April 2023

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A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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Your Calgary AA Family
Needs You!!
More details inside...

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!

Rease drop off or email your resume to Central Office for consideration



REMINDER

The General Service
Office has increased
all literature pricing by
more than 20%. Central
Office will be increasing
their prices by the same
amount as old stock
runs out.

This is the first price increase in over 5 years. Central Office has endeavoured to stock up prior to the price increase and will not increase prices until the old stock runs out.

REGULAR OFFICE HOURS

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

HOLIDAY CLOSURES

VICTORIA DAY WEEKEND

Sat., May 20 & Mon. May 22, 2023

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

centraloffice@calgaryaa.org www.calgaryaa.org

INTERGROUP CONTACTS:

Intergroup Chairperson	group Chairperson cgigchair@gmail.com		cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	rchives@gmail.com Telephone Monitoring Chair	
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	cgsctreasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	cgscgrapevine@gmail.com
Records & Registration Chair	cgscrecords@gmail.com	Intro to Service Chair	cgscintro@gmail.com
Bridging the Gap Chair	cgscbtg@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

MEETING CHANGES:

NEW MEETINGS / BOOK STUDIES:

See www.calgaryaa.org for current Big Book studies

MEETING CHANGES

N/A

MEETING INFO - REOPENING MEETINGS

<u>District 77 Sunday Night Speaker Meetings</u> will be resuming, Sunday, Feb. 5, 2023 at 8 p.m. at Parkdale United Church, 2919 8 Ave NW, Calgary, AB T2N 1C8. (at the bottom of the hill below the Foothills Hospital)

CANCELLED MEETINGS

<u>Centre of Hope</u> - The Friday Night Big Book Study meeting at 6pm., Will cease to operate as of February, 3rd, 2023., However, Our Wednesday Night Centre of Hope Meeting is continuing on we meet at 6pm. Harry P., 403-612-0228

<u>Aventa Closed meeting</u> – Sunday meeting at Aventa has not been running but was not removed from the AA Calgary website. The meeting has now been removed and is no longer running until further notice.

		MAR			AP	RIL	
272		SMO	SMOG NW Calgary		NW Calgary Group		ry Group
Dave M	9 years	Rob	5 years	Allison	2 years	Mike H	1 year
ABC G	roup	Eric	8 years	Shaun K	6 years	Kevin W	4 years
Karen	19 years	John	10 years	Martin S	9 years	Michelle	6 years
Awake		Mary-Anne	16 years	Sam	9 years	Arie	7 years
James S		Emily	21 years	George A	<i>'</i>	Andrew	10 years
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	2 years	Nadia	2 years	Just f	·	Barb L	22 years
Lorene K		Anna R	4 years	Jarret	8 years		
MA		Cam H	7 years		ncora		
Chris M	8 years	Andre	7 years	Rick F	1 year		
Caryl S	27 years	John D	7 years	Bobby A	15 years	~~0	%
Linda L	38 years	Jared G	10 years		Nooners		
Ogd		Ron Mac	11 years	Terry S	12 years	°	0.0
Dustyn E	4 years	Sheila	19 years		1AAT	\ \tag{\chi}	U ☆
Ryan S	5 years	JP	21 years	Allen G	1 year		
Rob M	18 years	Ron O	23 years	Marsh E	49 years		
Julius R	30 years	Deb C	28 years		napore		
Yvonne O	31 years	Joanne	42 years	Grant J	5 years	05	0
Owen M	31 years	Lori L	42 years	Pawel B	7 years	N	<u>L</u>
Reg	gal	Jim L	52 years	Dave P	8 years		
Harry P 42 years		Just for 1	Гoday	Jack B	62 years	\approx	\approx
		Sharon	1 year	NA	DZIEJA		
Uni	ty	Cyndy	1 year	Piotr L	2 years		
Tom M	5 years	Sharon G	30 years	Andrzej S	4 years		
		NADZI	EJA				
		Jacek D	25 years				

UPCOMING EVENTS				
DATE	EVENT	Posters with details		
April 8	Better Days group Speaker Meeting Trevor S –Just for Today	Page 7		
Friday Nights	Lakeview Speaker Meeting	Page 7		

