

# the Westword

25 Cents  
(suggested donation)



*Westword is a monthly newsletter published by Calgary Intergroup*

## Bridging the Gap – all about giving back

If you can spare a couple hours a month or a few hours every two or three months to help someone coming out of a treatment centre discover the Alcoholics Anonymous program, then Bridging the Gap (BTG) would like to hear from you.

This AA service, as the name suggests, provides the connection or bridges the gap for the person who has just completed a treatment or detox centre program and wants to attend AA meetings, says Patricia A., BTG chairperson.

“A treatment or detox centre helps a person get sober and pointed in the right direction,” says Patricia A. “But we all know that is just the beginning. Some people may feel embarrassed or unsure, or may just need a little support to get to their first outside AA meeting.

“You don’t have to be their taxi, and this isn’t about being their sponsor. You are simply a temporary contact who helps them get to their first meeting or two. You attend a few meetings with the person – maybe your regular home group and some others - answer newcomer questions they may have about the AA program, introduce them to others and perhaps help them get their first Big Book and other literature. Basically, you help get them started in AA.”

BTG can use help in several areas. The program

needs people to apply to serve as temporary contacts; they need people to chair treatment and detox centre AA meetings to explain the BTG service and they can also use some BTG alternate coordinators.

“It would be great to see more home groups name a Bridging the Gap representative who can help line up the group to take on Bridging the Gap work as a service opportunity,” says Patricia A. “It only takes a few hours every month, or every few months at most and can really make a difference in someone’s recovery. So much of the AA program is about giving back to others what has been so freely been given to us and this is a terrific chance to do that.”

“Whether people get involved as individuals or on behalf of their home group, we can use your help,” she says. “Most of what’s involved is sharing your message of experience, strength and hope with someone looking for help.”

If you have at least one year of continuous sobriety and would like to help out or learn more about the Bridging the Gap program, speak to your GSR or email: [Patricia.BTG@shaw.ca](mailto:Patricia.BTG@shaw.ca)

**People are also welcome to learn more about this vital AA service by attending BTG meetings, held at 7 pm on the second Monday of each month at AA Central Office.**

*I am responsible*

When anyone, anywhere reaches out for help, I want the hand of AA to always 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](mailto: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. Feb. 13, Mon. Feb. 15 for Family Day

Closed Fri. Apr. 2, Sat. Apr. 3 for Easter)

## In Brief....

**Calgary Dream Center** is looking for **sponsors** for men in lockdown. If you can help call D'Arcy at 403-730-8755. Dream Center Speaker Mtg. now Sunday at 7:00 pm (speakers needed, call Rick B. at 403-852-7645)

**Sat. Night North East Group** – has a **speaker meeting** at 8:00 pm, the second Saturday of the month, 2523 – 56 Street NE

**Roundup planners change meeting:** For all involved, or wishing to get involved in planning the 2010 Calgary Gratitude Roundup in June, please note meetings of the Calgary Gratitude Roundup planning committee are now held the second Wed. of each month at 7 pm at Calgary AA Central Office. (Previously scheduled the third Wed. of the month). Next meeting Jan. 13 th.

**Cooperation with Professional Committee (CPC)** has changed meeting day and place starting January 20, 2010 to the third Wed. of each month at 7:00 pm. New location; St. Andrews Anglican Church, 1611 St. Andrew's Place NW. (ad pg. 4)

**Banff Roundup Tickets:** Anyone planning to attend the Banff Roundup banquet needs to purchase their tickets before March 6. Tickets are now on sale. (see program details Page 3). Tickets are \$85 for banquet and registration, or \$35 for registration only.

The Banff Roundup Committee, urges anyone planning to attend to buy tickets in advance. Registration-only tickets will still be available at the door. However, the final cutoff date for banquet ticket sales is March 6, 2010. Banquet tickets will not be available after March 6, and will not be available at the door.

Tickets are available from Calgary Intergroup Representatives, and at Calgary AA Central Office - #2, 4015 1<sup>st</sup> Street S.E., call 403-777-1212.

