

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](mailto:westwordeditor@gmail.com)

**Wishing you all  
a safe and sober  
summer season!**

**REGULAR OFFICE HOURS**

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

**HOLIDAY CLOSURES****HERITAGE DAY WEEKEND**

Saturday, July 30, 2022  
& Monday, August 1, 2022

**LABOUR DAY WEEKEND**

Saturday, Sept. 3, 2022  
& Monday, Sept. 5, 2022

**AA Central Service Office**  
4021 – 4 St. S.E.  
Calgary, Alberta T2G 2W4  
[centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)  
[www.calgaryaa.org](http://www.calgaryaa.org)

**ANNUAL DISTRICT 86****STRATHMORE ROUND-UP****July 8-9, 2022**

**Venue:** Centennial Civic Centre,  
120 Brent Blvd, Strathmore, Alberta

**Cost:** 7th Tradition

**Friday:** 6:00 – 9:00 pm Set-up  
9:00 – finished Campfire Meeting – Everyone welcome (Bring your own lawn chair)

**Saturday:** 9:00 – 10:00 am Registration & Refreshments  
10:00 – 11:00 am Fellowship Call up meeting  
11:00 – noon **SPEAKER – Curtis F (Strathmore)**  
12:00 – 1:30 pm Lunch break (7th Tradition)  
1:30 – 2:30 pm **ALANON SPEAKER – Linda W (Calgary)**  
2:30 – 3:15 pm Fellowship Call up meeting  
3:15 – 4:15 pm **SPEAKER – John G (Calgary)**  
4:15 – 5:00 pm Social & Refreshments  
5:00 – 6:30 pm Banquet (7th Tradition)  
6:30 – 7:30 pm **SPEAKER – Anita D (Vegreville, AB)**  
7:45 – 8:30 pm Sobriety Countdown – Raffle draws – 50/50 draw  
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 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

**Contacts**

Randy 403.461.6964 Michelle 403.625.6396 Deanne 403.361.3086

**District 86**

Airdrie – Carstairs – Chestermere – Estevan – Rockyford – St. Albans – Strathmore

**MAKING CONNECTIONS...**  
**OPPORTUNITIES for SERVICE...**  
**TAKING PART IN THE FELLOWSHIP...**  
**SEE MORE FEATURES INSIDE !!!**

**JULY 8 - 10, 2022****UNITY & SERVICE**

An A.A. Conference Focused on  
Applying the 12 Traditions & 12  
Concepts in All Our Affairs

**ATTEND IN PERSON - \$45 REGISTRATION**  
**OR ONLINE - \$35 SUGGESTED REGISTRATION**

**THE HILTON - CONCORD, CA**  
**SPECIAL HOTEL ROOM RATES**

**FRIDAY NIGHT MEET & GREET NACHO BAR**  
**SATURDAY NIGHT SPEAKER BANQUET**  
**SUNDAY CONCEPTS BREAKFAST**  
**ADDITIONAL FEE FOR MEAL OPTION EVENTS**



**SPACE IS LIMITED!**  
**REGISTER TODAY**  
**SCAN CODE OR VISIT:**

**WWW.UNITYANDSERVICECONFERENCE.ORG**

info@unityandserviceconference.org  
(925) 222-5639

**SPEAKERS**

**LINDA CHEZEM**  
CLASS A TRUSTEE, GSB CHAIR

**JIMMY D.**  
AA MEMBER RIGHTS &  
RESPONSIBILITIES  
Dallas, TX

**CHUCK & BETH H.**  
3 LEGACIES IN RELATIONSHIPS  
Destin, FL

**REILLY K.**  
12 CONCEPTS  
Winston, OR

**KAREN C.**  
SPONSORSHIP  
Oakland, CA

**ANDREW S.**  
Marin, CA

**WITH AL-ANON**  
**PARTICIPATION**  
More speakers to be announced...

Presented by  
the Love & Service Group of A.A.

**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:**

**Primary Purpose Group (PPG)** - taking over hosting 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, 420-9<sup>th</sup> ave, SE, Calgary. Further contact: Harry P. at 403-612-0228 or Central Service Office at 403-777-1212.

**MEETING CHANGES**

**Centre of Hope Open Meeting** – Effective immediately will be meeting Wednesdays, starting on June 29<sup>th</sup> at 6pm. NOT on Mondays at 7pm.

