

The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Inter-Group
(westwordeditor@gmail.com)

Service and fellowship opportunities

There are several important events or opportunities coming up over the next couple months Calgary and area AA members should be aware of:

Inter-Group elections:

The organization that serves the interests of several thousand AA members who belong to about 150 AA home groups in Calgary and area – Calgary Inter-Group – is holding elections for chair positions in November. Get involved, let your name stand. See notice on Page 3.

Pioneer dinner:

The Calgary Archives Pioneer Dinner is coming up October 23 at Dalhousie Community Church. It is a great evening of AA fellowship, a great dinner, and great opportunity to hear messages of recovery in AA and Al-Anon. Cost is \$25. See notice on page 5

12th Step List workshop:

In order for the hand of AA to be there when someone needs it, more AA members are needed to let their names stand for the 12th Step telephone list. If you have a minimum of one year of sobriety and want to find out more about being on the 12th Step list, a two hour afternoon workshop is planned for November 20 to explain the expectations of this service opportunity. Application forms are available from your Inter-Group representative or Calgary Central Office. See notice on page 5.

Service Seminar:

To help AA members “to get out of yourself”, and find ways to give back to others, Calgary Inter-Group and Calgary General Services Committee are holding a one day AA service seminar at Scarboro United Church, Saturday November 13. It is an opportunity to learn about the various committees of these two service bodies and learn how new and not-so-new AA members can get involved in service work at the committee level. Every job counts in carrying a message of hope and recovery to AAs. Service seminar begins at 10 a.m., Saturday Nov. 13, Scarboro United Church 134 Scarboro Avenue SW, Calgary. Tickets are \$8, which includes a great lunch. You can buy tickets in advance or at the door. For more information contact Calgary Central Office at 403-777-1212 or e-mail centraloffice@telus.net.

Christmas Dinner:

The annual Calgary Inter-Group Christmas Dinner is coming up Saturday December 11, 2010 at St. Mark’s Anglican Church, (see notice page 2). Plan to attend, but food donations will be greatly appreciated along with financial contributions from home groups which helps cover the cost of this popular event which is open to Calgary AA members, families and guests. For more information contact Calgary Central Office or call Keith M. Special Events chair at 403-474-1830.

The Editor

I am responsible

When anyone, anywhere reaches out for help, I want the hand of AA always to be there.

For that, I am responsible

Calgary A.A. Central Office

#2, 4015 1st Street S.E.

Calgary, Alberta – T2G 4X7

Phone: 403-777-1212 Fax: 403-287-6540

Email: centraloffice@telus.net

Office Hours:

Mon. to Thur.: 8:30 am – 1:00 pm, 2:00 pm – 5:00 pm

Fri.: 8:30 am – 5:30 pm, Sat: 9:00 am – 1:00 pm

Closed Sundays and Stat Holiday Weekends

(Closed Thursday November 11 for Remembrance Day;
Saturday, December 25th, Mon. 27th and Tues. 28th for Christmas
Saturday, January 1st, for New Years)

In Brief:**Intergroup Sunday Morning Breakfast and Speaker Meeting**

Join us for good food, good fellowship and personal stories of the speaker's journey

at the

DOWNTOWN RAMADA INN

708 – 8th Avenue SW

Breakfast at 9 am, speaker at 10 am

Buffet Breakfast \$15 – Healthy Start Breakfast \$11

Toast & Coffee \$6 – Coffee \$3

Contact: Everett W. at 403-836-1933

DAILY REFLECTIONS SPEAKER MEETING

last Thursday of the month - 8:30 pm

134 Scarboro Ave. SW (United Church)

DOWNTOWN SATURDAY NIGHT

SPEAKER MEETING at 8 PM

Nexen (Fortis) Building, North Tower

801 – 7th Avenue SW, Calgary

**SATURDAY NIGHT NORTH EAST GROUP
SPEAKER MEETING**

second Saturday of the month - 8:00 pm

2523 – 56th Street NE, Calgary

CPC Planning Meeting

The CPC Committee meets every Third Wednesday 7 PM at Central Office.

We have made terrific strides in getting the message of what AA does and does not do for the professional through presentations to the Student Medical Doctors and Nurses.

