

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

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*****

**Big Book Studies - Fellowship - Workshops
Calls to Service**

**TAKE A LOOK INSIDE TO SEE WHAT RECOVERY IN
CALGARY LOOKS LIKE!!!**

Pioneers Dinner 2022

October 15TH

1:00–7:00 PM

Tickets: \$35

Available through Intergroup Rep. or Central Office

Dalhousie Community Church
5511 Baroc RD NW Calgary

Speakers:

Jenn S. – AA

Carolyn M. – Al-Anon

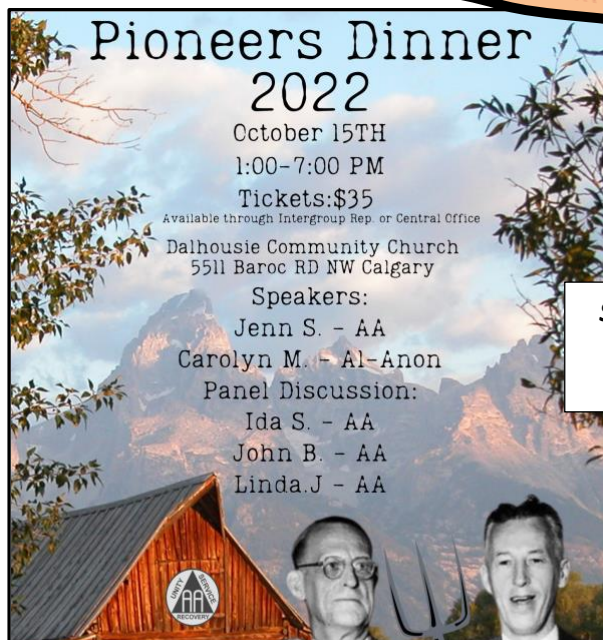
Panel Discussion:

Ida S. – AA

John B. – AA

Linda J. – AA

**See full
poster
inside**



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:**

New Big Book Study – “A New Light” presented by Paige F. – presented online by the Big Book Compendium. Monday Night Study – 6 – 8pmMST – 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

Recovery Group NEW LOCATION starting AUGUST 29TH, 2022 to #114 5211 McLeod Trail. It's in the strip mall by Carl Jr's. 1st meeting there was Monday Aug 29th at 5pm.

Haddon Road NEW LOCATION – starting at the end of August Haddon Road has found it's new location. 703 Heritage Dr. SW, St. Andrews Presbyterian Church. *See more information on pg. 9.*



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.

Thursday Night Ladies – Can use support for in person meeting at 7pm on Thursdays at Woodcliff United Church in SW Calgary

CANCELLED MEETINGS

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.

