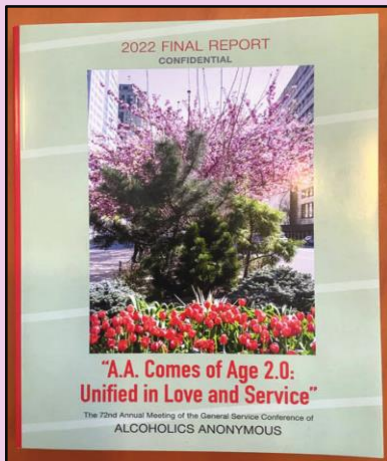


SUGGESTED 25¢ DONATION

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

FREE!
The 2022
General Service
Conference Reports
have finally arrived!

REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

FAMILY DAY

Sat., Feb.18 – Mon., Feb.20

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

**Celebrate
 the Golden
 Anniversary
 of the
 Banff RoundUp**

50
 YEAR

**of
 Recovery
 in
 The
 Rockies**

FEBRUARY 24TH TO 26TH

The Banff Park Lodge

222- Lynx Street Banff, AB

1-800-661-9266

Room rate: \$157 and up

Registration only: \$45

Banquet and Registration: \$140

February 17th cutoff

Purchase tickets from

Calgary Central Office or

at www.banffroundup.com

Speakers:

Kacy R - Texas (AA)

Tony M - Oklahoma (AA)

John A - Texas (AA)

Ruth L - Quebec (AA)

Rhonda J - Connecticut

(Al-Anon)

Plus: Workshops

and Entertainment

"Struck something better than Gold."

Big Book p129



Banff Park Lodge
Booking ID: 462462.

Email: cgigbanffchregmail.com for more details

**February
 "Save the Date"
 2023
 Banff Roundup**

In the spirit of tradition 6 A.A. is not affiliated with any sect, denomination, politics, organization or institution

INSIDE – Find more...
Connection, Experience, Strength
and Hope

INTERGROUP CONTACTS:

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Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	telmonitor.calgary@gmail.com
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Sunday AM Breakfast Chair	cgigbrkfst@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

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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	cgscintergroup@gmail.com

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

Big Book Meeting – Haddon Road - Saint Andrews Presbyterian Church on Heritage Drive.

The study will start Sunday January 15, 2023, from 3:30 PM until 5:30 PM, and will run every Sunday for approximately 14 weeks.

Big Book Meeting – New Beginnings – Starting Monday, January 16 and facilitated by Mary and Steve – 6:30 – 8:30 at Canyon Meadows location – see poster on page 8, for details

Hybrid Big Book Meeting – Uncover, Discover, Recover – Join Mondays from Nov 23, 2022 – March 13, 2023 at the Alexandra Centre Society, SE Calgary. 6:30 – 8:30 MST – In person and Zoom ID: 5298412715, PW: surrender7 – see poster on page 8

MEETING CHANGES

The Sunday Night Group in Canmore is changing its meeting time of 8-9 to 7:00pm -8:00pm every Sunday. It is still at the same location Scout Hall, 914, 8th Street, Canmore.

Vulcan Group - Vulcan 8 p.m. Tuesday and Thursday group has a new location. Effective November 19th, we will be meeting at 302 Centre Street, in the basement of the church, just up the street from where we were meeting before.

MEETING INFO - REOPENING MEETINGS

Now reopening – “Was Temporarily cancelled”- NW Calgary Group, Saturday 5:30 pm Step and Tradition meeting at Foothills Alliance Church cancelled Dec. 24 and Dec. 31, 2022, only. **Regular Saturday meetings will resume in January 2023.**

