

THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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HOTEL YORK CALGARY'S NEWEST HOTEL Pioneers Round Up 2025

Saturday October
 18th 2025
 2:00-8:00 P.M.

5511 Baroc RD. N.W.
 Tickets \$40 each
 scan below:



Val D - AA
 Andy C - AA
 Darrell D - AA
 Carla T - AA
 Dave C - Al-Anon

More Roundup Details on Page 6

COMC Requires New Members

Central Office Management Committee (COMC) is responsible for overseeing the operation of AA Central Service Office and we need your help!

Do you have experience running a retail operation, office management or have any accounting knowledge? Do you have at least 5 years sobriety? If so, please send your resume to:

centraloffice@calgaryaa.org

We are looking for members to step into roles of; Committee Chair and Members at Large. These are 1 year elected positions requiring you to meet the first Tuesday of every month. These positions are critical to operation of Central Office and require a solid commitment for the term

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		

UPCOMING COMMITTEE MEETINGS

DATE	COMMITTEE	ADDRESS
October 7 - 7pm	Gratitude Roundup	4021 4 st SE Calgary
October 8 - 7pm	District 75 Committee	#114 5211 Macleod Tr SW Calgary
October 8 - 7pm	CGSC Treatment Centre	4021 4 st SE Calgary
October 13 - 630pm	Intergroup General	1802 33 ave SW Calgary
October 16 - 7pm	Bridging the Gap	4021 4 st SE Calgary
October 20 - 7pm	Calgary General Service	1802 33 ave SW Calgary
October 21 - 7pm	Cooperation with the Professional Community	4021 4 st SE Calgary

MEETING INFO & CHANGES

NEW MEETINGS:

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

MEETING CHANGES:

NADZIEJA – Thursday 730pm meeting has temporarily moved to 29A - 1216 Ranchview Road NW

Back to the Drawing Board – Sundays 730pm, Fellowship Room. Starting October 5th, meeting will begin reading and discussing Drop the Rock

Certain Steps – Group has shut down as of August 26th

NWCG/Wednesday Night Ladies – Foothills Alliance Church is closed due to a fire, alternate location not yet found, please look for alternate meetings on the meeting app.

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

Monthly Intergroup Service Commitments

Sunday Morning (9:00am) Ramada Breakfast Meeting	AA Group
October 5	North West Calgary
October 12	Mckenzie Towne
October 19	TBD
October 26	Daily Reflections
Phone Monitoring Dates	AA Group
September 29 - October 5	Haddon
October 6 - 12	West End Step & Tradition
October 13 - 19	Unity
October 20 - 26	ABC Group
October 27 - November 2	Regal

HAPPY BIRTHDAY!