**Think Stampede:** Intergroup Special Events Chair is thinking about the Intergroup Stampede BBQ in Calgary. Anyone interested in helping with this event is urged to contact Keith M. at [calgaryintergroupevents@gmail.com](mailto:calgaryintergroupevents@gmail.com) (planning meetings, Jan. 12<sup>th</sup> & Feb. 9<sup>th</sup> at 7 pm at Central Office)

**Intergroup Chairman Meeting Visits:** Harry P., Intergroup Chairman is planning a series of visits to meeting groups in the New Year to talk about Intergroup, their activities and the support needed from all Calgary and District AA Groups.

## Meeting Changes:

**UNIDOS** (Spanish): 204 – 6A Street NE (St. John's Lutheran Church). **change of meeting times** to: Wed, Thurs, Fri to 7:00 pm; Sat. & Sun. to 5:00 pm.

**HARVEST HILLS BIG BOOK STUDY:** NW, **new format** – Monday 7:30 pm, now Closed meeting

**OLDS THURSDAY NIGHT:** **new format** – meeting are now Closed meetings.

**CANDLELIGHT GROUP:** Calgary – previous meeting Mondays, now meeting Thur., 7:30 pm, Kadilac Room,

**HARMONY GROUP:** SE – **moved** – Wednesday, 7:30 pm to Eastside Victory Outreach Bldg., downstairs (1840 – 38 St. SE)

**OKOTOKS RAILWAY GROUP:** **new location** – Thursdays, now at 8 pm at The Station, 53 North Railway Street, Okotoks.

**LADIES CANDLELIGHT:** **new day and location** – Meets Sunday 8 pm, 13 Elma St. (Freemason's Hall), Okotoks. Ph. 403-938-2456

**CAMPUS GROUP, MOUNT ROYAL UNIVERSITY:** **new day** moved to Tuesdays. (see poster page 4)

**GLENMORE GROUP:** **location change** – all Glenmore Group meetings have a new location as of December 29, 2009. The meeting location has changed to 2719 Hochwald Court SW (Currie Barracks, side door)

**STEP 11 MEETING:** **new start time January 31** - Open, Mixed AA meeting. Prayer, Meditation, Discussion. Sundays **4:00** – 5 pm. Central United Church, 131 - 7<sup>th</sup> Ave. SW in Dining Room (Downstairs, enter by rear alley door)

## New Meetings:

**SATURDAY NIGHT TRAIN WRECK GROUP:** (**new name**) New open/step/tradition meeting, Saturday 11 PM, NCFC 4620a Bowness Rd. NW

**THE LADIES H.O.W. GROUP:** Tuesdays, 7:30 pm, NCFC 4620a Bowness Rd. NW. Ladies Big Book & 12 x 12.

**WOMEN'S NORTH EAST GROUP:** (**new name**) Sundays, starting Sept. 13, 1:30 to 3 pm, Closed, 12 x 12 reading and discussion. Robert McClure Church, 5510 – 26<sup>th</sup> Ave. NE (near Village Square Mall)

**MONDAY NIGHT LADIES:** Lutheran Church, 13811 Deer Ridge Dr. SE, Closed, Step, Discussion at 7 pm.

**BACK FROM HELL:** Fridays 8:00 pm, open, mixed, Big Book discussion – 126B Main Street Airdrie (back door)

**BACK FROM HELL:** Thursday 7:00 am, open, mixed, discussion – 126B Main Street Airdrie (back door)

## 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

## DOWNTOWN SATURDAY NIGHT SPEAKER MEETING – 8 PM

Fortis Building, North Tower

801 – 7<sup>th</sup> Avenue SW, Calgary

## CPC Planning Meeting

**Regular meetings of the Cooperation with the Professional Community (CPC) committee are held the third Wednesday of each month at St. Andrews Anglican Church, 1611 St. Andrew's Place NW starting at 7:00 pm. New committee members and more group participation are always welcome.**

**On the Horizon:****2010 Vulcan Annual Family Roundup**

Theme: FUBAR UNTIL AA

Agenda:

