

# The Westword

25 Cents

(suggested donation)



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

## Learning about service opportunities in Calgary

“Giving back what so freely was given to us” – that was the key message behind a day long AA service seminar being held at Scarboro United Church in Calgary, Saturday November 13th.

The Big Book says, ‘Practical experience shows that nothing will so much insure immunity from drinking, as intensive work with other alcoholics.’ This seminar was an excellent opportunity for people new to AA, or those who have been in the program for some time to hear about service opportunities, enjoy fellowship with other alcoholics, and have a nice lunch too.”

The seminar jointly sponsored and chaired by Calgary General Services Committee (CGSC) and Calgary Intergroup was an opportunity for Calgary and area AA members to learn about what service opportunities are available through individual home groups and various AA service committees. During the seminar short presentations by various committee chairpersons were made on the purpose of their respective service committees and a description of where help of AA members is needed.

“Service work is an important part of my program today.” says Kris M., vice chair of Calgary Intergroup and co-chair of the seminar. “The opportunity to give back to the alcoholic still suffering keeps me humble and is a reminder of what awaits me if I chose to drink again. I am amazed by how much reward is received for the service work that I do.”

As is often said at meetings, service can be as simple as helping your Home Group set up chairs for a meeting and making coffee, but from there it can also include getting involved with telephone monitoring – answering the phone when someone new to AA is looking for a meeting, getting involved as an Intergroup or CGSC representative, helping out with special events planning, working with the Public Information to better inform the general public about the AA program.

There is also opportunity to work with the Corrections Committee to chair AA meetings at local corrections facilities, to chair AA meetings at alcoholic treatment centers, to ‘Bridge the Gap’ by helping someone coming out of a treatment program get to their first AA meetings, to getting involved with the planning committees for Calgary and area AA Roundups.

To close off the seminar, Duane T. reviewed the *Twelve Concepts for World Service*. As A.A. grew, there were concerns about which entity would have responsibility for what activities. Bill W. saw the need to “reduce to writing” his concepts of the “why” of the structure, the lessons to be drawn from experience, the relationships and, above all, the spiritual principles. The Concepts themselves are found in *The AA Service Manual/Twelve Concepts for World Service* and in a condensed form in the AA pamphlet *The Twelve Concepts for World Service*.

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

#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 Sat., December 25<sup>th</sup>, Mon. 27<sup>th</sup> and Tues. 28<sup>th</sup> for Christmas;  
Sat., January 1<sup>st</sup> and Mon., January 3<sup>rd</sup>, for New Year)

**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 – 8<sup>th</sup> 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 – 7<sup>th</sup> Avenue SW, Calgary

**SATURDAY NIGHT NORTH EAST GROUP**  
**SPEAKER MEETING**

**second Saturday of the month - 8:00 pm**

2523 – 56<sup>th</sup> 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!*

**Next Meeting: December 15**

**On the Horizon:**

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

**Local:**

Please see pages 4 and 5 for local events.

**At Large:**

**Western Regional Alcoholics Anonymous Service Assembly (WRAASA):** Feb. 18, 19 and 20 at the Langley Banquet Centre, 264<sup>th</sup> 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](mailto:WRAASA2011@YAHOO.CA).

**Intergroup Elections**

On Monday, November 8<sup>th</sup>, elections were held to fill the Calgary Intergroup Chair positions. Calgary Intergroup is responsible for the operations and services provided by the Central Service Office in Calgary. Individual home groups have representatives that serve as Intergroup representatives making up the Intergroup body. The collective Calgary Intergroup then elects individuals to serve as chairperson of various areas of responsibility. These are the results of the Intergroup elections:

I.G. Chairperson:	Harry P.	Dalhousie Men's
Vice-chairperson:	Kris M.	Ogden
I.G. Treasurer:	Jayne R.	New Beginnings
I.G. Secretary:	Jo-Lynn H.	Step, Stories & Beyond
Public Information:	Bobby A.	Dalhousie Men's
After Hours Monitoring:	Abby R.	Desperations
Westword Editor:	Keith S.	Action
Breakfast Chair:	Everett W.	Mon. Night Big Book
Special Events:	Jan K.	ABC (January 2011)
Liaison for GSR:	Maryan Mc.	Haddon Road
Archives Chair:	Moe R.	Dalhousie Men's
Archivist:	Tim H.	Crossroads
Banff Roundup Chair:	Gerry M.	(previously elected)

Thanks to all outgoing Intergroup Chairs for their service and welcome to the newly elected chairs to their positions.

*Harry P., Intergroup Chairperson*

**One of Calgary's AA Founding Supporters Passes**

We have just received word that Jack Johnson passed away in Vancouver on November 8 at the age of 90 years.

