

SUGGESTED 25¢ DONATION



# THE WESTWORD

A MONTHLY NEWSLETTER PUBLISHED BY THE CALGARY INTERGROUP OF AA

To receive a digital copy of the WestWord please email [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)


**CALGARY CENTRAL SERVICE OFFICE**  
**REGULAR OFFICE HOURS**  
 Mon–Fri, 8:30am–5:00pm  
 (Closed 1-2pm for lunch)  
 Saturdays 9:00am–1:00pm  
**HOLIDAY CLOSURES**  
**FAMILY DAY**  
 Sat. FEB. 17 & Mon. Feb. 19, 2024  
 AA Central Service Office  
 4021 – 4 St. S.E.  
 Calgary, Alberta T2G 2W4  
[centraloffice@calgaryaa.org](mailto:centraloffice@calgaryaa.org)  
[www.calgaryaa.org](http://www.calgaryaa.org)

## The 51st Banff RoundUp

SAVE THE DATE

MARCH 1, 2, 3

### ACCEPTANCE, BELIEF, CHANGE

The Banff Park Lodge  
 Block ID #525466  
 222– Lynx Street Banff, AB  
 1-800-661-9266  
 Bow View Lodge  
 Block ID #525904




Registration only: \$50  
 Banquet and Registration: \$145  
 Purchase tickets from Calgary Central Office or  
 scan the code to visit [www.banffroundup.com](http://www.banffroundup.com)  
 Email: [cgigbanffchr@gmail.com](mailto:cgigbanffchr@gmail.com) for more details



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

### Urgent Service Request

SUNDAY MORNING BREAKFAST  
 MEETING IS IN NEED OF A NEW  
 CHAIRPERSON ASAP

PLEASE CONTACT INTERGROUP  
 CHAIRPERSON AT  
[CGIGCHAIR@GMAIL.COM](mailto:CGIGCHAIR@GMAIL.COM)  
 FOR MORE INFORMATION

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 | cgigtelmonitorchair@gmail.com |
| Public Information Chair  | pichair.calgary@gmail.com   | 12 Step Chair List         | cgig12steplist@gmail.com      |
| WestWord Editor           | westwordeditor@gmail.com    | Intergroup Secretary       | cgigsecretary@gmail.com       |
| Calgary Central Office    | centraloffice@calgaryaa.org | Intergroup Treasurer       | cgigtreasurer@gmail.com       |
| Banff Roundup Chair       | info@banffroundup.com       | Intergroup Special Events  | cgigevents@gmail.com          |
| Sunday AM Breakfast Chair | cgigbrkfst@gmail.com        | Intergroup/CGSC Liaison    | cgscintergroup@gmail.com      |

**CGSC CONTACTS:**

|                              |                         |                         |                           |
|------------------------------|-------------------------|-------------------------|---------------------------|
| Chairperson                  | cgsccchair@gmail.com    | Alternate Chairperson   | cgsccaltchair@gmail.com   |
| Treasurer                    | cgsctreasurer@gmail.com | Secretary               | cgsccsecretary@gmail.com  |
| Treatment Chair              | cgsctreatment@gmail.com | Corrections Chair       | cgsccorrections@gmail.com |
| C.P.C. Chair                 | cgsccpc@gmail.com       | Grapevine Chair         | cgsccgrapevine@gmail.com  |
| Records & Registration Chair | cgsccrecords@gmail.com  | Intro to Service Chair  | cgsccintro@gmail.com      |
| Bridging the Gap Chair       | cgsccbtg@gmail.com      | Intergroup/CGSC Liaison | cgsccintergroup@gmail.com |

**MEETING INFO & CHANGES:****NEW MEETINGS:**

**NEW MEETINGS - Garnet Block** – We have two new meetings. Saturday and Sunday at 1:30. Both meetings are open discussion.

