SUGGESTED 25¢ DONATION

THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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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.

INTERGROUP CONTACTS:

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives01@gmail.com	Telephone Monitoring Chair	phonemonitor301@gmail.com
Public Information Chair	pichair.calgary@gmail.com	12 Step Chair List	12steplist@calgaryaa.org
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	cgigevents@gmail.com
Intergroup/CGSC Liaison	cgscintergroup@gmail.com	Sunday Morning Breakfast	alfiedeo@gmail.com

CGSC CONTACTS:

Chairperson	chair@cgscaa.org	Alternate Chairperson	altchair@cgscaa.org
Treasurer	Treasurer@cgscaa.org	Secretary	secretary@cgscaa.org
Treatment Chair	treatment@cgscaa.org	Corrections Chair	corrections@cgscaa.org
C.P.C. Chair	cgsccpc@gmail.com	Grapevine Chair	grapevine@cgscaa.org
Bridging the Gap Chair	cgscbtg@gmail.com	Group Rec/Registrations	groupregistration@cgscaa.org
Tech Position	administrator@cgscaa.org	Treatment Facilities	treatment@cgscaa.org
Gratitude Roundup	gratituderoundup@cgscaa.org	Intro to Service Chair	introtoservice@cgscaa.org

UPCOMING COMMITTEE MEETINGS

DATE	COMMITTEE	ADDRESS
Nov 19 - 7pm	**Bridging the Gap**	***Online Only @ Google Meet @ http://meet.google.com/pqz-xqwb-jjf***
Nov 9 - 7pm	**Intergroup General**	***1802 33 ave SW Calgary***
Nov 11 - 7pm	**CGSC Treatment Centre**	***Zoom The Meeting ID: 91438486447. Passcode: 663975***
Nov 16 - 7:30pm	**Calgary General Service**	***1802 33 ave SW Calgary***
Nov 17 - 6:30pm	**Cooperation with the Professional Community**	***4021 4 st SE Calgary***
Dec 22 - 7pm Now a Quarterly Meeting	**Public Information**	***Zoom Meeting ID: 764 5364 8741 Passcode: Serenity***
Nov 23 - 7pm	**Intro to Service**	***Zoom The Meeting ID: 924 0372 1605. Passcode: 632249***

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MEETING INFO & CHANGES

NEW MEETINGS:

Garnet Block - New Woman's Meeting Tuesday's at 4pm, New open meeting Monday's at 3pm. Also New Monday Night Midnighter
Fellowship Room - Beginning October the weekday noon meetings will be closed Monday, Wednesday, Friday
FMC Recovery Group - Mondays @ 7pm Beginners Meetings, Special Services Building Room AGW4

MEETING CHANGES:

Woman of SMOG – Friday 7pm-8pm Zoom meeting Zoom Meeting ID: 403-397-1392, Password: 649183
Regal Group – As of September, 1st, Regal Group In Person & Regal Group Online. Will be 2 Separate Groups with no affiliation.
Regal Online, Are Now! "REGAL ZOOMERS",Mondays online at 7pm, Zoom ID# 83011712403, Password is: 254621
Thursdays online at 8pm, Zoom ID # 88348623072, Password is: 393653.Meetings are Closed Mixed. Looking for support
Ogden Group - The Thursday night 8:30pm meeting is changing to 8pm

MEETING INFO / SUPPORT:

MAAT Group- Join us for a meeting, we would love to see you - Thursday evening Step & Tradition at 7:00 pm - Crossroads Community Church (back door downstairs) - 912-19th St. NE. Calgary, AB
Mustard Seed Satellite Office-Looking for support Mondays @7pm Madigan Plaza 6060 Memorial Drive East

Monthly Intergroup Service Commitments

Sunday Morning (9:00am) Ramada Breakfast Meeting	AA Group
Nov 1	ABC Group
Nov 8	New Life
Nov 15	Thursday Night Ladies
Nov 22	Glenmore
Nov 29	New Beginnings
Phone Monitoring Dates	**AA Group**
Nov 9-15	SMOG
Nov 16 - 22	New Beginnings
Nov 23 - 29	New Life
Nov 30 - Dec 6	PPG
Dec 7 - 13	Glenmore Group

Treatment Speakers

Location & Time	AA Group
Alpha House Tuesdays 8pm	Ogden Group
Alpha House Fridays 8pm	Garnett Block
Dream Centre Sundays 7pm	New Beginnings
Drop In Centre Thursdays 7:30pm	Primary Purpose Group
Renfrew Detox Fridays 7pm	McKenzie Town
Sunrise Healing Lodge Tuesdays 8pm	Unity Group
Nam Recovery Tuesdays 10am	Regular Meeting
Simon House Tuesdays 7pm	Bridging the gap (volunteers)

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Happy Birthday!