September Birthdays						October Birthdays			
272		NADZIEJA		Daily Reflections		Ogden		Fellowship Room	
Erica	1 year	Hieronim D	35 years	Troy	1 year	Clay W	3 years	James B	1 year
Ron R	4 years	Tadeusz L	42 years	Nichole	3 years	Debra M	5 years	Clay W	3 years
Jim A	8 years	Kincora		Derick	4 years	Becky C	12 years	North West Calgary	
Tom M	14 years	Haley S	2 years	James J	5 years	Trisha L	15 years	Jaclyn B	1 year
Just For Today		Lynn A	23 years	Steven P	9 years	Stan S	29 years	Zach B	4 years
JC	21 years	Airdrie Country		Clarke	11 years	West End Step & Tradition		Scott P	5 years
Unity		Leslie F	1 year	Ron	34 years	Mike Z	2 years	Tom M	6 years
Brendan H	3 years	Ed R	23 years	New Beginnings		Wednesday Eye Opener		Mike J	14 years
Back from Hell		Back to the Book		Lisa S	2 years	Zach B	4 years	Pat H	15 years
Ash H	1 year	Darren L	3 years	Carrie H	2 years	Lyndsay M	10 years	WhiteSheep	
Cody G	5 years	Barbara L	5 years	D. L	3 years	Vic S	44 years	Michael K	18 years
Bernie C	9 years	Radek Z	5 years	Catherine S	7 years	Steps, Stories & Beyond		Travis L	19 years
Shandi P	18 years	Wendy H	9 years	Chelsea C	10 years	Chico	3 years	Jason S	31 years
Midnapore		Confederation Park		Marron R	28 years	New Life		Bryce O	33 years
Annaliisa A	2 years	Grace P	40 years	John H	36 years	Tim H	44 years	Back From Hell	
Sarah C	2 years	MAAT		Louise M	36 years	272		Jeremy K	7 years
Sierra V	8 years	Dylan R	1 year	Bev S	37 years	Stuart G	1 year	Debbi A	9 years
David F	11 years	Gerald B	4 years	Loren H	42 years	Tamas N	33 years	Mike L	11 years
Harold J	15 years	Ed H	14 years	Mckenzie Towne		Zoom into the Room		Rick D	16 years
Stephanie B	20 years	WhiteSheep		Brenda	2 years	Colleen P	1 year	Freedom	
Floyd M	23 years	Scott C	21 years	Ian P	3 years	Bernice H	41 years	Amanda C	9 years
Freedom		Ron W	34 years	Scott	3 years	Unity		Awakenings	
Dylan S	3 years	Greg W	39 years	Melissa L	4 years	Sarah C	16 years	Katrina M	27 years
West End Step & Tradition		Joe H (RIP)	39 years	Cyntheya R	4 years	Regal		Kincora	
Dayna J	24 years	Ogden		Tom M	12 years	Mark G	4 years	Darnell	9 years
Joe S	36 years	Chico	1 year	Liz W	27 years	Christine T	8 years	Audrey	45 years
Fellowship Room		Tanya B	2 years	Edgemont		Just for Today		Beautiful Hope	
Josh	1 year	Mike H	12 years	Bret	1 year	Ken	2 years	Jessica J	3 years
Brenda	2 years	Veronica H	13 years	Russell G	1 year	Lisa S	10 years		
Carrie H	2 years	Austin M	18 years	Edgemont					
Ken S	2 years	Yvonne S	22 years	Roxanne R	2 years				
Matt K	2 years	Lawrence M	25 years	Raylene B	3 years				
NW Calgary		Knox Nooners		Jon W	3 years				
Zoe-Anne M	4 years	Geordie H	6 years	Deane	17 years				
Lisa N-D	5 years	Joe S	36 years	Cassie S	30 years				
Pehr H	5 years	Ted L	42 years						
Colin P	14 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.

Calls for Service & Announcements

Public Information Committee needs you

This fall, the PI Chair will be open and we are looking for the next chair to learn the ropes before jumping into the role!

Please join us at the next intergroup meeting or reach out to pichair.calgary@gmail.com to put your name forward



calgaryaa.org



New committee members needed!

Two members of the Calgary AA Website Committee have recently rotated out and we are looking for a couple people to fill the gap. The committee meets quarterly (every 3 months) via Zoom, or if there is an urgent need. **Computer skills are an asset.** If you are interested in helping continue to make the Calgary AA website one of the best AA websites, please contact Warren D. at calgaryaawebmaster@gmail.com

Bridging the Gap

Watch the Westword for a NEW BTG Workshop in 2026

What is Bridging the Gap? How do clients and volunteers access Bridging the Gap? Why does Bridging the Gap matter? What are the future challenges for Bridging the Gap? If you are interested in the answers to these questions, please join the Bridging the Gap Committee in the New Year at a Workshop for AA Members interested in this service opportunity.

Also, if you are interested in working with the newcomer, recently discharged from Detox or Treatment, please sign up to be a "Temporary Contact" [HERE](#)



Next BTG Meeting October 16 at 7pm

Interested in occasionally speaking at a detox or treatment facility? Interested in helping with a Bridging the Gap Workshop? The BTG Committee meets at 7pm on the third Thursday of every month in person at Central Office (4021 4th Street SE), AND on Zoom (Meeting ID: 945 772 8029, Password: BTG), and all are welcome. So please join us for our **October meeting at 7pm on Thursday, October 16, 2025.**

Cooperation with the Professional Community (C.P.C)

Grow in your recovery!

Attend a CPC Committee meeting!

