

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)


## Pioneers Dinner 2023

October 14TH  
1:00-7:00 PM  
Tickets: \$35  
Available through Intergroup Rep.  
or Central Office



Scan the QR code to purchase tickets

**Speakers and Panelists**  
Verona S. - AA  
Jim S. - AA  
Joanne G. - AA  
Dan A. - AA  
Al S. - AA  
Maryon K. - Al-Anon

**Dalhousie Community Church**  
5511 Baroc RD NW Calgary

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



# Happy Thanksgiving!

**REGULAR OFFICE HOURS****Mon-Fri, 8:30am-5:00pm**

(Closed 1-2pm for lunch)

**Saturdays 9:00am-1:00pm****HOLIDAY CLOSURES****Thanksgiving****Sat. Oct. 7 + Mon. Oct. 9, 2023****Remembrance Day****Sat. Nov. 11, 2023**

**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)

Nov 4, 2023 | 10am-Midnight

Frank Wills Hall, 405 1 Street SE  
Cochrane, Alberta

## DISTRICT 85 / COCHRANE ROUND-UP



Please help celebrate District 85 and support this 1-day roundup featuring 4 speakers: Bryan, Ray M, Bill W, Corinne V (Al Anon). Also a call-up appearance from Delegate Tami L! There will be lunch and dinner service, recovery and fellowship followed by music and dancing.

**AVAILABLE AT:**

- ☐ Central Office
- ☐ Eventbrite.ca (Search: Cochrane Roundup)
- ☐ D85 DCM Sarah C (587) 777-4181

**TICKETS \$30**

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.

**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 INFO & CHANGES:****NEW MEETINGS / BOOK STUDIES:**

**\*\*\*NEW MEETING – Reprieve for Recovery** – Bragg Creek – open meeting – Thursdays, 7 – 8 pm – Bragg Creek Community Centre

**\*New Beginnings Big Book** – Held at New Beginnings, 3216 – 380 Canyon Meadows Dr, Fish Creek Village- 2<sup>nd</sup> floor. Starting September 18. 6:30- 8:00pm. By Mary S. and Steve M. – See poster p. 6

**\*Daily Reflections Traditions Study** – Scarboro United Church, Every Sunday starting September 24 – Nov 12 from 2 – 4pm. Hosts are David L. and Nicole S. – See poster p. 6

**\*Recovery Group Big Book** - We are going to host a Big Book study, The Joe & Charlie way, starting on Tuesday 03 October 2023. 730pm to 9pm, at Recovery Group, 114 - 5211 Macleod Trail South, Calgary. Hosts will Chris H and Laurence M, For info call or text Chris @ 403.860.5313.

**MEETING CHANGES:**

**\*\*\*District 77 Sunday Night Speaker** - After a one-week break, the meeting will resume Sunday Oct. 8, 2023 at 8 p.m. at Parkdale United Church, 2919 8 Ave. NW, Calgary, AB

**\*\*\*272 Group** has now moved nights and locations. We now meet Mondays at 7:30pm for a Closed Step and Tradition meeting and Thursdays at 8pm for our Open Speaker meeting. The last Thursday of the month is our birthday meeting. Location Thornhill Baptist Church 126 Tache Ave NW.

**\*Centre of Hope Meeting** (Salvation Army) - Meeting Change effective October 11<sup>th</sup>. Our Meeting be held at 7pm, Not 6pm. Every Wednesday,

**\*Oldtimer Group Meeting Format Change:** We are removing the 25-year requirement to share. This is a closed big book, topic meeting.

**MEETING INFO / SUPPORT:**

**\*\*\*MAAT Group** – come for a visit to our Thursday night meeting – would love to see you. Crossroads Church, downstairs – time: 7:00 pm / 912-19 Street N E, Calgary AB / Step & Tradition

**NEEDS SUPPORT – “Getting There Group”** - We are a Step and discussion group and meet every Tuesday at 8:00pm, 2828- 19th Street NW{ Holy Cross Anglican Church}.

