

SUGGESTED 25¢ DONATION

THE WESTWORD

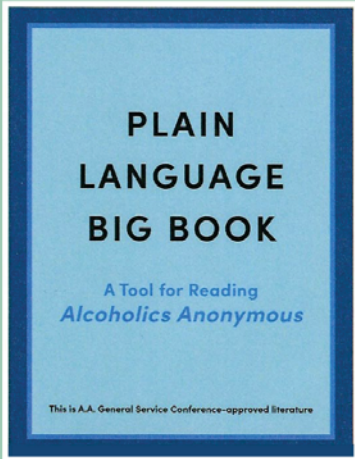
A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please subscribe through www.calgaryaa.org or email westword@calgaryaa.org

More Roundup Details on Page 7



BACK IN STOCK!



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 15. & Mon. Feb 17, 2025

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

The 52nd Banff RoundUp

February 28, March 1st and 2nd.
'25 - THERE IS A SOLUTION



The Banff Park Lodge
Block ID #4071745
222- Lynx Street Banff, AB
1-800-661-9266
Bow View Lodge
Block ID #4073065

Speakers:
Darren P. Santa Barbara, California - AA
Marilyn H., Eugene, Oregon - AA
Lulu A., St Louis, Missouri - AA
Mike A., Nashville, Tennessee - AA
Diane A., Nashville - Al-Anon



Registration only: \$50
Banquet and Registration: \$155
Purchase tickets from Calgary Central Office or scan the code to visit www.banffroundup.com

Email: cgigbanffch@gmail.com for more details



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

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.

Special Announcement

Help Wanted

Position: Central Office Manager

Location: Calgary, Alberta

About Us: Alcoholics Anonymous (AA) groups in Calgary, through Intergroup, operate a Central Service Office (CSO) that provides essential services to AA members, their groups, and various committees. Intergroup has established the Central Office Management Committee (COMC) to oversee the CSO. We are currently seeking a dedicated and organized Central Office Manager to join our team.

Responsibilities:

Oversee the daily operations and maintenance of the office facilities to ensure a clean, safe, and secure environment.

Operate the AA Bookstore, including purchasing, inventory management, and sales to AA groups and members in Calgary.

Hire, train, supervise, and evaluate staff performance, ensuring efficient and effective service delivery.

Provide comprehensive services to Intergroup and its subcommittees, including coordinating meeting directories, assisting phone monitors, and managing inquiries.

Maintain accurate financial records and controls, ensuring compliance with GAAP and other reporting requirements. This includes managing accounts receivable/payable, bank deposits, financial statements, and annual budgets.

Assist with the annual financial review and prepare necessary government reports.

Qualifications:

Proven experience in office management or a similar role.

Strong organizational and multitasking abilities.

Proficiency in accounting principles and financial management.

Excellent communication and interpersonal skills.

Ability to work independently and as part of a team.

Familiarity with AA principles and the 12-Step program is an asset.

How to Apply: Interested candidates are invited to submit their resume and a cover letter outlining their relevant experience and qualifications to COMCchair@gmail.com by March 20th 2025.

Join us in making a positive impact on the AA community in Calgary!

INTERGROUP CONTACTS:

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@gmail.com	Telephone Monitoring Chair	cgigtelmonchair@gmail.com
Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	12steplist@calgaryaa.org
WestWord Editor	westword@calgaryaa.org	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	cgigevents@gmail.com
Intergroup/CGSC Liaison	cgscintergroup@gmail.com		

CGSC CONTACTS:

Chairperson	cgscchair@gmail.com	Alternate Chairperson	cgscaltchair23@gmail.com
Treasurer	cgsc treasurer2024@gmail.com	Secretary	cgscsecretary3@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		

MEETING INFO & CHANGES

NEW MEETINGS:

NEW MEETING- Certain Steps– Bow Center Place 7915 43 Ave NW please use side door

NEW MEETING- Bonavista Evangelical Missionary Church – Three Legacies Literature meeting. Every Saturday 10am -11am, 1509 Lake Ontario Dr SE

