

THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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PIONEERS ROUND UP 2026

81 YEARS OF ALCOHOLICS ANONYMOUS IN CALGARY

*Honouring Those
Who Came Before Us.
Carrying the Message
Forward.*

HOTEL
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 SATURDAY, OCTOBER 17TH, 2026 2:00 - 8:00 PM DALHOUSIE COMMUNITY CHURCH
5511 BAROC RD NW, CALGARY TICKETS

Available online and from Central Office

- \$40 Early Bird - Till September 17th 2026
- \$50 - After and if available at the door



Scan for
Tickets



IN THE SPIRIT OF TRADITION 6 AA 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.

INTERGROUP CONTACTS:

Intergroup Chairperson	cgigchair@gmail.com	Intergroup Alternate Chair	cgigalterchair@gmail.com
Intergroup Archives Chair	cgigarchives@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		

CGSC CONTACTS:

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

UPCOMING COMMITTEE MEETINGS

DATE	COMMITTEE	ADDRESS
Oct 15 - 7pm	Bridging the Gap	4021 4 st SE Calgary Online @ Google Meet @ https://meet.google.com/pqz-xgwb-jjf
Oct 12 - 7pm	Intergroup General	1802 33 ave SW Calgary
Oct 7 - 7pm	CGSC Treatment Centre	4021 4 st SE Calgary
Oct 19 - 7:30pm	Calgary General Service	1802 33 ave SW Calgary
Oct 20 - 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
Oct 26 - 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 Midnigher
Fellowship Room - Beginnong October the weekday noon meetings will be closed Monday, Wednesday, Friday

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.

Please publish in Westword for September, October, November & December.

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

Freedom Group: Weedom Hall will NOT be meeting Tuesday October 20. We will meet Thursday Oct 22 at 7:30 p.m. instead.

Monthly Intergroup Service Commitments

Sunday Morning (9:00am) Ramada Breakfast Meeting	AA Group
Oct 4	SMOG
Oct 11	19th Hole
Oct 18th	Glenmore Goup
Oct 25	Vacant
Phone Monitoring Dates	AA Group
Oct 5-11	Glenmore Group
Oct 12-18	Deer Ridge
Oct 19-25	PPG
Oct 26- Nov 1	Mckenzie Town
Nov 2-8	Go For It

Treatment Speakers

Location & Time	AA Group
Alpha House Tuesdays 8pm	PPG
Alpha House Fridays 8pm	19th Hole
Dream Centre Sundays 7pm	Deer Ridge
Drop In Centre Thursdays 7:30pm	Primary Purpose Group
Renfrew Detox Fridays 7pm	Road To Recovery
Sunrise Healing Lodge Tuesdays 8pm	Walking Eagle
Nam Recovery Tuesdays 10am	Regular Meeting
Simon House Tuesdays 7pm	Bridging the gap (volunteers)

Happy Birthday!

