

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

ANNOUNCEMENT

The General Service Office has announced there will be a 20-30% price increase on ALL AA literature beginning in early April 2023.

This will be their first price increase in over 5 years. Central Office will endeavour to stock up prior to the price increase and will not increase our prices until the old stock runs out. **WARNING:** We could run out very quickly if groups buy too much too fast.

REGULAR OFFICE HOURS

Mon–Fri, 8:30am–5:00pm

(Closed 1-2pm for lunch)

Saturdays 9:00am–1:00pm

HOLIDAY CLOSURES

EASTER WEEKEND

Fri., Apr. 7 & Sat. Apr. 8, 2023

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

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



**LAKEVIEW SPEAKER
MEETING; AT RISK OF
BEING CANCELLED**
**8:00-9:00PM FRIDAYS AT
LAKEVIEW UNITED CHURCH**

One of the Longest
Standing Speaker
Meetings in Calgary
(43 years)

Established in 1980
in the Basement of
Lakeview United
Church

Not a Group, Has No
Members or Formal
Structure

Registered on the
Meeting Lists and at
Central Office

**Bridging the Gap – BTG -
needs “Bridgers”**

**NEEDED ASAP:
Treatment Chair**

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:**

See www.calgaryaa.org for current Big Book studies

MEETING CHANGES




N/A

MEETING INFO - REOPENING MEETINGS

District 77 Sunday Night Speaker Meetings 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

Centre of Hope - 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

FEBRUARY						MARCH					
272		Midnapore		Garnet		272		SMOG			
Jim C	33 years	Jeremy B	1 year	Heath	1 year	Dave M	9 years	Rob	5 years		
Awakenings		Matt S	1 year	Karri	1 year	ABC Group		Eric	8 years		
Ron W	8 years	Amber W	4 years	Sean	1 year	Karen	19 years	John	10 years		
Charles C	19 years	Dave W	4 years	Mike	1 year	Awakenings		Mary-Anne	16 years		
Back to the Book		Rob G	6 years	Russ	1 year	James S	6 years	Emily	21 years		
Evan	2 years	Kelly D	14 years	Mark	1 year	Back from Hell		Simon A	24 years		
Back from Hell		Ogden		Chris	1 year	Nick T	20 years	Wed. Eye Opener			
Jared M	8 years	Trent L	3 years	Shan	1 year	Back to the Book		Elsie L	5 years		
Brandy B	9 years	Cameron	8 years	Mike	1 year	Mikel	1 year	Rick C	27 years		
Better Days		Tania M	17 years	Richa	2 years	Greg	16 years	White Sheep			
Charles M	33 years	Keith K	32 years	Angel	2 years	Deer Ridge		Shane S	2 years		
Deer Ridge				Richie	2 years	Ashley C	7 years	Rule 62			
Dey	1 year			Chels	2 years	Bob C	9 years	Jake C	7 years		
Slavek	2 years			Regal		Marc	3 years	Adrian M	19 years	Jeff	8 years
Jennifer F	7 years	Joe H	4 years	Alisha	4 years	Maggie B	29 years	Dana	9 years		
Jon W	7 years	James F	5 years	Rober	6 years	Edgemont		<div></div> <div></div> <div></div>			
Jerry P	9 years	Bruce M	35 years	Jason	6 years	Brent V	36 years				
Katherine J	17 years	Thursday Night		Austi	11 years	Homeward Bounders					
Yvon	36 years	Iris M	10 years	Dann	18 years	James S	7 years				
Edgemont		Unity		Lyle	28 years	Al B	8 years				
Patrick F	30 years	Jordan L	1 year	Kincora		Dave M	11 years				
Don G	48 years	Wed Eye Opener		Paul	7 years	Kincora					
Homeward Bounders		Ahsok P	26 years	April	8 years	Sarah C	3 years				
David L	4 years	Whitesheep		New Beginnings		Knox Nooners					
Betty E	11 years	Jim S	2 years	Devo	1 year	Ashleigh	2 years				
Just for Today		Rhett M	4 years	Judith	1 year	Lorene K	7 years				
Wayne	10 years	Gerry M	24 years	Achill	2 years	MAAT					
Colleen	28 years	Terry K	31 years	Mitch	10 years	Chris M	8 years				
Knox Nooners		Cliff M	47 years	Anna	18 years	Caryl S	27 years				
Trent B	9 years	Glenmore		Kelly	20 years	Linda L	38 years				
Warren J	10 years	Tim P	1 year	Mary	35 years	Ogden					
McKenzie Towne		Bailey	1 year	Recovery Group		Dustyn E	4 years				
Heather M	1 year	Natalia	1 year	Miles	1 year	Ryan S	5 years				
Noel W	2 years	Cassandr	2 years	Scott	21 years	Rob M	18 years				
Al D	3 years	Patrick K	6 years	Val D	24 years	Julius R	30 years				
Anne E	4 years	Talia	7 years	SMOG		Yvonne O	31 years				
Jaclyn S	5 years	Bruce Z	10 years	Dave	1 year	Owen M	31 years				
Greg M	6 years	Trish	13 years	Barb	1 year	Regal					
Mark P	32 years	Evelyn	21 years	David	2 years	Harry P	42 years				
Dennis F	37 years	Sean B	26 years	David	4 years	Unity					
NADZIEJA		Lyle Mc	28 years	Robb	6 years	Tom M	5 years				
Slawek S	2 years	Charlie	30 years	Tero	6 years	Happy birthday to you all !!					
Andrzej K	4 years	Gene H	33 years	Kate	11 years						
		Jim H	42 years	Scott	33 years						
				Gord	38 years						

