

SUGGESTED 25¢ DONATION



THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

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AA CALGARY DISTRICT FALL Barbeque

**OCTOBER 3RD****8:45 UNTIL 2:45****SITE NUMBER 3
BOWNESS PARK**SUPPORTED BY 7TH TRADITION

★ POTLUCK ★

BURGERS, HOT DOGS, POP SUPPLIED

**FOOD, FELLOWSHIP
AND GRATITUDE!**

PIONEERS ROUND UP 2026

81 YEARS OF ALCOHOLICS ANONYMOUS IN CALGARY

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

HOTEL
YORK
CAFE

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
Sept 17 - 7pm	Bridging the Gap	4021 4 st SE Calgary Online @ Google Meet @ https://meet.google.com/pqz-xgwb-jjf
Sept 14 - 7pm	Intergroup General	1802 33 ave SW Calgary
Sept 2 - 7pm	CGSC Treatment Centre	4021 4 st SE Calgary
Sept 21 - 7:30pm	Calgary General Service	1802 33 ave SW Calgary
Sept 15 - 6:30pm	Cooperation with the Professional Community	4021 4 st SE Calgary
Sept 22 - 7pm Now a Quarterly Meeting	Public Information	Zoom Meeting ID: 764 5364 8741 Passcode: Serenity
September 28 - 7pm	Intro to Service	Zoom The Meeting ID: 924 0372 1605. Passcode: 632249

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
Hodgkiss Group - First meeting, Saturday September 19 at 8PM. 14555 84 ST.,SE,Beginner meeting, steps 1,2,3 plus maximum 3 topics.

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- We are seeking your support - please come for a visit - Thursdays at 7:00 pm - Step & Tradition - B'day last Thursday - 912-19 St NE, Calgary, AB (back door)

Freedom Group: The Freedom group will be doing a Stampede BBQ on Tuesday July 7th at 5pm prior to our 7:30pm meeting.

Monthly Intergroup Service Commitments

Sunday Morning (9:00am) Ramada Breakfast Meeting	AA Group
Sept 6	Vacant
Sept 13	Know Nooners
Sept 20	Unity Group
Sept 27	Vacant
Phone Monitoring Dates	AA Group
Aug 31-Sept 6	19th Hole Mens
Sept 7 - 13	ABC Group
Sept 14-20	Haddon Group
Sept 21-27	PPG
Sept 28-Oct 4	Ogden Group

Treatment Speakers

Location & Time	AA Group
Alpha House Tuesdays 8pm	Unity Group
Alpha House Fridays 8pm	19th Hole
Dream Centre Sundays 7pm	Recovery Group
Drop In Centre Thursdays 7:30pm	Primary Purpose Group
Renfrew Detox Fridays 7pm	Elbow Park Group
Sunrise Healing Lodge Tuesdays 8pm	New Beginnings
Nam Recovery Tuesdays 10am	Regular Meeting
Simon House Tuesdays 7pm	Bridging the gap (volunteers)

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Happy Birthday!