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 BIRTHDAYS						OCTOBER BIRTHDAYS			
272				Deer Ridge		272		West End Step and Trad	
Jim A	6 years			Jon W	1 year	Tamas	31 years	Clive W	1 year
Tom M	12 years	Glenmore		Raylene B	1 year	Awakenings		Zoom into the Room	
ABC Group		Nichole	1 year	Austin P	7 years	Katrina	25 years	Isabel	16 years
Bruce M	6 years	Derek R	2 years	Cassie S	28 years	Back from Hell			
Thomas M	14 years	Dan G.	10 years	Jeremy D	33 years	Jeremy K	5 years		
Back to the Book		Bill S	11 years			Debbie A	7 years		
Darren L	1 year	Deb Mc	19 years			Mike L	9 years		
Barbara L	3 years	Duff D	28 years			Rick D	14 years		
Shannon A	12 years	Shirley G	43 years			Just for Today			
Shandi P	16 years	Haddon				Lisa S	8 years		
Wayne D	45 years	Brad	1 year			Kincora			
Chinook Group		Jeff M	2 years			Darnell G	7 years		
Grace P	38 years	Kevin	3 years			MAAT			
Just for Today		Lyn H	4 years			Chris C	1 year		
Peter L	8 years	Callista	7 years			Midnapore			
JC A	19 years	Ezra M	9 years			Bart A	1 year		
MAAT		Marty K	23 years			Evan C	5 years		
Mike M	2 years	Cheyne P	42 years			Carrie P	9 years		
Troy C	4 years	Knox Nooners				Maury P	13 years		
James S	7 years	Noel C	25 years			Al H	13 years		
Ed H	12 years	Joe S	34 years			Jason T	18 years		
NADZIEJA		Ted L	40 years			NADZIEJA			
Sasza B	1 year	New Beginnings				Jan K	8 years		
Hieronim D	33 years	Dawn-Leanne	1 year			Ogden			
Tadeusz L	40 years	Jonathan N	2 years			Debra McK	3 years		
New Life Group		Catherine	5 years			Becky C	10 years		
Erin	3 years	Chelsea C	8 years			Kris M	15 years		
Ogden		Hubert	25 years			Chuck C	17 years		
Mike H	10 years	Marron R	26 years			Stan S	27 years		
Veronica D	11 years	John H	34 years			Regal			
Austin McK	16 years	Recovery Group				Mark G	2 years		
Lawrence M	23 years	Ty B	2 years			Christine T	6 years		
Regal		Donna A	2 years			Steps, Stories & Beyond			
Logan C	1 year	Donna G	2 years			Chico	2 years		
Amarbir R	2 years	Carla A	2 years			Bruce C	4 years		
Thursday Night Ladies		Elizabeth	3 years			Thursday Night Ladies			
Kristina T	3 years	Bronwyn D	6 years			Miranda T	2 years		
Unity Group		Estee L	18 years			Erika J	4 years		
Brendan H	1 year	Tayna J	18 years			Christi W	5 years		
West End Step and Trad		Louise M	33 years			Deanie P	10 years		
Xanti A	1 year	Whitesheep				Unity			
Zoom into the Room		Scott C	19 years			Kate N	4 years		
Kaitlyn	1 year	Ron W	32 years			Sarah C	14 years		
Yvonne	20 years	Greg W	37 years			Wed. Eye Opener			
		Joe H	37 years			Lindsay M	8 years		



Happy  
Birthday,  
Everyone!