It's time to grow! So we need people who are willing to participate on our committee to help branch out into the Clergy, Human Resources, Unions and the Legal Profession. Experience is not a requirement - just a willingness to serve along with an enthusiastic team.

Let's help the professionals learn to help us, present them the information they need to be able to direct a still suffering alcoholic.

It's a pretty important service commitment! Hope to see you there!

Meetings: October 20, November 17 & December 15

On the Horizon:

Excerpts from some of the posters at Calgary Central Office (403-777-1212) of AA groups planned events

Local:

Knox Nooners Celebrate 35 Years: October 15, 2010 (see ad on page 5 for more information).

**Back to the Drawing Board Group
Thank you Dinner to AA**

October 31, 2010

Forest Lawn United Church

2236 – 35th Street SE (Basement)

Come have some fellowship and a light meal
Costumes Optional.

Calgary Intergroup Chairs & COMC Concepts Workshop:

November 13, 2010 from 11 to 4 pm; (the location is still to be determined).

At Large:

District Ten's 27th Unity Roundup: October 15 and 16, 2010 at Elk's Hall, 400 Diamond Ave., Spruce Grove. The weekend package is \$25 which includes registration, banquet and Saturday breakfast. There are no camping facilities so other arrangements must be made. For tickets contact Chris M. at 403-233-8747.

Innisfail 24 Hour Group's 49th Anniversary Celebration:

October 23, 2010 at the Aberdeen Hall (Hwy. 590 East of Innisfail); Supper at 6 pm; AA and AL anon speakers, social to follow speakers; Cost is \$15 for singles, \$25 for couples and \$8 for youth (12 and under)



Calgary
Intergroup

**Christmas
Open House
Potluck Dinner**

Saturday, December 11, 2010

11 a.m. 'til 3 p.m.

Open to all members and their families

St. Mark's Anglican Church

1802 – 33 Avenue SW (Marda Loop)

Food and financial contributions are most welcome.

For more information please contact Calgary Central Office at 403-777-1212 or Keith M. 403-474-1830

7th Tradition will be observed

Get involved in your AA

Anyone interested in AA service work is urged to let their name stand for election to one of the Intergroup committee chair positions or become involved as an active committee member. Elections for chair positions on the Calgary Intergroup body will be held at the November 8, 2010 Intergroup meeting.

Calgary Intergroup is the main body representing all AA groups in Calgary and area, and is responsible for the operation and services provided by the Central Service Office in Calgary. Individual A.A. home groups name a representative to Intergroup and then the collective Calgary Intergroup elects individuals to serve as a chairperson of various areas of responsibilities. It is those chair or service positions on Intergroup that are up for election in November.

Along with attending monthly general Intergroup meeting, the various chair persons also form the Intergroup Steering Committee, which has a regular monthly meeting, prior to the general Intergroup meeting. Currently all Intergroup chair positions are elected for a one year term. The chair and vice-chair positions must rotate after one year, while all other chair positions can be re-elected for a second one-year term.

Any AA member in Calgary and area, preferably with at least one or more years of sobriety, interested in serving in one of the chair positions, is urged to let their name stand for election in November. Anyone planning to let their name stand for election is required to attend the Intergroup election meeting November 8 at 7 p.m. at St. Mark's Church, 1802 33 Avenue SW, (Marda Loop), Calgary.

Following is a list of Intergroup chair positions up for election this fall. For more information on positions or the election process please contact outgoing Intergroup chair Harry P. at 403-284-1166 or email calgaryintergroupchair@gmail.com. Here is a list of positions with a brief description of key duties:

Intergroup Chairperson:

- Responsible for business operation of Central Office, ensuring duties are carried out accurately and the financial obligations of Central Office and Intergroup are satisfied.
- Responsible for reporting any problems, including financial, that may jeopardize or lessen the effectiveness of Intergroup.
- Responsible for calling and chairing monthly Steering Committee and Intergroup Body meetings.

Intergroup Vice-chairperson:

- Responsible for carrying out the duties of the Chairperson, when absent.
- Be prepared to become Chairperson at conclusion of current Chairperson's term.
- May co-ordinated Intergroup Workshops as required.

