

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

**Our Service
Committees
need YOU!**

**STEP &
TRADITION
TIDBITS**

**July 2023
GRAPEVINE
"Annual prison issue"**



Just arrived!



REGULAR OFFICE HOURS

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

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

HERITAGE DAY

Sat. Aug. 5 & Mon. Aug. 7, 2023

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

centraloffice@calgaryaa.org
www.calgaryaa.org

Speakers

**Fellowship
Events**

BBQs

Softball

**DELEGATE'S
CORNER**

**Ongoing
Monthly
Service
Commitments**

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	cgsccchair@gmail.com	Alternate Chairperson	cgsccaltchair@gmail.com
Treasurer	cgsctreasurer@gmail.com	Secretary	cgsccsecretary@gmail.com
Treatment Chair	cgsctreatment@gmail.com	Corrections Chair	cgsccorrections@gmail.com
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	cgsccgrapevine@gmail.com
Records & Registration Chair	cgsccrecords@gmail.com	Intro to Service Chair	cgsccintro@gmail.com
Bridging the Gap Chair	cgsccbtg@gmail.com	Intergroup/CGSC Liaison	cgsccintergroup@gmail.com

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

NEW- "Weekend Serenity Continued" - Forest Lawn Fellowship Room is starting up a Tuesday and Thursday noon meeting at the Forest Lawn Fellowship Room. The first day will be May 9th. This is the same as our existing M-W-F meeting.

MEETING CHANGES:

Canmore Sunday Night Group -Temporary Meeting Change - We are temporarily changing locations for the months of May & June, due to renovation work at our current home. Our temporary location will be: *Lutheran Church -Shepherd of the Valley 1205 1st Ave, Canmore.* Near the Canmore Hospital
-Use alley door by the parking lot. Meeting time is still 7:00pm

MEETING INFO / CHANGES / SUPPORT:

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

CHANGE: Garnet Block - Saturday Ladies Meeting time change:
SATURDAY from (old time) 1:30pm-2:30pm to (new time) 12:00pm-1:00pm

JUNE BIRTHDAYS				JULY BIRTHDAYS			
272		Whitesheep		272		Rule 62	
Loreen	9 years	AJ S	15 years	Christine	15 years	Steve H	7 years
Ida	40 years	David G	31 years	Len	33 years	Steps, Stories & Beyond	
Awakenings		MAAT		ABC Group		Vanessa S	9 years
Gerry A	44 years	Terry D	1 year	Michael S	5 years	Thursday Night Ladies	
Back from Hell		Zoom into the Room		Cindy P	26 years	Ali G	9 years
Candace W	6 years	Maria S	3 years	Back from Hell		West End Step and Trad.	
Brad H	9 years	Deb D	10 years	Blaine U	2 years	Dale S	12 years
Back to the Book		Knox Nooners		Jjaye M	6 years	Whitesheep	
Doug D	28 years	Deborah J	6 years	Back to the Book		Keith B	9 years
Deer Ridge		Rule 62		Christina	2 years	Paul W	9 years
Lara O	3 years	Sarah M	9 years	Billie Sue	5 years	Matt B	9 years
Rachelle T	7 years	Unity		Mary	7 years	Kevin C	32 years
Paul C	11 years	Trevor H	5 years	Deer Ridge		Brian W	35 years
Peter R	17 years	Linda V	9 years	Tamara K	1 year	Ken R	37 years
Nancy P	19 years	Brian D	12 years	Joel T	2 years	C O N G R A T U L A T I O N S	
Tammy G	31 years	Jim H	22 years	Holly S	7 years		
Denny B	33 years	Iva P	39 years	Gord P	7 years		
Margot C	40 years	Ogden		Jack W	17 years		
Edgemont		Stephen G	1 year	Edgemont			
Jonathan L	TBA	Alain L	24 years	Ken P	13 years		
Janice K	8 years			Chad H	15 years		
Dave B	12 years			Joanne M	19 years		
Brett M	25 years			Linda G	30 years		
Just for Today				Fellowship Room			
Bill K	7 years			Jonelle R	5 years		
Sylvia U	34 years			John B	63 years		
Kincora				Homeward Bounders			
Sean L	1 year			Paul G	2 years		
Janice S	14 years			Kincora			
Emilian D	36 years			Alexa R	4 years		
Midnapore		Rob H	6 years				
Caleb	1 year	Adam M	15 years				
Wayne G	7 years	MAAT					
Dan C	9 years	Audrey C	1 year				
Kristen B	11 years	Midnapore					
NADZIEJA		Patrick F	1 year				
Piotrek L	2 years	Anita C	6 years				
Regal		Susan A	6 years				
Ted M	46 years	Gord P	7 years				
Thursday Night Ladies		Richard H	7 years				
Erica F	9 years	Tyler R	7 years				
Wed. Eye Opener		Pat M	40 years				
Doug D	34 years	New Life Group					
Dwayne S	51 years	Adrian	7 years				

