

The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup
(westwordeditor@gmail.com)

Pioneers say the program works if you work it

Three members of both Alcoholics Anonymous and Al-Anon all made the point, “stick with the program” as they shared their stories with nearly 250 people at the annual Pioneer’s Dinner in Calgary in mid-October.

Jim S. of the Haddon Road Group who has been in the AA program for 56 years, Jason D. who has been in the Al-Anon program for 23 years, and Bill F. of the Airdrie Country Group who has been in the AA program for 41 years all described how reaching their personal bottom was the first step of finding the road to recovery in their respective programs.

Jim S., now in his mid-80s, often standing at Calgary sobriety countdowns as one of the earliest AA members, told a colorful and interesting story of how he, at the age of 13, ran away from his family’s Manitoba market garden and joined a carnival passing through Brandon.

Jim, who stayed a carnival worker for about three years, described some of the life experiences learned from some interesting characters during his years with the show, including learning the power of alcohol.

While he eventually left the carnival to work at various jobs, his drinking continued. Finally a few years later, still a young man, he found himself

homeless and even shoeless walking the streets of Brandon.

He remembered his drinking buddies talking about a building in Brandon where an organization called Alcoholics Anonymous held meetings. He ended up there one night looking for help. He heard a message of hope and an offer to keep coming back, and a woman at the meeting reached in her purse and handed him a pair of socks.

Jim S. says it was the message and the fellowship of that first meeting that brought him to learn and understand the AA program, that has saved his life for more than half a century.

Held at the Dalhousie Community Church in NW Calgary, some 242 AA members and guests enjoyed a roast beef dinner prior to the speakers at the annual dinner, which is organized by the Calgary Intergroup Archives Committee.

Under the timely direction of Tree (Theresa) B. who served as Master of Ceremonies, one of the highlights of the evening was the Sobriety Countdown, with a collective total of 891 years or sobriety among AA members attending.

Westword 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

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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 the third Wednesday of every month, 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: 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:**Calgary Intergroup Chairs & COMC Concepts Workshop:**

November 13, 2010 from 11 to 4 pm.

Sarcee Group AA Round Up: November 20, 2010; Carpenters Hall, 301 – 10 Street NW. For more information contact Vanessa (587-777-6911), Ron (403-251-7575) or 403-465-6924.

At Large:

Fort Macleod Sunnyside Group Annual Rally: November 6, 2010; Holy Cross Parish Hall, 2517 – 3rd Avenue, Fort Macleod. For more information call Jim at 403-553-4209.

Western Regional Alcoholics Anonymous Service Assembly

(WRAASA): Feb. 18, 19 and 20 at the Langley Banquet Centre, 264th and Fraser Highway, Aldergrove; Sponsored by Area 80, 91, 78 and 79.

For more info call Dan at 604-525-9379 or e-mail

WRAASA2011@YAHOO.CA.

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

**Annual Pioneers
Dinner**

On behalf of Your Calgary Intergroup
Archives Committee:

We wish to thank the A.A. Community as a whole and the Friends of A.A. for making our most recent Pioneers Dinner a tremendous success.

We were able to celebrate 65 years of A.A. history a day at a time in The Stampede City.

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

Please Note

Anyone wishing to donate any archival items like books, documents, pictures, etc., Do Not Drop them off at Central Office. Please call one of the following, and we contact you and review what you wish to donate to ensure it is archivable.

Moe R Archives Chair 403-452-9833
Tim Archivist 403-273-2846

On behalf of the Archive committee, and as your
Archive Chair,

I thank you all, God Bless

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)

NEW BEGINNINGS –AS BILL SEES IT: (Day change) now Mon. – Fri. at 6:45 am; open, mixed, ‘As Bill Sees It’ 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.

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

NEW BEGINNINGS – 11TH STEP PRAYER MEETING: (day and time change, effective January 2011) Wednesday, 7:30 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 8:30 pm from 8:00 pm 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 Christmas Event



The Calgary Intergroup Christmas event is in great need of:

- financial contributions
- donations of food items
- people to help with the dinner

for the Christmas Open House and Potluck Dinner event on December 11th. Special Events needs to know what each group or individuals will be able to give, either financially or food donation **by November 30th** so we can see what else is needed.

If you can help with any of the needs, please contact Keith M. at 403-474-1830 or e-mail calgaryintergroupevents@gmail.com.

Recovery, Unity, Service~
These are our Three Legacies

The Legacy of Service~

~Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.~



Introductory Service Seminar

~ Come join us and learn more about AA's Legacy of Service. There are so many different and exciting ways to get involved! ~

Saturday November 13th, 2010

10am-4pm (Includes lunch)

Scarboro United Church,
134 Scarboro Ave. SW

Cost is: \$8.00

This event is sponsored by Calgary General Service & Intergroup

For further information: Contact Central Office at:
403-777-1212 or aaoffice@telusplanet.net

Gratitude Roundup - 2011 Committee Members Needed

Anyone looking for a service opportunity is urged to get involved with the 2011 Gratitude Roundup planning committee. The planning committee will meet the second Wednesday of every month at Calgary Central Office at 7 pm. There are service opportunities to lead and work on various committees leading up to the Roundup, to be held in June 2011.

For more information contact chairperson Kate K. by email at kckncal@shaw.ca or simply attend the next meeting

7 pm Nov. 10, 2010
Calgary Central Office
#2, 4015 – 1st Street S.E.
Calgary, AB

(December meeting will be Dec. 8, 2010 at 7 pm)



"My mother just called. When I told her you were working on your searching and fearless moral inventory, she said, 'Put on more coffee. I'm coming over to help him remember everything!'"