August Birthdays						September Birthdays			
MAAT Group		NW Group		New Beginnings		Ogden Group		Deer Ridge	
Shiffone	1 Year	Evren M	3 Years	Samantha J	1 Year	Kris M	1 Year	Raylene B	4 Years
Marshall D	44 Years	Dave W	6 Years	Tekla	3 Years	Chico U	2 Years	Jon W	4 Years
19th Hole Mens		Stacey G	10 Years	Tonya D	10 Years	Tanya B	3 Years	Deanne	18 Years
Jarret H	13 Years	Jarred W	10 Years	Betty	11 Years	Mike H	13 Years	Cassie S	31 Years
Wes F	16 Years	Leslie P	27 Years	Janine	14 Years	Jordan D	14 Years		
Tracy C	31 Years	Roger D	39 Years	Randall	15 Years	Veronica H	14 Years		
Ogden Group		ABC Group		Don	21 Years	Austin M	19 Years	Freedom Group	
Levi A	5 Years	Lib B	39 Years	Lise W	26 Years	Yvonne S	23 Years	Sean L	1 Year
Jim K	18 Years	Awakenings		Al S	37 Years	Lawrence M	26 Years	MAAT Group	
Mary S	24 Years	Ryan G	13 Years	Joanne G	38 Years	Kincora		Dylan R	3 Years
Karol K	50 Years	Bob J	39 Years	Recovery Group		Haley S	3 years	Gerald B	5 Years
Step, Stories & Beyond		New Beginnings		Krista O	2 Years	Lynn A	24 Years	Ed H	15 Years
Dave B	2 Years			Brian S	2 Years	NW Group		ABC Group	
Mike D	15 Years			Bobby P	16 Years	Oliver B	1 Year	Bruce M	9 Years
Bob C	54 Years	Garnet Block		Ron M	20 Years	Lisa N	6 Years	Thomas M	17 Years
Regal Group		Matthew S	1 Year	Just For Today		Colin P	15 Years		
Jason F	2 Years	Savage	1 Year	Matthew B	1 Year	New Life			
Chris D	5 Years	Erik	2 Years	Edgemont		Erin	6 Years		
Brad I	12 Years	Tanya	2 Years	Mike R	5 Years	Kevin	28 Years		
Jim M	27 Years	Clayton	3 Years	Harry C	12 Years	Haddon Group			
Midnapore		Darlene	5 Years	Rai B	37 Years	Whitney S	4 Years		
Stan J	2 Years	Stephan	5 Years	Know Nooners		Kim N	12 Years		
Lynda W	8 Years	Austin W	5 Years	Brian S	1 Year	Krista G	13 Years		
Michael B	13 Years	Kelsey	5 Years	Milly S	2 Years	Greg S	24 Years		
Alice M	52 Years	Andra	6 Years	Noel C	28 Years	Dick W	58 Years		
Airdrie Country GP		Chad I	11 Years			Just For Today			
Cam Mc	2 Years	Vince F	11 Years			Ken S	3 Years		
New Life Group		Courtney G	11 Years			JC	22 Years		
Reid	57 Years	Maya	20 Years			Country Group			
Kincora		Josh	29 Years			Samantha M	1 Year		
Haroon	1 Year	Shirley A	40 Years			Leslie F	2 Years		
Melissa M	7 Years	Robbie	40 Years			Ed R	24 Years		
Wayne H	14 Years	ABC Group				Amen Group			
Beautiful Hope		Lib B	39 Years			Brendon S	3 Years		
Marlene F	1 Year					Chinook Group			
Freedom Group						Grace P	41 Years		
Mary Ann	31 Years					Fellowship Group			
Kim C	39 Years					Kattie	1 Year		
Patti F	45 Years					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 TENETS, 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 cgsbctg@gmail.com

Next BTG Meeting Thursday September 17th 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 "Bridgers" to explain the Temporary Contact Program to clients at existing Treatment Meetings at Alph Detox and Sunrise.

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

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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