NEW MEETING- Forest Lawn Fellowship – Third Tradition, secular meeting. Every Monday starting May 06 730pm

MEETING CHANGES:

Old Timers – Will be shutting down until February 2025 and reopening at Southwood United Church 10690 Elbow Dr SW

Fellowship Room – Has moved to 4202 17th ave SE Room 202 effective immediately

MEETING INFO / SUPPORT:

SUPPORT– MAAT Group: Step & Tradition - Thursday’s at 7pm, Crossroads Community Church, back door, downstairs 912 19 st NE

MEETING INFO– Recovery Group: Looking to share their meeting room on Sunday’s, Wednesday’s & Friday’s, contact Robert @ 403-836-7026 or rob.pull@shaw.ca

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HAPPY BIRTHDAY!

January Birthdays						February Birthdays			
Better Days		Midnapore		Daily Reflections		272		New Life	
Sandra M	35 years	Madelaine N	1 year	Crystal	1 year	Patrick	14 years	Caitlin	1 year
Linda J	46 years	Mike W	4 years	Tamara R	2 years	Jim C	35 years	Jordan	14 years
Regal		Peter R	8 years	Melissa D	3 years	Just For Today		Scott	23 years
Amarbir	1 year	Ryan P	12 years	Aline	3 years	Wayne	11 years	Regal	
Victoria N	19 years	Al M	15 years	Adam V	4 years	Trevor	24 years	Pierre B	1 year
Ogden		Wes W	47 years	Tasha E	4 years	Colleen	29 years	David R	3 years
Denise P	11 years	Unity		Nicole H	9 years	Wendy	37 years	Joe H	6 years
Derek F	12 years	Chris B	1 year	Bethany	12 years	Deerridge		James F	7 years
Vince C	32 years	Todd M	17 years	Chris	20 years	Jeremy P	11 years	Bruce M	37 years
Back From Hell		Came to		New Beginnings		Katherine J	19 years	Edgemont	
Ben K	18 years	Jaymz T	12 years	Madelaine N	1 year	Yvon S	38 years	Pierre B	1 year
Garry R	51 years	Garnet		Nick N	1 year	Dennis F	39 years	Audrey B	2 years
ABC		Jason	1 year	Jack S	1 year	Midnapore		Patrick F	32 years
Will S	2 years	Joe VP	1 year	Justin W	1 year	Dave W	6 years	Kincora	
Ramona B	5 years	Mark B	1 year	Louise	2 years	Kelly D	16 years	Paul G	9 years
Jessica B	16 years	Joy	1 year	Pam J	3 years	Unity		Wednesday Eye Opener	
Jim C	28 years	Ash	1 year	Shay W	3 years	Karen R	27 years	Marylou	2 years
Steps, Stories & Beyond		Kyle	1 year	Emmett M	12 years	Awakenings		Ashok P	28 years
Tony B	8 years	Sean G	2 years	Glen T	14 years	Charles C	21 years	MAAT	
Beautiful Hope		Makayla F	2 years	Holly T	16 years	Westend Step & Tradition		Louis S	1 year
Christina R	1 year	Christian M	2 years	Lenora G	18 years	Nick B	1 year	Guy R	1 year
Karen M	2 years	Charity	2 years	Chris T	20 years	Richard R	3 years	Back From Hell	
Deerridge		Ashton	3 years	Kathy H	21 years	Back to the Book		Jared M	10 years
Ryan S	1 year	Christine	4 years	Sheryl P	27 years	Even A	3 years	Ogden	
Rob R	9 years	Carmen	4 years	Sharon W	40 years	Ron W	10 years	Erin D	1 year
Aaron L	10 years	Bryce	5 years	Jan S	41 years	NADZIEJA		Cameron G	10 years
Sally A	17 years	Jenn Z	5 years	Don C	42 years	Slawek S	4 years	Tania M	19 years
Bill K	29 years	Tim	6 years	Ian N	44 years	Andrzej K	6 years		
Marilyn B	31 years	Nicole H	9 years	Glenmore					
Airdrie Country		Christ T	20 years	Cristin	1 year				
Chris A	1 year	Diane R	32 years	Katie	1 year				
Diane R	32 years	Awakenings		Katie	1 year				
Brian H	42 years	Kim A	49 years	Tamara R	2 years				
Al C	56 years	Whitesheep		Jordan D	3 years				
Special Mention		Tim G	7 years	Meghan J	6 years				
Joan Ld	51 years	Peter R	8 years	Tyler F	12 years				
Zoom into the Room		Glen T	14 years	Rob M	12 years				
Lisa M	1 year	Lee G	45 years	Tim F	23 years				
SMOG		Jim B	50 years	Mike	23 years				
Krissy M	1 year			Sean B	23 years				
Graig F	5 years			Roy R	30 years				
				Pat R	42 years				