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.

UPCOMING EVENTS

DATE	EVENT	Posters with details
March 11 & April 8	Better Days group Speaker Meeting <i>Nancy R –New Beginnings/Trevor S –Just for Today</i>	Page 6
Friday Nights	Lakeview Speaker Meeting	Page 6

Treatment Facility	AA Group for March	AA Group for April
Renfrew Fridays	Regal	Edgemont
Alpha House - Tuesday	Ogden	Forest Lawn
Alpha House - Friday	Bridge	Glenmore
Sunrise	Recovery	Daily Reflections
AARC – alternating Mon	Edgemont	SMOG – Apr 17
Dream Centre	New Beginnings	Midnapore
Sandstone (2 nd Friday)	District 83	Thursday Night Ladies

Monthly CGSC Service Commitments

Ongoing Monthly Intergroup Service Commitments

Sunday Morning (9:30am) Ramada Breakfast Meeting	AA Group
March 5	Edgemont
March 12	New Beginnings
March 19	Unity
March 26	Just for Today

Phone Monitoring Dates	AA Group
February 28-March 5	Thursday Night Ladies
March 6 – 12	NW Calgary
March 13 - 19	PPG
March 20 - 26	SMOG
March 27 – April 2	Haddon Rd.

CALLS FOR “SERVICE”

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

Bridging the Gap (BTG) is looking 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 cgsbctg@gmail.com for more information.

Bridging the Gap is also looking 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 crazyMTmountainman@gmail.com for more information

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.

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: cgiq12steplist@gmail.com

"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."

Where could I be of service?

**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: cgsctreatment@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 PI. 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

**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

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.



LAKEVIEW SPEAKER MEETING; AT RISK OF BEING CANCELLED

8:00-9:00PM FRIDAYS AT LAKEVIEW UNITED CHURCH

The Lakeview Meeting requires immediate support with Chairpersons, Speakers, and Attendees, or this long-standing group may disappear.

Historically a different group sponsors each month and does the needed service work by chairing, finding speakers and members to thank and introduce the speaker, read how it works, and attend the meeting. This is a safe, small, intimate space great for newcomers and old timers to share their experience strength and hope with each other. Recently support has been minimal, Lakeview could use some assistance. It needs groups to sponsor it and keep it going or it may go away after 43 strong years. Please reach out if you or your group can help!

One of the Longest Standing Speaker Meetings in Calgary (43 years)

Established in 1980 in the Basement of Lakeview United Church

Not a Group, Has No Members or Formal Structure

Registered on the Meeting Lists and at Central Office

Needs Your Support!

