

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)**SAVE THE DATE!!**

## 40th Annual AA Gratitude Round-up

**June 9, 10, & 11, 2023****At the Glenmore Inn: 2720 Glenmore Trail S.E. Calgary, AB**Reservations call 403-279-8611 or visit: <http://www.glenmoreinn.com>

\*ask about special rates for Roundup guests

**AA Speakers Include:** Lisa C. Portland Oregon  
 Bob B. St. Paul, Minnesota, Alan B. Los Angeles, California  
 Fred L. West Palm Beach, Florida

**AI-Anon Speaker:** Mary G. Venice, Florida

### Ticket Information

**Registration \$45.00-** Admission for the entire weekend  
**Banquet \$100.00-** Admission for the entire weekend, plus  
 the Saturday Night Banquet Dinner

**Deadline to Purchase Banquet Tickets is June 4, 2023**

Tickets can be purchased from  
 Calgary Central Services Office or Online at  
[www.gratituderoundup.com](http://www.gratituderoundup.com)  
 Phone 403-777-1212

Roundup Features include: Fellowship • Speaker Meetings  
 AA Workshops • Ice Cream Social • AA Literature Table  
 AA Archives Display • AI-Anon Literature Table • DJ on Saturday Night •  
 50/50 • World's Largest Gratitude Globe.

Sponsored by Calgary General Service Committee.

**Coming soon!**

### REGULAR OFFICE HOURS

**Mon–Fri, 8:30am–5:00pm**

(Closed 1-2pm for lunch)

**Saturdays 9:00am–1:00pm**

### HOLIDAY CLOSURES

**CANADA DAY****Sat., July 1, 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)

**INTERGROUP CONTACTS:**

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	telmonitor.calgary@gmail.com
Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	cgig12steplist@gmail.com
Westword Editor	westwordeditor@gmail.com	Intergroup Secretary	cgigsecretary@gmail.com
Calgary Central Office	centraloffice@calgaryaa.org	Intergroup Treasurer	cgigtreasurer@gmail.com
Banff Roundup Chair	cgigbanffchr@gmail.com	Intergroup Special Events	specevents@gmail.com
Sunday AM Breakfast Chair	cgigbrkfst@gmail.com	Intergroup/CGSC Liaison	cgscintergroup@gmail.com

**CGSC CONTACTS:**

Chairperson	cgscchair@gmail.com	Alternate Chairperson	cgscaltchair@gmail.com
Treasurer	cgsc treasurer@gmail.com	Secretary	cgscsecretary@gmail.com
Treatment Chair	cgsc treatment@gmail.com	Corrections Chair	cgsc corrections@gmail.com
C.P.C. Chair	cgsc cpc@gmail.com	Grapevine Chair	cgsc grapevine@gmail.com
Records & Registration Chair	cgsc records@gmail.com	Intro to Service Chair	cgsc intro@gmail.com
Bridging the Gap Chair	cgsc btg@gmail.com	Intergroup/CGSC Liaison	cgsc intergroup@gmail.com

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

**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 1<sup>st</sup> Ave, Canmore.* Near the Canmore Hospital  
-Use alley door by the parking lot. Meeting time is still 7:00pm