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Calls for Service & Announcements



**UPCOMING
INTRODUCTION TO
SERVICE SEMINAR
(to be held Feb 22, 2025)**

**CALLING FOR COMMITTEE
VOLUNTEERS
FIRST MEETING TO BE HELD ON
MONDAY Nov 4th (and 1st Monday of
months following) @ 5:15 PM
AT CENTRAL OFFICE**

**Call or text Judy at 403-826-9740 or
email jmchrste@shaw.ca for more info**

12 Step List

Are you considering service with AA? Being on the Twelve Step list can be a great option!

To learn more or participate, go to <https://calgaryaa.org/12-step-list/>, or go to the AA Calgary home page and find the link.

NOTE: We have an immediate need for representation for Women in NE Calgary: daytime, evenings, weekends, and Men in NE Calgary: daytime, NW Calgary: daytime and SE Calgary Weekends. Thank you :)



**Join Us for our NEXT Hybrid Meeting
on February 20th, 2025 at Central
Office/Zoom**

Looking to join a dynamic committee committed to sharing and growing The Bridging the Gap Program around Calgary. The Calgary Bridging the Gap (BTG) Committee meets at 7pm on the third Thursday of every month in person at **Central Office** and on **Zoom (Meeting ID: 945 772 8029, Password: BTG)**, and all are WELCOME!

Are You Looking for a NEW Service Opportunity?

BTG is Looking for New Committee Members, Temporary Contacts and Renfrew Speakers - From being a Temporary Contact (an AA Tour Guide), to speaking at Renfrew, to helping with a Teach Out to Recovery Community professionals - Bridging the Gap is looking for new members to join our team. If you have a passion for working with the "newcomer," please join us at 7pm on February 20th at our monthly meeting...we have lots of opportunities for meaningful service and we need your help!

Contacting Bridging the Gas Is EASY

To contact The Bridging the Gap Committee, email cgsctg@gmail.com OR to request a Temporary Contact for a client, or to **Volunteer to be a Temporary Contact**, use the online forms via our QR Code



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Fellowship & Events

District 77 Sunday Night Speaker Meeting

Everyone is welcome to the Open, District 77 Sunday Night Speaker Meeting - 8 pm
 PARKDALE UNITED CHURCH
 2919 8 Ave NW, Calgary, AB
 (on 29th Street just below the Foothills Hospital).

Upcoming speakers- FEBRUARY - 2025

- 2 - George A. - NW Calgary Group
- 9 - Alisha L. - Daily Reflections
- 16- Pierre B. - Edgemont Group
- 23 - Paula Mc. - NW Calgary Group

And if you, a sponsee or member of your group is/are interested in speaking at the Sunday Night meeting, please contact Doug M. 403-354-3178, matchettddoug@gmail.com

Study and Discussion of The AA Service Manual and 12 Concepts for World Service

WHAT: Learn about the "what, why and how" of our AA Service Structure.