**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

**MEETING INFO - REOPENING MEETINGS**

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





**Bow Bottom Group** – Needs support for in person meeting at 7:30pm on Thursdays.

**West End Step and Tradition Meeting** – Returns after a two year hiatus, to Foothills United Church at 3803-69 St., NW on Saturdays at 8 pm

**CANCELLED MEETINGS**

**Centre of Hope Open Meeting** – Mondays at 7 pm cancelled. Changed to Wednesdays.

**Better Days Group** – Online Tuesday and Thursday meetings are cancelled as of March 30.

June 2022						July 2022			
Airdrie Country		Regal		North West Group		ABC Group		McKenzie Towne	
Ute B	12 years	Taylor I.	7 years	Julia	1 year	Michael	4 years	Santino	2 years
Awakening	14 years	Ted M.	45 years	Manish	2 years	Cindy P	25 years	Ray	4 years
Awakenings		Rule 62		Shayne	2 years	Awakenings		Travis	4 years
Graham	3 years	Sarah M	8 years	Kay	3 years	Ken L	4 years	Manny	5 years
Chris M	5 years	SMOG		Adam	5 years	Garry B	8 years	Wes	6 years
Gerry A	43 years	Wyatt V	1 year	Nick	6 years	Amanda	28 years	Neal	7 years
Back from Hell		Patrick D	1 year	Renee	7 years	Les K	32 years	Craig	10 years
Candice	5 years	Terri L	3 years	David	17 years	Back to the Book		Lisa	10 years
Brad H	8 years	Tasha L	3 years	Recovery		Billie Sue	4 years	Christopher	11 years
Better Days		Scott L	3 years	Anne S	1 year	Mary R	6 years	Joe	17 years
Ida S	39 years	Tanner P	3 years	Lynda A	2 years	Deer Ridge		Danny	29 years
Deer Ridge Group		Kirsty B	4 years	Lauren H	2 years	Holly S	6 years	Lorne	31 years
Lara	2 years	Natalie R	7 years	Kris A	4 years	Jack W	16 years	Jodi	33 years
Rachelle	6 years	Brian D	20 years	Heather	5 years	Edgemont		Joanne	34 years
Paul	10 years	Thursday Night		Brandon	5 years	Chad H	14 years	Whitesheep	
Peter	16 years	Erica F	8 years	Chris	21 years	Joanne	18 years	Paul W.	8 years
Nancy	18 years	Unity		Bernie	26 years	Linda G	29 years	Keith B.	8 years
Tammy	30 years	Linda V	8 years	Wed Morn Eyeopener		Homeward Bounders		Matt B.	8 years
Denny	32 years	Brian D	11 years	Doug D	33 years	Paul G	1 year	Kevin C.	31 years
Margot	39 years	Jim H	21 years	Dwayne	50 years	Susan D	7 years	Brian W.	34 years
Edgemont		Iva P	38 years	<div></div> <div>Happy birthday, everyone!</div> <div></div>		Kincora		Ken R.	36 years
Brent M	24 years	Walking Eagle				Lucas	3 years	<div></div> <div>Happy summer! Play safe!</div> <div></div>	
Kincora		Leanne F	16 years			Rob	5 years		
Janice S	13 years	Whitesheep				Adam	14 years		
David M	33 years	AJ S.	14 years			Knox Nooners			
Emillian	35 years	David G	30 years			Austin	1 year		
Knox Nooners		Garnet				Dave H	10 years		
Deborah	5 years	Stein	1 year			MAAT			
MAAT		Pearl C.	1 year			Chris C	1 year		
Grant C	37 years	Pat R.	1 year			Mike M	1 year		
Midnapore		Mike D.	4 years			Don C	29 years		
Wayne G	6 years	Krystie	8 years			Audrey C	30 years		
Tammy M	6 years	Monty	34 years			Midnapore			
Tyler C	7 years	McKenzie Towne				Anita C	5 years		
Dan C	8 years	Kirk M.	2 years			Susan A	5 years		
Kristen B	10 years	Cory F.	2 years			Gord P	6 years		
Ogden		Joanne	5 years			Richard	6 years		
Amber K	1 year	Des M.	5 years			Pat M	39 years		
Kirby L	5 years	Kristin M	6 years			Ogden			
Deb D	11 years	New Beginnings				David I	4 years		
Don B	12 years	Kelsey C	1 year			Cory M	9 years		
Lawrence	14 years	Bill K	3 years			Alain L	23 years		
Tony K	14 years	Les Y	3 years			Jenn S	30 years		
Shannon T	16 years	Gail C	24 years			Rule 62			
Maryann	24 years	Jan H	33 years			Steve H	6 years		
		Bob R	37 years						

