierra

Faith & Flour

With one cup of AA and a pound of love, a sober mom bakes some delicious joy. I grew up on a small rented farm near a tiny town of 350 folks in Nebraska.

A big splash

I grabbed my tube and plunged into the water. I recall laughing throughout the day—a lot. There were jokes, teasing, hamburgers, hot dogs and soda. AA had taught me how to live.

Bright Lights of Fun

I have watched a few precious young people coming into our program lately. They stay sober a few weeks or months, then drink because they don't understand how they can have fun without drinking. It's just a bizarre concept to them.

How Anonymous Do I Want to Be?

In June of 2018, my wife of over 25 years and friend of almost 28 years lost her fight with lung cancer.



The Twelve Traditions of
Alcoholics Anonymous

12 Traditions Workshop



Where? Nanton United Church – 2121-21 Avenue

Facilitator: Darrel D. Past Delegate Panel 60, Area 78

When? November 12, 2022

Time? 10:00 - 10:30 Meet and Greet

10:30 - 10:45 Presentation and Intro, Questions!

10:45 - 11:45 Break Out Session

11:45 - 12:15 Lunch (will be served)

12:15 - ? Report Backs, Q&A, Wrap Up

Questions? Dcm.d18@area78.org or rhoulden.46@gmail.com



Bragg Creek
Big Book Study Weekend

19th ANNUAL JOURNEY

JOIN US ON THE BROAD HIGHWAY
AS WE TRUDGE THE ROAD OF HAPPY DESTINY

SPONSORED BY THE GROUP "IN THE FELLOWSHIP OF THE SPIRIT"
A SPIRITUAL JOURNEY THROUGH THE 12 STEPS TOWARDS
EMOTIONAL SOBRIETY

Facilitated by:

Mari G - Toronto

Kelley B - Florida

WHEN: November 18th, 19th & 20th, 2022

WHERE: CAMP HORIZON IN BRAGG CREEK
(35 Minutes West of Calgary)

PRICE: \$180 PER GUEST FOR THE WEEKEND INCLUDES:
ACCOMMODATIONS - MENS AND WOMENS DORMS
SOME SINGLE AND RUSTIC COUPLES PRIVATE BUNK ROOMS
AVAILABLE ON A FIRST COME FIRST SERVE BASIS

ALL MEALS: FRIDAY NIGHT: SUPPER AND LATE NIGHT SNACK
SATURDAY: BREAKFAST, LUNCH AND DINNER
SUNDAY MORNING: BREAKFAST

❖ **REGISTRATION OPENS FRIDAY SEPTEMBER 9 :**
fellowshipbraggcreek@gmail.com

❖ **LIMITED SEATING - RESERVATION CONFIRMED WHEN PAYMENT RECEIVED**

❖ **EVENT SELLS OUT - REGISTER EARLY!**

❖ **MEETINGS, FELLOWSHIP, NATURE WALKS, OUTDOOR FIRE**

November

District 75

Three Legacies Workshop

Saturday, November 26th

1:30pm-4:30 pm

@ Recovery Group

114 5211 Macleod Trail SW, Calgary AB

Fellowship, snacks, and prizes!

THE BETTER DAYS
GROUP

SPEAKER NIGHT

LISA S.

SATURDAY NOVEMBER 12TH

1432 19th N.E

From "JUST FOR TODAY GROUP"