WHEN: Mondays 6pm Pacific
 12 Concepts: October 7, 2024 - January 6, 2025
 Service Manual: January 13 - April 21, 2025

Please come when you can, there is NO requirement to commit to attending all weeks.

WHO: AA members interested in General Service are welcome.

FORMAT: Participants are asked to pre-read the chapter or the Concept for the week. The guest for the week will provide a 15-20 minute overview of the chapter or the Concept and respond to most of the Q&A for that week.

Guests with experience in the roles we are discussing in the service structure have been invited so we can all learn from their experience!

You are welcome to (and encouraged to) invite other AA members to participate, but we are not seeking to promote this study through social media postings. Please refrain from doing so. Instead, please feel free to pass this on personally to those you think may be interested.

Access Virtual Meeting via Zoom
 Meeting ID: 870 8376 8965
 Passcode: 414768

Questions?
 Please contact Carolyn at carolynwalsh@zoho.com or 806-738-4547

INTRO TO SERVICE SEMINAR

Come Learn about AA service in Calgary!

Feb 22, 2025 (Saturday)



10 am to 3 pm – doors open at 9:30am
Scarboro Community Center
1737 14 Ave SW, Calgary

(Entrance to the parking lot is near 16 Street and 15 Ave SW, down the hill from Scarboro United Church, west of 16 Street)

- Learn about AA service outside of your AA group.
- Includes Ice Breaker, scavenger hunt and door prizes.
- Lunch, coffee, snacks, and beverages will be served. No cost for the day.

Please bring an open mind!

Big Book Study

Big Book Study held at New Beginnings
 Southwood United Church
 10690 Elbow Drive SW.
 January 13, 2025
 Time 6:30 to 8:00 PM

Facilitated by Mary S, and Armand
 Bring your big book and highlighters.

Enjoy and great night of teaching and fellowship.

Hope to see you there.

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Fellowship & Events

52nd Annual Banff Round-Up February 28 - March 2, 2025 - There is a Solution!

The Annual Banff Round-Up is back! Join us From February 28th to March 2nd, 2025, in beautiful Banff, Alberta, For Calgary Intergroup's 52nd Annual Round-Up. This world-renowned AA and Al-Anon conference draws attendees from all over the world to share in Fellowship, recovery, and inspiration. With international speakers, engaging workshops, and breathtaking scenery, it's an event you won't want to miss!

Ticket Options:

\$30 - Saturday Only Registration (excludes banquet)

\$50 - Full Weekend Registration (excludes banquet)

\$150 - Full Weekend Registration + Saturday Banquet. (Limited to 120 tickets)

Don't Miss Out!

Last year's event sold out quickly, so secure your ticket and accommodations today. Scan the QR code on our event poster to purchase tickets today! We look forward to seeing you in Banff for a weekend of connection, growth, and recovery!

Important Details:

Physical tickets will be available at the Calgary Central Office to avoid online Fees. Call 403.777.1212 For details.

Tickets are available at the door for registration-only options. Eventbrite Fees apply for online purchases—click the link below to secure your spot online!

Rooms are available at Banff Park Lodge, but they sell out quickly! Other accommodations are nearby if needed.

Visit the website for more information:

<https://www.banffroundup.com/>



Location:

St. Andrew's Presbyterian Church
703 Heritage Drive SW Calgary
Rear Entrance, SW Corner Door

Please support our evening meetings:

Mondays 7pm-8pm Beginners Meeting Open	Tuesdays 7pm-8pm Step Meeting Closed	Thursdays 7pm-8pm Discussion Meeting Open
Saturdays 7pm-8pm Discussion Meeting (Birthday last Saturday) Open	Sundays 7pm-8:30pm Meditation & Discussion Meeting Open	

Open Meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Nonalcoholics may attend open meetings as observers.

Closed Meetings are for A.A. members only, or for those who have a drinking problem and "have a desire to stop drinking."