**NEW MEETING – Reprieve for Recovery** – Bragg Creek – open meeting – Thursdays, 7 – 8 pm – Bragg Creek Community Centre

**MEETING CHANGES:**

**Central Recovery AA** – Our meeting held on Thursdays in Room 1 at Central United Church is changing formats. It will now be a closed meeting. The meeting will be a Big Book reading and discussion meeting. Access through alley door, buzz the office (0001) to gain entrance.

**Daily Reflections** - Our ZOOM meeting on Sundays is now being held at 9:30 am. In person meetings will remain at 8:30 on Sunday's as usual.

**MEETING INFO / SUPPORT:**

**NEEDS SUPPORT –New Beginnings Ladies Meeting:** Tuesdays at 7pm 380 Canyon Meadows Dr SE

**NEEDS SUPPORT – Haddon Group:** Saturdays at 7pm, 703 Heritage Dr SW. Use the entrance on the SW corner of the facility

**NEEDS SUPPORT – Sunday Morning Breakfast Meeting:** Every Sunday,

**MAAT Group:** come for a visit to our Thursday night meeting – would love to see you. Crossroads Church, downstairs – time: 7:00 pm / 912-19 Street N E, Calgary AB / Step & Tradition

**NEEDS SUPPORT – “Getting There Group”:** We are a Step and discussion group and meet every Tuesday at 8:00pm, 2828- 19th Street NW{ Holy Cross Anglican Church}.



# HAPPY BIRTHDAY!

| December Birthdays |          |              |          |                  |          | January Birthdays |          |                  |          |
|--------------------|----------|--------------|----------|------------------|----------|-------------------|----------|------------------|----------|
| Regal              |          | Haddon       |          | Rule 62          |          | Better Days       |          | Back to the Book |          |
| Ryan               | 4 years  | Mark G       | 1 year   | Brad M           | 4 years  | Sandra M          | 34 years | Charity          | 1 year   |
| Awakenings         |          | Greg H       | 20 years | Aaron C          | 4 years  | Linda J           | 45 years | Gary             | 38 years |
| Nadine S           | 20 years | Garnet Block |          | Just For Today   |          | Awakenings        |          | Kincora Group    |          |
| Rudy N             | 29 years | Mike V       | 1 year   | Inge             | 7 years  | Kim A             | 48 years | Craig            | 2 years  |
| Whitesheep         |          | Susan M      | 1 year   | Back to the Book |          | Back From Hell    |          | Dave             | 2 years  |
| Justin H           | 6 years  | Jaimey H     | 1 year   | Ell C            | 1 Year   | Ben K             | 17 years | Charlotte        | 10 years |
| Darren W           | 12 years | Terry S      | 2 years  | Lori H           | 3 Years  | Garry R           | 50 years | Mike             | 16 years |
| Dave F             | 12 years | Chrystal S   | 2 years  | ABC Group        |          | Recovery Group    |          | Art W            | 50 Years |
| Jeff D             | 34 years | Jesse L      | 2 years  | Grayson          | 1 year   | Chelsey S         | 3 Years  | Unity Group      |          |
| Homeward Bounders  |          | Amberly      | 2 years  | Mel S            | 59 years | Lexi K            | 3 Years  | Todd M           | 16 years |
| Cathy J.           | 5 years  | Shay W       | 2 years  | Unity            |          | Susan S           | 6 Years  | 272 Group        |          |
| Kirby J            | 24 years | Mandy G      | 3 years  | Chanel B         | 5 Years  | Lesley S          | 27 Years | Patrick          | 13 years |
| Back From Hell     |          | Sarah        | 3 years  | Kevin L          | 6 years  | Better Days Group |          | New Life         |          |
| Clint P            | 9 Years  | Tasha        | 3 years  | Alex R           | 16 years | Sandra M          | 34 Years | Mike O           | 16 years |
| Rod L              | 37 Years | Chris        | 3 years  | Glenmore Group   |          | Linda J           | 45 Years | ABC              |          |
| Ogden Group        |          | Johanne      | 6 years  | Eric D           | 2 years  | Deer Ridge        |          | Will S           | 1 year   |
| Shena H            | 4 years  | Alisa M      | 8 years  | Jason F          | 5 years  | Rob R             | 8 years  | Ramona B         | 3 years  |
| Denise T           | 10 years | Rachael S    | 10 years | Kori             | 7 years  | Aaron L           | 9 years  | Jessica B        | 14 years |
| Deer Ridge         |          | Samantha     | 11 years | Rosa P           | 7 years  | Dustin            | 12 Years | Jim C            | 27 years |
| Curt F             | 19 years | Mike         | 28 years | Pete M           | 8 years  | Sally A           | 16 years | Ogden            |          |
| Delia E            | 33 years | Rendel K     | 49 years | Jill S           | 13 years | Bill K            | 28 years | Denise P         | 10 years |
| Edgemont Group     |          | Ogden        |          | Deanna           | 15 years | Marilyn B         | 30 years | Derek F          | 11 years |
| Bruce M            | 4 years  | Tamara H     | 1 year   | Carol B          | 19 years | Edgemont Group    |          | Sherry F         | 18 years |
| Anima K            | 15 years | Rosa P       | 7 years  | Shannon          | 20 years | Paul T            | 1 year   | Vince C          | 31 years |
| Zoom into the Room |          | Eric P       | 33 years | Dallon           | 33 years | Judy Mc           | 24 years | Midnapore        |          |
| Tiff B             | 3 Years  | Darryl D     | 35 years | Lenora           | 41 years | Whitesheep        |          | Marrissa G       | 1 year   |
| Sher B             | 15 Years | Regal        |          | David M          | 43 years | Tim G             | 6 years  | Mike W           | 3 years  |
| Knox Nooners       |          | Ryan         | 4 years  | Recovery Group   |          | Peter R           | 7 years  | Ryan P           | 11 years |
| Terry              | 2 years  | 272          |          | Chelsey S        | 3 years  | Jim B             | 49 years | Wes W            | 46 years |
| William            | 23 years | Jaimey       | 1 year   | Lexi K           | 3 years  | Regal             |          | Recovery Group   |          |
|                    |          | Rani         | 2 years  | Susan S          | 6 years  | Connor S          | 8 years  | Cate N           | 16 years |
|                    |          |              |          | Lesley S         | 27 years |                   |          | Crystal K        | 24 years |
|                    |          |              |          |                  |          |                   |          | Marie U          | 36 years |