C.P.C. is an AA committee offering unique service opportunities giving you a chance to carry the message directly to various industry and professional groups, either through your own network connections, or by participating in already established projects like the Student Doctor's Meeting and the Student Nurses Information session - both ongoing for many years.

Committee members can bring the A.A. message to professionals and to students at professional schools in your community, helping them to understand how and why A.A. works. A.A. has always valued friends in all professional fields. These associations have been mutually beneficial and completely in keeping with the A.A. Traditions.

We are looking for new C.P.C members who would be interested in sharing the message of A.A. or helping to open doors to:

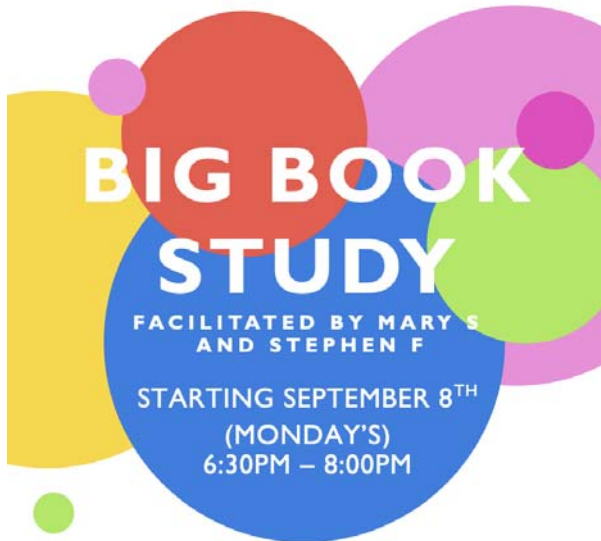
- Accounting Professionals
- Clergy
- Criminal Justice Students
- Social Work Students
- EAP Providers
- Educators
- Health Care Professionals
- HR Professionals
- Legal and Law Enforcement Professionals
- Medical and Nursing Students
- Not-for-profits
- Unions
- Etc., etc., etc.



Attend a C.P.C. Committee Meeting in person at Central Office or via Zoom on the 3rd Tuesday of every month at 7:00 pm (excluding April and July which will be the 22nd)
Contact the C.P.C. Committee for more information at cgscpc@gmail.com

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Fellowship & Events



LOCATION: NEW BEGINNINGS
 SOUTHWOOD UNITED CHURCH
 10690 ELBOW DR SW, CALGARY

DON'T FORGET YOUR BIG BOOK AND HIGHLIGHTERS!

THE ORIGINAL SUNDAY NIGHT SPEAKER MEETING



WHEN: EVERY SUNDAY 7:30 – 8:30 PM

WHERE: PARKDALE UNITED CHURCH
 2919, 8 AVENUE NW, CALGARY

SARTING BACK UP ON OCTOBER 19TH, 2025

SPONSORED BY DISTRICT 77 FOR OVER 40 YEARS

FOR A GOOD SEAT AT THE BACK... WE SUGGEST YOU ARRIVE EARLY AS SEATING IS LIMITED.

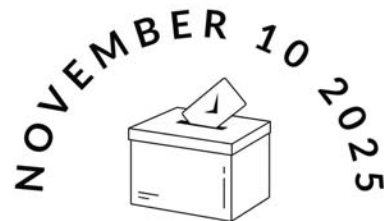
Pioneers Round Up 2025 80 years of AA in Calgary

The Pioneers Round Up, previously called dinner, which began in October 2005 at Dalhousie Community Church, was created by the late Bill B. and Harry P. to commemorate the first AA meeting in Calgary, held on October 17, 1945, at the York Hotel. Initially planned as a one-time event, its success and the community's enthusiastic response led to its continuation year after year. This evolution, from a one-time event to a cherished tradition, reflects our strong commitment to honouring Calgary's AA history. Harry P. faithfully organized the dinner for many years before it was handed over to a dedicated committee. This October, we celebrate 80 years of AA in Calgary, a journey we can all be proud of.

Today, the Pioneers Round Up has grown into a cherished event organized by the same dedicated committee behind the Banff Roundup. The word "Pioneer" speaks to the history shared by each speaker who has witnessed the growth of our beautiful fellowship in Calgary. The evening includes an Al-Anon speaker followed by a panel of four speakers, each with decades of recovery experience, sharing their personal stories and insights. After the panel, a dinner speaker will also share their unique experiences of recovery in our area. The event features a beautiful catered meal and an opportunity for fellowship, bringing together recovery community members to celebrate their shared journey.