Treatment Facility	AA Group for April	AA Group for May	
Renfrew Fridays	Edgemont	District 83	
Alpha House - Tuesday	Forest Lawn	<mark>TBD</mark>	
Alpha House - Friday	Glenmore	Ogden	
Sunrise	Daily Reflections	Forest Lawn	
AARC – alternating Mon	SMOG – Apr 17	McKenzie Towne	
Dream Centre	Midnapore	NW Calgary Group	
Sandstone (2 nd Friday)	Thursday Night Ladies	Daily Reflections	



Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
April 2	PPG
April 9	Just for Today
April 16	Daily Reflections
April 23	Kincora
April 30	Daily Reflections
May 7	Go For It

Ongoing Monthly Intergroup Service Commitments

Phone Monitoring Dates	AA Group
March 27 – April 2	Haddon Rd
April 3 - 9	Garnet Block
April 10 - 16	Daily Reflections
April 17 - 23	Go For It
April 24 - 30	McKenzie Towne

CALLS FOR "SERVICE"

"Bridging the Gap"...Bridging the Gap helps to soften the transition for individuals from treatment to an AA life.

<u>Bridging the Gap (BTG) is looking</u> to grow our team of temporary contact known as "Bridgers". Want to find out what it means to sign up and how you can help "bridge the gap" with a fellow looking to get into the rooms of AA? Reach out to <u>cgscbtg@gmail.com</u> for more information.

<u>Bridging the Gap is also looking</u> for fellow AAs with a minimum one year sobriety to share along side a BTG member and carry the message of AA and BTG at our Wednesday night Renfrew Detox meetings. Reach out to <u>crazyMTmountainman@gmail.com</u> for more information

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."

Phone Monitoring in need of help!

Looking for Daytime Phone Monitors:

These are "permanent" positions which we hope will be filled by persons willing to make a minimum one-year commitment.

- Daytime phone monitors should also have a very good practical understanding of the 12
 Traditions and a suggested 2+ years of sobriety
- Monitors may choose to either take their shifts at Central Office, or do their shifts from home.
- Training at the office is available or information can be sent via e-mail to those wishing to do their shift from home.

***People interested in a daytime phone monitoring shift, please contact Lynda H. or Darren M. (phone monitor chair). centraloffice@calgaryaa.org

NEEDED ASAP: Treatment Chair

"Treatment needs to add 2 people who would love to provide service in the roll of Chair or Alt Chair for the Treatment Facilities we serve. Sobriety Minimum 1 year. Term 1 -2 years.

Ideally we could use two additional people to help with the spirit of rotation of our Chairs. If interested or have questions please contact Dave at: cqsctreatment@gmail.com. Thank you."

Public Information Committee (PI committee):

Contact Calgary Intergroup for more information...

The committee is also looking for more committee members to join the group and tackle the various responsibilities of Pl.

Public Information is responsible for getting info out to those who may still be suffering. Some examples are:

- 1. Speakers needed for high school presentations
- 2. Literature to be delivered to various public locations

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

12 Step List Service -

(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

2 members needed!!

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

Email: centraloffice@calgaryaa.org

Does your AA group need liability insurance?

Calgary Intergroup offers an affordable option.

Annual premiums:

\$85	for	\$1	mil	lion
202	101	\mathbf{J}		поп

- □ \$110 for \$2 million
- □ \$260 for \$5 million

The deadline to apply is **July 3, 2023** and coverage begins August 1.

If you already participate in the insurance policy, renewal forms have been sent to your group's representative, highlighting the \$10 increase in premiums.

For an application form or for more information, contact Marilyn B at 403-998-4207 or Bruce M at 403-835-9161.



Donations ASAP:

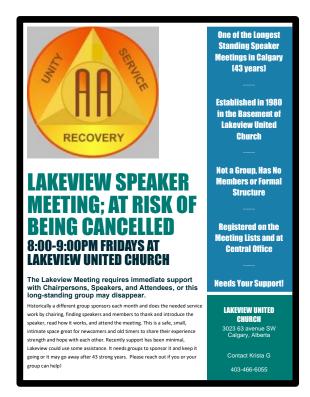
Renfrew Treatment Centre is asking groups if they can donate soft cover Big Books for their clients.