October Birthdays

Ogden Group

Clay W	4 Years
Debra M	6 Years
Becky C	13 Years
Trish L	16 Years
Stan S	30 Years
Chuck C	18 Years

Just For Today

Lisa S	11 Years

Regal Group

Mark G	5 Years

Regal Zoomers

Christine T	9 Years

Unity Group

Ben F	1 Year
Matt F	1 Year
Kate N	7 Years
Sarah C	17 Years

Amen Group

Brian S	9 Years
Keith F	42 Years

Awakenings

Katrina	28 Years

Overcomers

Tim H	45 Years

19 Hole Mens

Chuck D	15 Years
Bryce O	34 Years
Jason S	32 Years

Kincora

Darnell G	10 Years
Audrey H	46 Years

Freedom Group

Max M	1 Year
Jen P	1 Year
Amanda C	2 Years

Country Group

Devar P	36 Years
Joe P	42 Years
Glen F	44 Years

Deer Ridge

Chelsea	1 Year
Marissa	4 Years
Greg S	13 Years
Jane M	35 Years
Lynda H	35 Years
Marc D	37 Years

NW Group

Jaclyn B	2 Years
Tom M	7 Years
Pat H	16 Years
Aimee G	17 Years

NADZIELA

Jan K	11 Years

Fellowship

Chico	4 Years

Wed. Eye Opener

Zach B	5 Years
Lyndsay M	11 Years
Vic S	45 Years

Mackenzie Town

Tony G	1 Year
Dale M	7 Years
Howie S	11 Years
Larry A	14 Years

Recovery Group

Tom C	4 Years
Zahra M	8 Years
Mark M	15 Years
Linda S	16 Years
Lavonne D	24 Years
Lawrence W	26 Years

Knox Nooners

Roland K	1 Year
Rachel H	3 Years
David B	12 Years
Graham S	47 Years

Garnet Block

Bob B	1 Year
Dale M	1 Year
Will F	1 Year
Don	1 Year
Liam P	1 Year
Matt G	1 Year
Jess	2 Years
Jess N	2 Years
Alyx	3 Years
Nicole P	5 Years
Trish	5 Years
Jeremiah	5 Years
AJ M	6 Years
Jack M	7 Years
Surrina	8 Years
David E	12 Years
James D	21 Years
Stan	30 Years
Wade	34 Years
Bill	41 Years
Curtis A	48 Years

New Beginnings

Heaven	1 Year
Beth	1 Year
Keshia W	2 Years
Kari	4 Years
Brad W	6 Years
Susan L	15 Years
Mariam A	20 Years
Rick A	22 Years
Richard	34 Years

November Birthdays

Midnapore

Lawrence B	1 Year
Mark S	2 Years
Lorelei S	3 Years
Allan H	5 Years
Monte G	20 Years

TNL

Bev F	10 Years

Regal Group

Chad M	2 Years
Blair T	48 Years
Sam C	46 Years

Freedom Group

Neal J	1 Year
Sergiu	8 Years
Rosemary F	33 Years
George B	38 Years

Country Group

Steve C	4 Years
Josh C	4 Years
Jeanae	7 Years

MAAT Group

Ally K	1 Year
Renzy J	2 Years
Roy	2 Years
Harold C	2 Years
Jay C	3 Years
Harvey F	9 Years