UPCOMING EVENTS & COMMITMENTS

DATE	EVENT	Posters with details
July 8	Haddon Road – Stampede BBQ	Page 6
July 15	District 86 Round Up	Page 6
August 11 - 13	District 86 Campout and Pig Roast	Page 7
August 12	Intergroup Summer BBQ	Page 7
June 24, July 29, Aug 26, Sept 29	Daily Reflections - Monthly Slow Pitch	Page 6

PLUS MORE...

Treatment Facility	AA Group July	AA Group for August
Renfrew Fridays	Ogden	District 83
Alpha House - Tuesday	New Beginnings	New Beginnings
Alpha House - Friday	Walking Eagle	Bridge Group
Sunrise	McKenzie Towne	Recovery Group
AARC – alternate Mon	Glenmore Group July 3, 17, 31	Daily Reflections August 14 & 28
Dream Centre	Forest Lawn	Ogden
Sandstone (2 nd Friday)	Forest Lawn	NW Calgary Group
Drop-In Centre	Unity Group	Walking Eagle

Monthly CGSC
Service
Commitments

Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group	Phone Monitoring Dates	AA Group
July 2	Daily Reflections	July 3 - 9	Haddon Road
July 9	Kincora	July 10 - 16	PPG
July 16	Go For It	July 17 - 23	SMOG
July 23	Unity	July 24 - 30	McKenzie Towne
July 30	Daily Reflections	July 31 – August 6	Kincora

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.”

**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 or 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: cgia12steplist@gmail.com

“Bridging the Gap (BTG) ” ...

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

What's Been Happening through Bridging the Gap

June was an exciting month for Bridging the Gap (BTG) in Calgary. On June 7th, BTG hosted a workshop for professionals in the areas of Corrections, Treatment, Detox, Healthcare and associated fields (CPS, EMS, CFD, etc.). The seminar was attended by over 20 professionals who work with clients in the aforementioned fields. This interactive session outfitted these professionals with tools and knowledge on how BTG's Temporary Contact program can help them connect their clients with a pathway to recovery through AA. Feedback from the workshop was exceptional with an overall rating of 9.14/10 for the event, and with ALL attendees indicating they would attend a future event. The key areas of success for the session were:

- o uplifting personal stories from AA members, especially those who have had a positive BTG experience,
- o networking, and
- o the interactive break out activity.

In the fall, if you are interested in a service opportunity, on a team full of energy and optimism, consider joining the BTG Committee. BTG representatives will be attending the September 9th "Introduction to Service" workshop, and we would be excited to chat with any AA members interested in BTG service. Finally, our next monthly meeting will be on Thursday August 17th at 7pm at Central Office and on Zoom (Meeting ID: 945 772 8029 and Passcode: BTG) so come and join us or email us at cascbta@gmail.com for more information.

Service**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

Service



STAMPEDE
BBQ


JULY 8TH | 12-3

MUSIC • FOOD • FUN

ST. ANDREWS PRESBYTERIAN CHURCH
703 HERITAGE DRIVE SW

Airdrie ▲ Carstairs ▲ Chestermere ▲ Irricana ▲ Langdon ▲ Rockyford ▲ Siksika ▲ Strathmore