We look forward to hosting you for an inspiring evening of stories, connection, and celebration of recovery!

IN THE SPIRIT OF TRADITION 6 AA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.



INTERGROUP ELECTIONS

1802 33 AVE SW CALGARY 7 PM

**Join us at the Intergroup
 Meeting to let your
 name stand for one of
 the many service
 positions available**

Fellowship & Events

**JOIN US
IN THE FELLOWSHIP OF THE SPIRIT 2025
AT OUR EXCITING NEW LOCATION**



**22ND ANNUAL BIG BOOK STUDY RETREAT
AT CAMP KINDLE IN BEAUTIFUL WATER VALLEY**

**Fellowship | Learning | Meditation | Campfire Meetings
Serene Natural Setting**

Facilitated by: Kenna F from
Pasadena, CA & Ian M from Dallas, TX
Dates: Nov 21st - Nov 23rd, 2025
Location: Camp Kindle, 29479 Range Rd 61a
Water Valley, AB

Cost: \$220 per guest includes all food,
accommodation & activities for the weekend
Early Bird Registration: \$200 per guest
(from Aug 5th - Aug 31st)



To register or for more info: fellowshippyyc@gmail.com

**GATHER YOUR FRIENDS AND SPONSEES - YOU DON'T WANT TO
MISS OUT ON THIS EXTRAORDINARY WEEKEND!**



COCHRANE SATURDAY
ROUND-UP NOVEMBER 1
2025

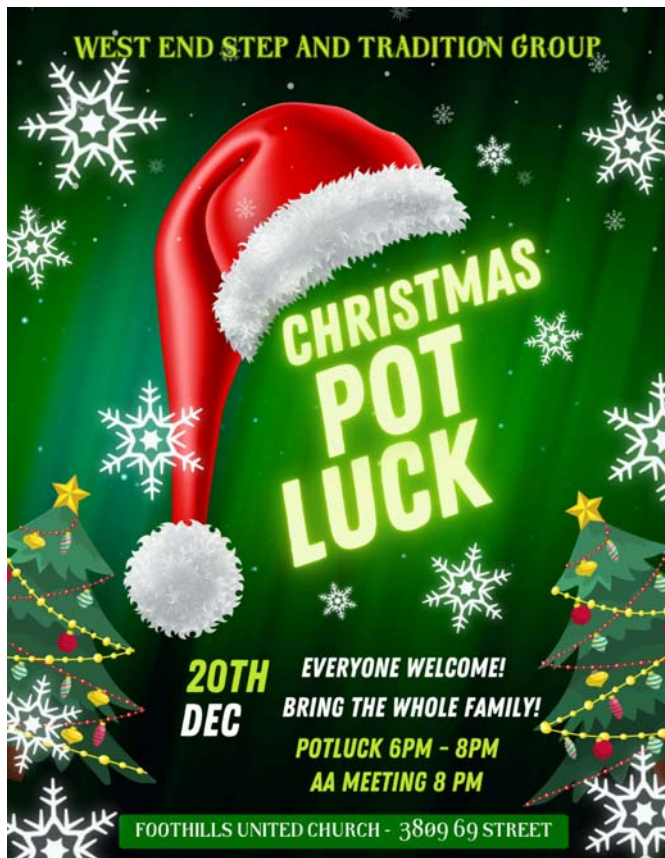


9.00 AM - 10.00 AM	CALL UP MEETING
10.15 AM - 11.15 AM	EARLY IN RECOVERY
11.30 AM - 12.30 PM	THE 3 LEGACIES
1.30 PM - 2.30 PM	AL-ANON SPEAKER EVA G.
2.45 PM - 3.45 PM	PANEL - ASK IT BASKET
4.00 PM - 5.00 PM	STEP #11
5.15 PM - 6.15 PM	APPLYING THE STEPS & TRAD
6.15 PM - 7.15 PM	DINNER & COUNT DOWN
7.15 PM - 8.15 PM	MAIN SPEAKER - LEE H.
9.00 PM - 11.00 PM	DANCE & SOCIAL
11.00 PM - MIDNIGHT	CANDLELIGHT MEETING

Cochrane Lions Club and Events Centre, 109 5th Ave W Cochrane
TICKETS \$40 - AA Central Office or Event Facebook Page



WEST END STEP AND TRADITION GROUP



**CHRISTMAS
POTLUCK**

20TH DEC **EVERYONE WELCOME!**
BRING THE WHOLE FAMILY!