**MEETING INFO / CHANGES - (n/a this month)**

**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

MAY BIRTHDAYS				JUNE BIRTHDAYS			
ABC Group		NADZIEJA		272		Whitesheep	
Christine B	13 years	Lukasz B	3 years	Loreen	9 years	AJ S	15 years
Byron L	24 years	Hubert K	3 years	Ida	40 years	David G	31 years
Karen O	33 years	Iwona K	4 years	Awakenings		MAAT	
Annelise W	34 years	Krzysztof M	13 years	Gerry A	44 years	Terry D	1 year
Tim S	42 years	Yoanna O	14 years	Back from Hell		Zoom into the Room	
Awakenings		Ogden		Candace W	6 years	Maria S	3 years
Ian H	9 years	Diane D	8 years	Brad H	9 years	Deb D	10 years
Deb W	13 years	Nicole R	9 years	Back to the Book			
Keith S	16 years	Roy F	31 years	Doug D	28 years		
Trevor H	21 years	Regal		Deer Ridge			
Back From Hell		Paul G	9 years	Lara O	3 years		
Murray B	15 years	Peter G	45 years	Rachelle T	7 years		
Central Recovery		Rule 62		Paul C	11 years		
Dave M	15 years	Nate	9 years	Peter R	17 years		
Deer Ridge		Wednes. Eye Opener		Nancy P	19 years		
Ari	2 years	Marty B	18 years	Tammy G	31 years		
Megan M	5 years	Dave B	20 years	Denny B	33 years		
Taylor Y-W	6 years	Tom M	28 years	Margot C	40 years		
Katie M	13 years	West End Step & Trad		Edgemont			
Harold V	15 years	Ann C	31 years	Jonathan L	TBA		
Cliff B	34 years	Zoom into the Room		Janice K	8 years		
Homeward Bounders		Delores S	42 years	Dave B	12 years		
Al W	1 year	Whitesheep		Brett M	25 years		
Darolyn D	4 years	Leslie Y	4 years	Just for Today			
Just for Today		Jamieson S	4 years	Bill K	7 years		
Leslie	23 years	Brian N	8 years	Sylvia U	34 years		
Bonnie Anne	26 years	Sven G	9 years	Kincora			
Kincora		Dan R	13 years	Sean L	1 year		
Maureen K	12 years	Gary O	51 years	Janice S	14 years		
Knox Nooners		Haddon		Emilian D	36 years		
Brian S	26 years	Matt B	3 years	Midnapore			
Bob C	50 years	Shiva	3 years	Caleb	1 year		
MAAT		Leona J	11 years	Wayne G	7 years		
Eric G	6 years	Verona S	34 years	Dan C	9 years		
Carol L	34 years	Ogden		Kristen B	11 years		
Midnapore		Rennette H	1 year	NADZIEJA			
Connor E	1 year	Kirby L	6 years	Piotrek L	2 years		
Bill G	6 years	Deb D	12 years	Regal			
Dave M	7 years	Don B	13 years	Ted M	46 years		
Tracey B	7 years	Lawrence E	15 years	Thursday Night Ladies			
Angelina O	8 years	Tony K	15 years	Erica F	9 years		
April S	8 years	Shannon T	17 years	Wed. Eye Opener			
Chuck N	12 years	Maryann M	25 years	Doug D	34 years		
Bruce S	16 years			Dwayne S	51 years		
Daryl L	27 years						

Congratulations

Happy Birthday, Everyone!!

Congratulations

**UPCOMING EVENTS & COMMITMENTS**

DATE	EVENT	Posters with details
June 9, 10 & 11	Calgary Gratitude Round Up	Cover & Page 6
June 24	District 77: Picnic	Page 7
July 8	Haddon Road - Stampede BBQ	Page 7
August 12	Intergroup Summer BBQ	Page 7
June 24, July 29, Aug 26, Sept	Daily Reflections - Monthly Slow Pitch	Page 7

Treatment Facility	AA Group June	AA Group July
Renfrew Fridays	ABC Group	Ogden
Alpha House - Tuesday	Unity	New Beginnings
Alpha House - Friday	Forest Lawn	Walking Eagle
Sunrise	Ogden	McKenzie Towne
AARC – alternate Mon	Daily Reflection May 5 & 18	Glenmore Group July 3, 17, 31
Dream Centre	Walking Eagle	Forest Lawn
Sandstone (2 <sup>nd</sup> Friday)	Unity	Forest Lawn
Drop-In Centre	Derek and Wade	Unity Group

## **Monthly CGSC Service Commitments**

**Ongoing Monthly Intergroup Service Commitments**

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
June 4	n/a
June 11	Daily Reflections
June 18	SMOG
June 25	NW Calgary Group

Phone Monitoring Dates	AA Group
June 5 – 11	Edgemont
June 12 – 18	Intergroup
June 19 - 24	Thursday Night Ladies
June 25 – July 1	<b>TBD</b>