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## Monthly CGSC Service Commitments

| Treatment Facility                 | AA Group for January |
|------------------------------------|----------------------|
| Renfrew Fridays                    | TBA                  |
| Alpha House - Tuesday              | TBA                  |
| Alpha House - Friday               | TBA                  |
| Sunrise                            | TBA                  |
| AARC – alternate Mon               | TBA                  |
| Dream Centre                       | TBA                  |
| Sandstone (2 <sup>nd</sup> Friday) | TBA                  |
| Drop-In Centre                     | TBA                  |

## Monthly Intergroup Service Commitments

| Sunday Morning (9:30am)<br>Ramada Breakfast Meeting | AA Group              |
|---|-----------------------|
| January 7   | ABC Group             |
| January 14  | Just For Today        |
| January 21  | Open                  |
| January 28  | Open                  |
| Phone Monitoring Dates                              | AA Group              |
| January 1-7   | Back From Hell        |
| January 8-14  | Haddon Group          |
| January 15-21                                       | Go For It             |
| January 22-28                                       | Thursday Night Ladies |
| January 29- February 4                              | Kincora               |

## UPCOMING EVENTS & COMMITMENTS

| DATE       | EVENT                         | Posters with details |
|------------|-------------------------------|----------------------|
| January 6  | Better Days Speaker Meeting   | page 6               |
| January 8  | New Beginnings Big Book Study | Page 6               |
| January 13 | Stampede 77                   | page 6               |
| January 27 | Garnett Sober Dance           | no poster            |

## Calls for Service

**CGSC Corrections Needs Chairpersons**  
 Volunteers needed to chair meetings at CYOC, Remand, Spy Hill and Ladies Annex of CYOC.  
 Security clearance required  
 Please contact Robert P at 403-836-7026 for more information

### Public Information Committee (PI committee):

\*\*\*PIC needs committed members to trial / prepare for high school and other speaking engagements for the 2023-2024 school year.