When: **March 6, 2010**

10:00 am – 11:00 am

Registration

Where: Vulcan Royal Canadian Legion

11:00 am – 12:00 pm

AA Call Up Meeting

(from centre St. turn right at Magnuson Realty – before the tracks)

12:00 pm – 1:00 pm

Lunch (provided)

Cost: \$20.00

1:00 pm – 2:00 pm

AA Speaker

Contacts: Glen A. 403-485-2362, Gary K. 403-485-5818  
PATRICIA B. 403-485-2769, LEROY B. 403-485-2095

2:30 pm – 3:45 pm

Al-Anon Speaker

4:00 pm – 5:15 pm

AA Call Up Meeting

6:00 pm – 7:00 pm

Banquet

Accommodations available at:

7:00 pm – 8:30 pm

Banquet Speaker

Wheatland Motel 403-485-2211

Vulcan Country Inn 403-485-2281

**37<sup>th</sup> ANNUAL BANFF ROUNDUP 2010**

Spirit of Fellowship

Banff Park Lodge

222 Lynx Street

Banff, Alberta T0L 0C0

March 12, 13, 14, 2010

Banquet &amp; Registration: \$85.00

Registration only: \$35.00

Registration includes all the speakers plus the Friday and Saturday night events, EXCEPT THE BANQUET. Banquet seating is limited; please purchase your tickets by March 6, 2010. Both registration and banquet tickets are available from Central Office, Calgary or purchase through your Intergroup Representative.

You must register to attend as Roundups and Conferences are not AA meeting; the cost of this roundup is paid through registration fees.

**No banquet tickets will be sold at the door and they must be purchased by March 6<sup>th</sup> which is the cut off for the purchase of banquet tickets.**

Speakers: Tim T. (Cleveland OH) Mary S. (Cleveland OH) Carl H. (Hollywood CA)  
Mildred F. (Toronto ON) Sarah H. (Hollywood CA)

Program:

**Friday March 12, 2010**

4:00 pm Registration  
6:30 pm Meeting  
8:30 pm AA Speaker (Tim T.)  
Musical Jam

**Saturday Continued**

6:00 pm Banquet  
7:45 pm Sobriety Countdown  
8:00 pm AA Speaker (Mildred F)  
Dance (DJ)

**Saturday, March 13, 2010**

8:00 am Meeting  
10:00 am AA Speaker (Mary S.)  
2:00 pm Al-Anon Speaker (Carl H)

**Sunday, March 14, 2010**

10:00 am AA Speaker (Sarah H.)

*Additional meetings and events will also be available*

## Lethbridge & Southern Alberta Round-up 2010

When: April 9<sup>th</sup> & 10<sup>th</sup>, 2010

Where: Lethbridge Senior Citizens Organization  
500 – 11<sup>th</sup> Street South in Lethbridge

Fun, Fellowship & Food, all in one weekend,

More details to follow.

## Irricana Recovery Group Big Birthday Bash

Come help us celebrate 148 years of sobriety for:  
George S. – 50 yrs., Neil R. – 38 yrs.,  
Garry R. – 36 yrs, Wayne K.-24 yrs.

**January 31, 2010**

6:00 pm Fellowship and Food  
(Food Provided)

8:00 pm Regular Meeting

The United Church  
216 First Avenue N.E., Airdrie

## FYI:

### Cooperation With Professional Committee

The **Cooperation With Professional Committee** is starting up some fantastic programs in the new year! We need you! People who are interested in assisting the Professional Community in assisting us! No experience necessary - only requirement is Enthusiasm!

**CPC Committee** meeting has moved! We no longer meet at CO!

**STARTING JANUARY 20, 2010**

We will be meeting 7:00 pm every third Wednesday of the month at:

**St. Andrew's Anglican Church**

**1611 St. Andrew's Place N.W.**

(corner of St. Andrew's Place and 14th Ave. N.W.; take 13th Ave. off of University Drive or 29th Street, N.W.)  
to see a map go to the web site: [st-andrews-anglican-calgary.ca](http://st-andrews-anglican-calgary.ca)

### *Calgary Intergroup Open House*

*On behalf of the collective conscience of Calgary A.A. Community we would like to thank all the groups for their contributions and participation in this year's Calgary Intergroup Open House.*

*Thank you and Merry Christmas and wishing everyone a Sober Prosperous New Year!*

*Harry P., Intergroup Chair*

**CAMPUS GROUP**, a meeting of Alcoholics Anonymous at:

### **Mount Royal University**

If you want to drink, it's your business. If you want to stop, it's ours.