**Our Service Committees need YOU!**

*"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."*



*"As an anonymous member, I would like to give a big shout out and thank you to all who do service work everything from chairing a meeting, cleaning the room, to delegate to New York."*

## **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)

## **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](mailto:cgig12steplist@gmail.com)

## **“Bridging the Gap (BTG) ” ...**

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

**BTG meets the third Thursday of every month at 7:00pm. Hybrid format. All are welcome!**

**Central Office: 4021 4th Street SE, Calgary**

**Zoom ID: 945 772 8029 PW: BTG**

### **1. BTG has positions opening January 2024...**

Chair, Alternate Chair, Secretary

CGSC elections take place in October - mentorship is available

Attend one of our monthly BTG meetings to find out about Bridging the Gap and the role we play in helping fellow's transition from Treatment and Corrections into the rooms of AA.

Contact: [cgscbtg@gmail.com](mailto:cgscbtg@gmail.com) for more information

### **2. Exciting Things are Happening Through Bridging the Gap**

On May 6th, the BTG Committee was invited to Montana, to quarterback a workshop on how to host a "BTG Teach Out for Professionals." The seminar was attended by over 30 AA members from around Montana, and the expertise the Calgary BTG contingent shared was spectacularly appreciated. **BTG will be hosting its own interactive workshop "for professionals" on June 7th in Calgary.**

**BTG is also excited to announce the launch of a comprehensive Google Drive**, which houses recently collected or created BTG resources including: handouts, flyers, posters, overviews, guidelines, etc. Universal access to these tools allows for year-over-year consistency in BTG messaging.

**Finally, if you are interested in a service opportunity, on a team full of energy and optimism, consider joining the BTG Committee.** We are looking for new voices to share the BTG message, as speakers at Renfrew and other facilities, or around the table at our monthly meetings, held at 7pm at Central Office on the 3rd Thursday of every month. So, to find out more about speaking and service opportunities, come and see us at the BTG Table at the Gratitude Round Up, or email us at [cgscbtg@gmail.com](mailto:cgscbtg@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](mailto:centraloffice@calgaryaa.org)

*Service*

## Does your AA group need liability insurance?

Calgary Intergroup offers an affordable option.

Annual premiums:

- ☐ \$85 for \$1 million
- ☐ \$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.

*Information for Groups*

## Speakers and Events

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*More details on cover*

**District 77**

Annual Summer Potluck

**WHAT:** **Picnic**  
(Hosted by ABC Group)

**WHY:** Food, Laughter, Fun, and Fellowship

**WHEN:** Saturday June 24, 11AM to 3PM

**WHERE:** Bowness Park – Site 3

**WHO:** Members, Family, Friends, and Guests

What will be supplied: Hamburgers, Hotdogs, Condiments and Fixings,  
Buns, Coffee, Tea, Water, Pop, and Juice

What to bring (if you can): Fruits and Vegetables, Salads,  
Snacks (chips, etc.), Desserts,  
Picnic Games, Sports Equipment, Your own chairs,  
Tradition 7