Intergroup Treasurer:

- Ensures accurate records are kept of all income received and all expenses and payments made.
- Ensures Intergroup financial guidelines issued in August 2000, and December 2002, are followed.
- Reconciles the bank accounts in their entirety, including but not limited to, bank deposit verification.
- Overseas preparation of monthly financial statements for review by the Steering Committee and to present them to the Intergroup Body at their monthly meetings.

(The Chairperson, Vice-Chairperson and Treasurer serve as the Management Committee).

Intergroup Secretary:

- Responsible for recording the minutes of all regular and special meetings of the Steering Committee and Intergroup Body and retains a copy on file.
- Ensures an accurate typed copy of all minutes is available to the Central Office Manager for photocopying prior to all Steering Committee and Intergroup Body meetings.

Monitoring Chairperson:

- Responsible for arranging groups to monitor phone lines after regular business hours on a weekly basis.
- Maintains the Phone Monitoring 12th Step List.
- Assembles and distributes Monitoring Packages to Intergroup to Intergroup Rep's at monthly meetings and ensures return of same.
- Assists monitors, when necessary, in decision making concerning callers and is available to act as stand-by for absent monitors.

Public Information Chairperson:

- Responsible to contact inquirers to determine specific information requested, i.e. a speaker, type of audience, location, date, time, etc.
- Responsible for maintaining an up-to-date list of speakers available to attend P.I. functions at schools, Impact, etc.
- Co-operates with the Intergroup Chairperson on matters relating to P.I. and refers professional organization requests to the Co-operation with the Professional Community Committee (CPC) via the Calgary General Service Committee.

Breakfast Chairperson:

- Maintains a list and ensures an AA group hosts each Sunday Morning Breakfast meeting at Ramada Hotel or finds alternates to meet this need.
- Must collect money for meals, Seventh Tradition, and ensure financial obligations are met.
- Keeps accurate records of attendance and finances and submits a monthly report to Steering Committee and Intergroup Body meetings.

Westword Editor:

- Responsible for producing the monthly Intergroup newsletter using the guidelines approved at the Intergroup meeting of September 2010.
- Assembles all information submitted for printing, verifying information as needed.
- Prepares a master copy and has first proof ready for approval by the Steering Committee at the monthly meeting.
- Announces any special insert information at monthly Steering Committee and Intergroup Body meetings.

Liaison to Calgary General Service Committee:

- Attends all Calgary General Service Committee meetings (held on last Monday of the month at St. Mark's Church at 7 p.m.) as the Intergroup Body representative.
- Reports on the activities and functions of the CGSC at Steering Committee and Intergroup Body meetings.

Archives Chairperson:

- Establishes an advisory committee particularly relevant to all historical data and records received.
- Maintains current and historical archive files, and updates records of all data and artifacts received.
- Attends monthly Steering Committee and Intergroup Body meeting to report on all activities of the committee and any updates.
- Has a Calgary and Area Archives display available at Calgary Central Office and for local activities; Roundups, Public Information, etc.

(Note: Two other key positions, Special Events Chair, and Banff Roundup chair are elected earlier in the year).

VALUABLE 12 STEP OPPORTUNITIES

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics” – Big Book Pg. 89

OLD GRAPEVINES NEEDED: Calgary and Area 78 Corrections Committee is always in need of current and old grapevines. Please drop them off in a special box at Central Office and they will be read several more times and help inmates to find sobriety.

Calgary AA members are needed for the 12 Step List. For more information call Abby at 403-836-8904 or Mathew 403-777-1212 or email centraloffice@telus.net

Members are needed to carry the message to the Remand Centre, Spy Hill Jail and Calgary Youth Offenders Center (Please note: All three require security clearance and a minimum one year sobriety.) For more information call: Tania M. at 403-827-7846 or email: t.mauveladie@gmail.com

Members are needed to carry the message to Bowden Institution. (Please note: Security clearance is required.)
For more information email: corrections@area78.org

PUBLIC INFORMATION COMMITTEE: There are many service opportunities available on this fun and exciting committee. The Public Information Committee is dedicated to spreading the word to the public about “the solution on which we can absolutely agree and join in brotherly and harmonious action”, BB pg. 17. Meetings are the last Wednesday of every month at Central Office – pichair.calgary@gmail.com