September 2022						October 2022			
272 Group		NADZIEJA		New Beginnings		272 Group		NorthWest Group	
Jim A.	5 years	Jeremy D	32 years	Carla	2 years	Tammas	30 years	Grant E	1 year
Tom M.	11 years	Tadeusz	39 years	Catherin	4 years	Airdrie Country		Zoe-Anne	1 year
ABC Group		Ogden		Chelsea	7 years	Dave P	32 years	Lisa N-D	2 years
Bruce M.	5 years	Mike H	9 years	Marron	25 years	Glen F	40 years	Peter H	2 years
Thomas	13 years	Veronica	10 years	Hubert	25 years	Awakenings		Colin P	11 years
Gordon F	22 years	Austin M	15 years	John	33 years	Mike I	9 years	Ogden	
Airdrie Country Group		Yvonne S	18 years	Andy	35 years	Katrina M	24 years	Tanya V	2 years
Ed R.	20 years	Andy B	35 years	Ogden (extra)		Back From Hell		Debra McK	2 years
Bill F.	53 years	Out to Lunch Group		Lawrence	22 years	Jeremy K	4 years	Becky C	9 years
Back to the Book		Norm N.	46 years	Recovery Group		Bobbi A	6 years	Kris M	14 years
Barb L.	2 years	Regal		Ty B	2 years	Mike L	8 years	Chuck C	16 years
Shannon	11 years	Amarbir	1 year	Donna A.	2 years	Rick D	13 years	Stan S	26 years
Shandi P.	15 years	SMOG		Donna G.	2 years	Joe P	38 years	Regal	
Chinook Group		Chris B	1 year	Carla A.	2 years	Deer Ridge		Mark G	1 year
Grace P.	37 years	Chireen	2 years	Elizabeth	3 years	Emily W	1 year	Christina	5 years
Deer Ridge		Haylie S	2 years	Bronwyn	6 years	Nicole P	1 year	SMOG	
Cassie S.	27 years	Kevin N	4 years	Estee	18 years	Greg S	9 years	Tracy S	1 year
Jeremy D	32 years	Jay M	6 years	Tayna	18 years	Tim H	41 years	Ray B	1 year
Just for Today		Quinn P	7 years	Louise	33 years	Edgemont		Aimee G	1 year
Mr. JC	17 years	Tom O	39 years	Walking Eagle		Mike R	1 year	Sandra	4 years
MAAT		Whitesheep		Peter L.	10 years	Just for Today		Craig F	4 years
Mike M.	1 year	Mike W	15 years	Harvest Hills		Lisa	7 years	Emily N	12 years
Troy C.	3 years	Scott C	18 years	Rain	4 years	Kincora		Steps, Stories and Beyond	
Troy F.	5 years	Ron W	31 years	Lynn A	20 years	Scott S	3 years	Bruce C	3 years
James S.	6 years	Jon H	36 years	David H	23 years	Darnell G	6 years	Flo P	6 years
Ed H.	11 years	Garnet		<div></div> <div>Happy birthday everyone!</div> <div></div>	Danny O	21 year	Thursday Night Ladies		
McKenzie Towne		Christian	1 year		McKenzie Towne		Christi W	4 years	
Charlene	1 year	Jeff	1 year		Angela B	1 year	Deanie P	9 years	
Melissa	1 year	Alice	1 year		Dave L	1 year	Unity Group		
Morgan	1 year	Audrey	1 year		Kevin S	2 years	Kate N	3 years	
Tom M.	9 years	Damon	5 years		Dale M	3 years	Sarah C	13 years	
John R.	11 years	Brendan	10 years		Howie S	6 years	Wed. Morning Eyeopener		
Gail H.	13 years	Derek	24 years		Larry A	10 years	Zach B	1 year	
Katie D.	14 years	Glenmore			Noelle R-F	16 years	Lindsay M	7 years	
Liz W.	24 years	Derek	1 year		Liz H	17 years	Whitesheep		
Bryan F.	35 years	Amy	1 year		Mike R	18 years	Michael K	15 years	
Midnapore		Scott	3 years		Midnapore		Travis L	16 years	
Deneen	3 years	Jesse	5 years		Evan C	4 years	Jason S	28 years	
Jeannine	4 years	Dan	9 years		Carrie P	8 years	Bryce O	30 years	
Sierra V	5 years	Andre	15 years		Maury P	12 years	Congratulations!		
Neil L	7 years	Val	17 years		Al H	15 years			
David F	8 years	Deb	18 years		Jason T	17 years			
NADZIEJA									
Harold J	12 years	Duff	27 years		Jedrzej C	3 years			
Stephanie	17 years	Shirley	42 years		Jan K	7 years			

LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday, October 15	Pioneer Dinner 2022	Location: Dalhousie Community Church 1 – 7pm - Speakers & Fellowship **See poster for details on pg. 7
Saturday, October 29	Garnet Block Monthly SOBER DANCE	Location: Wildrose United Church 8pm open **See poster for details on pg. 7
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. 8.

Treatment Facility	AA Group for September	AA Group for October
Renfrew Fridays	New Beginnings	SMOG
Alpha House	Tues – Sept 6 – Walking Eagle Tuesdays to follow - PPG	Tues - Unity
	Friday - Garnet	Friday - Kincora
Sunrise	NW Group	Recovery Group
AARC – alternating Mon	SMOG	McKenzie Towne
Dream Centre	Daily Reflections	Forest Lawn
Sandstone (2 nd Friday)	SMOG	McKenzie Towne

Monthly CGSC Service Commitments

Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
October 2	Walking Eagle
October 9	Go For It
October 16	Ogden
October 23	Ogden
October 30	TBD

Phone Monitoring Dates	AA Group
Sept 26 – Oct 2	Unity
October 3 - 9	Garnet
October 10 - 16	Regal
October 17 - 23	Thursday Night Ladies
October 24 - 30	Knox Nooners

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: cqig12steplist@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: cgsctbg@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 October 2022 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Relapse - Coming Back"

To view the Table of Contents, click here.

Some stories include:

No defense

As her meetings slipped away, the wine started looking good. Then one day she reached for the glass

The Day I Unmuted

I came to AA unsure that I wanted to stop drinking. I had been given an ultimatum by my partner of 15 years: "Choose me or the bottle," she said.