## UPCOMING EVENTS & COMMITMENTS

DATE	EVENT	Posters with details
October 14	Pioneer Dinner	Cover Page
Nov. 4	District 85: Cochrane Round-Up	Cover Page
Nov. 10-12	Fellowship of the Spirit Book Study	Page 7
Monday, Nov. 13	<b>INTERGROUP ELECTIONS</b> Monthly Intergroup meeting	Location: Peter the Aleut Church 802 - 33 Ave. S.W., Calgary. (Zoom link available)

**Positions up for election:** \*Treasurer \*Secretary \*Public Information Committee Chair

\*Phone Monitor Chair \*12 Step List Chair \*Sunday Morning Breakfast \*(Pending) – Westword Editor

Treatment Facility	AA Group for October	AA Group for November
Renfrew Fridays	Deer Ridge	Edgemont
Alpha House - Tuesday	District 75 - Travis	Ogden
Alpha House - Friday	Forest Lawn	TBD
Sunrise	Ogden	Garnet
AARC – alternate Mon	Unity	ABC Group
Dream Centre	New Beginnings	Go For It
Sandstone (2 <sup>nd</sup> Friday)	Val	Daily Reflections
Drop-In Centre	McKenzie	Garnet

**Monthly CGSC**  
**Service**  
**Commitments**

## Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
October 8	TBD
October 15	TBD
October 22	TBD
October 29	TBD

Phone Monitoring Dates	AA Group
October 2 - 8	Midnapore
October 9 - 15	Rule 62
October 16 - 22	Unity
October 23 - 29	McKenzie Towne
Oct. 30 – Nov. 5	TBD

***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.”*

***Service***

## Public Information Committee (PI committee):

\*\*\*PIC needs committed members to trial / prepare for high school and other speaking engagements for the 2023-2024 school year.

PIC membership requires attendance/interaction at at least 3 meetings including presentation of your story and recovery ideas. Sponsors please encourage your sponsees to join and participate initially as 'shadows' to learn and grow from the service work. For details contact: [getoutside@shaw.ca](mailto:getoutside@shaw.ca) or [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

Service

## Doctor's Meeting Needs YOU...CPC

"The busy season for doctors meetings is coming soon and we require more reliable people to attend once a month on Wednesday evenings from 6:30 pm to approx. 9 pm online.

At present there are 23 people on the list who are doing a great job. Some of the upcoming meetings have 20 students and the average AA members attendance is around ten people. We could really use some help to increase these numbers."

**Please contact: Doug. (Doctors Meeting Chair)**

**403-402-6599 or [Dhilliker@shaw.ca](mailto:Dhilliker@shaw.ca)**

## Bridging The Gap

### CGSC Elections Oct 16th

The Bridging the Gap Committee has critical **vacancies** available as part of the October 16, 2023 CGSC Elections. Specifically, the BTG Committee is in need of a Chairperson, Alternate Chairperson and Male Temporary Coordinator.

The Bridging the Gap Committee champions a **collaborative leadership model**, where Committee members enthusiastically **support** each other's activities and seamlessly share responsibilities across portfolios.

### Innovations from the BTG World Wide Workshop Weekend in Houston

A BTG Committee member attended the annual BTG Workshop Weekend in Houston on September 9-10th. The best practices that he shared with the committee included showcasing the full functionality of the [btgww.org](http://btgww.org) website, its [interactive map](#), and the complete archive of BTG resources from around the world. The 2024 International BTG Weekend



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Workshop will be in Missoula, Montana, and many committee members are already keen to attend.

### BTG in the Community

Bridging the Gap joined a panel with members from the Corrections and Treatment Committees, at the marvelously attended Introduction to Service Seminar on September 9<sup>th</sup>. The BTG member shared on: BTG's mission, how the committee works effectively together, and specifically outlined how he was drawn to his role as Male Temporary Contact Coordinator.

Bridging the Gap is honored to be speaking at the Doctors' Meeting on November 8<sup>th</sup>, sharing on BTG's program and message.

## Treatment Committee is looking for:

\*\*\*Alternate Chairs for treatment. Alternate chair, chair every second meeting at the Treatment Centre.

\*\*\*Secretary for Treatment.

