

# The Westword

25 Cents  
(suggested donation)



*Westword is a monthly newsletter published by Calgary Intergroup*

## Banff and beyond – fellowship and service

With fellowship and service to other alcoholics being cornerstones to continued sobriety, here are some opportunities for Calgary and area AA members to really get involved with the program.

### BANFF ROUNDUP

The 37<sup>th</sup> annual Banff Roundup runs this coming weekend – March 12 to 14, 2010 at the Banff Park Lodge in Banff, AB.

Ticket sales for the Saturday night banquet are now closed and there will be no banquet tickets available at the door. However registration tickets, which cover all speakers, meetings and the dance during the Roundup, are still available through Calgary Central Office and will be sold at the door. General registration is \$35. For more information call Central Office at 403-777-1212.

The registration desk at the Banff Roundup opens Friday at 4 p.m., there is an AA meeting at 6:30 pm, and speaker Mildred F. of Toronto speaks at 8:30 pm. There will be a musical jam session following the speaker and a Night Owl Meeting.

Saturday, registration desk opens at 8 am, there is an AA meeting at 8 am, with speakers and the rest of the day program beginning at 10 am. Sunday, there is an AA meeting at 8 am followed by Linda M of Calgary speaking at 10 am. For more information on the Roundup, contact Calgary Central Office or Margery K. at 403-228-0339.

### SPECIAL EVENTS

Calgary Intergroup Special Events Committee is looking for AA members to help on the planning committee, as well as those who can provide service the day of its upcoming event.

The committee, in particular, is looking for people to help with planning the Stampede Carnival and BBQ being held July 10 at Dalhousie Community Church, NW. People are needed to serve on the committee, but volunteers are also needed the day of the event. And, in particular the committee is looking for any members with first aid tickets to help out during the day. Anyone interested in helping can attend the Special Events Committee, which meets twice a month (see details Pg. 4) at Calgary Central Office, or contact chairperson Keith M. at 403 474 1830.

### SERVICE SEMINAR

Any new or not-so-new AA members wondering what service opportunities are available within the Calgary and District AA program are urged to attend an Intergroup and Calgary General Service Committee service seminar April 17 at Scarboro United Church. It is a 10 am to 4 pm session where the various AA committees review the services they provide and the service opportunities open to members. (See details on Page 5).

*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 Fri. Apr. 2, Sat. Apr. 3 for Easter  
Closed Monday May 24 for Victoria Day)

**In Brief....**

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

**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.)

**Recipe for the Year**

John R. from Sowing the Seed Group sent along the following article he found, which has a good message for all in 2010.

**An Angel Says  
Recipe for the Upcoming Year**

2C Love for God	2T Humor
1C Faith	7T Charity
4T Optimism	1C Trust
6T Compassion	6T Patience
3T Humility	

Makes enough for 7 days. Mix above with heaping spoonfuls of love and laughter. Make a batch weekly and serve daily to all.

## 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:** Stéphane N. at 403-629-6439

**On the Horizon:**

**37<sup>th</sup> Annual Banff Roundup 2010:** March 12, 13, 14, 2010; Theme - Spirit of Fellowship; Banff Park Lodge, 222 Lynx Street, Banff, Alberta T0L 0C0; Registration - \$35.00;. Registration tickets are available at Central Office.

**Celebrate Sobriety 2010:** Vancouver Alternate Life Style AA Roundup, April 2, 3, 4, 2010. For more information: [www.celebratesobriety.org](http://www.celebratesobriety.org) or [info@celebratesobriety.org](mailto:info@celebratesobriety.org).

**Lethbridge & Southern Alberta Round-up 2010:**

April 9<sup>th</sup> & 10<sup>th</sup>, 2010 at the Lethbridge Senior Citizens Organization, 500 – 11<sup>th</sup> Street South in Lethbridge

**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.*

**Circle of Hope Roundup:** June 4 – 6<sup>th</sup>, 2010, Reading PA. For information: [www.cicleofhoperoundup.com](http://www.cicleofhoperoundup.com)

**Abbotsford Roundup 2010:** June 18 and 19, 2010; Celebrating 75 years; Abbey Arts Center, 2329 Crescent Way, Abbotsford. For more information: [www.abbotsfordaaroundup.org](http://www.abbotsfordaaroundup.org) or e-mail at: [abbotsfordrally2010@live.ca](mailto:abbotsfordrally2010@live.ca).

**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

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

**PRIMARY PURPOSE GROUP:** Tuesday 8:00 pm; Open, mixed, B.B. meeting; First Baptist Church Christian Education Building, 1311 – 4<sup>th</sup> St. SW.