Treatment centres do not give Big Books. Send donations to Central Office to be picked up by the Treatment Chair.









The April 2023 Issue of GRAPEVINE is here!



On the Cover: This issue is for "AA and Families"

To view the Table of Contents, click here.

Some stories include:

Best little meeting in Utah

Getting sober as a single mom with two little girls was a delightful challenge, once I had a relationship with God in my life. I had an amazing support group and a strong sponsor too.

Welcome home

I knew I had reached another milestone in my sobriety when my 17-year-old son asked if he could have friends over to the house.

Knowing When to Leave

Some say that when you quit drinking, you also have to give up your drinking buddies, and for me that's so true.

Accepting Dad

I stared fiercely at the big hand of the clock, as though watching the minutes tick away would make him magically appear.

With Tolerance & Love

My wife initiated the intervention that landed me in treatment, but she didn't come to "family day" while I was there. However, she did go to Al-Anon once a week after I got out.

Family Secret

My childhood was not always a good one. Even though she adopted me, my adoptive mother did not want me. My adoptive family was rich, and my biological family was very poor.

Uncle Harold

When I was three years sober, I attended a meeting where we discussed the topic, the amend you haven't made.

DELEGATE'S CORNER – April 2023

It took me a long time to understand and fully appreciate the uniqueness and wholeness of our AA structure. Many people have shared they feel the same. I hope oodles of members come to the upcoming Area 78 Assembly being held at the Edmonton Inn on April 14 – 16 to learn lots more. *EVERYONE* has a voice. Join your favorite committee to share your thoughts.



Every year, all members are asked to look at the AA Annual Meeting (Conference) Agenda Items to:

- a. Review the work done over the year
 by GSO staff and Trustees.
- b. <u>Discuss</u> certain topics needing more input from the membership.
- <u>Consider</u> new requests sent by members, groups, districts, areas, or committees.

Sample Agenda Items for members' discussion & share at the Assembly's Committee meeting:

	Area 78 Committees	Committee Chair	GSB Conference Committee	Some of the many Items being discussed in Committees:
1	Archives	Derric F.	Archives: Policy/Admissions:	Item A: "Review content and format of Archives Workbook." Item E: "Review report of the GSB Ad-Hoc Committee on Participation of Online Groups in the U.S./Canada Service Structure"
2	CPC - Cooperation with Professional Community	Ron S.	CPC:	Item A: "Review progress report on A.A.W.S. LinkedIn page."
3	Corrections	John J.	Corrections:	Item A: "Consider request to include content in existing A.A. literature on sponsorship of persons in custody by outside members.
4	e-Services	Cliff H.	Report & Charter: Trustees:	Item A: "The A.A. Service Manual, 2023-2025 Edition." Item B: "Review slate of trustees and officers of the General Service Board of Alcoholics Anonymous, Inc."
5	Grapevine/LaViña	Ed S.	Grapevine/LaViña:	Item B: "Review progress report on the Grapevine and La Viña Instagram accounts."
6	Group Records	Lynn C.	Agenda: Finance:	Item G: "Review report and draft plan for a Conference inventory" Item C: "Review the level of \$10,000 for individual member bequests."
7	Literature	Jamie I.	Literature:	Item H: "Review progress report of translation of the book Alcoholics Anonymous (4th Edition) into plain and simple language."
8	Public Info (PI)	Riane P.	Public Information:	Item R: "Consider request to implement an Alcoholics Anonymous World Services, Inc. Instagram account."
9	Remote Communities	Dayna J.	Remote: ICRF (Int'l Convention Regional Forum):	Item I (Treatment): "Review progress report on GSO's Guidelines for Remote Communities. Item B: "Discuss inviting up to twenty-one non-A.A. speakers to participate in the 2025 Int'l Convention at A.A.'s expense."
10	Treatment	Susan G.	Treatment	Item E: "Consider request to do an Accessibilities Inventory of A.A. throughout its services and structure."

(DELEGATE'S CORNER...continued)

All the following options for reviewing the Conference Agenda Items are on our website. Being confidential for AA members only, they are password protected:

- a. The Agenda Items: List of 85 Items on the Conference asking for members' input.
- b. Background information: lots of pages of all the background on each of the items one document or individually by Committee (Agenda Items + Background).
- c. Summaries (Summaries): condensed summary of each agenda item by Committee.