SPEAKER MEETING FROM THE BETTER DAYS GROUP 1432 19TH ST. N.E. CALGARY

WELCOME

Saturday
FEB. 8TH
8:00pm
Doors
open at
7:30pm

GARY N. FR.
BACK TO THE BOOK GROUP
AIRDRIE

Alcoholics Anonymous

13 Week Traditions Study

Through our Second Legacy of Unity!

Commencing: Wednesday, March 12, 2025

6:30 p.m. to 8:30 p.m.

To be held at: Recovery Group

Rm.114 5211 Macleod Trail SW

Corner door in strip mall behind Carl's Junior- upstairs.

Bring your own copy of these books:

1. AA Comes of Age
2. 2025 edition of AA Service Manual

Crosstalk, arguing and double dipping encouraged. Bring an open mind! Highlighters if you wish.

For Inquires Call Terry B @ 403-605-7285

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Grapevine January 2025

On the Cover: Longtimers

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

Some stories include:

Happy to Have Today

BY: JEANNIE L. | WILSONVILLE, OREGON

I came to AA in August of 1990. At that time AA was 55 years old, and oldtimers back then were almost, if not quite, pioneer members.

What I Know For Sure

BY: AL L. | HENDERSONVILLE, NORTH CAROLINA

It was a cool Monday evening in November 1988 when I walked into that men's meeting in Los Altos, California.

A Life I Didn't Know I Wanted

BY: MARTIN D. | BEND, OREGON

In my early teens alcohol became a way for me to escape my feelings of inferiority. And right from the beginning, every time I drank I got drunk.

All is Well

BY: JOYCE K. | CORAL SPRINGS, FLORIDA

One day my sponsor asked me what I thought a God that cared about me would be like. As a longtimer in AA (not an oldtimer, please), I came into the program in 1977. I was 40 years old. I was in a hopeless state and suffering from malnutrition and cirrhosis of the liver.

The Good Life

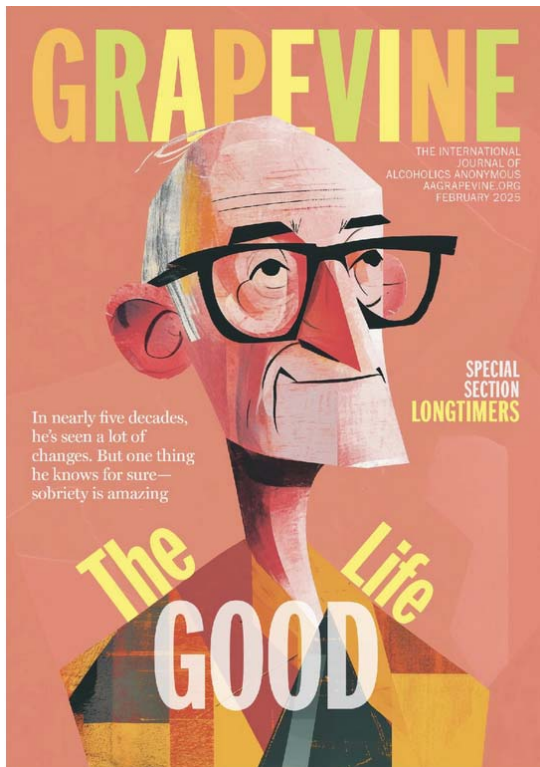
BY: JIM S. | LOVELAND, COLORADO

I got sober just south of Lake Ontario in New York state. We lived in the country, and back then in the 1970s our AA meetings were quite primitive.

Still Learning

BY: JUNE B. | COLUMBUS, OHIO

When I was caught up in active alcoholism, I believed I was unique. And being told often that I was pretty, I rested in the belief that some man would always be there to support me.



Delegate's Corner

Hello Area 78! I love these days where each morning the sun rises just a bit earlier and sets just a bit later. Winter is losing its dark and frosty grip; my spirit seeks the light and warmth of connection.