HADDON GROUP

**STAMPEDE**  
**BBQ**

JULY 8TH | 12-3

**MUSIC • FOOD • FUN**

ST. ANDREWS PRESBYTERIAN CHURCH  
703 HERITAGE DRIVE SW

## Fellowship Events

Intergroup Annual

**BBQ**  
**Party**

August 12:  
2023  
11am-2pm

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

Kids face  
painting/  
Games/  
Bring your  
own  
chairs

Daily Relfections

**Lets Play Ball**

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

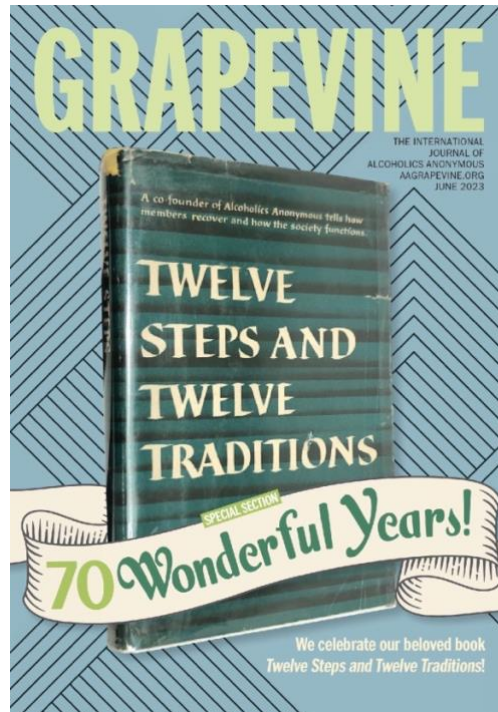
June 24<sup>th</sup>  
July 29<sup>th</sup>  
August 26<sup>th</sup>  
September 29<sup>th</sup>

From 12 noon to 3 pm

At William Reid School, 1216 36 Ave SW

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

## The June 2023 Issue of GRAPEVINE is here!



### On the Cover: This issue is for "The Twelve Steps and Twelve Traditions"

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

Some stories include:

#### [Set Your Goals High](#)

When I was working on Step Two ("Came to believe that a Power greater than ourselves could restore us to sanity") my sponsor suggested that I journal about what a sane life looked like and to set goals.

#### [70 Wonderful Years!](#)

By the early 1950s, AA members and many of our non-alcoholic friends were urging our cofounder Bill W. to prepare a book on the principles of AA and the Twelve Steps and Twelve

#### [Chapter by chapter](#)

A Canadian member shares his love for the book that changed his life—all three versions! What is green, blue, pink, orange and yellow?

#### [Valuable insights](#)

How Bill's writing in the "Twelve and Twelve" helped him through a challenging time in his sobriety. Seemingly out of nowhere, in my seventh year of sobriety in AA, I sank into a deep depression. The false promise of a drink was never far from my mind.

#### [Reading & Healing](#)

When a strained relationship with my daughter challenged me to face my controlling behavior, the chapter in our "Twelve and Twelve" on Step Four helped me to deeply explore my shortcomings.

#### [Truly belonging](#)

From her earliest days, the "Twelve and Twelve" helped her feel part of. Who knew even more joy would come?



## TRADITION TIDBITS

### The Sixth Tradition

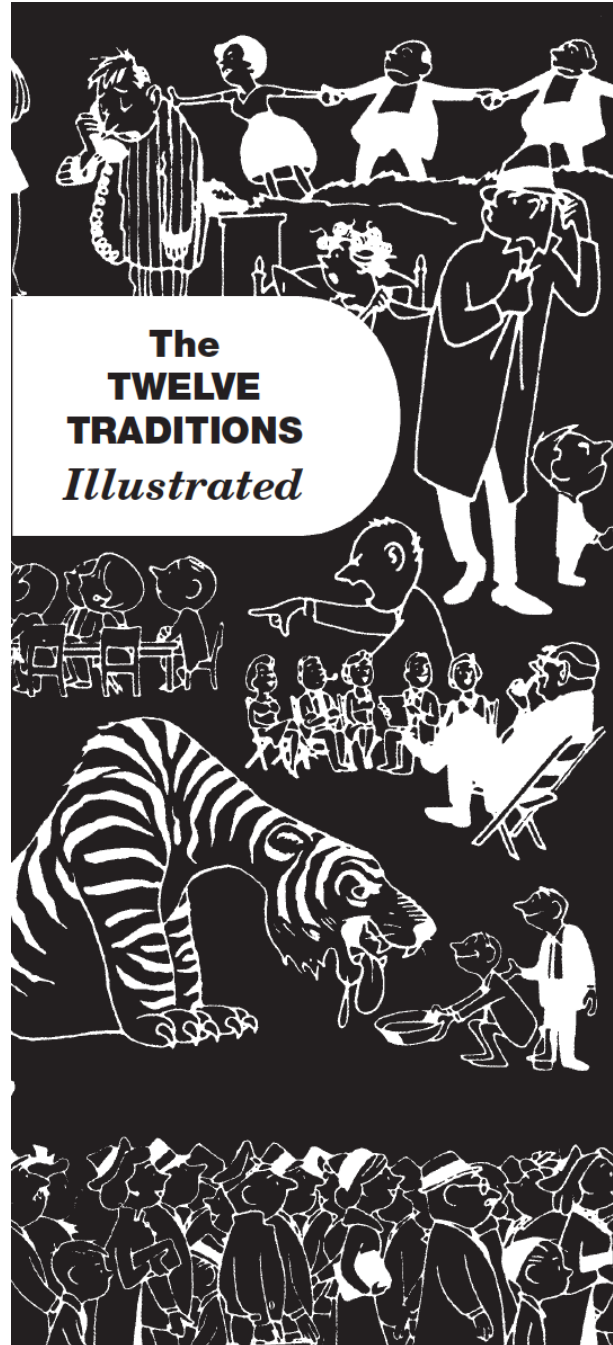
**An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