## LIST OF EVENTS

DATE	EVENT	DETAILS
Saturday, July 9, 2022	Garnet Block Stampede BBQ	Location: Calgary, 1609 Centre St. **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 cover & page 8
July 8 -10, 2022	"Unity and Service": Conference Concord, California	Location: California In person AND online **See poster for details on page 7
Sunday, August 28, 2022	Midnapore 4 <sup>th</sup> Annual Picnic	Location: Calgary, 144 Bannister Rd, SE **See poster for details on cover & page 8

Treatment Facility	AA Group for June	AA Group for July
Renfrew Fridays	Rockyview	McKenzie Towne
Alpha House	Tues. – Garnet	Tues. – PPG
	Fri. – Daily Reflections	Friday in July – Various Groups: Radical Change, Walking Eagle Forest Lawn, Aspen West Springs
Sunrise	SMOG	Bridge
AARC – alternating Mon	Glenmore Group	Recovery Group
Dream Centre	Forest Lawn Fellowship	ABC Group
Sandstone (2 <sup>nd</sup> Friday)	June 10 - Garnet	Garnet Block

## Monthly CGSC Service Commitments

Phone Monitoring Dates	AA Group
June 27 – July 3	Daily Reflections
July 4 - 10	Regal
July 11 - 17	New Beginnings
July 18 - 24	Rule 62
July 25 – July 30	Homeward Bounders
August 1 - 7	Haddon Road

Sunday Morning (9:30am) Ramada Breakfast Meeting In-person – LIVE!!	AA Group
July 3	Rule 62
July 10	Walking Eagle
July 17	TBD
July 24	TBD

### Ongoing Monthly Intergroup

### Service Commitments

## CALLS FOR "SERVICE"

**NEED SUPPORT - 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](mailto:cgig12steplist@gmail.com)

**'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](mailto:CGSCintro@gmail.com)

**Bridging the Gap** needs: Temporary Contacts, Committee members, Speakers for Detox centres. Interested? BTG meets every 3<sup>rd</sup> Thursday of the month at Central Office at 7pm and Zoom: 985 155 6437 Password: BTG  
Email: [cgscbtg@gmail.com](mailto:cgscbtg@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."*

## 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](mailto: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
- 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](mailto: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](mailto:pichair.calgary@gmail.com)



### YOU ARE NOT ALONE

Help is here!



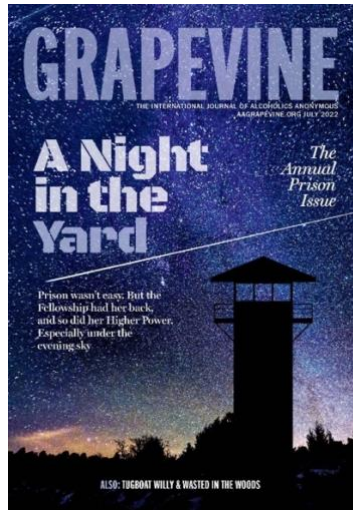
**24 Hr Calgary AA:** ~ 403-777-1212  
**24 Hr Crisis Line:** ~ 403-264-HELP (4357)  
**Calgary AA meetings:** ~ [www.calgaryaa.org](http://www.calgaryaa.org)  
**AA Main Website:** ~ [www.aa.org](http://www.aa.org)  
**AA Info and Brochures:** ~ [https://www.aa.org/pages/en\\_us/is-aa-for-you](https://www.aa.org/pages/en_us/is-aa-for-you)

**AA Meeting App:**  
"Meeting Guide"  
~ A.A. World Service  
Download on  
AppStore or Google Play




Calgary Alcoholics Anonymous

## The July 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:

#### One Breeze at a time

Quarantined in a plywood prison "fishbowl," he made the decision to spread his wings and be free

#### Forgiving Dad

I couldn't understand why, if he loved me, he continued to abandon me. After I got involved in AA in here and worked the Steps, I found the answer.

#### A Conference to Remember

I am an alcoholic and an inmate serving time at CTF (Correctional Training Facility)-Soledad, a medium-custody prison in the heart of California.

#### Hope & a stamp

I'm a meat cutter, and for a long time I worked a normal job with regular daily hours. Then one day I went to work and the store manager said the store would be closing.

#### Essential Worker

Life as I knew it ended July 9, 2013. I was arrested and sent to trial. I was convicted and appealed that conviction, which I lost.