PIC membership requires attendance/interaction at at least 3 meetings including presentation of your story and recovery ideas. Sponsors please encourage your sponsees to join and participate initially as 'shadows' to learn and grow from the service work. For details contact:

[getoutside@shaw.ca](mailto:getoutside@shaw.ca) or [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

### Treatment Committee is looking for:

\*\*\*Alternate Chairs for treatment. Alternate chair, chair every second meeting at the Treatment Centre.

\*\*\*Secretary for Treatment.

Contact: Wade C. at [cgsctreatment@gmail.com](mailto:cgsctreatment@gmail.com)

## Bridging The Gap

### Join a Dynamic Team

The Bridging the Gap Committee is in need of a new **Male Temporary Contact Coordinator in February 2024**. The position requires that clients, requesting a Temporary Contact, be "connected" with an AA member, who has volunteered to be a Temporary Contact. BTG has a comprehensive database of Temporary Contacts, and making these connections (approximately 3 a week) takes about an hour, in total, of time a week, and the incumbent is available and happy to fully train the new Coordinator. If you're interested, please contact [cgsctbg@gmail.com](mailto:cgsctbg@gmail.com)

### Join us at our Hybrid BTG Meetings in 2024

Bridging the Gap meets at 7pm on the third Thursday of every month,



both in person at Central Office (4021 4<sup>th</sup> Street SE), and on Zoom (Meeting ID: 945 772 8029, Password: BTG), and all are welcome! However, **we will not be having a meeting in December 2023**. Join us for our next meeting at 7pm on Thursday, January 18<sup>th</sup>, 2024.

**Happy New Year!**

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.

# Fellowship and Events

## BETTER DAYS GROUP SPEAKER

**SATURDAY JANUARY 6TH 8:00PM**

DAVID S.

FROM THE UNITY GROUP

Welcome you to come to hear his Story of recovery



### Big Book Study

Big Book Study held at New Beginnings  
3216, 380 Canyon Meadows Drive SE  
Fish Creek Village  
2nd floor

January 8, 2024  
Time 6:30 to 8:00 PM

Facilitated by Mary S and Steve MC  
Bring your big book and highlighters.

Enjoy and great night of teaching and  
fellowship.

Hope to see you there.

For Information email:  
SteveMonstermac13@gmail.com



## District 77 Sunday Night Speaker Meeting - 8 pm

Parkdale United Church  
2919 8 Ave NW, Calgary, AB (on 29th  
Street just below the Foothills Hospital).

Here is the line up of speakers for January  
and February 2024

### January

7 Tom.M - Recovery Group  
14 Deanna.S - NW Calgary Group  
21 John.D - Garnett  
28 Jessica.S - Go for it / Front Runners

### February

4 Thomas.F - Ogden  
11 TBA  
14 Dale.S - PPG  
25 Cathy.W - Homeward Group

Please note this is a hybrid meeting -you can  
login to the meeting on Zoom at:  
Login: 818 7442 4288  
Password: AA

## INTRO TO SERVICE SEMINAR

**SAVE THE DATE**  
**February 24th, 2024**

From 10am - 3 pm

Location: 811 Radford RD NE,  
Calgary AB

Renfrew Community Association



Come Join us for a Day of Learning about  
all the ways to give back to AA in  
Calgary. Panel presentations from GSR's,  
Intergroup Reps, DCM's, CGSC and  
Intergroup Table officers & committee  
chairs, and a Traditions presentation.  
Lunch will be served as well as coffee,  
snacks and beverages throughout the  
day.

Ice Breaker Scavenger hunt with prizes  
to be won, As well as Door prizes to be  
won. No Cost for the day just an open  
mind.