Room opens at 7:30pm

MEETING STARTS AT 8:00PM

WE WELCOME YOU ALL IN
FELLOWSHIP

HELLO
AND
WELCOME

TO THE

**THE BETTER DAYS
GROUP**

SPEAKER MEETING


COME TO HEAR WHAT IT WAS LIKE, WHAT HAPPENED
AND WHAT ITS LIKE TODAY

BILL W. BIG BOOK BILL

FROM THE GROUP GLENMORE

**MEETING OPENS AT 7:30PM
STARTS AT 8:00PM**

1432 19TH ST., N.E
Saturday December 10TH



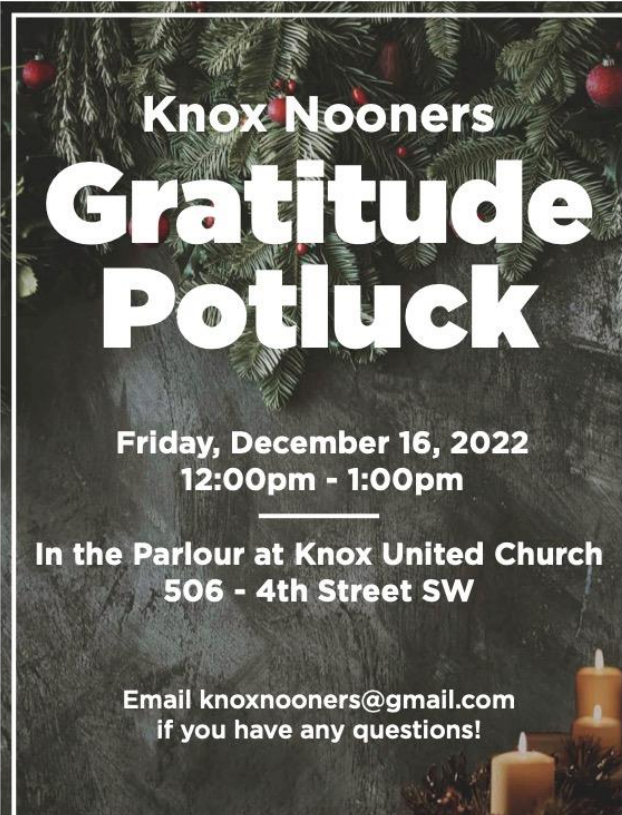
Knox Nooners

**Gratitude
Potluck**

Friday, December 16, 2022
12:00pm - 1:00pm

In the Parlour at Knox United Church
506 - 4th Street SW

Email knoxnooners@gmail.com
if you have any questions!



December

AA CALGARY INTERGROUP CHRISTMAS DINNER POTLUCK



Where: 134 Scarboro Ave – Scarboro United Church

When: December 17, 2022 - 11-4pm

Who: All are invited including kids; Santa will be there too

Cost: 7th Tradition

COME JOIN US FOR A DELICIOUS DINNER AND FELLOWSHIP!!

We would appreciate contributions of cooked food, desserts and other festive scrumptiousness. If your group would like to donate food to the dinner, please contact Nate 403 830-5086 or email Cgigchair@gmail.com, for a list of what's needed and what's covered.

For a great service opportunity, why not volunteer! We need Elves to help make the day *EXTRA* magical. Contact Nate or Just show up on the day!

If you or your group would like to make a donation towards the event, please contact Central Office at 403 777-1212 or Centraloffice@calgaryAA.org



DISTRICT 86

**18th Annual Christmas
Dinner & Dance**

Saturday December 17

**Balzac
Community
Hall**

Doors open @5:00
Dinner served @6:00
Dance to follow
Tickets - \$25
Children 12 & Under - FREE

Contact Jerry for info:
Text: 403-542-3457
Email: jwink99@gmail.com

Hwy 2 to Balzac & exit West. Crossroads. Turn left into parking lot & Hall.

***Santa
*Kids Corner**

Now, as I get longwinded, I just wanted to define our view of what fluency is so that we are all speaking from

AA xmas potluck

YOUR LOGO

All Saints Anglican Church
404 4th Ave North
Cochrane, Alberta
Basement of Church Rectory



December

Saturday Dec 17
16:30 - 20:00
REGULAR MEETING 19:00

Whitesheep
AA Men's Group

**CHRISTMAS EVE
BREAKFAST**

December 24th 8:00am - 11:00am
Deerfoot Inn & Casino

FAMILY & FRIENDS WELCOME

Tickets: \$30.00 each
Kids 11 & Under \$15
Babes in Arms Free

FOR MORE INFORMATION
AA Central Office: 403-777-1212
Gerry M: 403-874-6441

***Bringing in
the New Year***

WILD & 2023
New Years Eve Party

FOOD . FELLOWSHIP . MUSIC . DANCING . GIVEAWAYS . MAGIC

Saturday, December 31
Penbrooke Meadows Community Hall
6100 8 Ave SE T2A 6M7
5:30 pm doors open
6:30 pm feast
8:30 pm speaker meeting
9:30 pm party until 2023