AA Grapevine's Podcast |

**"The AA Grapevine  
Half-Hour variety  
Hour"**

## Garnet Block Stampede Alcañon



Saturday, July 9th  
1609 Centre St. NW

## SCHEDULE:

DOORS OPEN AT 10:00am

1030am Step 1-2

12:00pm Step 3-4

1:30pm Step 5

3:00pm Speakers

4:00 Dinner!! Smokie &amp; Dogs

5:30pm Step 6-7


7:00pm Step 8-9

8:30pm Speakers

10:00pm Step 10-11


11:30pm Step 12

Dinner will be provided- Smokies &amp; Hot Dogs




## 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

Events,  
Info and  
Updates!!

Alcoholics Anonymous  
**34<sup>th</sup> Annual**  
**Consort Campout**  
*"... we aren't a glum lot."*

**July 22, 23 & 24, 2022**  
**Gooseberry Lake Provincial Park**  
*(8 miles north of Consort on Highway 41 & 1 mile east.)*

**Friday, July 22nd:**  
 6:00 p.m. - Registration & Wiener Roast  
 8:30 p.m. - Open AA Meeting

**Saturday, July 23rd:**  
 8:30 - 10:00 a.m. - Breakfast  
 10:30 a.m. - Open AA Meeting - Call Up  
 3:00 p.m. - AA/Anon Speaker Meeting - Rita T., Viking  
 6:00 p.m. - Potluck Supper  
 7:30 p.m. - Sobriety Countdown  
 8:00 p.m. - AA Speaker Meeting - Karen C., Calgary  
 Dusk - Campfire Meeting

**Sunday, July 24th:**  
 8:30 - 10:00 a.m. - Breakfast  
 10:30 a.m. - One for the Road Meeting

Registration Fee: \$25.00 per person  
 12 & Under Free  
 Camping: Provincial park fees in effect

*Not a camper?*  
 Golden Prairie Hotel & Lodge: 403-577-2770  
 Sunrise Motel: 403-577-3847

For more information please call:  
 403-575-5623




**Midnapore 4<sup>th</sup> Annual Picnic**  
 Sunday August 28<sup>th</sup>, 2022  
 Fish Creek Park - Glenfield - Group B (ASPEN)  
 14428 Bannister Road SE  
 Time: 11:00am-3:00pm

Games and treats for kids  
Pet Friendly

Hot Dogs, Hamburgers  
Refreshments  
& All the BBQ Fixings

**Rain or Shine!**

**Bring a Lawn Chair** ☺





# ANNUAL DISTRICT 86 STRATHMORE ROUND-UP July 8-9, 2022



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**Cost:** 7th Tradition

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QR CODE to website



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## Contacts

Randy 403.461.6964 Michelle 403.629.6396 Deanne 403.361.3086

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(925) 222-5639



## SPEAKERS

**LINDA CHEZEM**

CLASS A TRUSTEE, GSB CHAIR

**JIMMY D.**

AA MEMBER RIGHTS &  
RESPONSIBILITIES  
Dallas, TX

**CHUCK & BETH H.**

3 LEGACIES IN RELATIONSHIPS  
Destin, FL

**REILLY K.**

12 CONCEPTS  
Winston, OR

**KAREN C.**

SPONSORSHIP  
Oakland, CA

**ANDREW S.**

Marin, CA

WITH AL-ANON  
PARTICIPATION

More speakers to be announced...

Presented by  
the Love & Service Group of A.A.



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

Time passes so quickly. After the ACM it was off to the Western Canada Regional Forum in Winnipeg. (Our region has the smallest number of areas, but the largest land mass – BC/Yukon, AB/NT/NV, SK & MB). I arrived home, switched my suitcase and was off to visit friends and members at the Didsbury campout on the Friday night, the wonderful celebration for Edmonton's 75+2 anniversary on Saturday and Sunday found me with the fantastic District 40 group to share the Report about the Conference. What an incredible weekend. Back home to Calgary and the chance to share the Delegate Report on the Conference with the lovely folks at the Calgary General Service Committee. June was a whirlwind of love.