**BY THE BOOK:** Thursday 7:00 pm; Open, mixed, step and tradition; wheelchair accessible; Bowness Senior Centre, 6422 – 35 Ave. NW

**MONDAY NIGHT LADIES:** Mondays, 7:00 pm; Closed, Step Discussion; Lutheran Church, 13811 Deer Ridge Dr. SE

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

**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)

**New Meetings (cont.):**

**BY THE BOOK:** Thursday 7:00 pm; open, step and tradition, wheelchair, speaker last meeting of the month; Bowness Senior Center, 6422 – 35 Avenue NW

**LADIES NORTH EAST 12 & 12 GROUP: (new name)** (formerly Women's North East Group) Sundays, 1:30 to 3 pm, Closed, 12 x 12 reading and discussion.; wheelchair accessible; Robert McClure Church, 5510 – 26<sup>th</sup> Ave. NE (near Village Square Mall)

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

**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 13<sup>th</sup>

**CENTRAL RECOVERY GROUP:** Sunday 4:00 pm; open, mixed, beginners; Central United Church, 131 – 7<sup>th</sup> 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:**

**MIDNAPORE: (new time, new format); now** Monday 8:00 pm; Closed, mixed; living sober discussion, second Monday of each month is a speakers meeting; St. Mary's College (west entrance), 14540 Bannister Rd. SE.

**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 – 7<sup>th</sup> Ave. SW (alley door, downstairs, dining room)

**TRI-CURRIE: (new time as of April 1<sup>st</sup>)** 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**.

## Calgary Archives

Our next work day is on March 27<sup>th</sup>, 2010 at Central Office from 9:00 a.m. to noon.

Anyone wishing to inquire and view our Archives is invited to our work day as listed above.

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"*

The Special Events Committee needs help in organizing the July 10, 2010 Stampede BBQ and Carnival. This event takes a lot of work, and we need a committee committed to its success, and able to have fun while doing it.

**Join us at Central Office**

March meetings - March 9 & March 30 at 7 pm.

April Meeting – April 13, 2010 at 7 pm

For info call Keith at 403-474-1830

## *Dalhousie Mens Group 11 th Anniversary, Birthday & Potluck Open Speaker Meeting*



**Thursday, April 29<sup>th</sup>, 2010, 8 pm**  
Dalhousie Community Church

**5511 Baroc Rd. N.W., Calgary, Alberta**

**This is an Open Meeting, Food Contributions welcomed.**

**7<sup>th</sup> Tradition will be observed.**

## Resumes sought for COMC post

Calgary AA members with some type of business background or skills, with at least two years sobriety, are urged to send in their resumes to fill a current vacancy as a member-at-large on the Central Office Management Committee (COMC).

COMC is a committee of Calgary Intergroup, which oversees and monitors the operations of the Central AA office in Calgary. COMC meets monthly, and provides reports and recommendations to Calgary Intergroup, a body, which is made up of the various Intergroup reps from home groups.

The COMC provides management policies, procedures and strategic planning for Central Office, it oversees hiring, and it provides sound financial, operating and personnel management advice to Central Office and Intergroup.

The ideal candidate should have a business, financial or human resources background. COMC members have a vote at their regular closed monthly business meetings. The chair of the committee is elected from the members-at-large. The members-at-large serve a two-year term with an option for another two-year-term.

For more details on the post or to submit a resume contact AA Central Office at 403-777-1212 or email resumes to: [centraloffice@telus.net](mailto:centraloffice@telus.net).

## Introductory Service Seminar



**Saturday, April 17th, 2010**

10:00 a.m. - 4:00 p.m. (Includes lunch)

Scarboro United Church

134 Scarboro Ave. S.W.

Cost is: \$8.00

For further information: Contact Central Office

403-777-1212 or [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net)

This event is sponsored by Calgary General Service & Intergroup

# HAPPY AA BIRTHDAY!

## January 2010

### **CROSSROADS GROUP:**

Glenn W. – 31 yrs.  
George W. – 16 yrs.

### **EDGEMONT GROUP:**

Derek K. – 5 yrs.  
Jon G. – 14 yrs.  
Kim W. – 34 yrs.

### **FRONT RUNNERS GROUP:**

Brenda B. – 1 yr.

### **HIGHLAND PARK GROUP:**

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

### **HOMEWARD BOUNDERS:**

Patti D. – 2 yrs.  
Mike D. – 2 yrs.  
SP G. – 1 yr.

## February 2010

### **CROSSROADS GROUP:**

Bob D. – 31 yrs.  
Mike S. – 6 yrs.

### **EDGEMONT GROUP:**

Patrick – 17 yrs.  
Judy P. – 14 yrs.  
Krystal B. – 4 yrs.

### **FRONT RUNNERS GROUP:**

Casey R. – 1 yr..

### **GLENMORE GROUP:**

Gene – 20 yrs.  
Linda M. – 30 yrs.  
Lyle M. – 15 yrs.  
Gerry S. – 51 yrs  
Gale – 20 yrs.  
Lisa C. – 1 yr.  
James R. – 6 yrs.  
Trev T. – 2 yrs.  
Lois M. – 10 yrs.  
Evelyn M. – 8 yrs.  
Gavin – 1 yr.  
Tanya S. – 3 yrs.  
Valerie – 3 yrs.  
Richard – 18 yrs.