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September Birthdays						October Birthdays			
Ogden Group		Deer Ridge		Garnet Block		Ogden Group		Country Group	
Kris M	1 Year	Raylene B	4 Years	Ryder	1 Year	Clay W	4 Years	Devar P	36 Years
Chico U	2 Years	Jon W	4 Years	Megan M	1 Year	Debra M	6 Years	Joe P	42 Years
Tanya B	3 Years	Deanne	18 Years	Ryan B	1 Year	Becky C	13 Years	Glen F	44 Years
Mike H	13 Years	Cassie S	31 Years	Grant N	2 Years	Trish L	16 Years	Deer Ridge	
Jordan D	14 Years	Freedom Group		Jared H	2 Years	Stan S 30 Years	14 Years	Chelsea	1 Year
Veronica H	14 Years	Sean L	1 Year	David M	2 Years	Just For Today		Marissa	4 Years
Austin M	19 Years	MAAT Group		Selinah	3 Years	Lisa S	11 Years	Greg S	13 Years
Yvonne S	23 Years	Dylan R	3 Years	Matt L	4 Years	Regal Group		Jane M	35 Years
Lawrence M	26 Years	Gerald B	5 Years	Dylan	4 Years	Mark G	5 Years	Lynda H	35 Years
Kincora		Ed H	15 Years	Dustin	4 Years	Regal Zoomers		Marc D	37 Years
Haley S	3 years	ABC Group		Gerald	5 Years	Christine T	9 Years	NW Group	
Lynn A	24 Years	Bruce M	9 Years	Amber	5 Years	Unity Group		Jaclyn B	2 Years
NW Group		Thomas M	17 Years	Clarke	12 Years	Ben F	1 Year	Tom M	7 Years
Oliver B	1 Year	Unity Group		Peter	14 Years	Matt F	1 Year	Pat H	16 Years
Lisa N	6 Years	Shaun F	1 Year	Derek	28 Years	Kate N	7 Years	Aimee G	17 Years
Colin P	15 Years	Brenden H	4 Years	Josh	55 Years	Sarah C	17 Years	NADZIELA	
New Life		Will B	10 Years	Knox Nooners		Amen Group		Jan K	11 Years
Erin	6 Years	Edgemont		Geordie	7 Years	Brian S	9 Years	Fellowship	
Kevin	28 Years	Bret O	2 Years	Ted L	43 Years	Keith F	42 Years	Chico	4 Years
Haddon Group		Russell G	3 Years			Awakenings		Wed. Eye Opener	
Jeff M	6 Years	New Beginnings				Katrina	28 Years	Zach B	5 Years
Kevin R	7 Years	Chris K	1 Year			Overcomers		Lyndsay M	11 Years
Lyn H	7 Years	Sarah-Anne J	1 Year			Tim H	45 Years	Vic S	45 Years
Greg S	24 Years	Eva M	1 Year			19 Hole Mens			
Marty K	26 Years	D.L	4 Years			Chuck D	15 Years		
Gordon F	26 Years	Catherine	9 Years			Bryce O	34 Years		
Just For Today		Marcie F	9 Years			Kincora			
Ken S	3 Years	Hubert	29 Years			Darnell G	10 Years		
JC	22 Years	Marron R	29 Years			Audrey H	46 Years		
Country Group		Louise M	37 Years						
Samantha M	1 Year	Bev S	38 Years						
Leslie F	2 Years	Loren	43 Years						
Ed R	24 Years	19th Hole Mens							
Amen Group		Chris K	1 Year						
Brendon S	3 Years	Brad A	4 Years						
Chinook Group		Ezra M	12 Years						
Grace P	41 Years								
Fellowship Group									
Kattie	1 Year								
Josh	2 Years								
Ken	3 Years								
Brenda	3 Years								

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Calls for Service & Announcements

Bridging the Gap

BRIDGING THE GAP NEEDS YOUR HELP

VOLUNTEER AS A TEMPORARY CONTACT



AS WE EXPAND THE TEMPORARY CONTACT PROGRAM INTO MORE DETOX/TREATMENT & CORRECTIONS FACILITIES AROUND CALGARY, BTG IS IN NEED OF MANY MORE TEMPORARY CONTACTS.

TEMPORARY CONTACTS ACT AS "AA TOUR GUIDES", WALKING WITH RECENTLY DISCHARGED NEWCOMERS AS THEY ATTEND THEIR FIRST FEW AA MEETINGS, HELPING WITH:

1. FINDING A HOME GROUP
2. FINDING A TEMPORARY SPONSOR OR SPONSOR
3. UNDERSTANDING AA TOOLS AND TONES, LIKE: THE MEETING GUIDE, THE BIG BOOK, THE 12 STEPS & 12 TRADITIONS, ETC.

IF YOU CAN VOLUNTEER JUST A COUPLE OF HOURS EVERY 3 MONTHS, PLEASE CONSIDER VOLUNTEERING FOR THIS IMPORTANT SERVICE.