Contact: Dave at [cgsctreatment@gmail.com](mailto:cgsctreatment@gmail.com)

Service

**Big Book Study**

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

Sept. 18, 2023  
Time 6:30 to 8:00 PM

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

Enjoy and great night of teaching and  
fellowship.

Hope to see you there.

For Information email:  
SteveMonsternac13@gmail.com

## Book Studies Traditions Speakers

**Daily Reflections****Traditions Study**

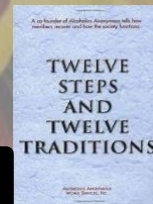
Sept 24<sup>th</sup> – Nov 12, 2023  
Every Sunday from 2:00 – 4:00 pm

No study on October 8<sup>th</sup>  
at

**Scarboro United Church – 134 Scarboro Ave**

*In the Daily Reflections Meeting Room - Downstairs  
Entrance - up the stairs from the parking lot*

Please bring your  
12steps & 12traditions book, pens & highlighters.  
If you are need of the material, it will be provided.



by Nicole S - See you there

**SPEAKER MEETING  
OCTOBER**

## BETTER DAYS GROUP

**OCTOBER 7<sup>th</sup> 8:00pm 1432 19th. N. E**

**TRESA R.**

Sobriety: 37 years

## BIG BOOK STUDY

Join us to share with each  
other the walk and work in  
recovery with the 12 steps as  
a change to our character to  
get well one day at a time.

Robert McClure Church 5510 26 Ave  
N.E. Calgary

BigBookStudy@shaw.ca

**SUNDAY**  
**September 10<sup>th</sup>**  
1:30pm to 3:00pm



## "In The Fellowship of The Spirit"



### Bragg Creek Big Book Study Weekend



#### 20th ANNUAL JOURNEY

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

**Facilitated by:**  
**Steve L - Redondo Beach, CA**  
**Joe C - San Diego, CA**

**WHEN:** November 10, 11 & 12, 2023  
**WHERE:** CAMP HORIZON IN BRAGG CREEK  
(35 Minutes West of Calgary)

**PRICE:** \$225.00 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  
SATURDAY: BREAKFAST, LUNCH AND DINNER  
SUNDAY MORNING: BREAKFAST  
SNACKS SERVED THROUGHOUT THE EVENT

□ **REGISTRATION OPENS FRIDAY SEPTEMBER 9 - CLOSES MONDAY NOVEMBER 6**

**REGISTER AT:** [fellowshipbraggcreek@gmail.com](mailto:fellowshipbraggcreek@gmail.com)

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

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

□ **FELLOWSHIP, NATURE WALKS, CAMPFIRE MEETINGS**

□ **MEDITATION CLASSES**

□ **NO REFUNDS AFTER OCTOBER 31, 2023**

### Study and Discussion of The AA Service Manual and 12 Concepts for World Service

**WHAT:** Learn about the "what, why and how" of our AA Service Structure.

**WHEN:** Mondays 6pm Pacific (October 2, 2023 – May 6, 2024).

*Please come when you can, there is NO requirement to commit to attending all weeks.*

**WHO:** AA members interested in General Service are welcome.

**FORMAT:** Participants are asked to pre-read the chapter or the Concept for the week. The guest for the week will provide a 15-20 minute overview of the chapter or the Concept and respond to most of the Q&A for that week.

*Guests with experience in the roles we are discussing in the service structure have been invited so we can all learn from their experience!*

*You are welcome to (and encouraged to) invite other AA members to participate, but we are not seeking to promote this study through social media postings.*

*Please refrain from doing so.*

*Instead, please feel free to pass this on, personally, to those you think may be interested.*

**Access Virtual Meeting via Zoom**

**Meeting ID:** 870 8376 8965

**Passcode:** 414768

**Questions?**

Please contact Carolyn at [carolynwalsh@zoho.com](mailto:carolynwalsh@zoho.com) or 604-738-4547