CANCELLED MEETINGS

None

December 2022						January 2023	
272 Group		Southview by the Book		Garnet		ABC	
Rania	1 year	Wade C	2 years	Marcus	1 year	Ramona B	3 years
Dave G	5 years	Thursday Night Ladies		Jesse	1 year	Jessica B	14 years
ABC Group		Sarah	2 years	Crystal C	1 year	Jim C	26 years
Mel S	58 years	Diane	29 years	Nathan H	1 year	Awakenings	
Airdrie Country		Unity		Karen	1 year	Kim A	47 years
Merle C	48 years	Kevin L	20 years	Donna P	1 year	Better Days	
Awakenings		Alex R	31 years	Tasha	2 years	Sandra M	33 years
Rudy N	28 years	West End Step and Trad.		Chris S	2 years	Linda J	46 years
Back from Hell		Daryl M	26 years	Sarah	2 years	Edgemont	
Clint P	8 years	Whitesheep		Mandy	2 years	Paul T	1 year
Deer Ridge		Justin H	5 years	Sam	2 years	Judy Mc	24 years
Delia E	32 years	Collin G	6 years	Darren M	2 years	Kincora	
Homeward Bounders		Dave F	11 years	Sierra R	5 years	Craig M	1 year
Kirby J	23 years	Darren	11 years	Johanne	5 years	Dave S	1 year
Kincora		Jeff D	33 years	Alisa	7 years	Charlotte G	9 years
Amanda	1 year	<div>Happy birthday to you all!</div> <div></div>		Renoel	8 years	Art W	49 years
Neil H	2 years			Clint	8 years	McKenzie Towne	
Jennifer	5 years			Adrianne S	12 years	Jennifer L	9 years
Danny M	20 years			Marsh	44 years	Wayne B	13 years
Jean L	23 years			Glenmore		Shaun C	14 years
McKenzie Towne				Eric D	1 year	Heather W	23 years
Joey B	1 year			Jason W	1 year	Mike C	30 years
Steve S	1 year			Lola	2 years	Midnapore	
Lon M	11 years			Darren Mc	2 years	Mike W	2 years
Dwayne	15 years			Jason F	4 years	Ryan P	10 years
Colleen	33 years	Kori	10 years	Al M	13 years		
Jon G	40 years	Jill S	12 years	Wes W	45 years		
Midnapore		Carol B	18 years	Ogden			
Darren F	2 years	Gail N	19 years	Alex R	2 years		
Kevin	2 years	Jackie B	25 years	Theo P	2 years		
Tyler R	6 years	Dallon J	32 years	Denise D	9 years		
Kristy M	8 years	Bill M	32 years	Crystal H	10 years		
Dave G	15 years	David M	42 years	Derek F	10 years		
Laura Lea	16 years	<div></div> <div>CONGRATULATIONS!</div>				Jeremy K	11 years
Ogden						Sherry F	18 years
Linda T	2 years					Vince C	30 years
Rosa P	6 years					Unity	
Eric P	32 years					Todd M	15 years
Darryl D	34 years					Whitesheep	
Regal						Brant V	3 years
Garry G	3 years					Tim G	5 years
Rule 62						Peter R	6 years
Dan	1 year					Wayne B	13 years
Melissa	2 years	Chris B	20 years				
Aaron C	3 years	Jim B	48 years				
Brad M	3 years						

LIST OF Upcoming EVENTS

DATE	EVENT	Poster with Details
January 14	Better Days group Speaker Meeting <i>Johnny B.</i>	Page 7
January 14	"A New Freedom" – 77 Round Up Hosted by District 77	Page 7
January 20-21	Area 78 ACM Hosted by District 75	Page 7
February 24 - 26	Banff Round Up – 50 th anniversary Celebrate the Golden Anniversary	ON THE COVER

Treatment Facility	AA Group for January	AA Group for February
Renfrew Fridays	Bridge Group	Midnapore
Alpha House - Tuesday	Forest Lawn	Daily Reflectons
Alpha House - Friday	Midnapore	Need a Group
Sunrise	Garnet Group	Ogden Group
AARC – alternating Mon	Haddon Road	Daily Reflections
Dream Centre	McKenzie Towne	Forest Lawn
Sandstone (2 nd Friday)	District 83	Forest Lawn

**Monthly CGSC
Service
Commitments**

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
January 1	CLOSED – no speaker
January 8	Kincora
January 15	TBA
January 22	Go For It
January 29	Rule 62
February 5	Garnet

Ongoing Monthly Intergroup Service Commitments

Phone Monitoring Dates	AA Group
January 2 - 8	Regal
January 9 - 15	Thursday Night Ladies
January 16 - 22	New Beginnings
January 23 - 29	ABC Group
January 30 – Feb 5	Kincora

CALLS FOR "SERVICE"
– many, many opportunities

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

Public Information Committee (PI committee):

Looking for a new Chair for the PI Committee – it comes with an established committee!!

Contact Calgary Intergroup for more information...

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
picchair.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

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

Where could I be of service?

Volunteers Needed

Chairpersons needed for young offenders centre

The AA Corrections Committee needs male volunteers to chair meetings at the Calgary Young Offenders Centre (CYOC) - on 85 Street NW, Calgary, AB.