DISTRICT 86
ROUND-UP
July 15, 2023



**Venue: Strathmore AG Grounds,
Remuda Building**
Cost: 7th Tradition

Doors open at 9AM for Registration
Supper included for the 1ST 100 People

- ✓ **Fellowship**
- ✓ **Call-up Meetings**
- ✓ **Speakers:**
 - 11:00 AM Brad M. (AA Calgary)
 - 1:30 PM Donna S. (Al-Anon Cochrane)
 - 3:15PM Anne E. (AA Chestermere)
 - 6:30PM Ezra M. (AA Calgary)
- ✓ **Sobriety Countdown**
- ✓ **Raffle & 50/50**

09:00 Registration Opens
10:00 Call-up meeting
11:00 AA Speaker
12:00 Lunch Break (7th Tradition)
1:30 Al-Anon Speaker
2:30 Call-up meeting
3:15 AA Speaker
4:15 Social & Refreshments
5:30 Supper
7:00 AA Speaker
8:00 Sobriety Countdown/ Raffle Draws
8:30 Take down and clean-up.

Contacts: Dawn 250-857-9567 Deanne 403-361-3086 Melanie 403-540-9279

Daily Reflections

Lets Play Ball

All welcome to join in the fun with some
slow pitch baseball

June 24th
July 29th
August 26th
September 29th

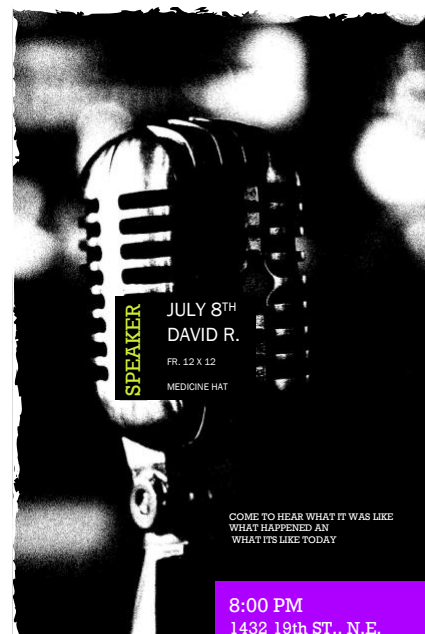
From 12 noon to 3 pm

At William Reid School, 1216 36 Ave SW

All equipment is provided.
Everything else is up to you.

Fellowship Events

July



SPEAKER

JULY 8TH
DAVID R.
FR. 12 X 12
MEDICINE HAT

BETTER DAYS GROUP

COME TO HEAR WHAT IT WAS LIKE
WHAT HAPPENED AND
WHAT IT'S LIKE TODAY

8:00 PM
1432 19th ST., N.E.

Intergroup Annual

BBQ

Party



August 12th 2023
11am-2pm

Edworthy Park site2A
5050 Spruce Dr SW Calgary
INFO (403)479-8732

- Kids face painting/ Games/ Bring your own chairs

BETTER DAYS GROUP

• Saturday 12th •
AUGUST


• 8:00 •
PM

• 1432 •
19th ST., N.E.

SPEAKER MEETING
PAIGE F.
FR, primary purpose group
COME TO HEAR WHAT IT WAS LIKE, WHAT HAPPENED
AND WHAT ITS LIKE TODAY

Fellowship Events – August

District 86



Airdrie AA

PIG ROAST
Potluck

FRIDAY
4:00 Set-up
6:00 Bring Your Own Dinner (BBQ available) 7:00 - Games & Fellowship
9:30 Campfire Meeting
SATURDAY
10:00 Campfire Meeting
12:00 Lunch
2:00 Al-anon Speaker
5:00 Pig BBQ Potluck
6:00 Countdown
6:30 Raffle & 50/50 7:00 AA Speaker
8:30 Entertainment/Fellowship
9:30 Campfire meeting
SUNDAY
8:00 Breakfast (Leftovers) 9:00 Clean-up & Fellowship
11:00 - Farewell Campfire Meeting

*On-site camping (Fri & Sat night), no hook-ups
*BYOC (Bring Your Own Chair)
*Potluck (Bring your best side dish)