"Frequent contact with newcomers and  
with each other is the bright spot of our  
lives." Page 89 of Alcoholics Anonymous.

Happy, Joyous, and Free!



Forest Lawn Fellowship &  
Steps, Stories and Beyond  
would like to extend a sincere

*Thank You*

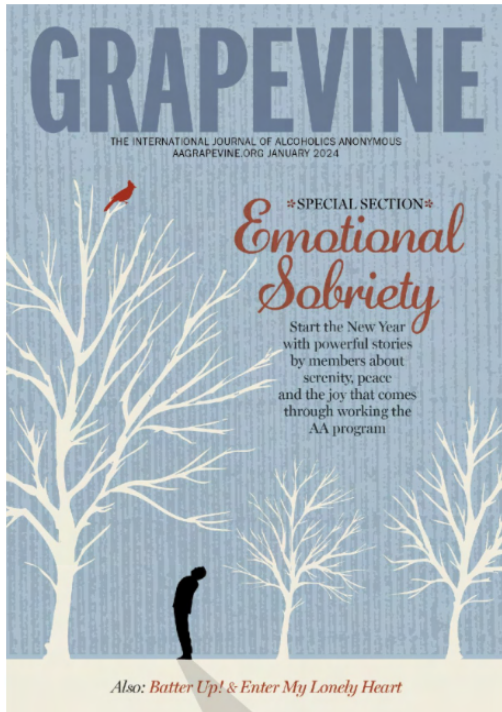
to Calgary Intergroup and all  
the volunteers who helped put  
on another wonderful New  
Years Eve Party



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# Grapevine December 2023



## On the Cover: Emotional Sobriety

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

Some stories include:

### **Tending My Garden**

BY: C.W. | TUCSON, ARIZONA

One beautiful morning I walked out to my car, heading out for my morning AA meeting. I looked over at my front yard. It was becoming a source of pride and joy.

### **It All Adds Up**

BY: ANONYMOUS | TUCSON, ARIZONA

I'm a terrible mathematician. I've struggled with math all my life. It's why I went into social work rather than becoming an accountant.

### **Little Surrenders**

BY: BILL THE SHIRT | BRISTOL

Feeling weak is just as dangerous as feeling strong. Both can push me over the edge toward a drink. That's one of my discoveries in recovery.

### **Doing Just Fine**

BY: STEVE S. | MANHASSET, NEW YORK

As I'm writing this, our electric meter is on the backyard table and the power is off in the house.

### **Any Way You Slice It**

BY: CLAIRE S. | CHICAGO, ILLINOIS

When I was about 6 years old, I distinctly remember placing my sandwich order with my mom and specifically asking for the jelly to be on the bottom and peanut butter on the top.

### **Passing It On**

BY: RON A. | ST. CLOUD, MINNESOTA

Upon opening the cupboard door at our local sober clubhouse, I let out a deep sigh of resignation when I saw that my coffee mug was missing again.

## Delegate's Corner

Hello Area 78!

Happy New Years to you all! May you find Joy in the Journey!

I am so excited to begin my two year rotation as your Panel 74 Delegate! This is a big honour and privilege so I will do my very best to carry your voices and to bring information to you as I possibly can.

Please make sure you send your Group Service Rep and District Committee Chairs to the Area Assembly's and Area Committee Meetings so that we can be connected and I can hear your voice! You can also reach me through the Area 78 webpage! [area78.org](http://area78.org) or [cklinservice@icloud.com](mailto:cklinservice@icloud.com)

I just re-read AA Comes of Age to rediscover our remarkable collective history. Bill and Bob, a couple of drunks just like you or me, found sobriety by simply helping each other stay sober. So began our legacy; one drunk helping another. Our founders wrote the 12 Steps to help with carrying that message and to share with others how to get sober! My goodness - it grew! Soon there were 100 members and so a book was written, and in just 3 years afterwards our membership had expanded to 8000! A foundation was established in an office to answer the calls for help. Traditions were hammered out on the experiences of us hot heads and egomaniacs!