POTLUCK 6PM - 8PM
AA MEETING 8 PM

FOOTHILLS UNITED CHURCH - 3809 69 STREET

YOU'RE INVITED



**ANNUAL INTERGROUP
CHRISTMAS OPEN HOUSE**

MEET AND GREET OLD AND NEW FRIENDS
SANTA IS COMING - BRING THE KIDS!

Sturday December 13, 2025 10AM - 3PM
Parkdale United Church 2918 - 8th Ave NW

HELPER ELVES NEEDED - PLEASE BRING FOOD
DONATIONS TO THE CHURCH BETWEEN 8:30AM - 9:30AM

KMIFTON2622@GMAIL.COM FOR MORE INFO CONTACT KAREN M
SPECIAL EVENTS CHAIR (403) 612-2622

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.

Grapevine October 2025



On the Cover: AA & Technology

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

Some stories include:

Reaching Out in New Ways

BY: GARY D. | EDGEWATER, FLORIDA

It was another self-pitying night of TV with my bottle, when an ad for a local rehab came on. I was rapidly approaching complete despair.

Can't Wait to See What's Next

BY: J.C. | MUSKEGON, MICHIGAN

On my first day in AA I was approached by the secretary of the meeting, and right away he gave me a homework assignment.

No Borders

BY: D.C. | APPLE VALLEY, CALIFORNIA

My online AA journey began when I was just 14 days sober. After surviving a life-saving emergency surgery that was directly related to my alcoholism, I was immobilized for eight weeks.

Critical Connections

BY: MATT S. | LIMA, OHIO

recovery services supervisor for a medium security correctional institution that incarcerates adjudicated male felony offenders serving short and long-t

Kicking It Into the Future

BY: DEANNA S. | ROSWELL, GEORGIA

Who would have thought that the COVID pandemic would be such a blessing to our little women's meeting we call Women Empowering Women?

"Alex Tell Me What to Do!"

BY: BLAINE H. | SAN DIEGO, CALIFORNIA

Being on the outs with my sponsor ("Why don't you write about that?

Delegate's Corner

Hello Area 78, harvest time! It's been a really good year for crops in our Area, for the most part. We had a lot of good rain and then a long fall season with lots of sun. Bumper crops, reaping what was sown in good measure! I look at myself and all those around me, noticing the harvest of not only my garden, but my heart's garden as well. My action garden, my spirit garden! During my evening inventory, was I kind, loving and tolerant? Have I been giving of all that has been freely given to me? Can I lay my head and rest with a clear conscience? What are the "fruits" of my daily actions! I hope you all are equally reflective this fall of your own harvest. And noticing our Area 78's harvest, I can say we are doing well as an Area! We had our elections for our Table Officers and Committee Chairs September 12-14 in Edmonton. The Assembly was very well attended, one of the highest attendance counts in recent years! Well done you!

The positions were all filled and none by acclamation as we had several really well qualified people to choose from for each and every position that was filled. Let's welcome and support our new Panel 76 Table officers: Delegate is Dave S and I am sure he will continue to foster leadership and unity in our Area. Our Alternate Delegate is Jeff B who did an awesome job as Area Chair. Our new Chair is Lynn C, recent Treasurer extraordinaire! The new Treasurer is Hugh M, and the new Secretary is Colette H. The Panel 76 Table Officers along with our 10 new Committee Chairs all love AA so much that they are willing to sacrifice some time and energy to ensure our Structure remains strong for those yet to come. Thank you all!