RAIN = ShIne Indoor Facility Available

CONTACT:
Shannon @ 587-215-2462
Billie Sue @ 403-921-6643

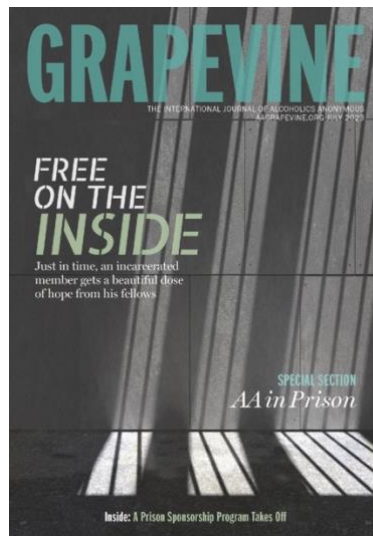
FROM WEST: Drive 3.2km East on Veterans Blvd., from the lights at East Lake Blvd. Turn North onto Range Rd 290 & drive straight for 0.3km.
FROM EAST: Drive 1.6km West on Hwy 567, from the intersection at Range Rd 285. Turn North onto Range Rd 290 & drive straight for 0.3km.

Campfire Meetings
Raffles & 50/50
Games
NO DOGS

WHEN: August 11th - 13th
COST: 7th Tradition
WHERE: 51.302588, -113.942752
(Enter coordinates in Maps or Scan the QR code for directions)



The July 2023 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Annual Prison Issue"

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

Some stories include:

[A Moment of Stillness](#)

There I was, sitting in my cell in the Western Missouri Correctional Center located in Cameron, Missouri. On my cell wall was a collage I had made.

[Slice of Life](#)

Four years ago, I was honored to be asked to participate in a new pilot program of the Northern California Hospitals & Institutions (H&I) Committee for sponsoring men in San Quentin.

[A Flood of Tears](#)

I am eternally grateful to AA and the ways it helped me restore some sanity back into my life. Growing up in an alcoholic family and community as I did was difficult.

[Growing Stronger](#)

...aha moment arrived in 2018. I was chair of that committee then and we made a breakthrough to simplify the process of getting a sponsorship program into the prisons [read Karen's June 2020 Grapevine story "Planting Seeds"].

[Bringing Us Hope](#)

I want to share some good news with you. There was a man named Don and he did 25 years in prison. The first 15 years, he did whatever he wanted.

[A Winning Team](#)

In 2022 the AA meetings in our jail were canceled again because another round of COVID was whipping through our cell blocks.

[Gladly Out of My Way](#)

I am reminded every week that had I done things my own way, I would have missed out on so many spiritual gifts of recovery.

Delegate's Corner July 2023



Here we are welcoming summer... going to campouts, roundups, picnics in the park!! Hugging, laughing, enjoying sobriety. Together, such a wonderful gift within the gift.

I would like to thank all the members who are charged up about the conference report this year. It has been an absolute pleasure seeing the spark get lit for service. All because of your love and commitment to a program that saves lives. Learning more about the decisions being made for our fellowship through our unique structure asks us to grow beyond our wildest dreams.

How do we do that? How do we get rocketed into the 4th dimension? Simple - by our common solution –our Three Legacies of Recovery, Unity, and Service. Sobriety through the Steps, our first legacy, 'Recovery'. We gain a fellowship that holds, loves, accepts, and nurtures us (as we do for others) is the second legacy of 'Unity' by applying our Traditions. Engaging the Concepts, giving back, celebrating our autonomy allows us to grow beyond our limitations, all thanks to the third legacy, 'Service'.

We encourage you to welcome a turn at serving a rotation in the service structure. This is where we are built into our true selves. Sometimes people miss this treasure. The one truly within our souls.

Wishing you a very special journey of discovery as you raise your hand so a Loving Creator may guide your service. You will never regret the gifts, the growth and the grace.

Here to Love and Serve,

Tami

Your Delegate 💜

Announcements:

1. The results of all 73rd Conference Agenda Items will be on the Area 78 website shortly - see the Delegate's Corner!!
2. The 2023 Remote Communities Communicator Newsletter is on our website! So Cool!
3. Some speakers you won't want to miss are coming to the Spirit of the North Meetings on the 4th Sunday of each month. Zoom: 942 603 2414 pc: billw @7 pm.
4. Area Assembly:
 - a. September 15 –17 in Red Deer
 - b. Elections for the next Area Table Officers and all the business of A78! Come one; Come all!
 - c. Plus, nominee selection for the Western Regional Trustee
5. Oodles of exciting activities around our Area

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.