At the Regional Forum it was great seeing new and familiar faces from our four areas, including quite a few from our own. Although I had been to one before, this one seemed even more meaningful. Irma V., our Western Regional Trustee chaired the weekend with lots of care. We had presentations about Safety, Inclusivity, Tradition 10 as it relates to Covid, and Virtual Sponsorship. There were many interesting breakout workshops. The large group workshop entitled, "Who is not in Our Rooms" was given by Area 79 Alternate Chair, Drew W. It brought many of us to tears. There is so much work for all of us to do. So much care for those who continue to suffer, yet don't yet know or understand A.A. or feel intimidated to come in the rooms. There was a panel of non-alcoholic Trustees – man, do they ever care about us and about A. A. We heard from the excitable Treasurer, the passionate Grapevine/LaViña Chair, our adorable General Service Board Chair and of course Bob W, GSO General Manager, who was full of fun, love and connection. What a great weekend where we learned, cried, rejoiced, and celebrated recovery in Alcoholics Anonymous. I'd like to do a shout out to Area 80 for an outstanding job putting this on and to our GSO Regional Committee Coordinator, James H. who went above and beyond (again) to offer us this amazing experience. A new General Service Office hire – Eileen A., Corrections Committee Coordinator – also came to Winnipeg. Being her first Forum, she was told this would be the perfect way to start cuz Western Canada rocks! She agreed wholeheartedly.

Coming up February 24-26, 2023, the WRASSA (Western Regional AA Service Assembly) is being hosted by us in Area 78, in Edmonton. We would just love to see y'all come out. Info is already on the website ([www.area78.org](http://www.area78.org)). Irma V. (W. Canada Trustee) will be chairing the event and there will be soooooo many great take-aways for newcomers to longtimers alike.

In loving service, **Tami**

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

1. North/South Connection – Virtual Special Forum – July 16, 2022 11 am – 7 pm EDT  
<https://www.aa.org/North-South-Connections-Forum-AA-in-Remote-Communities>
2. The 72 nd Conference Report - Any Districts / Groups wanting to hear the Delegate's Report can email me at [delegate.72@area78.org](mailto:delegate.72@area78.org) to request the report for their members  
Also, The Report will be offered online twice in July: Tues, July 19 and Mon, July 25 @ 7-9pm  
Zoom: 780 555 5414 password: area78
3. Stories are still requested for: 5 th Edition of the Big Book
4. Stories are still requested for the following pamphlets:
  - o A.A. for the Older Alcoholic
  - o A.A. for the Native North American
  - o A.A. for the Black and African-American
5. Trustee-at-Large/Canada Vacancy – interested past delegates from Area 78 may apply to [chair.72@area78.org](mailto:chair.72@area78.org) prior to the September Assembly.
6. 2025 International Convention – Vancouver – FAQ  
[https://www.aa.org/sites/default/files/literature/FAQ%202025%20International%20Convention%20\(English\).pdf](https://www.aa.org/sites/default/files/literature/FAQ%202025%20International%20Convention%20(English).pdf)
7. Other great updates – <https://www.aa.org/news-and-announcements>

## Step 7 & Tradition 7

### **Step 7 – Humbly asked Him to remove our shortcomings.**

SINCE this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

Humility, as a word and as an ideal, has a very bad time of it in our world. Not only is the idea misunderstood; the word itself is often intensely disliked. Many people haven't even a nodding acquaintance with humility as a way of life...

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

**From Twelve Steps and Twelve Traditions, p.70-76.**

### **Tradition 7 – Every A.A. group ought to be fully self-supporting, declining outside contributions.**

SELF-SUPPORTING alcoholics? Who ever heard of such a thing? Yet we find that's what we have to be. This principle is telling evidence of the profound change that A.A. has wrought in all of us. Everybody knows that active alcoholics scream that they have no troubles money can't cure. Always, we've had our hands out. Time out of mind we've been dependent upon somebody, usually moneywise. When a society composed entirely of alcoholics says it's going to pay its bills, that's really news.

Probably no A.A. Tradition had the labor pains this one did. In early times, we were all broke. When you add to this the habitual supposition that people ought to give money to alcoholics trying to stay sober, it can be understood why we thought we deserved a pile of folding money. What great things A.A. would be able to do with it! But oddly enough, people who had money thought otherwise. They figured that it was high time we now—sober—paid our own way. So our Fellowship stayed poor because it had to.

There was another reason for our collective poverty. It was soon apparent that while alcoholics would spend lavishly on Twelfth Step cases, they had a terrific aversion to dropping money into a meeting-place hat for group purposes. We were astounded to find that we were as tight as the bark on a tree. So A.A., the movement, started and stayed broke, while its individual members waxed prosperous...

Despite these misgivings, we had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.

**From Twelve Steps and Twelve Traditions, p.160-162.**