Speaking of remaining strong for those yet to come, our budget increased this year to cover additional costs and for the general liability insurance coverage for all groups. Area 78 is overseeing this and we voted to add a new budget line for this cost of \$6303 this year. At the Assembly I heard over and over again how some groups who had to pay upwards of \$400 - \$1,000/year, (and some that had to close because they couldn't afford Insurance), are now able to contribute more to Area 78 to carry the message of recovery farther. With this coverage, every group, and the service bodies within Area 78 are covered through the general liability Insurance at the \$5MM level. Special events can also be covered by emailing the Area insurance sub-committee well in advance of your event (insurance@area78.org). They will arrange and forward the Certificate of Insurance (COI) for your group facility and/or for a special event.

As members, we are the only ones to financially support our program that brought about so many incredible miracles. The Area needs the continued support of groups and members as they are able to financially contribute. What do we owe to the life we have now? At the 75th Conference in New York, I heard Kevin P give our financial report. I found it interesting that group contributions make up 63% of our overall budget income! And that the biggest source is from group contributions of \$50-\$100 per year! (\$26,000!) The second largest source is from groups sending \$50 or less! (\$24,000). Another amazing fact: Individuals who sent in \$50 or less totaled

\$14,862, \$50-\$100 contributed \$9,218! Only 286 people sent in \$5000 this past year and none sent in the \$7,500 max. So it is not the huge contributions that make up our budget, but the slow steady stream of what we can afford actually sent in. We thrive in AA on those regular, smaller donations of the many who contribute to all the levels of service. So grateful!!

Our meeting guide app cost \$50,100 last year and is maintained at a high level for users. This is another way our membership's 7th Tradition \$\$ is at work in a good way! We broke even on the International Convention with 33,801 paying members attending! The next International is in St. Louis in 2030! Celebrating AA being 95 years old! We are 90 years old now. Together, by being of service we have maintained a program that actually saves the lives of millions of sufferers of the disease of Alcoholism worldwide. And it's just been you and me keeping this thing alive! That equals a lot of love! That is an incredible harvest that we all have a part in celebrating.

We still know the work is not yet done. Our message of hope is truly an ongoing, full-time year-round operation! We are like a greenhouse! We continue sowing seeds even when it's cold outside, keeping the heat and lights on all the time! This we do for the love of what giving brings to us, and the lives it saves.

In closing this month's 'Delegates Corner' bit of news to keep you all informed, awake and aware, I want to thank you all so much for stepping up and being responsible! For the self-discipline and personal growth that has come from taking an active role in loving Alcoholics Anonymous.

We are way better than **me**.

Warm Regards and Loving Service,

Karen O'C

Area 78, Panel 74 Delegate

delegate@area78.org

cklinservice@icloud.com

403-479-6883

Public Information Committee

International/Regional Forum Committee

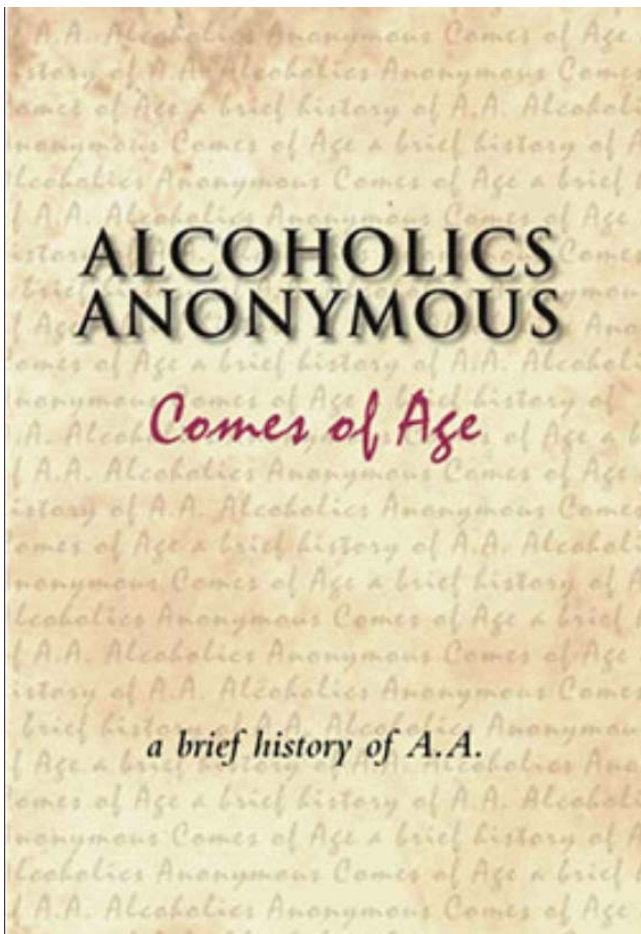
75th GSC Delegate Chair

"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"