MONITORS NEEDED FOR LATE NIGHT CALLS: The Calgary Intergroup telephone Monitoring committee needs volunteers to take on late night telephone monitoring shifts between 11 pm and 9 am. “Admittedly it isn’t a very busy shift”, says Abby, Telephone Monitoring Chair, “but it is important that the voice of AA be there if someone needs help”. The monitor can have late night calls directed to their home phone or cell phone next to their bed. “Even if there are only one or two calls a month, it is important that our phones are covered 24 hours a day,” says Abby. To help call Abby at 403-836-8904.

Calgary Archives

Hi friends, we hope that you have had a great month. Our next work day will be October 30th, 2010. Moe R. my alternate will be taking over at that time.

On to a personal note, due to health concerns and it is with a heavy heart that I am forced to resign as your Archive Chair.

I want to thank all who have supported me and helped along the way. I will miss you all; however I will be back in the future.

In love and service
Bill D. - Archive Chair

New Meetings:

WOMEN IN SOBRIETY: Wednesdays at 7:00 pm; closed, women, discussion; 126B Main Street Airdrie (entrance off back alley)

SMOG FRENCH GROUP: Saturday at 7:30 pm; **French speaking only**, mixed, open, French big book discussion for; 2404 Kensington Rd., NW

FRONT RUNNERS: Friday at 8:00 pm; open, mixed, gay/lesbian, beginners; 1507 – 14 Ave. NW (Hillhurst United Church)

MEMORIAL PARK MEN'S GROUP: Thursday at 7:30 pm; closed, men's step & tradition; room 3001 (3rd floor), 1213 – 4th Street SW (Sheldon Chumir Health Centre, wheel chair accessible)

AS BILL SEES IT: Wednesdays at 0645 am; open, mixed, discussion; 11625 Elbow Drive, SW (Cannon Meadows Shopping Centre, Upstairs, Room 203)

SOBER SISTERHOOD OF COCHRANE: Thursdays at 7:30 pm; Closed, Ladies; (last Thursday of the month is a speakers meeting open to women only); All Saints Family Centre, 404 – 4 Ave. N, Cochrane.

HEAD TO HEART BIG BOOK STUDY: Sundays at 7:30 pm; Closed, Mixed, BB; Masonic Hall, Centre Ave., Cochrane

BY THE BOOK GROUP: Thursdays at 7:00 pm; Open, Step and Tradition, wheel chair accessible; (last Thursday of the month birthday speaker meeting); Bowness Senior Centre, 6422 – 35 Ave. NW

HADDON'S "I AM EVE": Sundays, 12:30 pm; Open, Ladies, Discussion; Room 2001, 200 Haddon Road SW.

NEW BEGINNINGS – 11TH STEP PRAYER MEETING: Tuesdays, 8:45 pm; Closed, Mixed; 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre, Upstairs Rm. 203)

Meeting Changes:

BASSANO, (Out Of Town) (time change): Sunday now 8:00 pm (from 7:00 pm)

TRI-CURRIE GROUP (time change): changing back to 2030 hours from 2000 hours Mondays; St. James Church, 5504 – 20 St. SW.

WALKING EAGLE GROUP (new location): Monday at 8:30, meeting at Sharon Lutheran Church, 210 – 10 Ave. NE. (back door).

SATURDAY NIGHT TRAIN WRECK GROUP (time change): changing to 10:00 from 11:00 pm; 4620-A Bowness Rd. NW.

AVENTA WOMEN'S TREATMENT FACILITY (time change): Sundays changing to 4:30 pm from 7:30 pm; 2201 Cliff Street SW.

OKOTOKS SUNDAY MEN'S GROUP: (temporary location change); Sundays at 8:00 pm moved to Cactus Club Salon, Bay 3, 11 Elizabeth Street, east side door (sign on door “Temporary Office United Church).

Meeting Cancellations:

LADIES NIORTH EAST 12 X 12: Sun. at 1:30 pm at Robert McClure Church; the meeting is **cancelled**.

OLDS THURSDAY NIGHT: Thurs. at 7:30 at Olds United Church is **cancelled**.