Then Bob got sick and our founders realized they would need a way to keep this thing growing for those yet to come. Discussions began and in 1950 a trial run started to give the responsibility of our program to us!

Insight and wisdom prevailed and the Foundation became the General Service Board. Regional delegates and Trustees both alcoholic and non-alcoholic were elected to serve the Fellowship in two or four year terms! So on July 3 1955, at 4 PM the three Legacies of Recovery, Unity and Service were turned over to you and me! That was 74 years ago!

By 1957 Great Britain, Ireland and Australia had their own General Service Boards growing AA's message of recovery consistently over the world! They too elect a GSR to attend Area Assemblies to give their Delegates their voice to carry!

All I can say is AMAZING! We are so blessed to be a part of this!

There was foresight and wisdom with Spirit of Rotation! All service positions are elected only as term positions with a limit of the amount of time a person can serve.



Generally two years. This protects us from becoming entrenched in politics and popularity contests.

Best of all the groups lead. You lead this thing. Ensure that your group has a GSR so that your voice is heard. Your group pays the cost for their elected member to attend the Area Assemblies twice a year to carry the groups voice to the Delegate and then bring back the information of what's going on in AA. Ensure your GSR has time during your business meeting to share the enthusiasm of what was learned and so this is how we are connected to AA world wide!

The Agenda Items will be coming out the end of February for our March Pre-Conference Assembly (March 15, 16 and 17) and right now it's quite interesting as a fifth Edition is being finalized for distribution in 2025. Another Agenda Item is in answer to a request sent in by a member in 2017 to look at making a piece of literature that will help make our Big Book more accessible to those who struggle with a variety of reasons to comprehend our Beloved Big Book. What has grown from that request is a book like *Came to Believe* or *Living Sober* that I will get the chance to review and vote on. Please let me know your thoughts on this! I put on the area 78 website the presentation from an online forum December 2. It's called Plain Language, take a look so you can be informed.

I've been busy already being of service when requested. Tami and I did a Unity workshop. I attended a few on line sessions for example a Remote Communities workshop that was so informative! Gosh the struggles some members have! Far away, or incarcerated or that they do not speak English. Or their culture actually makes it not only illegal to drink but then oddly enough - illegal to get sober! Imagine that!

I look forward to my term as your Delegate, I have been appointed to sit on two committees, Public Information and International Convention and Regional Forum's. I will be Delegate for the 2025 International Convention!

In Love and Grateful Service to you all, Karen OC  
[cklinservice@icloud.com](mailto:cklinservice@icloud.com)  
[area78.org](http://area78.org)  
403-479-6883

# Step 1 & Tradition 1

## **Step 1 – We admitted we were powerless over alcohol – that our lives had become unmanageable.**

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive drinking that only an act of Providence can remove it from us.

No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self-sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life. The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.

When first challenged to admit defeat, most of us revolted. We had approached A.A. expecting to be taught self-confidence. Then we had been told that so far as alcohol is concerned, self-confidence was no good whatever; in fact, it was a total liability...

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

From Twelve Steps and Twelve Traditions, Chapter on Step 1.

## **Tradition 1 – Our common welfare should come first; personal recovery depends upon A.A. unity.**

The unity of Alcoholics Anonymous is the most cherished quality our Society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in the caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!"

To many minds all this liberty for the individual spells sheer anarchy. Every newcomer, every friend who looks at A.A. for the first time is greatly puzzled. They see liberty verging on license, yet they recognize at once that A.A. has an irresistible strength of purpose and action...

Those who look closely soon have the key to this strange paradox. The A.A. member has to conform to the principles of recovery. His life actually depends upon obedience to spiritual principles. If he deviates too far, the penalty is sure and swift; he sickens and dies. At first he goes along because he must, but later he discovers a way of life he really wants to live. Moreover, he finds he cannot keep this priceless gift unless he gives it away...

From Twelve Steps and Twelve Traditions, chapter on Tradition 1.