Jack was instrumental in the founding of AA in Calgary 65 years ago when he arranged the first meeting in Calgary for his brother, an alcoholic, and others, even though he was not alcoholic himself. He ordered Calgary's first Big Book from New York and wrote the book "Alcoholics Anonymous Comes to the Stampede City". He later moved to Vancouver but returned in 1995 to speak at our 50th Anniversary. Jack was still active helping alcoholics and directing them to AA.

According to his son, Rod, there was only a simple graveside service for family & friends, so they did not publish an obituary. Could you please send this out to everyone on your lists and let them know. Thanks.

M.M. Calgary Central Service Office

**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*

**Alternate Treasurer(s) needed**

Do you have bookkeeping or accounting experience? Would you like the opportunity to meet and work with members in service to AA?

Calgary Intergroup - Work with Treasurer and prepare to assume the Treasurer's role in October 2011. Two meetings per month

2011 Gratitude Roundup Committee -Work with Treasurer until June and during the June 2011 Roundup and prepare to assume Treasurer duties for the 2012 Roundup.

Reply to Intergroup Treasurer at [centraloffice@telus.net](mailto:centraloffice@telus.net) or call Jayne R at 403-470-4095

Members are needed to carry the message to Bowden Institution. (Please note: Security clearance is required.)

For more information email: [corrections@area78.org](mailto: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](mailto:pichair.calgary@gmail.com)

## 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

## Correction to:

### November 2010 Meeting Directory

The **SOBER SISTERHOOD OF COCHRANE** which meets Thursdays at 7:30 pm is a closed, Ladies meeting at the All Saints Family Centre, 404 – 4 Ave. N. Cochrane, not Canmore as listed in the Nov. 2010 meeting directory.

## New Meetings:

**EAST SIDE NATIVE WOMEN'S GROUP:** Thursdays at 7:00 pm; closed, women only, discussion; Ghost River Rediscovery Building, # 164, 3359 – 27 Street NE (children are welcome)

**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 (3<sup>rd</sup> floor), 1213 – 4<sup>th</sup> Street SW (Sheldon Chumir Health Centre, wheel chair accessible)

**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 – 11<sup>TH</sup> STEP PRAYER MEETING: (day and time change, effective January 2011)** Wednesday, 7:30 pm; closed, mixed; 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre, Rm. 203)

## Meeting Changes:

**CANMORE SUNDAY NIGHT (out of town) (new location):** Sunday at 8:00 pm; meeting now at 914 – 8 Street (Main Street), Scout Hall main entrance. (downstairs)

**NW CALGARY GROUP (Tuesday meeting format change):** Tuesdays now Big Book study and discussion format; Thursdays is still a discussion format; Foothills Alliance Church, 333 Edgepark Blvd. NW

**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:

**STRATHMORE (out of town) NEW LIFE GROUP:** Sunday at 2:00 pm at the Strathmore Hospital is now **cancelled**.

**BEGINNERS TAKE 12:** Monday at 8:00 pm at Trinity Lutheran Church is now **cancelled**.

**NEW BEGINNINGS –AS BILL SEES IT:** Mon. – Fri. at 6:45 am; 'As Bill Sees It' discussion; is **cancelled**.

**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**.



## One-time Meeting Cancellations:

**Irricana Recovery Group** will **not** be having a meeting Friday December 24<sup>th</sup>, 2010 on Christmas Eve. This is a one-time meeting cancellation only.



**Action Group**


Invites You to Our Annual Festive Season,  
**OPEN GRATITUDE MEETING**  
 Wednesday, December 15, 2010; 8:00 pm  
 First Mennonite Church Basement  
 2600 Richmond Road SW  
 Refreshments & Fellowship to Follow

**Forest Lawn Group**  
**New Year's Dinner and Dance**

Friday December 31<sup>st</sup>, 2010 at 6:00 pm  
 Pembroke Community Hall  
 6100 – 8<sup>th</sup> Avenue SE  
 Volunteers and donations of food, decorations, and entertainment are need  
 7<sup>th</sup> Tradition will be in effect  
 For more information contact:  
 Brenda (403-697-7990),  
 Buddy B. (403-285-9258), or Al

**272 Group**  
**GRATITUDE NIGHT**  
 Friday, December 17, 2010  
 at 7:30 pm  
 (one hour earlier than usual)  
 Northminster United Church  
 3311 Centre Street North  
 Lots of Food and Sharing




**The Edgemont Group**  
 Invites you to help ring in the New Year  
 December 31, 2010,  
 Open Meeting at 8:00  
 Dance from 9:00 pm to 1:00 am  
 Edgemont Community Center  
 5311 Edgevalley Circle NW  
 Cost: Collection to cover expenses  
 Please bring finger food or munchies to share  
 For more information contact:  
 Audrey at 403-241-7211