Fellowship Room

Buddy	22 Years

Regal Zoomers

Christine T	9 Years

Kincora

Brandt S	1 Year
Anne Marie C	34 Years

Amen Group

Morris P	45 Years

Deer Ridge

Thomas S	2 Years
Daneal	11 Years
Laara Z	12 Years
Ernie S	35 Years

Wednesday Eyeopener

Kurtis P	12 Years
Llynn R	12 Years
Anne G	34 Years

Ogden Group

Julia B	2 Years
Adam W	3 Years
Denise T	13 Years
Ellen G	32 Years
Al C	32 Years

North West Calgary Group

Pino S	2 Years
Adam I	4 Years
Lee H	19 Years

Unity Group

Shane S	9 Years
Travis A	19 Years
Darrin D	34 Years

Just For Today

Irene	38 Years

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Calls for Service & Announcements

Bridging the Gap



BTG REALLY NEEDS MORE TEMPORARY CONTACTS
Please volunteer

Next BTG Meeting Thursday November 19th ONLINE ONLY at 7pm

The BTG Committee meets at 7pm on the third Thursday of every month and in November, we're ONLINE ONLY on Google Meet at:

meet.google.com/pqz-xgwb-jjf

Come to our meeting to learn more about BTG opportunities, or email at:

cgscbtg@gmail.com

Volunteer with Intro to Service

Help Shape Our Intro to Service events that welcome and support new AAs twice a year.

4th Monday of Every Month (Hybrid)

7 to 8 pm

Calgary Central Office

4021 4 St SE, Calgary, AB T2G 2W4

For the Zoom link, please email introtoservice@cgscaa.org.

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 September and December which will be the 22nd)
Contact the C.P.C. Committee for more information at cgsccpc@gmail.com

13 Week Traditions Study Through our Second Legacy of Unity!

Friday
Sept. 11
6:30 p.m. to 8:30 p.m.
AA Central office
4021 4 St SE

Bring your own copy of these books:

AA Comes of Age

2025 edition of AA Service Manual

Crosstalk, arguing and double dipping encouraged.
Bring an open mind! And highlighters

For Inquires Call @ 403 650 8197

Calls For Service & Announcements





Public Information Committee

Carrying the Message to the Suffering by Informing the General public

If Interested Contact: Pichair.Calgary@Gmail.com



ALCOHOLCS ANONYMOUS
Calgary Archives

HELP WANTED

Archives Committee Meeting

Come check out the Archives! Discover some of the history that help tell the story of Alcoholics Anonymous.

Whether you are already interested in Archives or just curious to see what we have —Come take a look. Everyone is welcome!

JOIN US IN PERSON
AA Calgary Central Office
Address: 4021 4 st SE - Calgary AB

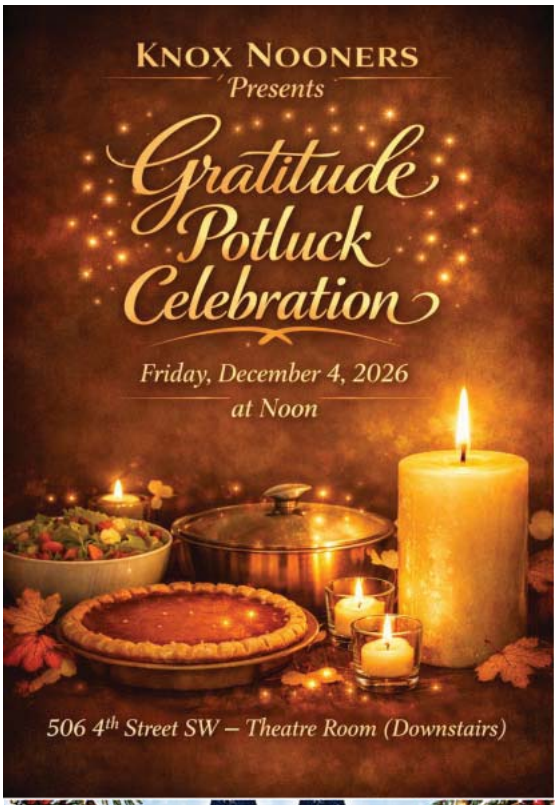
OR JOIN US ONLINE
Zoom meeting ID: 873 9549 9698
Password: Archives

Meeting Date: October 28, 2026
Time: 7PM - 8PM

COME SEE WHERE OUR HISTORY LIVES

Any Questions Email - cgigarchives01@gmail.com
Jess S. - Archives Chair

Fellowship and Events



Alcoholics Anonymous

13 Week Traditions Study

Essential Principles Central to AA Unity and Survival

Commencing: Wednesday, September 16, 2026

6:00 – 8:00 p.m.