Contact your DCM or Cliff H. eservices.72@area78.org for password to open the docs.

I can't tell you what a feeling it is to understand our AA Structure and give your thoughts and direction for Alcoholics Anonymous in Canada/US.

Additionally, three letters were sent by the Acting Chair for the General Service Board (GSB) which I forwarded to our DCMs:

- a. Advising the resignation of the GSB Chair, at the request of the Board
- b. Advising the resignation of Josh E, Past Class B Trustee
- c. Advising an explanation on the request for the resignation of the GSB Chair.

Another letter was forwarded to DCMs from Josh E, Past Class B Trustee explaining his decision.

I do believe there will be some discussion at the 73rd General Service Conference on this matter.

All AA members are invited to the online Delegate's Corner to learn about / discuss Agenda Items, or to ask questions about our structure or the Conference: Click to Join the Meeting

7:00 - 8:00 pm on March 28, April 4 & 11 And after the Conference: May 9, 16 & 23.

With Love and Service,

Tami

Your Delegate 💙



If the link doesn't work, click here: https://us02web.zoom.us/j/7085555414?pwd=NC85SXhNdUZWZEpvVWRkT09vNWI6dz09

MARCH 1948

Editorial:

BY: BILL W. On the 4th Tradition

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation. On such issues our common welfare is paramount."

This Tradition, Number 4, is a specific application of general principles already outlined in Traditions 1 and 2. Tradition 1 states, "Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward." Tradition 2 states, "For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience."

With these concepts in mind, let us look more closely at Tradition 4. The first sentence of Tradition 4 guarantees each A.A. group local autonomy. *With respect to its own affairs*, the group may make any decisions, adopt any attitudes that it likes. No over-all or intergroup authority should challenge this primary privilege. We feel this ought to be so, even though the group might sometimes act with complete indifference to our tradition.

• •

Yet please note one important qualification. It will be seen that such extreme liberty of thought and action applies only to the group's own affairs. Rightly enough, this Tradition goes on to say, "But when its plans concern the welfare of neighboring groups also, these groups ought to be consulted." Obviously, if any individual, group or regional committee could take an action which might seriously affect the welfare of Alcoholics Anonymous as a whole, or seriously disturb surrounding groups, that would not be liberty at all. It would be sheer license; it would be anarchy, not democracy.

Therefore, we A.A.s have universally adopted the PRINCIPLE OF CONSULTATION. This means that if a single A.A. group wishes to take any action which might affect surrounding groups, it consults them. Or, if there be one, it confers with the intergroup committee for the area. Likewise, if a group or regional committee wishes to take any action that might affect A.A. as a whole, it consults the trustees of The Alcoholic Foundation, who are, in effect, our over-all General Service Committee. For instance, no group or intergroup could feel free to initiate, without consultation, any publicity that might affect A.A. as a whole. Nor could it assume to represent the whole of Alcoholics Anonymous by printing and distributing anything purporting to be A.A. standard literature. This same principle would naturally apply to all similar situations. Though there is no formal compulsion to do so, all undertakings of this general character are customarily checked with our A.A. General Headquarters.

This idea is clearly summarized in the last sentence of Tradition 4, which observes, "On such issues our common welfare is paramount."

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Step 4 & Tradition 4

Step 4 - Made a fearless and searching moral inventory of ourselves.

From Alcoholics Anonymous, Chapter 5 How It Works p. 63, 67

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

Therefore, we started upon a personal inventory. This was Step Four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its human manifestations.

...

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person entirely. Where were we to blame? The inventory was ours, not the other man's.

Tradition 4 - Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

<u>From Twelve Steps and Twelve Traditions, p146-147.</u>

Autonomy is a ten-dollar word. But in relation to us, it means very simply that every A.A. group can manage its affairs exactly as it pleases, except when A.A. as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When A.A.'s Traditions were first published in 1946, we had become sure that an A.A. group could stand almost any amount of battering. We say that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of A.A. tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that as a group, they have no other affiliation

The A.A. group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.