

the Westword

25 Cents
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Westword is a monthly newsletter published by Calgary Intergroup



MEMBERS NEEDED FOR 12TH STEP CALL LIST

If you are interested in helping new or “coming back” alcoholics get to their first meeting, consider placing your name on the 12th Step List.

More Calgary and area Alcoholics Anonymous members, ideally with one or more years of sobriety, are needed to let their name stand for the list, which serves Calgary and district communities, explains Buddy B., Telephone Monitoring Chair.

The 12th Step List is a list of the names and phone numbers of AA men and women, who are available to talk to those who are still struggling and want more information about the AA program.

The confidential list is used by those providing service as telephone monitors. If a monitor receives a call from someone still struggling with the disease, who is looking for more information about the AA program, the monitor can have someone on the 12th Step List give that individual a call.

While being a member of the 12th Step List requires a level of commitment from the AA member to help out as they can, it is also tailored to meet their specific availability.

Members applying to have their names on the list can indicate which quadrant of the city they are available in, or whether they are available city wide. They can also select the time of day when they are available whether it be mornings only, weekdays only, evenings only, weekends only, or anytime. And they also indicate whether they have a car available or not.

The 12th Step List also looking for AA members who can speak a wide range of languages including French, German, Italian, Japanese, Korean, Spanish and many others.

The first role of the 12th Step member is to call the individual to understand their circumstance and answer questions about the AA program. That may lead to meeting with the individual to discuss the program in more detail, or helping them get to their first meeting.

The 12th Step List member doesn't have to sit home and wait by the phone, but if they do receive a call from a monitor, be able to help out as they can.

For more information about the 12th Step List or to apply for the list contact Buddy B. at 403-285-9258 or Calgary Central Office at 403-777-1212.

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

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....

Intergroup Public Information Committee is looking for **sponsors** for men in lockdown at Calgary Dream Centre. If you can help, call D'Arcy at 403-730-8755. The Sunday Dream Center Speaker Mtg. is now on hold. The Sunday 7:00 pm Step meeting is for Residents and Sponsors only.

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

Banff Roundup Tickets: The Banff Roundup Committee, urges anyone planning to attend to buy tickets in advance. Registration-only tickets (\$35) will still be available at the door. However, the final cutoff date for banquet ticket sales (\$85) 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 1st Street S.E., call 403-777-1212.

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, or call AA Central Office at 403-777-1212.)

On the Horizon:

Lethbridge & Southern Alberta Round-up 2010: April 9th & 10th, 2010 at the Lethbridge Senior Citizens Organization, 500 – 11th Street South in Lethbridge

37th Annual Banff Roundup 2010: March 12, 13, 14, 2010; Theme - Spirit of Fellowship; Banff Park Lodge, 222 Lynx Street, Banff, Alberta T0L 0C0; Banquet & Registration - \$85.00, Registration only - \$35.00; *No banquet tickets will be sold at the door and they must be purchased by March 6th which is the cut off for the purchase of banquet tickets.* (see poster page 5)

2010 Vulcan Annual Family Roundup: March 6, 2010; Vulcan Royal Canadian Legion, (centre St. turn right at Magnuson Realty – before the tracks); Theme: FUBAR UNTIL AA; Cost: \$20.00; Accommodations available at: Wheatland Motel - 403-485-2211, Vulcan Country Inn - 403-485-2281. Contacts: Glen A. 403-485-2362, Gary K. 403-485-5818, PATRICIA B. 403-485-2769, LEROY B. 403-485-2095

Circle of Hope Roundup: June 4 – 6th, 2010, Reading PA. For information: www.cicleofhoperoundup.com

Area 78 Assembly

March 19, 20, 21, 2010

This assembly is for all GSRs, DCMs and area committee members.

Red Deer Lodge; reservations 1-800-661-1657

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

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING – 8 PM

Fortis Building, North Tower

801 – 7th Avenue SW, Calgary

(Update)

CPC Planning Meeting

Regular meetings of the Cooperation with the Professional Community (CPC) committee are held the third Wednesday of each month at Central Office starting at 7:00 pm sharp. New committee members and more group participation are always welcome, the more members we have the more we can do to help the professionals help us! This is a fun service position for sure!

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 Buddy 403-285-9258 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 – 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 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.

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 – 26th Ave. NE (near Village Square Mall)

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

New Meetings (cont.):

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

UNIDOS (Spanish): Wednesday, Thursday at 7:00 pm, Sunday at 5:00 pm; open mixed; St. John’s Lutheran Church, 204 – 6A Street NE

CAMPUS GROUP, MOUNT ROYAL UNIVERSITY: Tuesdays from 12 to 1 pm; brown bag lunch meeting, mixed, closed; until April 13th, closed February 16th for reading week

CENTRAL RECOVERY GROUP: Sunday 4:00 pm; open, mixed, beginners; Central United Church, 131 – 7th Avenue SW (alley door, downstairs dining room)

COME AND SEE GROUP: Sunday 7:00 pm; open, mixed, step, discussion; St. Joseph’s Catholic Church, 640 – 19 Ave, NW (east side office door)

Meeting Changes:

UNIDOS (Spanish): (new times): Friday changed from 6:00 to 7:00 pm; Saturday changed from 6:00 to 5:00 pm.; 204 – 6A Street NE

HARVEST HILLS BIG BOOK STUDY: (new format): Monday 7:30 pm, now Closed meeting; 10099 Harvest Hills Blvd., NW

OLDS THURSDAY NIGHT: (new format), meeting are now Closed meetings; Olds United Church

CANDLELIGHT GROUP: (new day); previous meeting Mondays, now meeting 7:30 pm. Thursdays; Southview Community Centre, Kadilac Room.