**District 86**  
**Christmas Dinner & Dance**  
 December 18, 2010  
 at the  
 Balzac Community Hall  
 Doors open at 5:30,  
 Dinner service at 6:00 pm,  
 and dance to follow  
 Tickets are \$20 and children 14 and under are free  
**Tickets available from your G.S.R.**  
 (Directions: Take QE2 to Balzac exit west (hwy564 exit west),  
 cross the tracks, hall is on the left)

**Dalhousie Men's Group**  
**Annual Potluck - Open Gratitude Meeting**



Thursday, December 16<sup>th</sup> at 8 pm  
 Dalhousie Community Church  
 5511 Baroc Rd. N.W.,  
 Food Contributions graciously welcomed  
 7th Tradition will be observed

Calgary Intergroup's 38<sup>th</sup> Annual

# Banff Roundup

## Spirit of Fellowship

March 11, 12 & 13, 2011  
at the

**Banff Park Lodge, Banff Alberta**

### PROGRAM

**Friday**

4:00pm Registration  
6:30pm AA Meeting  
8:30pm **Speaker**  
Carla M. - AA - California  
10:00 PM - **Friday Night Music Jam**  
10:30pm - AA Night Owl Meeting

**Saturday**

8:00am **Registration**  
8:00am AA Meeting  
10:00am **Speaker**  
Sarah M. - AA - California  
12:30pm Al-Anon Meeting  
2:00 pm **Speaker**  
Ajit S. - Al-Anon - California  
4:00pm AA meeting  
6:00-7:30pm **Banquet**  
7:45 pm Countdown  
8:00 pm **Speaker**  
Doug R. - AA - California  
10:00 PM - **Dance (DJ)**  
10:30pm AA Meeting

**Sunday**

7:30am AA Meeting  
7:30am Al-Anon Meeting  
9:30am **Speaker**  
Eric H. - AA - Ontario

### Banquet & Registration

**Banquet & Registration**     \$85 / person  
**Registration only**             \$35 / person

Registration includes all the speakers plus the Friday and Saturday night events EXCEPT THE BANQUET. Banquet seating is limited - **Banquet tickets must be purchased by MARCH 7<sup>th</sup>, 2010!** Both registration and banquet tickets are available from Central Office, Calgary or purchase through your Intergroup Representative. Banquet tickets may be purchased over the phone by calling Central Office.

**YOU MUST BE REGISTERED TO ATTEND**

Roundups and Conferences are not AA meetings - the cost of this roundup is paid through registration fees.

**NO BANQUET TICKETS WILL BE SOLD  
AT THE DOOR**



**For Further Information on Registration Contact:**

- Your Intergroup Rep
- Central Office at (403) 777-1212  
centraloffice@telus.net
- Gerry M @ (403) 874-6441

## Whitesheep AA Men's Group

Hosts the 14<sup>th</sup> Annual

### Christmas Eve Breakfast

This event is open to family and friends

Friday December 24<sup>th</sup>

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



"I liked that 'Keep Coming Back' thing he said. Must be one of Dad's friends."

# 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.)*

## November 2010

### **DAILY REFLECTIONS GROUP:**

Al C. – 16 yrs.  
Brady W. – 14 yrs.  
Kenny K. – 8 yrs.  
Darlene D. – 7 yrs.  
Scott S. – 7 yrs.  
Brian L. – 2 yrs.

### **EDGEMONT GROUP:**

Ray S. – 19 yrs.  
Marilyn L. – 14 yrs.  
Ken F. – 5 yrs.  
Jay H. – 5 yrs.  
Terry D. – 2 yrs.

### **GLENMORE GROUP:**

Ken S. – 26 yrs.  
Scott – 2 yrs.  
Melanie – 2 yrs.  
Mike V. – 3 yrs.  
Lanny M. – 21 yrs.  
Shannon – 7 yrs.  
Lee – 25 yrs.  
Joe B. – 3 yrs.  
Robert K. – 6 yrs.  
Dee – 1 yr.  
Scott L. – 5 yrs.  
Tim A. – 33 yrs.

### **HADDON ROAD GROUP:**

Jesen R. – 1 yr.

### **IRRICANA RECOVERY GROUP:**

Peter D. – 9 yrs.  
Sam C. – 30 yrs.

### **SMOG GROUP:**

Bill C. – 30 yrs.  
Blaise M. – 1 yr.  
Dorothy C. – 3 yrs.  
Jessica M. – 6 yrs.  
Laura J. – 14 yrs.  
Margaret H. – 3 yrs.

## November 2010 (cont.)

### **SATURDAY NIGHT FOREST LAWN GROUP:**

Rose R. – 38 yrs.