Thank you to all who take your service commitments seriously to continue, even in the dark to bring the solution for our disease to those who are seeking a way out of the misery, despair, bewilderment and terror. Our homes are warm and comfy, and sometimes it's really hard to leave them when outside it's cold and not inviting! So we drag ourselves off into the dark and spread the light. We carry the message to those who still suffer and reap the benefits of getting outside of self! We go to jails, institutions, hospitals. We go to meetings to welcome the newcomers, shake the hand of an old-timer, listen to each other, sharing our experience, strength and hope. We attend Business and Service committee meetings and learn how to get along with each other as we work towards a common goal. Remember to just do the best you can do, if others don't like how you are doing your job they cannot fire you and they have to pray for you! Everyone reaps the benefits of being of service! These actions help us grow, help us as we move from just being sober to being a useful member of our society. From complacency to a full and vigorous life! These are some of the joys of being of service, getting outside of self to help others. The only thing we really need to do is to keep our conscious contact with our higher power. Indeed, something to be extremely grateful for. The hours are long, the work sometimes difficult, the night dark and cold, but the pay is excellent! We get to stay sober! Panel 74 service commitments are now half over, each of us has an idea of what we are doing and are bringing our own personalities to the jobs. We are having a lot of fun as your Area Committee, thank you for the opportunity to grow in service.

We're in January 2025 already! The International Convention is coming up fast! Being held in Vancouver BC! My goodness! Plan to attend! It's an experience you will not want to miss! Go to aa.org and register! Rooms are still being released with costs varying, UBC still has affordable private and semi-private rooms available. After you Register you will be directed to the housing page where your options will be visible. Our four Western Areas will be hosting the Western Region Hospitality Suite! I was given the task of filling up the Volunteer list for members from all four areas to sign up. The suite is a place to welcome new and old friends as we gather for fellowship in a space to relax and unwind for a bit from the busyness of the event. If you are going to be there, we invite you to spend a couple of hours unwinding, get or give a hug and volunteer to welcome others who come by to visit. Please email me if you would like to participate! The suite is open 8 AM to 8 PM Wednesday and Thursday, and from 8 AM - 6 PM Friday and Saturday, so we all get the opportunity to attend the big meetings! Each shift is two hours so lots of time slots to fill! We have some pretty fun stuff, come and be a part of it all!

Area 78 had its Area Committee Meeting (ACM) January 17th and 18th in Calgary and District 83 did an amazing job of finding us a bright open venue with all the extras we need to be able to meet seamlessly. The ACM's are for the Area Officers, Committee Chairs and District Committee Members (DCM's) to discuss matters that will be on the March Pre-conference Agenda. Visitors are welcome and we did have several! There were 93 members present - fantastic! At the ACM we discussed how the roll out of the Agenda items will unfold. Briefly, the January Board meeting in New York held January 31 to February 3rd is to discuss all **145** Proposed Agenda Items (PAI's) that have been submitted by members around our conference area, and whittle them down to a manageable amount of about **85** PAI's in total. As Delegate Chair, I have the privilege to attend the Board Weekend in New York with the other Committee Chairs, Trustees and Staff who will be in attendance. Because I do not have an assigned committee I get to float around and take part as I feel. It will be a time of solidifying the relationships with the Chairs and Trustees towards building unity, faith and trust. We all want what is best for AA as a whole so here again - together, we can do what I cannot do alone. The final list of Agenda Items including the Equitable Distribution (EDW) list (in all three languages) will be available between the 17th and 21st of February. These PAI's will be made available immediately on our Area 78 Website. The past Delegate,

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.