### **BROWN BAG , LUNCH MEETING**

**Closed:** Limited to those with a desire to stop drinking

**Mixed:** Men and Women

every **Tuesday from 12:00 pm to 1:00 pm**

**January 12, 2010 to April 13, 2010**

(closed February 16 for Reading Week)

**Room Z013**

**Lower Level, Wyckham House**

(West gate entrance off Richardson Way)(Z013: near Ticketmaster & Post 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***

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)

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

Calgary AA members are needed for the 12 Step List. For more information call Buddy 403-285-9258 or Mathew 403-777-1212 or email [centraloffice@telus.net](mailto:centraloffice@telus.net)

### 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 – Central Office – [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)

### 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.

## Sunday Morning Breakfast Speaker Meeting

Calgary AA home groups or individual AA members are needed to provide speaker services at the regular Sunday Morning Breakfast Meeting at the Downtown Ramada Hotel.

Individual AA members can sign up as speakers, or a home group can take on one or more Sunday morning speaker sessions as a service opportunity.

For more information on the Sunday Morning Breakfast contact Stephan, breakfast chair, at 403-714-5101, email the Calgary Intergroup chair at [calgaryintergroupchair@gmail.com](mailto:calgaryintergroupchair@gmail.com), or call AA Central Office at 403-777-1212.

## Calgary Dream Centre

AA speakers are needed for regular Sunday night speaker meetings at the Calgary Dream Centre, a residential facility dedicated to helping adult men to get back on their feet in society.

The meeting begins at 7 p.m. Sunday at the Dream Centre located at 4510 Macleod Trail SW, Calgary. Any individual or group that can help out should contact Rick B. at 403-852-7645.

The Centre, which opened seven years ago and has capacity for 115 clients, is one of 150 Dream Centres across North America.

## Intergroup Open House and Christmas Dinner, a Success!

Several hundred Calgary AA members, families and guests braved winter conditions Dec. 12 to make the 2009 Intergroup Open House and Christmas Dinner a success. The event received more than \$1,100 in 7<sup>th</sup> Tradition and group cash contributions, leaving a net surplus about \$550, after expenses.

## *Calgary Archives*

*Hi Friends, just a note from your Calgary Archives Committee. We hope that you had a very Merry Christmas, and a Happy New Year.*

*We are now gearing up for 2010, and the duties we have to accomplish throughout this year.*

*On January 16<sup>th</sup>, 2010 we are having a committee meeting at Central Office at 10:00 am to discuss the year ahead, and on January 30<sup>th</sup>, 2010 we are having a regular work day at Central Office commencing at 9:00 am.*

*If you are interested in becoming a member of our committee, please join us and explore the fascinating world of Calgary Intergroup Archives.*

*If you have any questions, please contact Bill P. at:*

403-697-5325

or

[calgaryintergrouparchives@gmail.com](mailto:calgaryintergrouparchives@gmail.com)

# HAPPY AA BIRTHDAY!

## November 2009

### DAILY REFLECTIONS:

Darlene D. – 6 yrs.  
Scott S. – 6 yrs.  
Brian L. – 1 yr.  
Brady – 18 yrs.  
Kenny – 7 yrs.  
Vicki H. – 2 yrs.  
Al C. – 15 yrs.

## December 2009

### RECOVERY GROUP:

Marie M. - 33 yrs.  
Woody H. – 26 yrs.  
Terri-Lynn S. – 6 yrs.  
Stella T. – 5 yrs.  
Eleanore F. – 4 yrs.  
Nancy S. 3 yrs.  
Don B. – 1 yr.  
Ben C. – 1 yr.  
Micheal S. – 1 yr.  
David H. – 1 yr.  
Dave A. – 1 yr.  
Patrick M. – 1 yr.  
Dan D. – 1 yr.  
Jordan CR. – 1 yr.