## February 2010 (cont)

### **HOMEWARD BOUNDERS:**

Bonnie L. – 12 yrs.  
Ken C. – 5 yrs.

### **IRRICANA RECOVERY**

**GROUP:**  
Cal P. – 19 yrs.  
Jock W. – 24 yrs.  
Layne M. – 1 yr.  
Darryl L. – 1 yr.

### **NW CALGARY GROUP:**

Lyle R. – 39 yrs.  
Shandra K. – 1 yr.

### **NEW BEGINNINGS GROUP:**

Pat M. – 1 yr.  
Shayla S. – 1 yr.  
Bill S. – 4 yrs.  
Pauline L. – 4 yrs.  
Anna Marie – 5 yrs.  
Danny P. – 5 yrs.  
Kelly K. – 7 yrs.  
Roxanne M. – 8 yrs.  
Linda O. – 10 yrs.  
Terry K. – 18 yrs.  
Joan B. – 18 yrs.

### **SATURDAY FOREST LAWN:**

Norm B. – 33 yrs.  
Lonnie M. – 10 yrs.

### **UNITY GROUP:**

Marcy M. – 17 yrs.  
Ron B. – 14 yrs.  
Val D. – 11 yrs.  
James T. – 1 yr.

## March 2010

### **272 GROUP:**

Dale K. – 12 yrs.  
Jack B. – 1 yr.  
Mark L. – 1 yr.  
Mark M. – 1 yr.  
Yvan – 27 yrs.

### **ACTION GROUP:**

David M. – 1 yr.  
Rob B. – 1 yr.

## March 2010 (cont)

### **AIRDRIE BACK FROM HELL**

**GROUP:**  
Greg P. – 3 yrs.  
Nick T. – 7 yrs.  
Sandy B. – 8 yrs.  
Shona B. – 2 yrs.  
Trevor W. – 2 yrs.  
Bruce W. – 2 yrs.  
Brian J. – 19 yrs.  
Nancy J. – 19 yrs.  
Chris J. – 1 yr.

### **AWAKENINGS GROUP:**

Doug H. – 22 yrs.  
Ross V. – 9 yrs.

### **BORDERLINE GROUP:**

Keith G. – 2 yrs.  
Kenton L. – 3 yrs.

### **CROSSROADS GROUP:**

Yvonne O. – 18 yrs

### **DALHOUSIE MENS GROUP:**

Harry P. – 29 yrs.

### **DESPERATION GROUP:**

Abby R. – 2 yrs.  
Dustin J. – 2 yrs.  
Karen M. – 6 yrs.  
Tim M. – 11 yrs.

### **FRONT RUNNERS GROUP:**

Ron D. – 28 yrs.  
Teresa K. – 2 yrs.  
Krista O. – 2 yrs.  
Janneane M. – 1 yr.  
Cory H. – 1 yr.

### **HIGHLAND PARK GROUP:**

Peter J. – 6 yrs.  
Murray M. – 21 yrs.  
MaryAnne R. – 3 yrs.

### **INGLEWOOD GROUP:**

Leslie A. – 25 yrs.  
Paul K. – 4 yrs.  
Yvonne O. – 18 yrs.

### **HOMEWARD BOUNDERS:**

Janice S. – 2 yrs.

## March 2010 (cont)

### **IRRICANA RECOVERY**

**GROUP:**  
Bill H. – 10 yrs.

### **MARLBOROUGH PARK**

**GROUP:**  
Chris B. – 2 yrs.

### **MATT GROUP:**

Linda L. – 25 yrs.  
Bruce B. – 2 yrs.  
Bev C. – 33 yrs.

### **NW CALGARY GROUP:**

Doug H. – 22 yrs.  
Dan L. – 3 yrs.  
Richard M. – 2 yrs.  
Tim M. – 1 yr.  
Melissa M. – 1 yr.

### **RECOVERY GROUP:**

Wally P. – 23 yrs.  
Ilana – 13 yrs.  
Adrian M. – 6 yrs.  
Jason S. – 2 yrs.  
Lyle B. – 2 yrs.  
Todd M. – 2 yrs.  
John S. – 1 yr.  
Warren S. – 1 yr.  
Sterling L. – 1 yr.  
Ashley E. – 1 yr.  
Darcy M. – 1 yr.

### **SATURDAY FOREST LAWN:**

Mike C. – 30 yrs.  
Julie A. – 29 yrs.  
Dennis H. – 1 yr.

### **TUESDAY MORNING**

**LADIES GROUP:**  
Karen – 12 yrs.  
Iris – 6 yrs.

Deadlines for the April 2010 issue of Westword is March 31<sup>st</sup>. E-mail any notices to [Westwordeditor@gmail.com](mailto:Westwordeditor@gmail.com) or drop off at the 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 **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)  
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Telephone Monitoring Chair – [monitorchair@gmail.com](mailto:monitorchair@gmail.com)  
Intergroup Secretary – [calgaryintergroupsecretary@shaw.com](mailto:calgaryintergroupsecretary@shaw.com)  
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