Sign up to volunteer online using the QR Code or for more information, contact BTG at xgw379@gmail.com

**Next BTG Meeting
Thursday
October 15th
at 7pm**

The BTG Committee meets at 7pm on the third Thursday of every month in person at Central Office (4021 4th Street SE), AND NOW on Google Meet at

meet.google.com/pqz-xgwb-jjf

We are also looking for a new **MEETING COORDINATOR** to monitor the Speakers/Chairs who sign up using our Booking Calendar for our Wednesday 7pm BTG Meeting at Renfrew. This role takes **less than 1 hour per week of time.**

Come to our meeting to learn more about these opportunities, or reach out to

**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 cgscaa@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

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Calls For Service & Announcements

we're back at the
FOOTHILLS MEDICAL
CENTER

MONDAY NIGHTS AT 7PM
BEGINNERS MEETING
SPECIAL SERVICES BUILDING
ROOM AGW4



FMC Recovery Group needs your support!
Join us in making a difference.

Public Information Committee

Carrying the Message to the Suffering by Informing the General public

If Interested Contact: Picchair.Calgary@gmail.com



Alcoholics Anonymous **13 Week Traditions Study** **Through our Second Legacy of Unity!**

Commencing: Wednesday, April 1, 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 (250) 295-5334

Save the Date!

AA Sponsorship Seminar

9:30 a.m. – 3:00 p.m.

Saturday, October 3, 2026

Southwood United Church,

10690 Elbow Dr SW, Calgary

Hosted by District 83

- No cost
- Snacks and lunch will be provided
- Text Jon G. (403) 669-5206 with any questions

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Fellowship and Events

1 of 1

HADDON HALLOWEEN HOWLER

AT
Haddon Group
St. Andrew's Presbyterian Church
703 Heritage Drive SW

A NIGHT OF KARAOKE

PRIZES FOR THE BEST COSTUMES!

SATURDAY, OCTOBER 31, 2026
8:30 PM

Directly following the Birthdays meeting

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 inquiries 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**

UNITY AA SERVICE RECOVERY

HIGH RIVER ALCOHOLICS ANONYMOUS

A. A. Works!

65 YEARS

1961 – 2026

OF CARRYING THE MESSAGE OF HOPE

COME CELEBRATE 65 Years With Us!

OCTOBER 16, 2026

6:00 PM POTLUCK

7:30 PM SPEAKER

GOOD SHEPHERD LUTHERAN CHURCH
910 12TH AVE SOUTHWEST, HIGH RIVER

Food, Fellowship & Gratitude – Everyone Welcome!