Okotoks Evangelical Free Church

28 Westland Road, Okotoks

Enter through the South Entrance

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 Laurie (403) 616-1921 Dawn (250) 295-5334

Intro to Service Seminar

Learn how service strengthens recovery and about AA service committees in Calgary.

Saturday, November 7, 2026, 10 am – 3 pm

South Main Floor Hall

Scarborough United Church

134 Scarboro Ave, Calgary, AB T3C 2H1

Free Parking

Continental breakfast and lunch provided

Have fun meeting other AAs





CHAIRING AN AA MEETING

Workshop & Panel Discussion

Saturday, November 14, 2026 • 11:30 AM – 2:00 PM

Scarboro United Church

134 Scarboro Avenue SW, Calgary

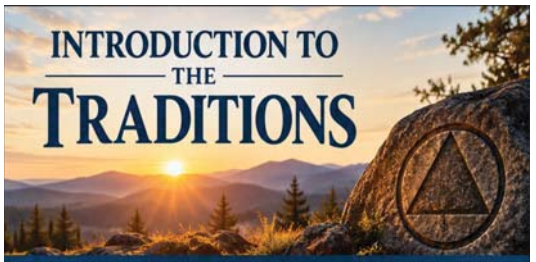
The Dos & Don'ts • Protocol • Difficult Situations • Panel Discussion

All AA members welcome

Light lunch (sandwiches) provided

Hosted by Daily Reflections

Want to help? Volunteers welcome — contact Doug at 403-354-3178



INTRODUCTION TO THE TRADITIONS

Starting on Nov 30th,

New Beginnings will be holding an introduction to the traditions study.

Over a four-week period, we will study 3 traditions per night in 30-minute blocks. For a total meeting time of 1.5 hours.

Meant to be accessible by anyone regardless of their previous knowledge of the traditions, regardless of length of sobriety, no expensive literature purchase is required, we will be using only the 12 traditions illustrated pamphlet for source material.

If you are new to AA or are interested in learning about our traditions, we welcome you.



Where:
Southwood united church, 10690 Elbow Dr SW

When:
Monday evenings Nov 30 – Dec 21

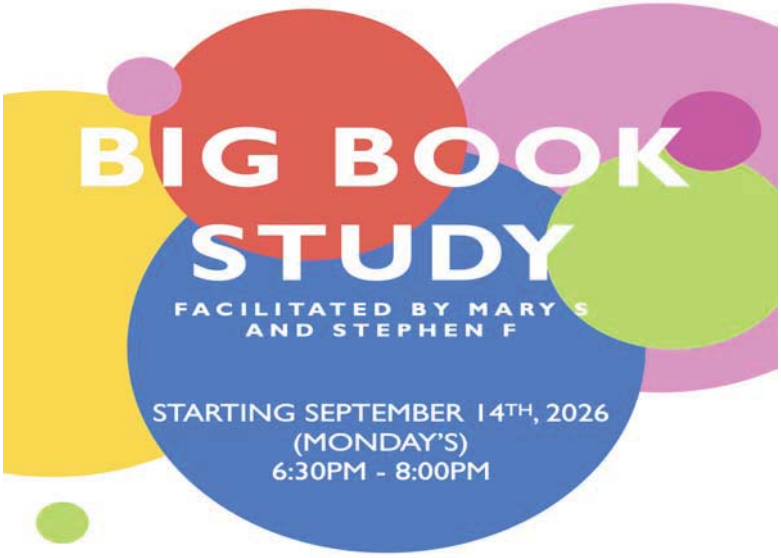
Time:
6:30 – 8:00 pm

What to bring:
12 traditions illustrated pamphlet (P43)
It can be found at most groups, purchased at central office or printed from AA.org

All are welcome!