Staying Afloat

In my early days of sobriety, I got my first dose of reality when my sponsor showed up at our AA meeting drunk as a skunk. He explained that everything was going fine.

Breaking the cycle

My friend Norm died a few months ago. The death certificate doesn't say it, but he died of alcoholism. We came into AA around the same time 27 years ago.

No One Will Know

A few years back, my 10-year AA anniversary was approaching. At that time, I was working a good program, going to my regular meetings and my home group.

Greetings all,

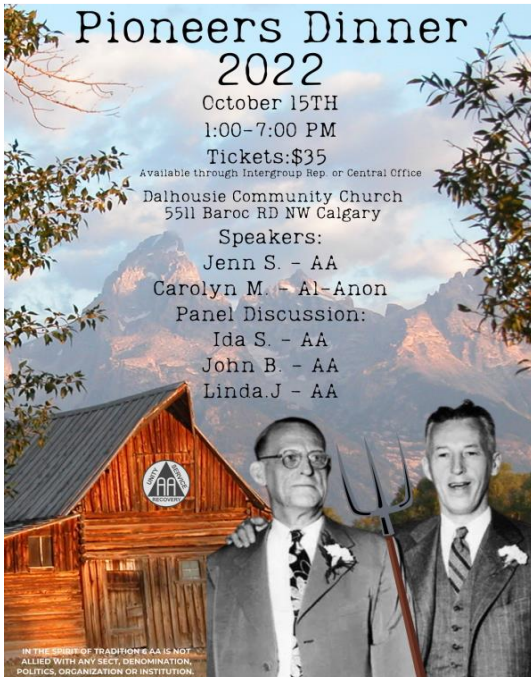
The AA Grapevine Half-Hour Variety Hour turns one-year-old this month. To celebrate we will release a special anniversary episode on Tuesday, October 4 at 9:00 AM Eastern. This is in addition to our regularly scheduled episode on Monday, October 3.

Tune in to hear Don and Sam talk with the gang at Grapevine about the creation of the podcast, and listen to some hilarious bloopers that didn't make it onto the weekly podcast.

You can find the AA Grapevine Half-Hour Variety Hour wherever you listen to podcasts or at aagrapevine.org/podcast.



Pioneers Dinner 2022
 October 15TH
 1:00-7:00 PM
 Tickets: \$35
 Available through Intergroup Rep. or Central Office
 Dalhousie Community Church
 5511 Baroc RD NW Calgary
 Speakers:
 Jenn S. - AA
 Carolyn M. - Al-Anon
 Panel Discussion:
 Ida S. - AA
 John B. - AA
 Linda J. - AA



IN THE SPIRIT OF TRADITION AA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.

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

1432 19th STREET N.E.
BETTER DAYS GROUP
SPEAKER MEETING
JERRY H
 OCTOBER
8
 SATURDAY
8 PM
 COME TO HEAR WHAT IT WAS LIKE
 WHAT HAPPEN
 AND WHATS IT LIKE TODAY

**Events,
Workshop
and Fellowship!!**

GARNET BLOCK SOBER DANCES
Last Saturday Every Month



Hot Dogs and Snacks Door Prizes and 50/50 Draw

WILDROSE United Church 1317 1st NW
DOORS OPEN AT 8:00 PM DANCE AT 9:00 PM
 Cost — \$10.00 per person—Under 12 Free
 Music by Aurora Nights or Jeremy
 Fun Fellowship and Recovery!
ROCK THE BLOCK!
 First Dance starts May 28th

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



Big Book Study

Big Book Study held at New Beginnings
3216, 380 Canyon Meadows Drive SE
Fish Creek Village
2nd floor

Monday Sept. 26, 2022
Time 6:30 to 8:00 PM

Facilitated by Mary S and Steve
Bring your big book and highlighters

Enjoy a great night of teaching and
fellowship

Hope to see you there

For more information email Steve
monstermac13@gmail.com

**Haddon on Heritage
Big Book Study
Location...**
**703 Heritage Dr. Sw
Saint Andrews Church
Starts...**
**Sunday, September
25 at 3:30 PM and
runs till 5:30 PM**
**Open Meeting
Bring your big book!!**

**Big Book
Extravaganza**

THE BIG BOOK COMPENDIUM PRESENTS: MONDAY NIGHT BIG BOOK STUDY A NEW LIGHT

Paige F

5PM PST | 6PM MST | 7PM CST | 8PM EST

STARTING OCTOBER 3RD

ALL ARE WELCOME

516 992 791

PW: 12steps

PHONE +16699009128 PHONE PASSCODE 1760278



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**

DELEGATES CORNER...October 2022

Gotta say, had some highs and lows in September as Promises come true, and then life on life's terms happens to happen.