ONE DAY AT A TIME • EASY DOES IT • KEEP IT SIMPLE



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

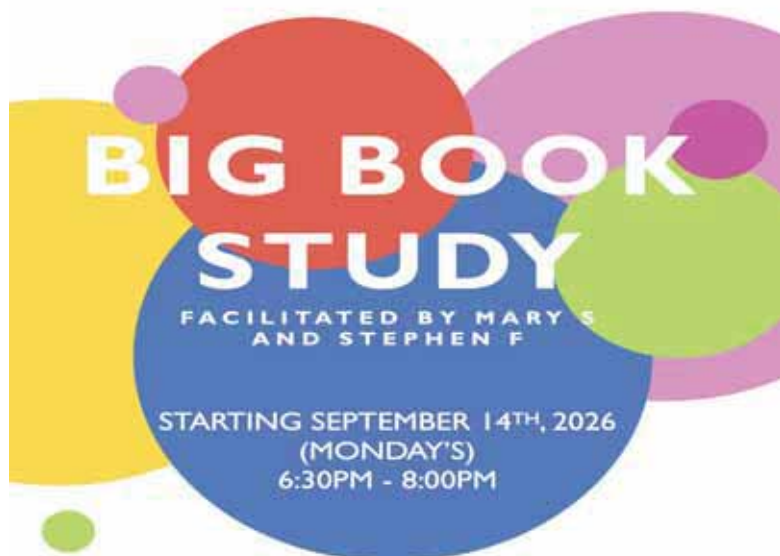
Light lunch (sandwiches) provided

Hosted by Daily Reflections

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

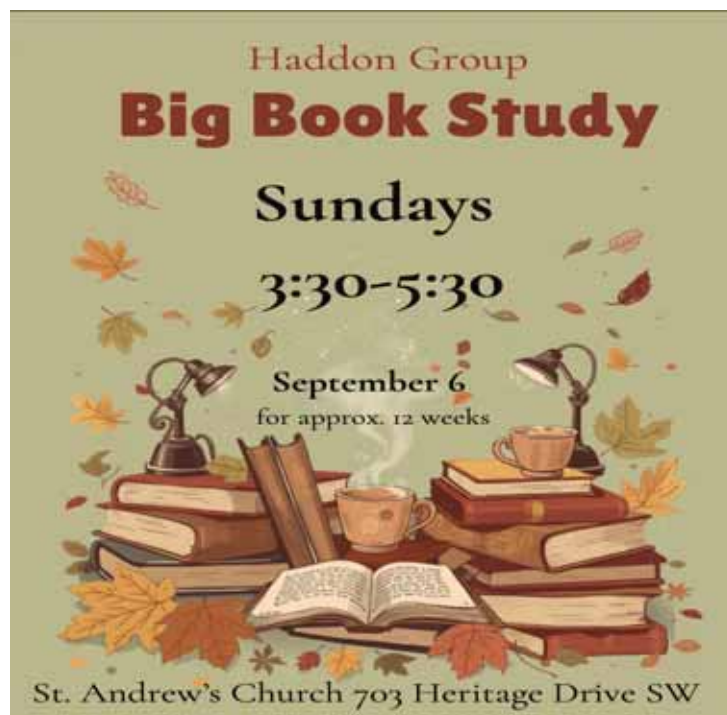
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Fellowship & Events



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

DON'T FORGET YOUR BIG BOOK AND HIGHLIGHTERS!



**JOIN US
 IN THE FELLOWSHIP OF THE SPIRIT 2026**

23rd ANNUAL BIG BOOK STUDY RETREAT
 AT CAMP KINDLE IN BEAUTIFUL WATER VALLEY
 Fellowship | Learning | Campfire Meetings
 SereneNaturalSetting

Facilitated by: Darin H and Joy H from
 Kansas City, MO
 Dates: Nov 20- Nov 22, 2026
 Location: Camp Kindle,
 29479 Range Rd 61a Water Valley, AB
 Cost: \$300 per guest includes all food,
 accomodation & activities for the weekend

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

EXPERIENCE A WEEKEND OF FELLOWSHIP, RECOVERY, AND INSPIRATION
 RESERVE YOUR SPOT EARLY THIS RETREAT SELLS OUT EVERY YEAR

Registration Opens: August 17, 2026

**SUNDAY NIGHT
 SPEAKER MEETING**

GORD (unity)
 October 4

MATT
 (Homeward Bounders)
 October 11

DARREN
 (Harvest Hills)
 October 18

DENNIS
 (unity)
 October 25

When: EVERY SUNDAY 7:30pm - 8:30pm
Where: PARKDALE UNITED CHURCH
 2919 - 8 AVE NW CALGARY
 Sponsored by District 77

For a good seat at the back, we suggest you arrive early as seating is limited

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Grapevine October 2026



Loneliness

October's special section is about "Loneliness." AA members share touching, helpful stories about dealing with a common feeling that's rarely discussed.

A Sense of Belonging

By: Jake B. | Cheyenne, Wyoming

Loneliness is the "L" in the AA slogan H.A.L.T.—one of the four dangerous states that can lead to relapse. In my early days, I understood the other letters: Hungry, Angry and Tired.

Feeling Lonely?