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

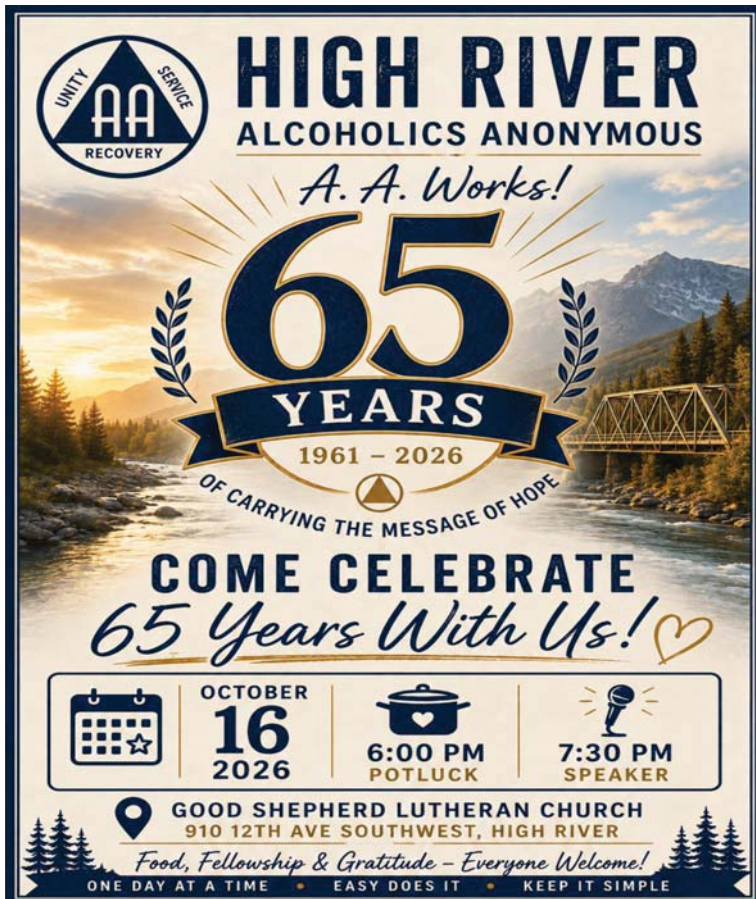
Scarborough United Church

134 Scarboro Ave, Calgary, AB T3C 2H1

Free Parking

Continental breakfast and lunch provided

Have fun meeting other AAs



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



RECOVERY

POTLUCK!

When: Sunday September 27, 2026 at 5:30 pm
Followed by AA, Al-Anon, & Alateen meetings at 7 pm

Where: Room 1 (basement) of Unitarian Church,
1703 1 St NW, Calgary

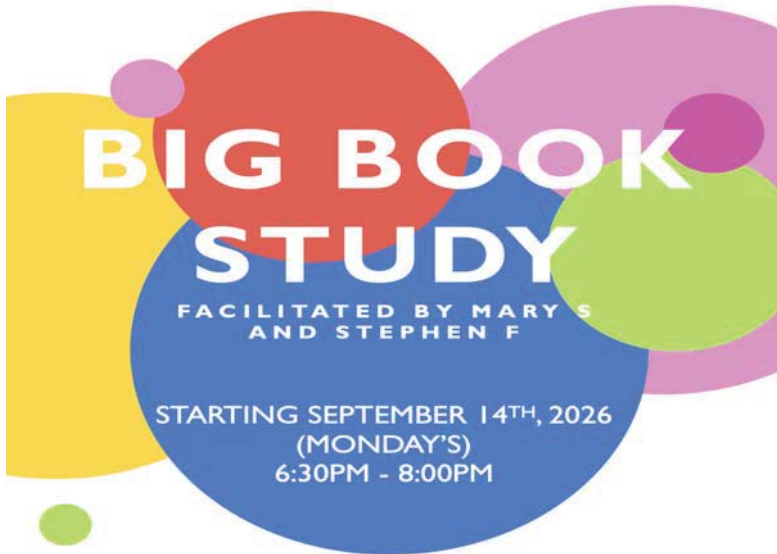
Family, friends, and kids are welcome!

Bring a dish to share if you can

Questions? Contact firststreetrecovery@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!



JOIN US IN THE FELLOWSHIP OF THE SPIRIT 2026



23rd ANNUAL BIG BOOK STUDY RETREAT
AT CAMP KINDIE IN BEAUTIFUL WATER VALLEY

Fellowship | Learning | Campfire Meetings
Serene Natural Setting

Facilitated by: Cliff G from Oklahoma and Christina G from Akron Ohio
Dates: Nov 20 - Nov 22, 2026
Location: Camp Kindie,
29479 Range Rd 61a Water Valley, AB
Cost: \$300 per guest includes all food,
accommodation & 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 N Speaker Meeting

To continue, google.com will share you and profile picture with this site. See the [terms of service](#).

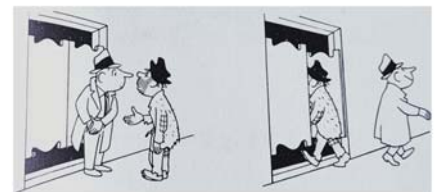


Sept 6 - Terry
(Regal Group)

Sept 13 - Christian
(Homeward Bounders)

Sept 20 - Sarah
(SMOG)

Sept 27 - Morris
(Homeward Bounders)