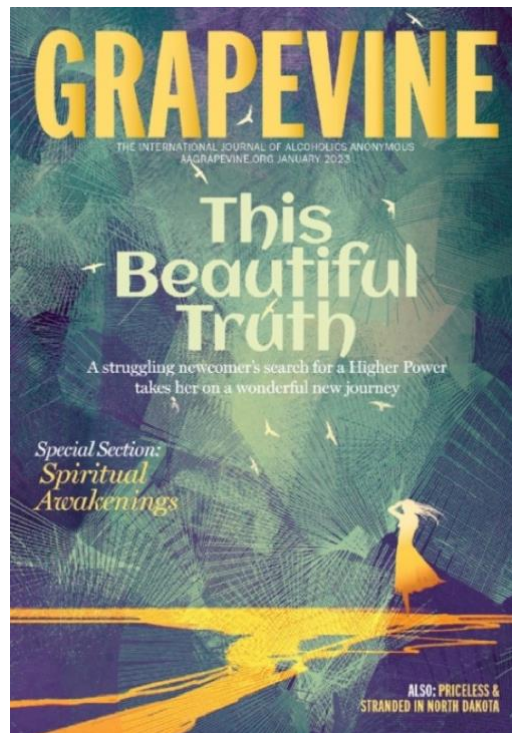
We're looking for four to six male volunteers to be on a schedule to chair an hour-long AA meeting Wednesdays at 7 p.m. once or twice a month, for young male offenders under the age of 18.

The CYOC meetings, well supported by CYOC staff members, provides a rewarding experience to carry a message of hope that will hopefully help these young people get their lives back on track.

Requirements include at least one year of continuous sobriety, the need to complete a criminal record check (cost covered by Corrections Committee) and complete an Intervention Record Check (which shows volunteers have a clear record to work with juveniles).

For more information, please contact: Bianca T. - CGSC Corrections Committee chairperson at: cgsc Corrections@gmail.com or call or text: (403) 437-9930; or Lee H. Corrections volunteer at: 403 815 3719.

The January 2023 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Spiritual Awakenings"

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

Some stories include:

Whatever comes my way

This morning in our Big Book study meeting, we read several pages from the chapter "We Agnostics." I was reminded of when I was a youth, how I had pitied my Christian friends because they had a religion. But at the same time I was jealous of their faith.

Singing and Searching

Music is a big part of my life and sobriety. I do not play any musical instruments, I sing off tune and my dance moves are not particularly graceful. However this has not stopped music from becoming an integral part of my life.

Peace of Mind

After several years, he still had not had a spiritual awakening. Then one early morning something shifted.

But I Already Have a God

An alcoholic nun with 10 years of religious training recalls her struggle with the concept of a Higher Power

Close Call at the Wedding

With booze everywhere and no phone in sight, a freaked-out newcomer gets the surprise of his life

I Don't go It Alone

Once dependent on people and alcohol, he now gives his Higher Power that job

This beautiful truth

A member raised in the Muslim faith shares her eye-opening journey with the Second and Third Steps