Alternate Delegate and myself will meet and further assign the Items so that each of our Area Committees have about the same amount to discuss within their respective committees. The Committee Chairs will receive their list of the Agenda items to create a summary which will be distributed on our website. You are invited to access the Private Downloads section of area78.org Website. So that you can share the Agenda Items with your home groups. I'll give more info on this next month. When we meet at the Area Pre-Conference Assembly April 11-13 in Red Deer, there will be full discussion on the Agenda Items to fully discuss the Agenda Items. This is how to inform your Delegate so that I may carry your voice to the 75th Conference, April 26 - May 3rd in New York. This is the way in which AA evolves so that we don't become stagnant and entrenched in old ideas! We continue to grow and change to better carry the message to those who still suffer.

The new Service Manuals are out! Pick up yours at your nearest Central Office or on line at aa.org and join us at Carolyn's online Service Manual Study - Monday nights at 7 PM! A great way to read and discuss what at first glance may appear dry. But once you dig in - I promise you too will be born into nerdism!

Your Meeting Guide App has a section called News and if you click that button you will see all the newest information coming from your General Service Office in New York. Recommendations that were made at the 73rd Conference are being completed and you will be able to see things like the new Podcast on Public Information! The first episode was just released last week! It's an overview of all the things AAWS is doing!

The Plain Language Big book has just been re-released and you can obtain yours at Central Offices. This book will be incredibly helpful as a tool to help us get our solution to those who still suffer!

Cooperation with the Professional Communities needs your help to respond to a request for shared experience on how we inform professionals who serve neurodivergent and unhoused alcoholics – Deadline for submission is July 01, 2025. If you have any experience in this please send in your story to cpc@aa.org

If you have not yet planned to attend the WRAASA (Western Region Alcoholics Anonymous Service Assembly) taking place February 7- 9th in the winter fun place of Winnipeg there is still time! Go to the website WRAASA.org to obtain further information. See you there!

Gerry F., Past Panel 45, Area 78 Delegate shared with me the following "None of us is given a torch big enough to lead the drunks of the world out of the darkness and into the light. Instead each of us has been given a candle that burns for a short while with a flickering flame. If we stand together the light will outshine the greatest torch. If we argue and bicker and blow at each other's candles so that each of us starts shielding our own little flame, then the alcoholics of the world will continue to suffer in darkness, -- and so will we."

Warm Regards and Loving Service,

Karen OC

Area 78, Panel 74 Delegate

delegate@area78.org

cklinservice@icloud.com

403-479-6883

Public Information Committee

International/Regional Forum Committee

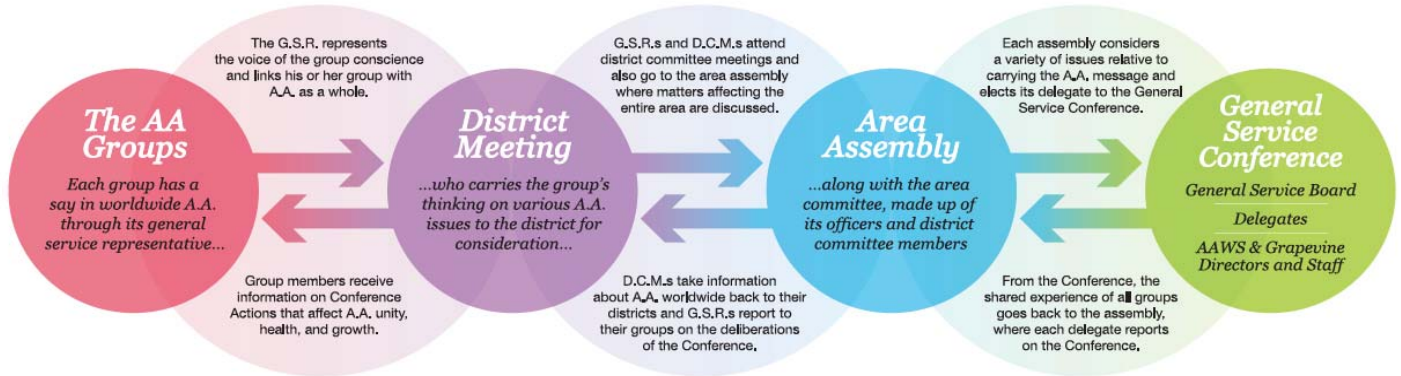
75th GSC Delegate Chair

"Forget me, but go you and do likewise. Add your own link to our chain. With God's help, forge that chain, well and truly." Dr Bob "AA Comes Of Age"

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Tradition 2

“For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.” —Tradition Two



All parts of our Fellowship — group meetings, committees, offices, Conferences, and group jobs — share one common purpose: to help the alcoholic who still suffers.