1 of 1

Service Manual combined with 12 Concepts for World Service

**Mondays 6pm Pacific, Via Zoom - Meeting ID:** 870 8376 8965; **Passcode:** 414768

<https://us02web.zoom.us/j/87083768965?pwd=bjBNaHhQZmZDWDQ1a1NlVjRMRDEQQT09>

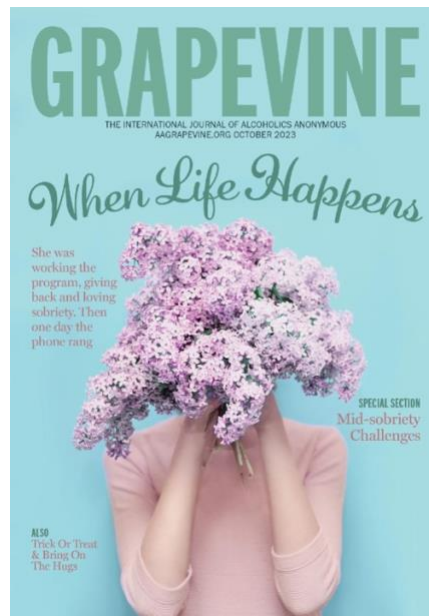
**Meeting Format:** Participants are requested to do the "pre-reading", Lead/Guest will provide a 15-20 min overview on the topic, Q&A/Discussion for the remainder of the meeting

Date	The AA Service Manual - Weekly pre-reading	Lead/Guest
Oct 2	Forward/Introduction	Carolyn W
Oct 9	Chapter 1 Group & Its GSR	Francis G
Oct 16	Chapter 2 District & Its DCM	Ken T
Oct 23	Chapter 3 Area Assembly and Its Activities	John W
Oct 30	<b>No Meeting Tonight</b>	N/A
Nov 6	Chapter 4 Area Committee	Vera F
Nov 13	Chapter 5 The Delegate	Teresa J
Nov 20	Appendix C - Charts: Structure of the US/Canada	Karina C
Nov 27	Appendix 5 General Service & Intergroup: Central Offices	
Nov 27	Chapter 6 The Annual General Service Conference	Tom H
Nov 27	Appendix U - Path for an Idea to Become an Agenda Item	
Nov 27	Appendix W-How the Conference Operates	
Dec 4	Chapter 7 Conference Committees	John W
Dec 11	Appendices K, L - Conference Charter and Resolution	Carolyn W
Dec 18	Chapter 8 General Service Board	Mike L
Dec 18	Appendix O - Bylaws of the General Service Board	
Dec 25	<b>No Meeting Tonight</b>	N/A
Jan 1	Chapter 9 The Board's Operating Corporations	Tom H
Jan 8	Chapter 10 The General Service Office	Bob W
Jan 15	Chapter 11 AAWS Inc	Cathi C
Jan 15	Appendix P - Bylaws of AAWS	
Jan 22	Chapter 12 AA Grapevine Inc	Chris C
Jan 22	Appendix Q - Bylaws of AA Grapevine	
Jan 22	Appendix T - Brief History of the Grapevine	
Jan 29	<b>No Meeting Tonight</b>	N/A

Date	12 Concepts for World Service - Weekly Pre-reading	Lead/Guest
Feb 5	Introduction (Pg C1, C2)	TBC
Feb 12	Concept I	TBC
Feb 19	Concept II	TBC
Feb 26	Concept III	TBC
Mar 4	Concept IV	TBC
Mar 11	Concept V	TBC
Mar 18	Concept VI	TBC
Mar 25	Concept VII	TBC
Apr 1	Concept VIII	TBC
Apr 8	Concept IX	TBC
Apr 15	Concept X	TBC
Apr 22	<b>No Meeting Tonight</b>	TBC
Apr 29	Concept XI	TBC
May 6	Concept XII (part 1)	TBC
May 13	Concept XII (part 2)	TBC



## The October 2023 Issue of GRAPEVINE is here!



### **On the Cover: This issue is for “Mid-Sobriety Challenges”**

To view the Table of Contents, click here.