COME AND SEE GROUP: Sunday 7:00 pm at St. Joseph's Catholic Church, the meeting is **cancelled**.

DISTRICT 78 SPEAKER MEETING: Thurs., 7:30 pm at Thornhill Baptist Church, 128 Tache Ave. NW is **cancelled until a new venue is found**.

Campus Group

A Meeting of Alcoholics Anonymous
at Mount Royal University
Closed, Mixed, Brown Bag Lunch Meeting

**Every Tuesday from 12 to 1 pm
September 28 to December 7, 2010**

Room Z013

Lower Level, Wyckham House
(West gate Entrance off Richardson Way
(Z013; downstairs near Ticket Master & Post Office)

Calgary Intergroup Archives Committee
Annual Pioneers Dinner



Saturday October 23rd, 2010, 5:30-10 pm
Dalhousie Community Church
 5511 Baroc Rd. N.W., Calgary, Alberta

Cost: \$25.00 includes dinner and refreshments

Speakers:

Jim S., (Haddon Road Group)
 Jason D., Al-Anon
 Bill F., (Airdrie Country Group)

For further information contact Central Office at (403) 777-1212 or aaoffice@telusplanet.net

Knox Nooners

Celebrating 35 Years!



Join us on October 15, 2010

11:30 a.m. - 1:30 p.m.

(formal meeting 12:00 noon - 1:00 p.m.)

* Speakers * * Gratitude Meeting *
 * Pot-Luck Lunch * * Fellowship *

The Parlor of Knox United Church

506 - 4th Street SW

Calgary, AB

(downtown, 4th street entrance)

Calgary & Area

AA Telephone Monitoring

12 Step List Workshop

Come out and find what it means and what is expected of you to be a volunteer on our Telephone Monitoring 12 Step List.

Saturday November 20, 2010

1 to 3 pm

at Central Office

#2, 4015 – 1st Street SE

For more information contact Abby at 403-836-8904 or Central Office at 403-777-1212 or monitorchair@gmail.com.

HAPPY AA BIRTHDAY!

(All birthday notices are entered as received on a best efforts basis and may occasionally include unintended errors. If this is the case, let us know and we will attempt to correct them.)

July 2010

NW CALGARY GROUP:

Martin K. – 1 yr.

August 2010

UNITY GROUP:

Mike R. – 1 yr.
Darren H. – 3 yrs.

September 2010

BACK TO THE DRAWING BOARD GROUP:

Jason L. – 1 yr.

FRONT RUNNERS GROUP:

Sheehan H. – 1 yr.
Shayne – 3 yrs.

HADDON ROAD GROUP:

Bill T. – 3 yrs.

NEW BEGINNINGS GROUP:

Lynn M. – 1 yr.
Colin S. – 2 yrs.
Lynn H. – 2 yrs.
Lise – 4 yrs.
JC – 6 yrs.
Hubert M. – 12 yrs.
Marron R. – 13 yrs.
Maryann – 15 yrs.
John W. – 22 yrs.
Bev S. – 22 yrs.
Vern F. – 22 yrs.
Bob – 37 yrs.

NORTHLANDERS GROUP:

Terry D. – 12 yrs.

NW CALGARY GROUP:

Jamie – 1 yr.

September 2010 (cont.)

SATURDAY NIGHT FOREST LAWN GROUP:

Norm N. – 34 yrs.
Melissa M. – 1 yr.

October 2010

272 GROUP:

Bill – 23 yrs.
Brent – 2 yrs.
Garry H. – 8 yrs.
Joe P. – 26 yrs.
Kelly – 9 yrs.
Murray – 8 yrs.
Pat – 2 yrs.
Tamas – 17 yrs.

ACTION GROUP:

Craig R. – 4 yrs.

AIRDRIE BACK FROM HELL GROUP:

Michelle F. – 3 yrs.
Colleen B. – 4 yrs.
Dwain – 1 yr.
Terry M. – 3 yrs.
Jody Q. – 5 yrs.
Darlene T. – 3 yrs..

AIRPORT GROUP:

Tracy – 5 yrs.

AWAKENINGS GROUP:

Katrina W. – 12 yrs.