LAKEVIEW UNITED CHURCH

3023 63 avenue SW
Calgary, Alberta

Contact Krista G

403-466-6055

WE WELCOME YOU TOO THE
BETTER DAYS GROUP
SPEAKER MEETING

Nancy R. from THE GROUP NEW BEGINNINGS
March 11, 2023, 8:00 PM

1432 19 ST., N.E.
MEETING OPENS AT 7:30 pm
SPEAKER STARTS AT 8:00 pm

THE BETTER DAYS GROUP
WELCOME'S YOU
To our Speaker Meeting

With: **Trevor S.**
From the group: "JUST FOR TODAY"

DOORS OPEN AT 7:30 PM
MEETING STARTS AT 8:00PM

APRIL 8TH 2023
1432 19TH STREET N.E.

JOIN US FOR SNACKS, COFFEE, TEA.
COME TO HEAR WHAT IT WAS LIKE,
WHAT HAPPENED AND WHAT ITS LIKE TODAY
REMEMBER IT'S ALWAYS BETTER WITH WE

The March 2023 Issue of GRAPEVINE is here!



On the Cover: This issue is for "Get into Service"

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

Some stories include:

[90 Cups of Love](#)

It was the third job my home group gave me. The first job was washing ashtrays.

[Building Bridges](#)

I got sober in December of 2006. I spent my first two years of sobriety in Spain, where I had lived for 33 years. My home group was Spanish speaking.

[Confessions of a Spreadsheet](#)

When I showed up to AA in 2011, I was here for one thing: to get people off my back. I needed the husband to quit overreacting.

[Give Away](#)

I have always been told to make AA literature part of my program ever since my first week sober in 1982.

[Meeting on Wheels](#)

Recently an AA member who attended meetings in our area was moving to a neighboring state. I was informed that he was to give his first-ever lead in a meeting in his new town.

[Here's What We Do](#)

In 2018, I had a moment of clarity in the chaos and turmoil of my addiction. That clarity allowed me to make the decision to get sober.

[I just said yes](#)

"Many times, I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet.

DELEGATE'S CORNER

– March 2023

Delegate's Corner March 2023

Many thanks to all the wonderful folks who put on an amazing **WRAASA (Western Region A.A. Service Assembly)** Feb 24-26 in Edmonton. Members from Manitoba (Area 80), Saskatchewan (Area 91), BC (Area 79) and our own from Alberta, NWT, parts of BC, NV and SK (Area 78) came to share and learn more about our 3rd Legacy, Service. An inspiring and motivating time for ALL!



One of the displays by our
Grapevine/ LaViña Area
Committee Chair, Ed S. at WRAASA

Area 79 will be hosting our Regional
Forum - May 2024 in Vernon, BC.

Come to meet the staff from your General
Service Office and Boards. Learn more!
Celebrate AA and recovery!

March and April are busy months for our **Pre-Conference Assembly** - April 14 –16, 2023 at the Edmonton Inn. The Assembly is when our Area's membership gathers to discuss the upcoming agenda for all the ways our General Service office carry the message to address the agenda items.

The many Agenda Items are posted on the Area 78 website. I invite you to participate in the whole of AA. My role is to carry our members' thoughts and wishes to the Conference.

There will be Delegate's Corner offered online Wednesday, Mar 22 and Tuesdays Mar 7 - April 11 and May 9 - 23 @ 7:00 - 8:00 pm for any questions, comments, or discussions about the Agenda Items, the Conference, General Service, or about the Area.

Will be on zoom ID 708 555 5414 password: area78

Link: <https://us02web.zoom.us/j/7085555414> (Passcode: area78)

With Love and Service,

Tami

Your Delegate 💜

TRADITION TIDBITS

On the AA calendar it was Year Two. In that time nothing could be seen but two struggling, nameless groups of alcoholics trying to hold their faces up to the light.

A newcomer appeared at one of these groups, knocked on the door and asked to be let in. He talked frankly with that group's oldest member. He soon proved that his was a desperate case, and that above all he wanted to get well. "But," he asked, "will you let me join your group?"

Since I am the victim of another addiction even worse stigmatized than alcoholism, you may not want me among you. Or will you?"