We make the coolest friends in this program, like my BFF, Becky P. She decided to celebrate her birthday by falling out of a plane, so I did it with her! 🤪🤪

It was SOLID! Has been a dream of mine since I was a kid. (once is good 'nough for us though) Who knows what the next adventure just might be Ooolala

The Fall Assembly was fantastic! A shout out to all who were able to come and especially to the groups who made it possible through their support and contributions. Some great discussions, and some good business done for the Area. Josh E – Class B Trustee for Grapevine/La Viña Inc. shared another miracle of recovery, then gave us insight into the the service within the Grapevine and how we can help. Good job, done by one and all! All tolled we had 156 members come out.

It was nice to share a bit about what I saw, heard, and felt in April at the Conference in NYC. Anyone interested in hearing what happens there, I would love to share the experience and outcomes with you, your group, or your district. Just drop me an email delegate.72@area78.org.

Conference Advisory Actions and Committee Considerations are on our website: [area78.org / Information / Downloads / Delegate Reports / 2022](https://area78.org/Information/Downloads/DelegateReports/2022) (<https://area78aa.org/area-downloads/#1660524956354-cc1e2e5b-985e>). The digital, anonymity protected, Final Report was emailed out to all the DCMs and all the GSRs who attended the Assembly. The paper version will be out toward the end of the month. Copies will be distributed to the Edmonton and Calgary Central offices. Any DCMs wanting copies for their districts, or GSRs for their groups in outlying areas – email me pls.

Life on life's terms....again. It was easier to fall out of a plane than to fall out of my truck. The day after the Assembly I went to the doctor to discover my wrist was fractured in 2 places. So an orange cast to support Truth and Reconciliation in September.

A little note about our spiritual principles. Something we may want to discuss a little more these days, given social media, is the spiritual foundation of all our traditions – anonymity. I was noodling lately, wondering how anonymity is a 'spiritual' principle. I understand a guiding principle, something that tells me right from wrong. How would being anonymous actually be spiritual? I think we would agree that our sobriety is a gift. We reach and maintain our sobriety by getting and being humble. Where does this humbleness come from? It comes from being anonymous to the outside world and humbly unified in our inside AA world. If our anonymity is what keeps us humble and humility is what keeps us sober, then it most definitely is a spiritual foundation to this gift.

Wishing one and all a beautiful Thanksgiving as we have so much to be grateful for. In love and service,



Tami - Serving you as your Area 78 Delegate.

Announcements from your Area 78 Delegate:

1. Membership survey is happening in the next month - 6 groups were selected from our Area; 3 are doing the survey.
2. GSO is looking for stories for our "AA for the Older Alcoholic – Never Too Late" pamphlet stories from members who joined AA later in life. Please look to your members and send stories to: access@aa.org For more info: <https://www.aa.org/sites/default/files/literature/Call%20for%20Stories%20for%20the%20Older%20Alcoholic.pdf>
3. Requests still open for stories for the Big Book, 5th Edition. Click <https://www.aa.org/news-and-announcements> for details and what else is happening at GSO
4. Our next Area event will be the Area Committee Meeting (ACM) on January 20-21, 2023, hosted by District 75 in Calgary. Stay tuned for details.
5. WRAASA – Western Regional A.A. Service Assembly Feb 26 – 28 @ the Edmonton Inn
Area 78 is hosting so see you there!
EVERY member is welcome! You are encouraged to come, learn more about the Area, AA as a whole, make new friends and expand your program.
6. Want ideas for inspiration, direction and increasing member participation? check out the Themes for WRAASA this year:

"A.A.'s Three Legacies — Our Common Solution"

"General Service — Our Mighty Purpose and Rhythm"

"Our Common Perils and Common Solution"

"Using A.A.'s Literature in Carrying the Message"

"Fostering a Thriving Three Legacy Culture"

♥ To make a Group/District or Individual Contribution to GSB (General Service Board):

By Mail - General Service Office, Post Office Box 2407, James A Farley Station, New York, NY 10116-2407 Online - <https://contribution.aa.org>



Step 10 & Tradition 10

Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion— anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past...

From Twelve Steps and Twelve Traditions, p.88-89.

Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A. as a whole, that's quite a different matter. In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause.

From Twelve Steps and Twelve Traditions, p.176-177.