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Fellowship & Events

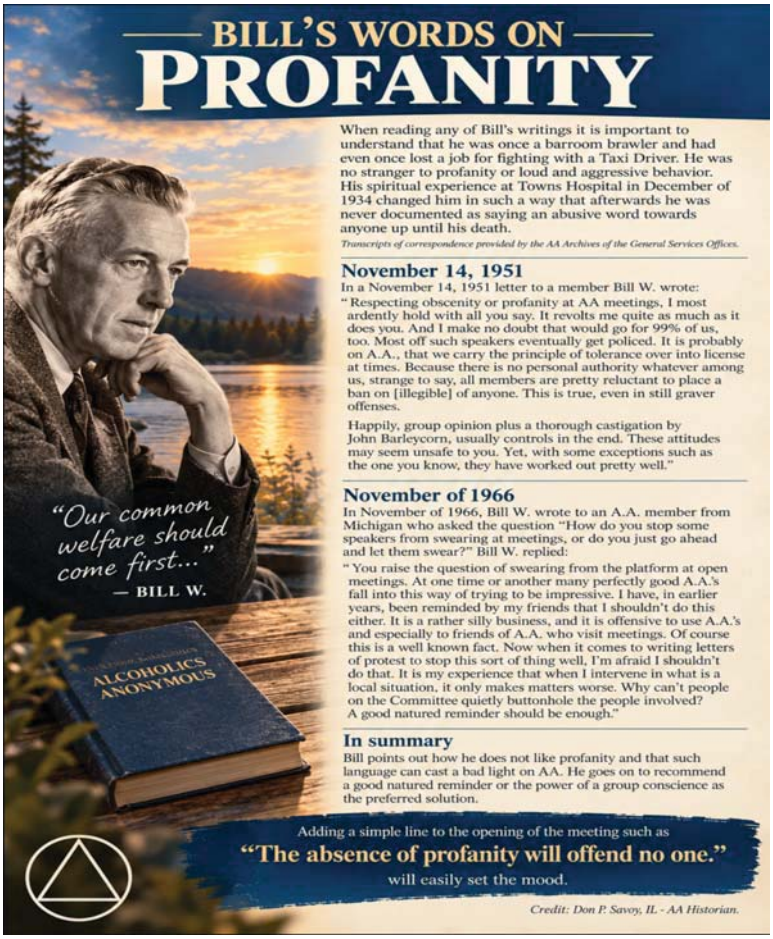


LOCATION: NEW BEGINNINGS
SOUTHWOOD UNITED CHURCH
10690 ELBOW DR SW, CALGARY

DON'T FORGET YOUR BIG BOOK AND HIGHLIGHTERS!



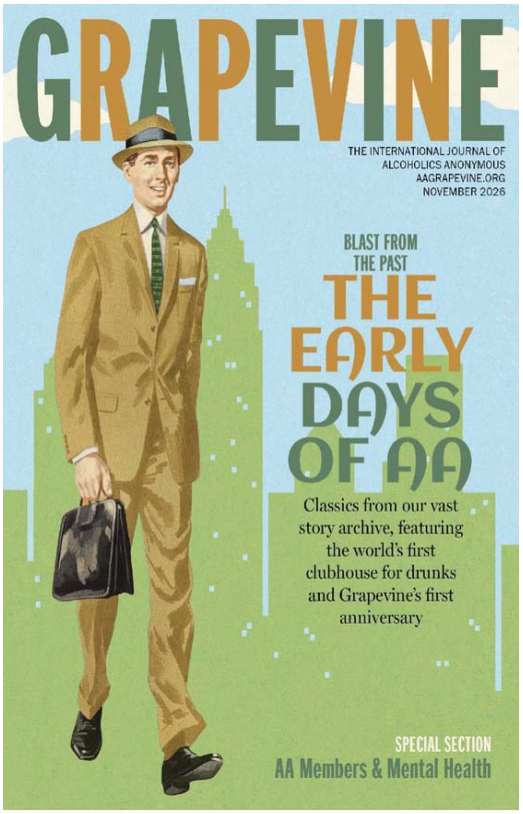




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Grapevine November 2026

AA Members & Mental Health



November's issue features stories from our vast Grapevine Archive about the early days of AA. There's also a special section by AA members sharing powerful stories about dealing with mental health

A Matter of Life & Death

By: Ernst G. | Staten Island, New York

I began drinking at age 15, and I thought I had hit bottom by 20. But before I found myself in an AA meeting, I experienced the onset of schizophrenia.