There was the dilemma. What should the group do? The oldest member summoned two others, and in confidence laid the explosive facts in their laps. Said he, "Well, what about it? If we turn this man away, he'll soon die. If we allow him in, only God knows what trouble he'll brew. What shall the answer be - yes or no?"

At first the elders could look only at the objections.

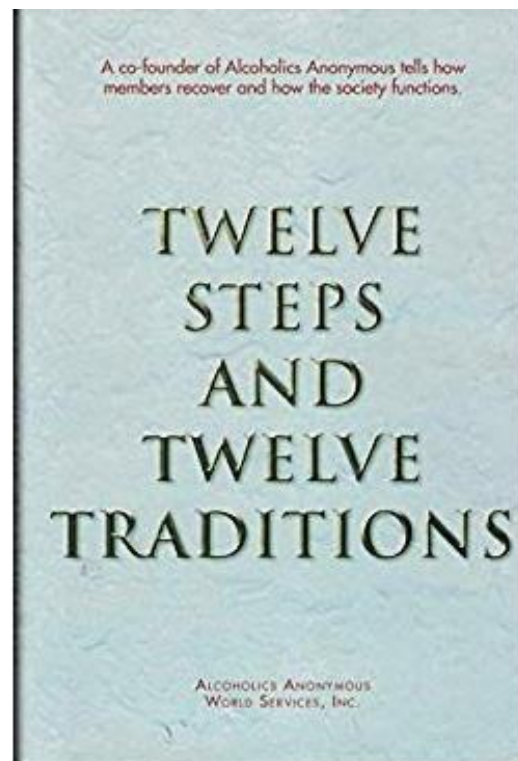
"We deal," they said, "with alcoholics only. Shouldn't we sacrifice this one for the sake of the many?"

So went the discussion while the newcomer's fate hung in the balance. Then one of the three spoke in a very different voice. "What we are really afraid of," he said, "is our reputation. We are much more afraid of what people might say than the trouble this strange alcoholic might bring. As we've been talking, five short words have been running through my mind. Something keeps repeating to me, 'What would the Master do?'" Not another word was said. What more indeed *could* be said?"

Overjoyed, the newcomer plunged into Twelfth Step work. Tirelessly he laid AA's message before scores of people. Since this was a very early group, those scores have since multiplied themselves into thousands.

Never did he trouble anyone with his other difficulty.

AA had taken its first step in the formation of Tradition Three.



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https://www.aa.org/sites/default/files/2022-01/en_tradition3.pdf

Step 3 & Tradition 3

Step 3 –Made a decision to turn our will and our lives over to the care of God as we understood Him.

PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance.

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God— or, if you like, a Higher Power—into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole A.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

To every worldly and practical-minded beginner, this Step looks hard, even impossible. No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks there is? Fortunately, we who have tried it, and with equal misgivings, can testify that anyone, anyone at all, can begin to do it. We can further add that a beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

From Twelve Steps and Twelve Traditions. Chapter on Step 3.

Tradition 3 – The only requirement for A.A. membership is a desire to stop drinking.

THIS Tradition is packed with meaning. For A.A. is really saying to every serious drinker, "You are an A.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you A.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're an A.A. member the minute you declare yourself."

To establish this principle of membership took years of harrowing experience. In our early time, nothing seemed so fragile, so easily breakable as an A.A. group. Hardly an alcoholic we approached paid any attention; most of those who did join us were like flickering candles in a windstorm. Time after time, their uncertain flames blew out and couldn't be relighted. Our unspoken, constant thought was "Which of us may be the next?" ...

Why did A.A. finally drop all its membership regulations? Why did we leave it to each newcomer to decide himself whether he was an alcoholic and whether he should join us? Why did we dare to say, contrary to the experience of society and government everywhere, that we would neither punish nor deprive any A.A. of membership, that we must never compel anyone to pay anything, believe anything, or conform to anything?

The answer, now seen in Tradition Three, was simplicity itself. At last experience taught us that to take away any alcoholic's full chance was sometimes to pronounce his death sentence, and often to condemn him to endless misery.

As group after group saw these possibilities, they finally abandoned all membership regulations. One dramatic experience after another clinched this determination until it became our universal tradition.

From Twelve Steps and Twelve Traditions. chapter on Tradition 3.