### RECOVERY GROUP (cont.)

Brian JM. – 1 yr.  
John B. – 1 yr.

### NEW BEGINNINGS:

Colleen Y. – 1 yr.  
Matt D. – 2 yrs.  
Sharon H. – 4 yrs.  
Ken J. – 6 yrs.  
Jim E. – 16 yrs.  
Nancy R. – 17 yrs.  
Mary Z. – 18 yrs.  
John S. – 20 yrs.

## January 2010

### 272 GROUP:

Glen G. – 6 yrs.  
Brad T. – 1 yr.

### ACTION GROUP:

Jerry S. – 19 yrs.  
Dallas Z. – 8 yrs.  
Tim M. – 3 yrs.

### BACK TO THE DRAWING BOARD:

Bill K. – 14 yrs.

### DESPERATION GROUP:

Lyle K. – 12 yrs.  
Chris N. – 2 yrs.  
Peter C. – 34 yrs.

### HIGHLAND PARK GROUP:

Brian H. – 27 yrs.  
Michelle P. – 23 yrs.

### MARLBOROUGH PARK:

Al - 19 yrs.  
Bill W. – 15 yrs.

### RECOVERY GROUP:

Roy S. – 25 yrs.  
Bernie H. – 8 yrs.  
Donna R. – 7 yrs.  
Frank L. – 5 yrs.  
Don M. – 5 yrs.  
Brian L. – 2 yrs.  
John N. – 2 yrs.  
Zita H. – 1 yr.  
Steve L. – 1 yr.  
Tim P. – 1 yr.  
Sean H. – 1 yr.  
Richard H. – 1 yr.  
Wade K. – 1 yr.

### GETTING THERE:

Heidi P. – 2 yrs.

### IRRICANA RECOVERY GROUP:

George S. – 50 yrs.  
Neil R. – 38 yrs.  
Garry R. – 36 yrs.  
Wayne K. – 24 yrs.

### SATURDAY FOREST LAWN:

Melvin – 7 yrs.  
Walter – 7 yrs.  
Colin – 5 yrs.  
Garry - 1 yr.

### SATURDAY NIGHT NE GROUP:

Linda J. – 33 yrs.  
Sandra M. – 20 yrs.

## February 2010

### MARLBOROUGH PARK:

Alisa – 3 yrs.

### SATURDAY NIGHT NE GROUP:

Marilyn – 22 yrs.  
Charlie M. – 20 yrs.

## DON'T FORGET WESTWORD DEADLINES

As the New Year begins, this is just a reminder to Calgary AA groups to get your birthdays, meeting changes, special events and other notices into the Westword editor or Central Office well before deadline for the coming issue. Generally the deadline for the coming issue is the last day of the current month. For example, any notices for the February issue need to be received before and no later than January 31, or for the March issue, no later than February 28.

Remember too, Westword isn't distributed until the second Monday of each 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. For example, if you want to publicize an event happening March 6 or 10th, make sure it is submitted in time for the February issue, because the March issue will be too late.

Please email any notices to Westword co-editors Lee H. and Keith S. at: [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com) or drop notices off at Calgary Central Office.

## 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 Buddy, 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 Buddy. To help call Buddy at 403-285-9258.

## Telephone Monitoring

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

**403-285-9258**

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)  
Public Information Chair – [pichair.calgary@gmail.com](mailto:pichair.calgary@gmail.com)  
Telephone Monitoring Chair – [monitorchair@gmail.com](mailto:monitorchair@gmail.com)  
Intergroup Secretary – [calgaryintergroupsecretary@shaw.com](mailto:calgaryintergroupsecretary@shaw.com)  
Intergroup Treasurer – [centraloffice@telus.net](mailto:centraloffice@telus.net)  
Westword Editor – [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com)  
Special Events – [calgaryintergroupevents@gmail.com](mailto:calgaryintergroupevents@gmail.com)  
Intergroup Archives – [calgaryintergrouparchives@gmail.com](mailto:calgaryintergrouparchives@gmail.com)  
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