Walking Through It

By: Don S. | Manakin Sabot, Virginia

February 23, 1984 is the day my life changed. Before then I was drinking a fifth of vodka every few days and taking whatever benzodiazepines I could get.

Living Proof

By: Dorothy W. | Long Island, New York

My sobriety journey began in a psychiatric unit. I never thought I would end up there. A breakup of my marriage had sent me over the edge.

Just the Way I Am

By: Jack L. | Blythewood, South Carolina

I was hit early in life with the mental illness "stick." I struggled greatly with social anxiety, especially when I tried to mix with people.

Getting the Help We Need

By: Ray M. | Hurst, Texas

I'm an AA member who is recovering from both alcoholism and a mental health condition. It's not something that I talk about much in meetings, but that's me.

Delegates Corner

Area 78 – Panel 76 Delegate's Corner / November 2026

My name is Dave S., and I am a real alcoholic as described in the Big Book of Alcoholics Anonymous.

Hello my fellow members of this treasured fellowship in Area 78. My lovely wife Val is typing this as we are in Nanaimo, BC just having spent the weekend in Port Alberni at the Area 79 BC/Yukon Election Assembly. There was over 350 members in the room and 103 online as they are fully hybrid. There was approximately 260 voting members present both in person and virtually.

The weekend before we had the privilege of being in Meadow Lake Saskatchewan for the Area 91 Saskatchewan Election Assembly.

It was amazing to see how differently our Areas conduct their business as they also dealt with motions from the memberships after the elections. It has been a continued practice in Western Canda Region for the four Areas to support each other in facilitating elections. We have had many delegates and past trusted servants from Area 80 Manitoba and the two Areas mentioned above to come to our election assemblies and help us.

I really loved the Area 78 Business Assembly in Edmonton this past September. Thank you for all who showed up representing their groups and districts. There were 16 motions and much robust discussion as well as fiery passion that just showed how much everyone in the room loves Alcoholics Anonymous. It goes to prove that our founders were correct in knowing a structure in US/Canada had to be constructed with assemblies all over North America and group representatives sent to these assemblies electing delegates to carry the group conscious to New York.

We were blessed to have Scott H (Chair of the Board of Trustees) in attendance to answer some pressing and heart-felt questions.

I am in deep gratitude to all you members out there for taking the time to elect and send the most important service position in AA (other than sponsorship) - the GSR for your group with your group's vote.

FYI – the new Service Manual is available at the AA.org bookstore and in print at your Central Offices. As well, the 2026 Final Conference Report is available.

I love alcoholics! So thank you all for your service and everything you do to help us fulfill our primary purpose and our great responsibility to keep this goin' for generations to come. Have a wonderful November!

I am always available for your questions and comments by email or by phone.

Love,

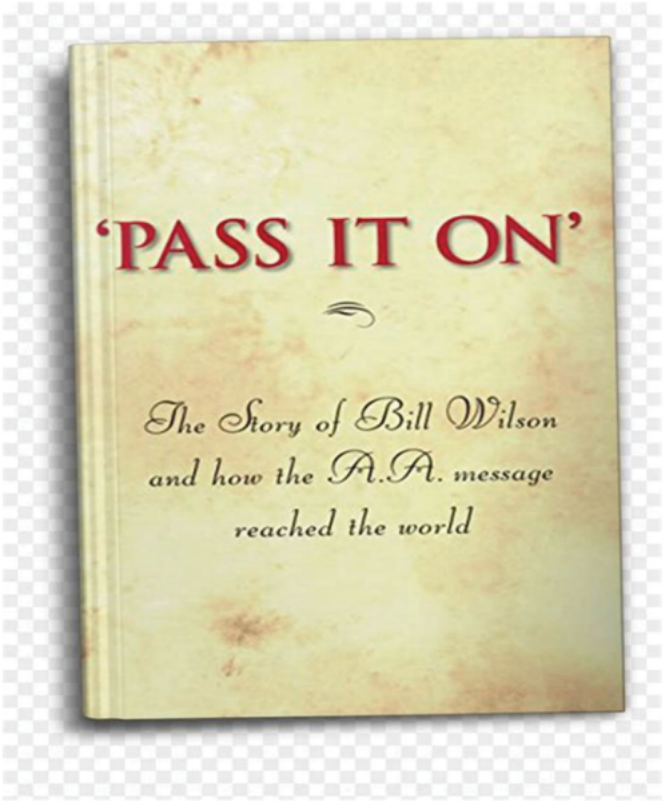
Dave S
Delegate Area 78 Panel 76
403 852-7659

delegate@area78.org

Tradition 11

The Eleventh Tradition

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.