WHEN: EVERY SUNDAY 7:30 – 8:30 PM
WHERE: PARKDALE UNITED CHURCH
2919, 8 AVENUE NW, CALGARY

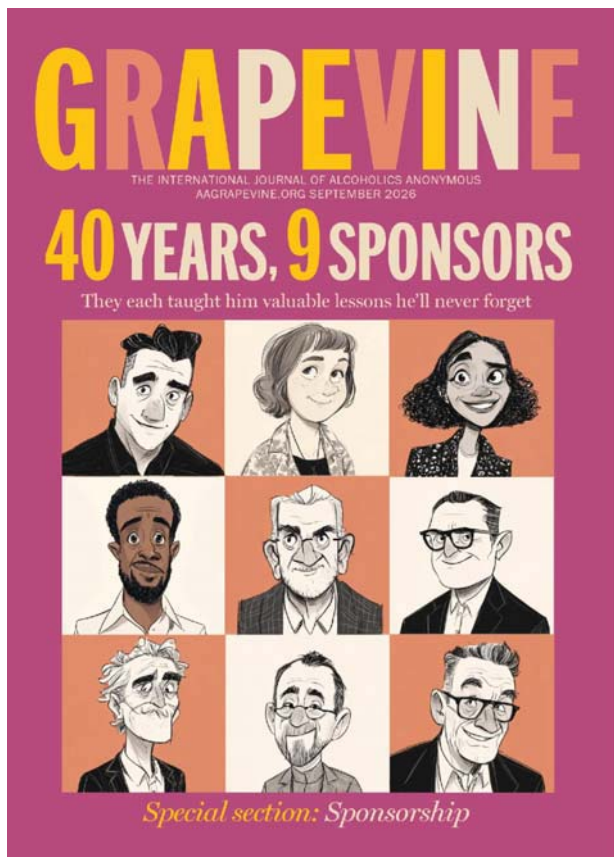
SPONSORED BY DISTRICT 77

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

* Graphic from "Best Cartoons from the Grapevine" Copyright 1970 by the AA Grapevine, Inc.

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Grapevine September 2026



Sponsorship

September's featured section is all about "Sponsorship" It's full of helpful, personal and often humorous stories by members about the joys and challenges of AA sponsorship.

My Wild Card Sponsor

By: Betsy S. | Tucson, Arizona

When I was eight years sober I married someone 10 years younger than me. He was three years sober and fresh out of Navy tech school, and we moved to our duty station in rural Florida.

A Hole in One

By: Anonymous | Cambridge, Mass

Jack died in December 2020, the day before my first wife turned 70. We had talked about her when I did my Eighth and Ninth Steps 35 years ago.

Now Hiring

By: M.G. | Los Angeles, California

I didn't know you were allowed to fire a sponsor. I thought once you picked one, you were locked in; that resistance meant ego, and ego meant danger.

Get in the Car

By: Justin B. | Pompano Beach, Florida

It was a Saturday morning in November of 2019, and I had just been released from jail. I had four months sober.

40 Years, 9 Sponsors

By: Robert | Oregon

I've had eight sponsors. Well, actually nine. That's one thing to say when you're a newcomer, but these sponsors I've had have been spaced over 40 years!

Delegates Corner

Delegate's Corner – September 2026 – Area 78

Hello to all my fellow Area 78 AA members as well as members outside of our Area and any friends of AA who might read this newsletter. My name is Dave S and I am an alcoholic. I truly hope that you have had a great summer. I am TRULY privileged to serve as your Panel 76 Delegate.

We are ramping up for our Area 78 Business Assembly in Edmonton September 25-26-27, 2026. All pertinent information including an entire agenda, resumes for our Area nominee election for Canada Trustee at Large and all the motions that will be dealt with up to this point are on the Area 78 website under private downloads. All this information has been emailed out to your District Committee Members (DCMs) should you want to print them out for your own reference on the Saturday of the Assembly. |

This is the process that Bill and Bob talked about when handing over the ownership of Alcoholics Anonymous to the fellowship. The members and the groups of AA. This is where YOUR group has a vote on any policy and procedure changes in Area 78 and motions forwarded to the General Service Board as a proposed agenda item.

It can be a little grueling, but if you love Alcoholics Anonymous this is truly exciting and important work. When the motions are being discussed, any member can get up to the mic and speak. Once the voting has taken place, the minority voice can get up and speak and change the whole room – I have seen it happen.

My hope is that we see as many GSRs present in the room as possible, speaking and voting for their groups.

GSO staff member Nick S said, "Service isn't supposed to be convenient" – but it also says in our Big Book that we are not a glum lot! Your voice and your vote matters. We are very capable people when given trust and love.