HARMONY GROUP: (new location); Wednesday 7:30 pm; 1840 – 38 St. SE, Eastside Victory Outreach Bldg., (downstairs)

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

OKOTOKS RAILWAY GROUP: (new location) Thursdays, 8:00 pm; now at The Station, 53 North Railway Street, Okotoks.

GLENMORE GROUP: (new location); all Glenmore Group meetings now at 2719 Hochwald Court SW (Currie Barracks, side door)

SEWING THE SEED: (new day and time) now meets Thursdays 7:00 pm ; 106 – 11 Ave. SW (Mustard Seed Creative Centre, basement)

STEP 11 MEETING: (new time) Sundays 3:30 pm. changed to 4:00 pm; 131 – 7th Ave. SW (alley door, downstairs, dining room)

TRI-CURRIE: (new time as of April 1st) Monday 8:30; changes to 8:00 pm on April 1st; 5504 – 20 St. SW, SW entrance.

Meeting Cancellations:

GET TO THE POINT GROUP: Thursdays at 7:45 pm at Sheppard Lutheran Church, 804 – 75 Ave. SW is **cancelled**.

SMOG GROUP: Saturday February 27, 2010; this meeting only is **cancelled**.

Calgary Archives

We are still looking for committee members who are interested in assisting with Calgary Intergroup Archives. Our next two work days in February are, the 13th, and 27th at Central Office at 9:00 a.m.

We sure hope to see you there.

Calgary Archives requests that anyone who is wishing to donate documents, pictures, etc. to archives that you do not drop off any information at Central Office.

Contact one of the following, and we will discuss your information, and make arrangements to accept your donation on behalf of Calgary Archives.

Thank you!

| | |
|------------------------|--------------|
| Bill P. Chairman | 403-697-5325 |
| Moe R. Alternate Chair | 403-452-9833 |
| Tim H. Archivist | 403-173-2846 |

INTERGROUP SPECIAL EVENTS

"We need YOU"

Special Events is forming a committee for our Stampede Special Event.

This event takes a lot of work, and we need a committee who is committed to ensure it is a success, and have fun while doing it.

Join us at Central Office February 9, 2010 at 7 pm

and

Join us at Central Office March 9, 2010 at 7 pm

For info call Keith at 403-474-1830

2010 Vulcan Annual Family Roundup

Theme: FUBAR UNTIL AA

When: **March 6, 2010**

Where: Vulcan Royal Canadian Legion
(from centre St. turn right at Magnuson Realty – before the tracks)

Cost: \$20.00

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

Accommodations available at:

Wheatland Motel 403-485-2211

Vulcan Country Inn 403-485-2281

Agenda:

| | |
|---------------------|--------------------|
| 10:00 am – 11:00 am | Registration |
| 11:00 am – 12:00 pm | AA Call Up Meeting |
| 12:00 pm – 1:00 pm | Lunch (provided) |
| 1:00 pm – 2:00 pm | AA Speaker |
| 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 |
| 7:00 pm – 8:30 pm | Banquet Speaker |

Lethbridge & Southern Alberta Round-up 2010

When: April 9th & 10th, 2010

Where: Lethbridge Senior Citizens Organization
500 – 11th Street South in Lethbridge

Fun, Fellowship & Food, all in one weekend,

More details to follow.

2010 Western Canada Regional Forum:

May 14, 15, 16, 2010

Travelodge Hotel Saskatoon

106 Circle Drive West, Saskatoon.

The forum is put on by the AA General Service Board and is open to AA members or anyone interested in AA forums.

HAPPY AA BIRTHDAY!

December 2009

GLENMORE GROUP:

Ginny A. – 11 yrs.
Gail N. – 6 yrs.
Ian F. – 1 yr.
Jason E. – 15 yrs.
Aida – 1 yr.
Jackie B. – 12 yrs.
Stuart P. – 18 yrs.
Dallon – 19 yrs.
David M. – 29 yrs.
Bryan R. – 19 yrs.
Jeff C. – 4 yrs.
Carol B. – 5 yrs.
Patt F. – 15 yrs.
Lucinda – 11 yrs.
Jim R. – 11 yrs.
Wendy L. – 4 yrs.
Rachel S. – 1 yr.
Bill M. – 19 yrs.

NW CALGARY GROUP:

Don M. – 20 yrs.
Darren M. – 1 yr.