BETTER DAYS GROUP
SPEAKER MEETING
SATURDAY JANUARY 14TH 2023

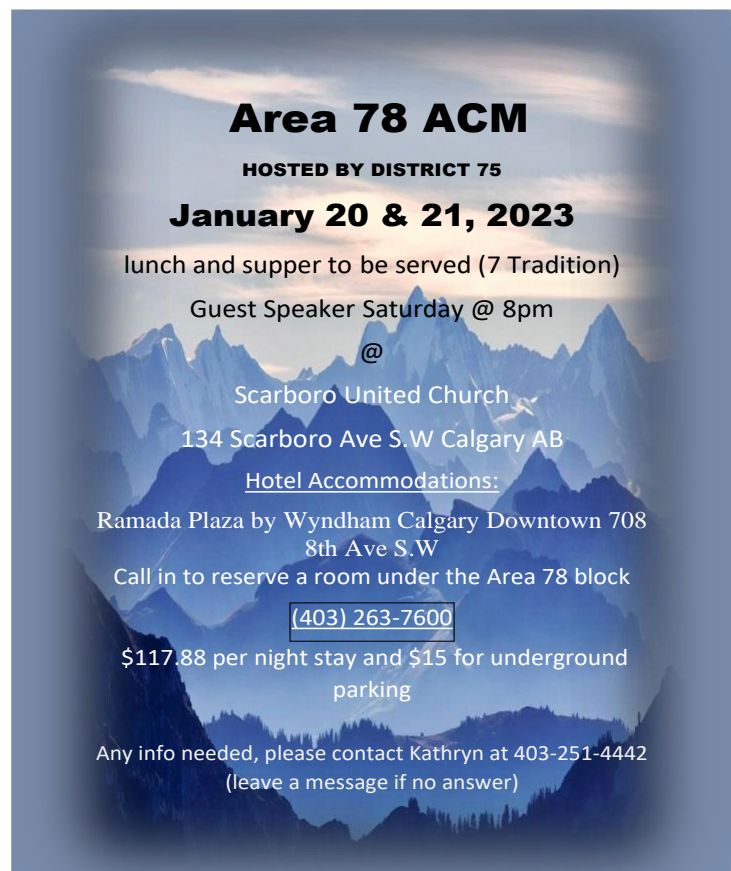
JOHNNY B. FROM
STEP -STORIES - BEYOND

Sobriety
 July 17th, 1960 1432 19th ST. NE

DOOR OPENS AT 7:30 PM Speaker starts at 8:00pm

LIVE , LOVE , ENJOY Come to hear what it was like ,what happened , and whats it like today

THIS DAY "ONE DAY AT A TIME"




Area 78 ACM
 HOSTED BY DISTRICT 75
January 20 & 21, 2023

lunch and supper to be served (7 Tradition)
 Guest Speaker Saturday @ 8pm
 @
 Scarboro United Church
 134 Scarboro Ave S.W Calgary AB


Hotel Accommodations:
 Ramada Plaza by Wyndham Calgary Downtown 708
 8th Ave S.W
 Call in to reserve a room under the Area 78 block
(403) 263-7600
 \$117.88 per night stay and \$15 for underground parking

Any info needed, please contact Kathryn at 403-251-4442
 (leave a message if no answer)

***January - The
 hope of a new
 year...***



"A NEW FREEDOM"



DISTRICT 77 ROUND UP

1:00PM - START
 1:30PM - SPEAKER
 2:30PM - BREAK
 2:45PM - AL ANON SPEAKER
 3:45PM - BREAK
 4:00PM - SPEAKER
 5:45PM - DINNER, RAFFLE DRAW,
 50/50 DRAW, SOBRIETY
 COUNTDOWN
 7:00PM - SPEAKER
 9:00PM - HALL CLOSED

\$30/TICKET

TICKETS FOR SALE AT DOOR,
 THROUGH COMMITTEE MEMBERS
 AND AT CENTRAL OFFICE

**PARKDALE
 COMMUNITY
 ASSOCIATION**

**SATURDAY
 JANUARY
 14TH**

3512 - 5TH
 AVENUE NW
 CALGARY AB

FOR MORE INFORMATION CONTACT:
 JIM C - 587 438 0949
 LEE H - 403 815 3719 OR
 ANNE-MARIE B - 403 988 3074

..... DOORS OPEN AT 1:00PM AND CLOSE AT 9:00PM

..... AMAZING SPEAKERS FROM OUR FELLOWSHIP AND AL-ANON

..... RAFFLE WITH INCREDIBLE PRIZES AND A 50/50 DRAW

..... CHILI DINNER, DESSERT, COFFEE AND LIVE MUSIC

**UNCOVER, DISCOVER
RECOVER**

A DESIGN FOR LIVING

BOOK STUDY JOIN US MONDAYS
NOV 21, 2022 - MAR 13, 2023

ALEXANDRA CENTRE SOCIETY
922 9TH AVE SE
6:30 PM - 8:30 PM
DOORS OPEN AT 6:00 PM

**FACILITATED BY
BILL W.**

JOIN US ONLINE
ZOOM ID: 529 841 2715
PASSWORD: surrender7

• UNDERSTANDING THE ILLNESS
• REMOVAL OF SUBSTANCE
• THE DESIGN FOR LIVING
• SPONSORSHIP

AND JANINE H.

FOR MORE INFORMATION
CONTACT BILL @ 403-903-3694

PARTICIPANTS ARE WELCOME TO BRING THE
BIG BOOK AND 12X12 TO FOLLOW ALONG

OPEN TO ANYONE

FRIENDS AND FAMILY * SPONSORS * EDUCATORS
HEALTHCARE WORKERS * SERVICE PROVIDERS

BIG BOOK STUDY


STARTING ...

- SUNDAY JANUARY 15 3:30 - 5:30PM
- WILL RUN EVERY SUNDAY FOR 14 WEEKS

703 Heritage Dr SW
St. Andrews church

It's an open meeting, all are welcome. Bring your big book, highlighter, pen, and an open mind.