A.A. is made up of interconnected circles of people within the Fellowship, who work together to carry A.A.'s message of hope. But in order for A.A. to run itself without bosses or rules, in accordance with our Twelve Traditions, we need a system of communication for finding out how A.A. as a whole feels about its world affairs, and how it wants to operate.

For A.A. to run its own affairs, each A.A. group needs to make its voice heard on overall A.A. policies. This starts with a group's general service representative (G.S.R.), who represents the voice of the group conscience and has the job of linking his or her group with A.A. as a whole. G.S.R.s make sure their groups receive services from the U.S. and Canada General Service Office (G.S.O) and help groups stay informed about worldwide A.A.

For every district of about ten groups or so, the G.S.R.s elect a district committee member, or D.C.M., to communicate

the districts' conscience to the area assembly, which elects an area delegate to attend the annual A.A. General Service Conference for the U.S. and Canada (other countries have their own separate structure).

Every group in an area is encouraged to send its G.S.R. to its area assembly. The D.C.M.s help to make up the area committee — a sort of steering committee for the assembly.

Each group sends its own ideas or problems to the assembly, where other groups can share their experience and provide help and support. From the assembly, each G.S.R. can take back to his or her group the shared experience of the rest of the assembly.

Every area elects a delegate to the General Service Conference, held each spring in New York. Delegates serve a two-year term only and, like G.S.R.s, D.C.M.s, and trustees, Conference delegates are never paid for A.A. service.

The General Service Conference serves as the group conscience for A.A. in the U.S. and Canada. The Conference

meets for six days a year, yet the 135 or so Conference members are active in Conference affairs throughout the year. Every A.A. group shares its experience with other groups through its area delegate to the Conference.

DELEGATE: The 93 elected area delegates make up over two-thirds of the Conference, but there are others at the annual Conference session.

GENERAL SERVICE BOARD: The 21 trustees of A.A.'s General Service Board (U.S. and Canada) are part of the Conference. Fourteen trustees are alcoholics (Class Bs); seven are nonalcoholics (Class As).

A.A. WORLD SERVICES: The directors of A.A. World Services, Inc. (the legal entity responsible for the business of the General Service Office), and the A.A. staff members at G.S.O. are Conference members.

AA GRAPEVINE: Directors of AA Grapevine, Inc., and its A.A. staff, are members of the annual Conference.

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.

Step 2 & Tradition 2

Step 2 - "We came to believe that a power greater than ourselves could restore us to sanity."

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 our 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.

Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom. For practicing A.A.'s remaining eleven Steps means the adoption of attitudes and actions that almost no alcoholic who is still drinking can dream of taking. Who wishes to be rigorously honest and tolerant? Who wants to confess his faults to another and make restitution for harm done? Who cares anything about a Higher Power, let alone meditation and prayer? Who wants to sacrifice time and energy in trying to carry A.A.'s message to the next sufferer? No, the average alcoholic, self-centered in the extreme, doesn't care for this prospect—unless he has to do these things in order to stay alive himself.

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 2.

Tradition 2 - "For our group purpose there is but one ultimate authority - a loving God as HE may express Himself in our group conscience. Our leaders are but trusted servants. They do not govern."

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 their 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...

Thus has it been with A.A. By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which—God willing—shall sustain us in unity for so long as He may need us.

From Twelve Steps and Twelve Traditions, chapter on Tradition 2