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 Keith M. 403-474-1830

7th Tradition will be observed

Whitesheep AA Men's Group Hosts the 14th Annual Christmas Eve Breakfast

Friday December 24th

at the

Carriage House Inn

9030 MacLeod Trail S

8:00 -11:00 AM.

Doors open at 8:00 AM

Breakfast starts at 8:30 – Open mike sharing @ 9:30

Tickets \$25.00 each – Available @ AA Central Office 403-777-1212

For information: Contact Gerry M. at 403-874-6441 or e-mail
gmelsted@dancoequipment.com

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.)

September 2010

CANDLELIGHT GROUP:

Doug C. – 2 yrs.

October 2010

ABC GROUP:

Don M. – 2 yrs.
Robin R. – 24 yrs.

CROSSROADS GROUP:

Tim H. – 29 yrs.
Doug R. – 26 yrs.
Mike R. – 6 yrs.

DALHOUSIE MENS GROUP:

(Rompin) Ronnie B. – 2 yrs.
Chuck C. – 4 yrs.
Harvey A. – 17 yrs.

NEW BEGINNINGS GROUP:

Kerry T. – 1 yr.
Colleen Mc. – 3 yrs.
Tamara K. – 3 yrs.
Nancy F. – 3 yrs.
Beth G. – 6 yrs.
Bob C. – 6 yrs.
Jerry S. – 7 yrs.
Dan G. – 8 yrs.
TD – 17 yrs.
Gail W. – 17 yrs.
Richard O. – 18 yrs.
Elodie G. – 19 yrs.
Jan M. – 19 yrs.
Maria V. – 22 yrs.
Diane B. – 35 yrs.

SATURDAY NIGHT FOREST LAWN GROUP:

Ian K. – 1 yr.
Chad L. – 1 yr.

NW CALGARY GROUP:

Don M. – 2 yrs.

November 2010

272 GROUP:

Bruce S. – 8 yrs.
Don K. – 41 yrs.

ABC GROUP:

Lisa K. – 2 yrs.
Jay M. – 5 yrs.
Marilyn M. – 8 yrs.
Alex P. – 16 yrs.

ACTION GROUP:

Ralph M. – 2 yrs.
John H. – 1 yr.

AIRDRIE BACK FROM HELL GROUP:

Doug F. – 4 yrs.
Billie Sue P. – 3 yrs.
Cathy B. – 5 yrs.
Len V. – 31 yrs.
Michael G. – 9 yrs.
Hillary S. – 3 yrs.
Jessica M. – 6 yrs.
Corey F. – 1 yr.
Jawed A. – 10 yrs.
Shane – 2 yrs.

AIRPORT GROUP:

Fred – 8 yrs.
Haley – 23 yrs.

AWAKENING GROUP:

Shirley – 6 yrs.
Lee H. – 3 yrs.
Bev H. – 6 yrs.

BACK TO THE DRAWING BOARD GROUP:

Buddy B. – 5 yrs.

CANDLELIGHT GROUP:

Dan D. – 14 yrs.

CROSSROADS GROUP:

Steve T. – 16 yrs.
Bill P. – 4 yrs.

November 2010 (cont.)

DALHOUSIE MENS GROUP:

Dave R. – 1 yr.
John S. – 1 yr.
Filip S. – 1 yr.
Tommy (Guns) F. – 1 yr.
Scott L. – 3 yrs.
Rick T. – 19 yrs.
Brian S. – 29 yrs.

FRONTRUNNER GROUP:

Charles W. – 1 yr.
Donna T. – 19 yrs.
Kal M. – 8 yrs.
Magan M. – 26 yrs.
Peter H. – 1 yr.
Spencer M. – 1 yr.

GETTING THERE GROUP:

George H. – 1 yr.

HADDON ROAD GROUP:

John M. – 26 yrs.
Dan J. – 8 yrs.
Kevin G. – 6 yrs.
Bill J. – 6 yrs.
Ryan H. – 3 yrs.
Bob C. – 2 yrs.
Adrian J. – 1 yr.

HIGHLAND PARK GROUP:

Kristin D. – 8 yrs.
Norm S. – 12 yrs.

HOMEWARD BOUNDERS GROUP:

Barb W. – 3 yrs.

MARLBOROUGH PARK GROUP:

Jack N. – 34 yrs.

MATT GROUP:

John L. – 5 yrs.
Rob S. – 1 yr.
Marjorie B. – 7 yrs.

November 2010 (cont.)

NORTHLANDERS GROUP:

Ron – 2 yrs.
Gerald D. – 1 yr.

NW CALGARY GROUP:

Gary B. – 7 yrs.
Lee H. – 3 yrs.

OPEN DOOR GROUP:

Carroll R. – 7 yrs.

RECOVERY GROUP:

John R. – 25 yrs.
Deb C. – 24 yrs.
Sharon B. – 24 yrs.
Eric B. – 22 yrs.
Irene R. – 22 yrs.
Jane R. – 22 yrs.
Marlene R. – 14 yrs.
Linda G. – 13 yrs.
Valerie B. – 6 yrs.
Margrit D. – 6 yrs.
Vicki H. – 3 yrs.
Lynette T. – 2 yrs.
Christina W. – 2 yrs.
Brent G. – 2 yrs.
Jennifer M. – 2 yrs.
Daniel B. – 2 yrs.
Jay – 1 yr.
Luke W. – 1 yr.
Phil N. – 1 yr.
Paige – 1 yr.
Jamie R. – 1 yr.

SATURDAY NIGHT FOREST LAWN GROUP:

Rose R. – 38 yrs.

THE LINK GROUP:

Carolyn D. – 18 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. 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 December's edition of The Westword is November 30th.

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

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

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