January 2010

AIRDRIE BACK FROM HELL:

Dwight S. – 1 yr.
Hunter V. – 1 yr.
Ben K. – 3 yrs.
Don P. – 4 yrs.
Joan S. – 6 yrs.
Jack J. – 7 yrs.

BACK FROM HELL GROUP:

Dwight S. – 1 yr.
Hunter V. – 1 yr.
Ben K. – 3 yrs.
Don P. – 4 yrs.
Joan S. – 6 yrs.
Jack J. – 7 yrs.

DEER RIDGE GROUP:

Bob C. – 3 yrs.
Cheryl K. – 8 yrs.
Sally A. – 2 yrs.
Jen J. – 2 yrs.
Steve L. – 5 yrs.

January 2010 (cont)

GLENMORE GROUP:

Rebecca F. – 1 yr.
Barry D. – 20 yrs.
Pat R. – 27 yrs.
Chris – 7 yrs.
Lee – 1 yr.
Louise – 1 yr.
Cam – 3 yrs.
Ross M. – 15 yrs.
Robert O. – 13 yrs.
Mike R. – 10 yrs.
Pat W. – 8 yrs.
Mathew H. – 10 yrs.
Amanda S. – 1 yr.
Mike P. – 8 yrs.
Roy R. – 15 yrs.

NEW BEGINNINGS:

Diane C. – 1 yr.
Holly B. – 1 yr.
Gabrielle F. – 1 yr.
Lize C. – 3 yrs.
Andrea L. – 3 yrs.
Noella S. – 3 yrs.
Sally R. – 3 yrs.
Ingrid D. – 3 yrs.
Bill S. – 4 yrs.
Chris T. – 5 yrs.
Ken A. – 11 yrs.
Teresa G. – 11 yrs.
Sheryl M. – 12 yrs.
Angie O. – 14 yrs.
Sheldon L. – 15 yrs.
Sharon W. – 25 yrs.
Ted V. – 26 yrs.

NW CALGARY GROUP:

Barrie H. – 1 yr.
Travis D. – 1 yr.
Scott M. – 1 yr.

SATURDAY FOREST LAWN:

Melvin – 8 yrs.
Walter. – 8 yrs.
Colin – 6 yrs.
Garry Y. – 1 yr.
Rebecca D. – 1 yr.

January 2010 (cont)

MATT GROUP:

Karen M. – 15 yrs.

ACTION GROUP:

Kevin O. – 2 yrs.

LINK GROUP:

Don Mac – 30 yrs.
Rob S. – 2 yrs.

February 2010

ACTION GROUP:

Donna H. – 32 yrs.
Mike K. – 17 yrs.
Erin J. – 2 yrs.

AWAKENINGS GROUP:

Charles C. – 6 yrs.

BACK FORM HELL GROUP:

Cheri A. – 13 yrs.
Roger H. – 1 yr.
Allen S. – 24 yrs.

BORDERLINE GROUP:

Steve N. – 16 yrs.
Scott B. – 8 yrs.

DALHOUSIE MENS GROUP:

James T. – 1 yr.
Bill B. – 36 yrs.

DEER RIDGE GROUP:

Bob B. – 35 yrs.
Melanie T. – 2 yrs.

DESAPARATION GROUP:

Alisa M. – 3 yrs.
D'Arcy B. – 3 yrs.
Bernie D. – 33 yrs.

GETTING THERE GROUP:

Frank Mc. – 21 yrs.
Shane W. – 2 yrs.
Greg W. – 5 yrs.

DESPERATIONS GROUP:

Alisa M. – 3 yrs.
D'Arcy B. – 3 yrs.
Bernie D. – 33 yrs.

February 2010 (cont)

INGLEWOOD GROUP:

Stephen S. – 3 yrs.
Todd G. – 1 yr. **MATT GROUP:**
Mark H. – 4 yrs.
Billy B. – 4 yrs.
Doreen L. – 21 yrs.
Bryan G. – 27 yrs.

OGDEN GROUP:

Laurie A. – 30 yrs.
Keith K. – 19 yrs.
Jason P. – 10 yrs.
Tania M. – 4 yrs.

OPEN DOOR GROUP:

Andre N. – 8 yrs.
Diane D. – 19 yrs.

RECOVERY GROUP:

Doreen TR. – 22 yrs.
Sean O'B. – 21 yrs.
Peter A. – 15 yrs.
Karen R. – 12 yrs.
Natalie S. – 9 yrs.
Joe R. – 6 yrs.
Laura B. – 5 yrs.
George H. – 4 yrs.
Sean S. – 3 yrs.
Shane A. – 2 yrs.
Gordon Mc. – 2 yrs.
Mark H. – 1 yr.
Adrian K. – 1 yr.
Stephen B. – 1 yr.
Grady C. – 1 yr.
Hugh I. – 1 yr.
Dan B. – 1 yr.
Mike P. – 1 yr.
Tyler F. – 1 yr.

SATURDAY FOREST LAWN:

Lonnie M. – 10 yrs.

272 GROUP:

Jim C. – 20 yrs.
Sheila – 2 yrs.
Sandy – 1 yr.

3

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

KEY CONTACTS

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