Tradition 10

No A.A. group or member should ever, in such a way as to implicate AA, express any opinion on outside controversial issues - particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Since it began Alcoholics Anonymous never has been divided by a major controversial issue. Our fellowship never has taken sides publicly on any question in this embattled world. This has been no earned virtue. It could almost be said that we were born with it, for as one old-timer recently declared, "Practically never have I heard a heated religious, political, or reform argument among AA members. So long as we don't argue these matters privately, it's a cinch we never shall argue them publicly."



Let us re-emphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back

away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to AA as a whole, that is a different matter. As AA's we do not enter into public controversy, because we know that our fellowship will perish if we do. We conceive the survival and spread of Alcoholics Anonymous to be something of greater importance than any weight we could collectively throw back of other causes. Recovery from alcoholism is life itself to us, and we wish to preserve in full strength our means of survival.

Considering how most of us have really loved controversy, this denial of the privilege of attacking something or somebody in public is no small achievement for the naturally aggressive people that we are. To make our survival as a fellowship sure, we have often gone far in the opposite direction. Years ago, for example, we stood in great fear of the misuse of the AA name by AA's and outside groups who wanted to use it for their own money-raising, controversial, or publicity purposes. And we reflected that the bigger AA grew, the greater this temptation would surely be. Therefore we felt we had to find a way legally to protect the precious name of our society. Our Trustees were advised that this could be done only by incorporating the name Alcoholics Anonymous in every state of the Union and in all foreign countries. We actually began this tedious, complicated, and expensive task, which finally bogged down in a mass of technicalities, red tape, and charter.

But the conscience of Alcoholics Anonymous, its General Service Conference, had other ideas. The Conference pointed out to us how foolish it would be to incorporate AA's way of life as a legal instrument with which to attack anyone, no matter what the provocation. We would not be content with such an instrument with which to attack anyone, no matter what the provocation. We would not be content with such an instrument for purposes of pure restraint. Under enough provocation, we would be bound to start public lawsuits and thus enter the field of public controversy. It would be like building a war machine on the theory that it would always stay home and never fight. It would mean the legal organization of a fellowship whose Traditions insisted on its being unorganized. The Conference thought we ought to forget about the questionable advantages of legality and controversy and rely on group and public opinion for our ultimate protection. After long debate, we at the Headquarters saw that the conscience of Alcoholics Anonymous, acting through the delegates, was wiser than we were. So the Congress of the United States was never asked to incorporate AA.

Reprinted from "The Language of the Heart", Pg.27-28, with permission of Alcoholics Anonymous World Services,

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 10 & Tradition 10

Step 10 - "Continued to take_ personal inventory and when we were wrong promptly admitted it"

AS we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten, we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not. That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion—_anger, fear, jealousy, and the like. If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors now. Our inventory enables us to settle with the past. When this is done, we are really able to leave it behind us. When our inventory is carefully taken, and we have made peace with ourselves, the conviction follows that tomorrow's challenges can be met as they come.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spotcheck inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past... _

From Twelve Steps and Twelve Traditions, p.88-89

Tradition 10 - "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public_ controversy."

NEVER since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one old-timer recently declared "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly.

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. All history affords us the spectacle of striving nations and groups finally torn asunder because they were designed for, or tempted into, controversy. Others fell apart because of sheer self-righteousness while trying to enforce upon the rest of mankind some millennium of their own specification. In our own times, we have seen millions die in political and economic wars often spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished.

Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual responsibilities to act as they see the right upon issues of our time. But when it comes to A.A., that's quite a different matter. In this respect, we do not enter public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause.

From Twelve Steps and Twelve Traditions.