**Friends
& Family
welcome**
POTLUCK DESSERT

THIS EVENT IS FREE!
DONATIONS ALWAYS WELCOME... BASED ON THE 7TH TRADITION

Info/RSVP 403 804-3376
514 629-2013
wildand2023@gmail.com




DELEGATES CORNER...November 2022

Many thanks to all interested in the Delegate Report, and about all the going-ons for the Delegate. Getting to meet the membership in your home communities is truly my favorite part of this role. I hope to be invited for a visit to every district within this term. There's only 13 months left, and more than half the districts to see, please email delegate.72@area78.org if you'd like a visit. Time is flying by.

It was also a pleasure attending the Area 79 (BC/Yukon) hybrid assembly in September (online), then off to Area 80 (Manitoba's) hybrid in October (online). Both Mike M and I attended the in person Area 91 (Sask) election assembly. So many of these folks are hoping/planning to attend the WRAASA (Western Regional AA Service Assembly) in Edmonton on February 24 – 26, 2023. Hope to see you there. To register <https://wraasa.org/registration/>

True story I heard recently: "A newcomer, using the Meeting App, rode his bike to 5 meeting locations before he found one that was actually open." **PLEASE** update your meeting information with an email to grouprecords.72@area78.org or online <https://area78aa.org/downloads/forms/GroupChangeForm2022-Area78-fillable.pdf> Let us all do our part to ensure a newcomer (or visiting member) always find us. Pass it on...thanks!

There are oodles of workshops, speakers, knowledge, and assistance available to your groups and districts from any of our 16 Area Committee Officers – reach out to any of us, any time. A quick email to alternatedelegate.72@area78.org can help you make arrangements.

Good news about the 2022 membership survey! It is all complete – now we wait for the results. Of our 6 groups who were selected out of all of Canada / US, 4 groups participated. Many thanks folks! Not sure when results will be posted for everyone to see what our membership looks like but pretty sure a report will be given at the 73rd Conference.

An AA book, that carries 'the magic tool of understanding' answers many questions about our program, our three legacies and brings so much meaning to how we ensure A.A. will be available for those who suffer ... for that little soul born generations from now who may be afflicted with this disease.

Learn more at the A.A. Service manual workshop being offered by our much-loved Carolyn W. every Monday evening (except Oct 30) at 7pm. Details are not posted so just reach out and I will send them to you.

(Continued on next page)

News from our General Service Office (GSO)

- We have tons of young members! There's a call out to hear your stories...
<https://www.aa.org/young-peoples-video-project>
- Want to order a bunch of different literature? Check out the extended discount...
https://www.aa.org/sites/default/files/literature/Communication%20of%20Mixed%20Title%20Discount%20Test%20Pilot%20Extension_0.pdf Members are asked for their opinion: <https://survey.zohopublic.com/zs/UhCs6p> about conventions by Oct 31, 2022.
- Make plans to join members from around the world at the next International A.A. Convention in Vancouver July 3 – 6, 2025. First time ever in our Region! Share the info! Check this out - <https://www.aa.org/international-convention> Stay tuned for Registration and hotel info.
- Ordering the Big Book – now with a new jacket cover which makes it possible to get them printed and printed quicker...
<https://www.aa.org/sites/default/files/literature/Jacketless%20BB%20-%20EN.pdf>
- Call out for stories to include in the updated 4th Edition of the Spanish Big Book
<https://www.aa.org/sites/default/files/literature/Press%20Release%2010-2022%20-%20EN.pdf>
- Reminder of the contributions address:
Box 2407
James A Farley Station
New York, NY 10116-2407
or online: <https://www.aa.org/aa-contributions-self-support>
- And more.... <https://www.aa.org/news-and-announcements>

Thank you, *Tami*



Step 11 & Tradition 11

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

From Twelve Steps and Twelve Traditions, chapter on Step 11.

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a second hand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all...

Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer...

Tradition 11 -Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

From Twelve Steps and Twelve Traditions, chapter on Tradition 11.

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every news front, the men and women of the press have attached themselves to us as friends.

In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members..