By: Nikki O. | Maine

I was sitting in an AA meeting surrounded by laughter and hugs. People were shaking hands, pouring coffee and chatting about their week.

Love, Coffee & Hot Donuts

By: Tom L. | Albany, Georgia

Four years ago, I came home one evening from my usual AA meeting to find my wife in an irrational rage.

When Loneliness Comes

By: Tracy A. | Scarborough, Ontario

My alcoholism ended up costing me everything. Because of my poor choices and skewed priorities, my 27-year marriage ended a couple of years ago, right before I found the rooms of AA.

Searching & Trusting

By: Sean S. | New York, New York

One of the things I always identify with in AA meetings is when people describe that alcoholic sense of "anxious apartness," as it's called in the Step Five chapter of our "Twelve and Twelve"

Delegates Corner

Delegate's Corner – October 2026 – Area 78

My name is Dave S and I am an alcoholic. I am excited for all of us entering October. This is the 10th month and a lot of our groups will be discussing Step 10, looking at ourselves and continuing to take personal inventory. I have personally found Step 10, which I did not really practice in my prior stints in sobriety. Step 10 is the most valuable tool for me in my relationship with others, especially with my wife. For anyone in a relationship with another, I highly recommend it!

BIG NEWS! I am writing this the Monday after our Area 78 Business Assembly in Edmonton. There were 182 AA members in the room and 28 ~~livestreaming~~ the weekend, as we worked through reports and many, many motions on the floor to be voted on. There were 25 brand new GSRs. The biggest news is that Area 78 passed a motion to have fully hybrid assemblies.

Starting in March 2027, any trusted servant who cannot make an Assembly due to health concerns or any other reason will be able to give their reports, vote on motions and vote at election assemblies when we elect our new trusted servants.

There was more business conducted with more motions than I've seen since 2016. There was much robust discussion. Our Chair, Lynn C, did an amazing job of conducting the hours of business with love, respect and trust. The process went amazingly smooth. The results will all be in the minutes within about six weeks in Area 78 Private Downloads. Ask your GSR how to access this important information.

In Alcoholics Anonymous, the biggest change in my life was the day I put my hand up to be the GSR of my group. The first assembly or two can be overwhelming. Every service position in AA, in general service or within the groups, what I have witnessed – the people who stay a little later or come a little earlier, are the people more filled with joy, gratitude and a love that keeps expanding for Alcoholics Anonymous.

I want to thank each and every one of you that I have met along the way at every meeting I have attended in our common purpose to help the still suffering alcoholic.

My wife Val and I look forward to meeting you along the way.

My wish for all of you is in this quote:

"Our spiritual way of life is one of constant growth and change" – Bill W.

In Gratitude Your Humble Servant

Dave Stewart - Delegate Area 78 Panel 76

delegate@area78.org

[403-852-7659](tel:403-852-7659)

Conference Committee on Agenda

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.

Tradition 10

The Tenth Tradition

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."

...

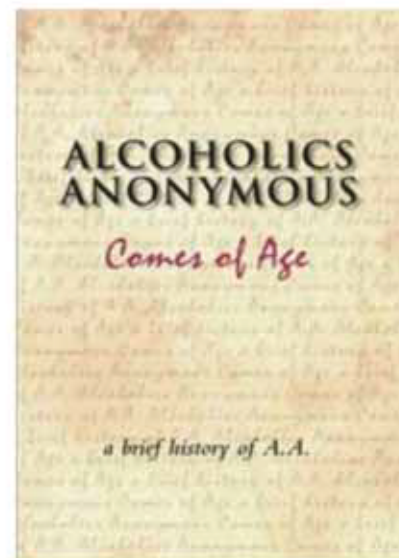
Let us re-emphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people. Nor does it mean that the members of Alcoholics Anonymous, now restored as citizens of the world, are going to back away from their individual 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 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 Alcoholics Comes of Age, Pg. 122-127, with permission of Alcoholics Anonymous World Services, Inc.

Step & 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.