### **NEW BEGINNINGS GROUP:**

Liz S. – 1 yr.  
Ray P. – 1 yr.  
Bill T. – 6 yrs.  
Sherry S. – 10 yrs.  
Sandy D. – 13 yrs.  
Jayne R. – 18 yrs.  
Ellen Mc. – 28 yrs.

### **NORTHLANDERS GROUP:**

Mike L. – 2 yrs.  
Fran M. – 12 yrs.  
Daryl C. – 1 yr.  
Blake M. – 2 yrs.  
Mark C. – 2 yrs.  
Jim G. – 2 yrs.  
Marsh C. – 32 yrs.

### **INGLEWOOD GROUP:**

Ken A. – 1 yr.

## December 2010

### **272 GROUP:**

Percy W. – 29 yrs.

### **AIRDRIE BACK FROM HELL GROUP:**

Rod L. – 24 yrs.  
Heidi – 20 yrs.  
William W. – 3 yrs.  
Dwight S. – 2 yrs.  
Doug C. – 2 yrs.  
Hugo B. – 2 yrs.  
Todd B. – 1 yr.

### **AWAKENINGS GROUP:**

Rudy N. – 16 yrs.

### **DALHOUSIE MEN'S GROUP:**

Jeff F. – 2 yrs.  
Sheldon – 8 yrs.  
Don M. – 21 yrs.

### **INGLEWOOD GROUP:**

Tony B. – 3 yrs.

## December 2010 (cont.)

### **FRONT RUNNERS GROUP:**

Brenda H. – 1 yr.  
Jason B. – 3 yrs.  
Jacqueline M. – 2 yrs.  
Kerri G. – 10 yrs.  
Mathew M. – 24 yrs.  
Travis G. – 3 yrs.

### **GETTING THERE GROUP:**

Carolyn H. – 1 yr.

### **HADDON ROAD GROUP:**

Dennis G. – 26 yrs.  
Lesley S. – 17 yrs.  
John F. – 14 yrs.  
Greg H. – 7 yrs.  
Betty N. – 6 yrs.  
Ryan B. – 3 yrs.  
Glenn B. – 2 yrs.  
Guy D. – 2 yrs.  
Steve G. – 1 yr.

### **HIGHLAND PARK GROUP:**

Jean L. – 11 yrs.

### **IRRICANA RECOVERY GROUP:**

Bob K. – 7 yrs.  
Bob W. – 24 yrs.  
Dianne D. – 17 yrs.  
Chrissy M. – 6 yrs.  
Sean C. – 12 yrs.

### **MALBOROUGH PARK GROUP:**

Ed D. – 29 yrs.

### **MATT GROUP:**

Ron W. – 7 yrs.  
Dale R. – 5 yrs.

### **NW CALGARY GROUP:**

Don M. – 21 yrs.  
Chuck J. – 1 yr.  
Trish F. – 1 yr.

### **EDGEMONT GROUP:**

Therese D. – 10 yrs.  
Anima K. – 2 yrs.

## December 2010 (cont.)

### **RECOVERY GROUP:**

Woody H. – 27 yrs.  
Norm B. – 11 yrs.  
Terri-lynn S. – 7 yrs.  
Dianna L. – 5 yrs.  
Eleanore F. – 5 yrs.  
Jordan R. – 4 yrs.  
Nancy S. – 4 yrs.  
Don B. – 2 yrs.  
Kalena H. – 2 yrs.  
David H. – 2 yrs.  
Dave A. – 2 yrs.  
Patrick M. – 2 yrs.  
Dan D. – 2 yrs.  
Jordan CR. – 2 yrs.  
Mark O. – 1 yr.  
Dan S. – 1 yr.  
Jeff J. – 1 yr.  
Steve M. – 1 yr.  
Evelyn – 1 yr.  
Bob S. – 1 yr.

### **SATURDAY NIGHT FOREST LAWN GROUP:**

Merle C. – 36 yrs.  
Helmet – 35 yrs.  
Darrel J. – 1 yr.  
Mark H. – 1 yr.

### **SMOG GROUP:**

Brian M. – 5 yrs.  
Laurie B. – 6 yrs.  
Suzanne B. – 1 yr.  
Wanda M. – 1 yr.  
Laura J. – 14 yrs.  
Jim G. – 2 yrs.

### **THE LINK GROUP:**

Jack M. – 28 yrs.  
Holly S. – 11 yrs.

### **WEST END STEP & TRADITION GROUP:**

Daryl M. – 26 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.

**The deadline for submissions for January's edition of The Westword is December 31st.**

Please email any notices for the Westword to: [westwordeditor@gmail.com](mailto: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](mailto:monitorchair@gmail.com)

## KEY CONTACTS

Intergroup chairperson – [calgaryintergroup@gmail.com](mailto:calgaryintergroup@gmail.com)  
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