HADDON GROUP



Any questions email Mike at
mg_hartwell@hotmail.com

*Little bits
of the
Big Book*

Big Book Study

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

Monday January 16, 2023
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
monsternac13@gmail.com

**PLUS...
even more
on pg. 2**

DELEGATES CORNER...January 2023

A new year dawns...yet, not so different than the day just before it 😊 Kinda like a birthday. We don't feel much different until in retrospect we see the growth, the overcoming of challenges and the gifts the year has offered. Noodling about our upcoming ACM (Area Committee Meeting), I realized both alcoholism and recovery progress in a downward direction. Alcoholism fueled by the ego and recovery fueled by our spirit. One plummets us into self-centeredness while the other creates humility by serving others. In a sense, we grow in being anonymous – of humbly doing from a place of grace. The more we do, the more our Higher Power builds us into the person we can become if we are so bold as to abandon ourselves to this process.

The process is what our 73rd General Conference theme – “A.A.’s Three Legacies: Our Common Solution” – is all about. It offers a focus for the year to reflect on how our three legacies are our common solution from a baffling, powerful and cunning disease. I’ve often heard how our three legacies are like a three-legged stool. If all legs are the same length, we are balanced. If one is too long, we aren’t. If any are too short...same! Before we can truly evolve, we must be sober. Then, we need one another in a way to become, and stay connected. Then, we deepen into that humility, where our twelfth tradition bears its fruit where “anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”



All four Area meetings each year are open to all members of Alcoholics Anonymous. Although the DCMs &/or GSRs make up the Area Committee, all of us are invited to go, learn, share, enjoy and grow our personal program by ensuring A.A. is here for our future – for our children, grandbabies, family and all the friends we are yet to meet.

With love in the Spirit, ♥

Tami L. delegate.72@area78.org

PS: AREA NEWS

- **Area Committee Meeting (ACM)** on January 20 & 21, 2023 in Calgary. *Please come!* <https://area78aa.org/event/area-78-2023-area-committee-meeting/>
- **Welcoming Susan G**, newly appointed Treatment & Accessibilities Chair for the remaining of Panel 72
- **72nd Conference Final Reports.** Please note the reports are confidential because they are not anonymity protected. Please shred if not wanted and please refrain from leaving it in any public spaces. They are available at the Calgary & Edmonton Central Office and will also be available at the ACM in January. Or you can contact me directly.
- **WRAASA** (Western Regional AA Service Assembly) in Edmonton on February 24 – 26, 2023. Hope to see you there. To register <https://wraasa.org/registration/>
- **7th Contributions report:** in the 3rd quarter of 2022, 48 Groups (out of ~450) within 27 Districts contributed to our General Service Board. Many many thanks to those who were able to give. There were some contributions that didn't have a group # associated but did say Area 78. If you need to find your Group #, please contact grouprecords.72@area78.org.
(PS: If it goes in without a group or area, it is included as an individual contribution – and appreciated)

(CONTINUED...)

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.

PPS: News from our General Service Office (GSO)

- **OPENING (ASAP): NON-TRUSTEE DIRECTOR (NTD) FOR GRAPEVINE BOARD**
<https://www.aagrapevine.org/vacancy-NTD-AAGV-Board-2023>
 Any member can apply – please see what is required and an application form
- **Stories from our young members!** There's a call out to hear your stories....
<https://www.aa.org/young-peoples-video-project>
- **Grapevine News!!** <https://www.aagrapevine.org/important-updates> Some important updates!
- **International A.A. Convention:** Make plans to join members from around the world at the next International A.A. Convention in Vancouver July 3 – 6, 2025. First time ever in our Region! Share the info! <https://www.aa.org/international-convention> Stay tuned for Registration and hotel info.
- **Great reads on Box 4-5-9.** Can sign up to get it sent to your email.
https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Fall_2022.pdf
- **Literature update** <https://www.aa.org/sites/default/files/literature/EN%20-%20Nov%20update%20on%20printing%20delays%20and%20backorders.pdf>
- **Jobs at G.S.O** https://www.aa.org/sites/default/files/literature/EN%20-%20GSO%20Staff%20Recruitment%20Announcement%20October%202022_0.pdf
- **New cover for our Big Book** – now with a new jacket cover which makes it possible to get them printed and printed quicker...
<https://www.aa.org/sites/default/files/literature/Jacketless%20BB%20-%20EN.pdf>
- Reminder of the contributions address:
 Box 2407
 James A Farley Station
 New York, NY 10116-2407
 or online: <https://www.aa.org/aa-contributions-self-support>
- And more.... <https://www.aa.org/news-and-announcements>

***Connection, Experience,
Strength and Hope***

Step 1 & Tradition 1

Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take out first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability...

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.