Some stories include:

#### **Just in Time**

I had been a mail carrier for more than 20 years and a member of AA for just as long.

#### **When Life Happens**

When I was court-ordered into AA, my mom was initially embarrassed that her daughter was an alcoholic.

#### **Cash & Prizes**

I was 23 when I got to AA in 1984. I was a broken and lost person. I had spent nine years in hard alcoholism. I failed college twice. I had no job and I had been to jail.

#### **Getting Back**

Early on I worked hard to craft myself into a sober person. I proudly provided family and friends updates on my breakthroughs and progress. I wasn't shy.

#### **Every Day Counts**

Like so many others, reaching a bottom of total demoralization convinced me I was out of control. I checked into a rehab and from there I started my AA journey.

#### **A Fresh Perspective**

When I was 12 years sober, I had a lot of difficulty at work. My job as a visiting assistant professor at a university was on shaky ground.

#### **I'll be fine**

One of the early gifts of sobriety was meeting and then building a life with my partner of more than 25 years.

#### **My side of the street**

Step Ten is our “acid test.” Can we “stay sober, keep in emotional balance and live to good purpose under all conditions” as we grow in understanding and effectiveness, putting our AA way of living to practical use?



**DELEGATE'S CORNER****Delegate's Corner October 2023**

"Alcoholics Anonymous was nurtured in its early days around a kitchen table ... True, we have progressed materially to better furniture and more comfortable surroundings. Yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity." ~AA Co-Founder, Dr. Bob, September 1948, *"The Fundamentals in Retrospect"*, *Spiritual Awakenings: Journeys of the Spirit*

As the days get shorter and the mornings chillier, sitting around a kitchen table with our AA friends replaces the summer fellowship around the campfires. The more we gather, the more we learn and grow in love and tolerance. The magic of our unity evolves organically, usually without us even knowing what's happening.

Autumn brings us to our Assembly time as well. Being an even-numbered panel (2-year term) the elections for Groups, Districts and our Area are happening all around us. I encourage one and all to step into the light of service. None of us are prepared for the job, but a wise person once said, "God does not choose the qualified; God qualifies the chosen." Be brave! You'll be amazed. (I promise)

Congratulations to all the new Group GSRs (General Service Reps) and DCMs (District Committee Members), to our newly appointed Committee Chairs (10 Committees + a new Archivist) and to our recently elected Table Officers. The Area Assembly was full of great sharing/reporting, ideas, discussions, and *man*, those elections were very educational with so many positions going right through the Third Legacy election process, decided by one of two names being drawn from a hat. A special 'thank-you' goes out to those loving members who thoughtfully raised their hand to serve, without being selected. This can hurt the heart while it reveals even more, how anonymity truly is our spiritual principle. Being willing to serve, in whatever capacity our HP guides us to. We love you all!

Many thanks to all the trusted servants and visitors who suited up and showed up in Red Deer! I would have to look through our past assembly minutes to see when last we had 200 attendees at the fall assembly. At my first assembly (I think a fall one), there were over 300 people. Let us keep putting one foot in front of the other so more members discover their joy in the 4<sup>th</sup> dimension as they live within the three legacies – recovery, unity and service. I shall be seeing more of you in the coming months at your exciting and loving events.



As we trudge the road of happy destiny my fellow members, you are blessed with a strong leadership in this panel. As always, the leadership directed by Concept 9 does so with great respect to always remain democratic in thought and action.

Serving you with much Love,

Tami

Your Panel 72 Delegate 💜

PS: remember to check out [aa.org/what's new](http://aa.org/what's new) and [Area78.org](http://Area78.org) website for action in your area!🙏

***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 old-timer 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., that's quite a different matter. In this respect, we do not enter 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.***