For the first time in many years there will be no banquet at this assembly. This had to do with rising costs which put the banquet tickets out of reach for many members. Please consider this when planning your weekend and take this as another opportunity for fellowship.

Non-voting members can attend the Assembly for free – bring a friend with you and expose them to service work at the Area level.

For all members not involved in general service right now, I would like to thank you for all you do in AA. Your 12 step work, sponsoring, serving on committees and round ups, making coffee or greeting at your home group – Everything you do makes a difference.

"As we endeavor to carry our past experience as a flashlight rather than a sword" – Nick S.

I love you and remain your humble servant.

Dave S – 403 852-7659 – delegate@area78.org

Tradition 9

The Ninth Tradition

A.A., as such, ought never to be organized, but we may create service boards or committees directly responsible to those they serve.

The words "Let's keep it simple" were the last Bill W. heard from his fellow founder of A.A., shortly before Dr. Bob's death in 1950. Aware that "*it*" means our recovery program, Bill later wrote, "*We need to distinguish sharply between spiritual simplicity and functional simplicity.*"

...When we get into questions of action by groups, by areas, and by A.A. as a whole, we find that we must to some extent organize to carry the message — or else face chaos. And chaos is not simplicity."

...

But in "action by groups," we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what's the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing meeting refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility — not taking on authority. (Here, Traditions Two and Nine interlock.) **Group officers are responsible** to the members of the group; intergroup committees, to the groups in one locality; institutions committees, to A.A. groups in treatment facilities and correctional facilities; area committees, to all groups in their areas; Conference delegates and committees, to all groups in the U.S. and Canada; the General Service Office and Board and the board's committees, to all groups and members everywhere.

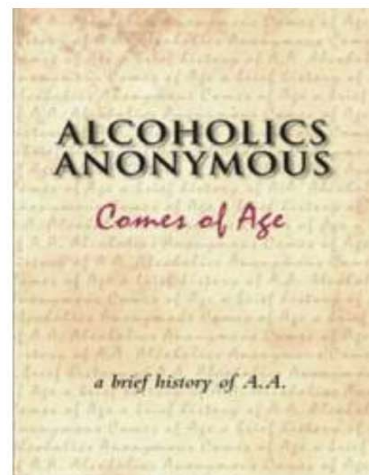


Reprinted from Pamphlet P-43, The Twelve Traditions Illustrated, with permission of Alcoholics Anonymous World Services, Inc.

<https://www.aa.org/twelve-traditions-illustrated>

What we really mean, of course, is that A.A. can never have an organized direction or government. To amplify this: Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society that could not somehow discipline its members and enforce obedience to necessary rules and regulations? **Does not nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders?** Therefore, every nation, in fact every form of society, has to be a government administered by human beings. **Power to direct and govern is the essence of organization everywhere.**

To this rule Alcoholics Anonymous is a complete exception. **It does not at any point conform to the pattern of a government.** Neither its General Service Conference, its General Service Board, nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone hand out any punishment. We have tried it lots of times, but failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?" An A.A. may take advice or suggestions from more experienced members, but he surely will not take orders.



Reprinted from AA Comes of Age, Pg.118, with permission of Alcoholics Anonymous World Services, Inc.

Step & Tradition 9

Step 9 - "Made direct amends to such people wherever possible, except when to do so would injure them or others."

GOOD judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or perhaps after we have finished reading the book "Alcoholics Anonymous," we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking. Almost always we want to go further and admit other defects that have made us hard to live with. This will be a very different occasion, and in sharp contrast with those hangover mornings when we alternated between reviling ourselves and blaming the family (and everyone else) for our troubles. At this first sitting, it is necessary only that we make a general admission of our defects. It may be unwise at this stage to rehash certain harrowing episodes. Good judgment will suggest that we ought to take our time. While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others.

From Twelve Steps and Twelve Traditions, p.83-84.

Tradition 9 - "A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

When Tradition Nine was first written, it said that "Alcoholics Anonymous needs the least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, "What do they mean, no organization?"

Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board, * nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We've tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?"...

Just as the aim of each A.A. member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it.

From Twelve Steps and Twelve Traditions, p.172-175.