Reprinted from: Pass it on, Pg.314, with permission of Alcoholics Anonymous World Services, Inc.

When Time magazine wanted to put Bill on its cover—that is, put the back of his head on the front of the magazine—Bill declined, and declined the cover story as well. He reasoned:

"For all I know, a piece of this sort could have brought A.A. a thousand members—possibly a lot more.

"Therefore, when I turned that article down, I denied recovery to an awful lot of alcoholics—some of these may already be dead. And practically all the rest of them, we may suppose, are still sick and suffering. Therefore, in a sense, my action has pronounced the death sentence on some drunks and condemned others to a much longer period of illness.

"But I went well over on the conservative side, because the requirements of the piece would have tended to create a clear and colorful public image of me as a person. This would have created for the future, I am sure, a temptation in our power-driving people to get like pieces—presently with full names and pictures. For this reason, I estimated that it would be better for some to die and others to suffer, rather than to set such a perilous precedent. Therefore, I declined the publicity, and I must confess it wasn't easy."

Step & Tradition 11

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

From Twelve Steps and Twelve Traditions, chapter on Step 11.

PRAYER and meditation are our principal means of conscious contact with God.

We A.A.'s are active folk, enjoying the satisfactions of dealing with the realities of life, usually for the first time in our lives, and strenuously trying to help the next alcoholic who comes along. So it isn't surprising that we often tend to slight serious meditation and prayer as something not really necessary. To be sure, we feel it is something that might help us to meet an occasional emergency, but at first many of us are apt to regard it as a somewhat mysterious skill of clergymen, from which we may hope to get a secondhand benefit. Or perhaps we don't believe in these things at all.

To certain newcomers and to those one-time agnostics who still cling to the A.A. group as their higher power, claims for the power of prayer may, despite all the logic and experience in proof of it, still be unconvincing or quite objectionable. Those of us who once felt this way can certainly understand and sympathize. We well remember how something deep inside us kept rebelling against the idea of bowing before any God. Many of us had strong logic, too, which "proved" there was no God whatever. What about all the accidents, sickness, cruelty, and injustice in the world? What about all those unhappy lives which were the direct result of unfortunate birth and uncontrollable circumstances? Surely there could be no justice in this scheme of things, and therefore no God at all…

Of course we finally did experiment, and when unexpected results followed, we felt different; in fact we knew different; and so we were sold on meditation and prayer…

Tradition 11 –Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

From Twelve Steps and Twelve Traditions, chapter on Tradition 11.

Let's see how these two contrasting ideas—attraction and promotion—work out. A political party wishes to win an election, so it advertises the virtues of its leadership to draw votes. A worthy charity wants to raise money; forthwith, its letterhead shows the name of every distinguished person whose support can be obtained. Much of the political, economic, and religious life of the world is dependent upon publicized leadership. People who symbolize causes and ideas fill a deep human need. We of A.A. do not question that. But we do have to soberly face the fact that being in the public eye is hazardous, especially for us. By temperament, nearly every one of us had been an irrepressible promoter, and the prospect of a society composed almost entirely of promoters was frightening. Considering this explosive factor, we knew we had to exercise self-restraint.

The way this restraint paid off was startling. It resulted in more favorable publicity of Alcoholics Anonymous than could possibly have been obtained through all the arts and abilities of A.A.'s best press agents. Obviously, A.A. had to be publicized somehow, so we resorted to the idea that it would be far better to let our friends do this for us. Precisely that has happened, to an unbelievable extent. Veteran newsmen, trained doubters that they are, have gone all out to carry A.A.'s message. To them, we are something more than the source of good stories. On almost every newsfront, the men and women of the press have attached themselves to us as friends.

In the beginning, the press could not understand our refusal of all personal publicity. They were genuinely baffled by our insistence upon anonymity. Then they got the point. Here was something rare in the world—a society which said it wished to publicize its principles and its work, but not its individual members..