BACK TO THE DRAWING BOARD GROUP:

Jim S. – 2 yrs.

CANDLELIGHT GROUP:

Don W. – 4 yrs.

October 2010 (cont.)

DALHOUSIE MEN'S GROUP:

(Romping) Ronnie B. – 2 yrs.
Chuck C. – 4 yrs.

DESPERATION GROUP:

Al F. – 25 yrs.
Alanna C. – 11 yrs.
Ceasar O. – 7 yrs.

FRONT RUNNERS GROUP:

Karen C. – 2 yrs.
Katrina W. – 12 yrs.
Tom B. – 1 yr.
Sheehan H. – 1 yr.
Shayne – 3 yrs.

GETTING THERE GROUP:

Alanna C. – 11 yrs.
Chanelle J. – 1 yr.
Jeff L. – 10 yrs.

HADDON ROAD GROUP:

Liz S. – 5 yrs.
Mariam K. – 4 yrs.
Jackie N. – 1 yr.

HIGHLAND PARK GROUP:

Gerry E. – 26 yrs.

INGLEWOOD GROUP:

Lynda H. – 19 yrs.
Paul W. – 1 yr.

MATT GROUP:

Charlene S. – 6 yrs.
Dawn S. – 7 yrs.
Tyler Z. – 2 yrs.
Kim M. – 8 yrs.
Ross M. – 49 yrs.

October 2010 (cont.)

RECOVERY GROUP:

Lynn S. – 26 yrs.
Alex S. – 21 yrs.
Alison S. – 9 yrs.
Jason T. – 5 yrs.
Brad B. – 3 yrs.
Brian K. – 2 yrs.
Pamela L. – 2 yrs.
Adrian – 2 yrs.
Julie – 2 yrs.
Vincent M. – 2 yrs.
George S. – 2 yrs.
Dale L. – 2 yrs.
Barry B. – 2 yrs.
Brian F. – 2 yrs.
Marvin C. – 1 yr.
Stuart L. – 1 yr.
Corey M. – 1 yr.
AJ P. – 1 yr.
Cory P. – 1 yr.

SATURDAY NIGHT FOREST LAWN GROUP:

Ian K. – 1 yr.
Chad L. – 1 yr.

SATURDAY NIGHT NE GROUP

Donna W. – 1 yr.
Craig H. – 1 yr.
Larry P. – 2 yrs.

THE LINK GROUP:

Bob L. (Grandpa) – 18 yrs.
Sheila S. – 3 yrs.
Susan R. – 8 yrs.

TUESDAY MORNING LADIES GROUP:

Irene B. – 37 yrs.

WESTWORD DEADLINES

Calgary AA groups need to get their birthdays, meeting changes, special events and other notices into the Westword Editor or Central Office well before deadline for the coming issue. The deadline for next month's issue is the last day of the current month. Any materials received after the deadline will be processed on a "best efforts - space available" basis and may not appear in the current edition. Remember, Westword isn't distributed until the second Monday of the month, so if you have an event or notice that applies to the first half of the month, the notice needs to be published even earlier.

The deadline for submissions for November's edition of The Westword is October 31st.

Please email any notices for the Westword to: westwordeditor@gmail.com or drop notices off at Calgary Office.

SPECIAL EVENTS:

(Events are listed here solely as a service to our readers, not as an endorsement by Calgary Intergroup)

9TH ANNUAL JOURNEY THROUGH THE BIG BOOK: November 19, 20, 21, 2010; Camp Horizon at Bragg Creek; for more information contact Shelia K. at 403-282-5138, Barry B. at 403-454-1875, Dana H. at 403-701-2826 or e-mail fellowship@hotmail.ca

Telephone Monitoring

THANK YOU ALL WHO SIGNED UP AS LATE NIGHT MONITORS! IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY, PLEASE CALL Abby at: **403-836-8904**

or Central Office at: **403-777-1212**

monitorchair@gmail.com

KEY CONTACTS

Intergroup chairperson – calgaryintergroup@gmail.com
Public Information Chair – pichair.calgary@gmail.com
Telephone Monitoring Chair – monitorchair@gmail.com
Intergroup Secretary – calgaryintergroupsecretary@shaw.com
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