The “related facility” may be an outside group combating alcoholism - or an enterprise that AA’s want to start. It was the latter that most often confronted the young fellowship. Outside agencies were pretty scarce in those days and some members thought AA should cover the whole alcoholism field. Led by a “super-promoter” (as the “Twelve and Twelve” describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medication, and rules might even make the local paper. (And pity the poor newcomer straying into the group - “We’ll get around to you in a minute.”)

Through that ambitious center failed, some individual members have since founded successful clubhouses, rest farms, halfway house, etc. The enterprises are run by these AA’s and patronized by other members or prospective members. But money and property are involved. *Therefore, it has proved wise to keep the operation of the facility completely separate from that of any AA group, and to keep “AA” or terms like “Twelfth Step” out of the name.*

Toward outside agencies dealing with alcoholism, the AA policy is “cooperation but not affiliation.” **A group cooperates, for example, by welcoming referrals from clinics or by sponsoring AA groups in institutions.** But in one area, money for a rehab was solicited at an AA meeting - implying affiliation. In another, AA was listed among beneficiaries of a United Fund drive....

AA members employed by outside agencies “wear two hats” - but Tradition Six cautions any such members against wearing both at once! *On the job, they may be alcoholism counselors; they are not “AA counselors.” At meetings they’re just AA’s, not alcoholism experts.*



Reprinted from Pamphlet P-43, The Twelve Traditions Illustrated, with permission of Alcoholics Anonymous World Services, Inc.

<https://www.aa.org/twelve-traditions-illustrated>

## Step 6 & Tradition 6

### **Step 6 – Were entirely ready to have God remove all these defects of character.**

So Step Six-“Were entirely ready to have God remove all these defects of character”-is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn.

How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is to try to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say, “No, I can't give this up yet.” And we shall often tread on even more dangerous ground when we cry, “This I will never give up!” Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

Some who feel they have done well may dispute this, so let's try to think it through a little further. Practically everybody wishes to be rid of his most glaring and destructive handicaps. No one wants to be so proud that he is scorned as a braggart, nor so greedy that he is labeled a thief. No one wants to be angry enough to murder, lustful enough to rape, gluttonous enough to ruin his health. No one wants to be agonized by the chronic pain of envy or to be paralyzed by sloth. Of course, most human beings don't suffer these defects at these rock-bottom levels.

We who have escaped these extremes are apt to congratulate ourselves. Yet can we? After all, hasn't it been self-interest, pure and simple, that has enabled most of us to escape? Not much spiritual effort is involved in avoiding excesses which will bring us punishment anyway. But when we face up to the less violent aspects of these very same defects, then where do we stand?

**From Twelve Steps and Twelve Traditions, p.65-66.**

### **Tradition 6 – An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**

The moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on other good works...

Yes, we of A.A. did dream those dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of us had wished to do great good, perform great deeds, and embody great ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and settled for the bottle and the blackout. Providence, through A.A., had brought us within reach of our highest expectations.

Whereupon we tried A.A. hospitals—they all bogged down because you cannot put an A.A. group into business; too many busybody cooks spoil the broth. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? Was A.A. spiritual or was it medical? Was it a reform movement?

These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We, of Alcoholics Anonymous could not be all things to all men, nor should we try.

**From Twelve Steps and Twelve Traditions, p.155-156.**