

The Westword

Westword is a monthly newsletter published by Calgary Intergroup

25 Cents
(suggested donation)



Learn about service, Saturday

“Giving back what so freely was given to us” – that is the key message behind a day long AA service seminar being held at Scarboro United Church in Calgary, Saturday April 17.

The seminar, offered spring and fall, is 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.

“People don’t have sign up for service that day,” says Harry P., chair of Calgary Intergroup. “But they can get a good understanding of what service opportunities are available and they can hear from other alcoholics how being involved in service has helped them to stay sober.”

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

The seminar, jointly sponsored by Calgary General Services Committee (CGSC) and Calgary Intergroup, is being held at Scarboro United Church, 134 Scarboro Ave. SW. It gets underway at 10 am and the

\$8 fee covers the cost of lunch. Tickets are available from Calgary Central Office, and at the door.

During the seminar there will be short presentations by various committee chairpersons on the purpose of their respective service committees and a description of where help of AA members is needed.

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.

For more information on the seminar, contact Central Office at 403-777-1212 or email: aaoffice@telusplanet.net, or just plan to attend.

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 Saturday May 22 and Monday May 24 for Victoria Day;
Closed Thursday July 1st for Canada Day)

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: Stéphane N. at 403-629-6439

**DOWNTOWN SATURDAY NIGHT
SPEAKER MEETING – 8 PM**

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

**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

April Meetings - April 13, 2010 at 7 pm

April 27, 2010 at 7 pm

For info call Keith at 403-474-1830

On the Horizon:

(Excepts from posters at Calgary Central Office (403-777-1212)

Brooks Back to Basics AA Roundup: May 1, 2010: Brooks Lutheran Church, 811 Cassils Road West. For more information contact: Donna P. 403-362-6359, Dave B. 403-633-0878, Jake H. 403-793-0173 or Al or Laurie O. 403-362-4482.

Dewinton Group Roundup: May 1, 2010; Theme: Our Way of Life; Registration 12 pm, Elks Hall, 62 Elizabeth St., Okotoks. For more information contact: Jack at 403-938-3071 and leave a message.

Nanton 4th Annual Roundup: May 8, 2010; Theme: Rule # 62 DON'T TAKE YOURSELF SO DANG SERIOUSLY!!!!; Nanton Community Center. For more information contact: Heather E. 403-601-6967 or Gerry E. 403-669-4157.

Didsbury 12th Annual Family BBQ Campout: May 28, 29 and 30, 2010; Rosebud Community Hall. For more information contact Brian 403-335-9990 or Rick 403-335-9525.

District 86 Roundup Strathmore Alberta: June 18 - 19, 2010; Strathmore Curling Rink, 180 Brent Blvd. Contact: Arnie D. 403-901-7154, Jack J. 403-992-3546 or Elsie W. 403-934-0257.

At Large:

District 3 – 48th AA Annual Roundup: April 16, 17, 18, 2010, Cold Lake (North): Contact: Iva R. 780-639-3621 or Dewey E. 780-594-5821

Get Your Gold In Golden, 43rd Annual Golden Roundup: April 30, May 1 and 2, 2010. Contact Wayne 250-344-6547 or Roy 250-344-5448.

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.*

District 11, The 36th Annual Lloydminister AA Roundup: May 28, 29 and 30, 2010. Contact John B. 780-871-1277, Kurt S. 780-861-0777, Lynn W. 780-875-2064 or Wade R. 780-871-1280

North Peace Roundup: June 4, 5, and 6, 2010, Grimshaw Alberta. Contact: Don 780-624-8778 or Eivind 780-332-4384.

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

End of the Rainbow at Cardiff: June 18, 19 and 20, 2010. Contact: Lawrence L. 780-266-0871, Tony T. 780-757-5210, Melissa N. 780-297-8401 or Kevin C. 780-475-1444.

Abbotsford Roundup 2010: June 18 and 19, 2010; Celebrating 75 years; Abbey Arts Center, 2329 Crescent Way, Abbotsford. Contact: www.abbotsfordaaroundup.org or e-mail abbotsfordrally2010@live.ca

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

<p>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</p>						
<p>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</p>						
<p>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</p>						
<p>Members are needed to carry the message to Bowden Institution. (Please note: Security clearance is required.) For more information email: corrections@area78.org</p>						
<p>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</p>						
<p>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.</p>						
<p>Calgary Archives</p> <p>Our next work day is on April 24, 2010 at Central Office from 9:00 a.m. to noon.</p> <p>Anyone wishing to inquire and view our Archives is invited to our work day as listed above.</p> <p>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.</p> <p style="text-align: center;">Thank you!</p> <table> <tr> <td>Bill P. Chairman</td> <td>403-697-5325</td> </tr> <tr> <td>Moe R. Alternate Chair</td> <td>403-452-9833</td> </tr> <tr> <td>Tim H. Archivist</td> <td>403-173-2846</td> </tr> </table>	Bill P. Chairman	403-697-5325	Moe R. Alternate Chair	403-452-9833	Tim H. Archivist	403-173-2846
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New Meetings:

POUND THE ROCK GROUP: (Starting April 28th); Wednesdays 7:00 pm; Open, Mixed, Discussion; #203, 320 – 10 St. NW (upstairs, Kensington Church of Hope Office)

PRIMARY PURPOSE GROUP: Tuesday 8:00 pm; Open, Mixed, B.B. meeting; First Baptist Church Christian Education Building, 1311 – 4th 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

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)

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 – 26th 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

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

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)

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:

No new reported meeting cancellations this month

((Editor's Note: Following is an article submitted by James W. which describes what really matters))

What matters

For each of us eventually, whether we're ready or not someday it will come to an end. There will be no more sunrises, no minutes, hours or days. All the things you've collected whether treasured or forgotten will pass to someone else. Your wealth, fame and temporal power will shrivel up to irrelevance. It will not matter what you owned or owed. Your grudges, resentments, frustrations and jealousies will finally disappear. So to your hopes, ambitions, plans and to-do lists will expire. The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived at the end. It won't matter if you're beautiful or brilliant. Even your gender and skin colour will become irrelevant. So, what will matter? How will the matter of your days be measured? What will matter is not what you bought, but what you built. Not what you got but what you gave. What will matter is not your success but your significance. What will matter is not what you've learned but what you've taught. What will matter is every act of integrity, compassion and courage or sacrifice that enriched, empowered or encouraged others to emulate your example. What will matter is not your competence but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone. What will matter is not your memories; but the memories that live in those that loved you. A life lived that matters is not of circumstance; but of choice.

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



Thursday, April 29th , 2010, 8 pm
Dalhousie Community Church
5511 Baroc Rd. N.W., Calgary, Alberta
This is an Open Meeting, Food Contributions welcomed.
7th Tradition will be observed.

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

Tickets are available at Central Office or at the door

For further information: Contact Central Office

403-777-1212 or aaoffice@telusplanet.net

This event is sponsored by Calgary General Service & Intergroup



CONCEPTS WORKSHOP

Presented By: The Eastside Discussion Group

Sundays - April 11-18-25, 2010

7:30- 8:30 PM

Southeast Métis Center: 1539 43 Street SE.

Open to anyone who wishes to learn how the Concepts can help
"launch your personal life to another plateau"

Timetable and Itinerary

Week one: Concept 9: "Leadership in AA, Ever a Vital Need"; plus also from Concept 9, "The all important attribute of Vision".

Week two: "The AA Bill of Rights" Concept 3: Right of Decision, Concept 4: Right of Participation and Concept 5: Right of Appeal and Right of Petition.

Week three: Concept 12: The Six Warranties, which summarize so well all of the Concepts

For More Information, please contact: Roy F. 403-888-5165

HAPPY AA BIRTHDAY!

January 2010

AIRPORT GROUP:
Duane – 9 yrs.
Judy – 11 yrs.

February 2010

AIRPORT GROUP:
Linda – 26 yrs.
Shanna – 22 yrs.
Ed – 1 yr.

March 2010

AIRPORT GROUP:
Chris – 2 yrs.
Nikki – 9 yrs.

DEER RIDGE GROUP:
Heather D. – 17 yrs.

NEW BEGINNINGS GROUP:

Gerry G. – 1 yr.
Jack C. – 1 yr.
Crystal T. – 1 yr.
Paulo M. – 3 yrs.
Gene S. – 4 yrs.
George L. – 5 yrs.
Lynn C. – 7 yrs.
Graham R. – 7 yrs.
Lana S. – 8 yrs.
Ann H. – 9 yrs.
Erick K. – 9 yrs.
Wendy S. – 13 yrs.
Greg P. – 24 yrs.
Nancy J. – 24 yrs.

March 2010 (cont)

NORTHLANDERS GROUP:
Kevin H. – 1 yr.
Jeff D. – 1 yr.
Allan W. – 1 yr.
Will R. – 1 yr.

SATURDAY FOREST LAWN:

Mike C. – 31 yrs.
Julie A. – 30 yrs.
Dennis H. – 1 yr.

UNITY GROUP:
Adam R. – 5 yrs.

April 2010

272 GROUP:
Art – 5 yrs.
Garth B. – 2 yrs.
Ellen – 25 yrs.

ACTION GROUP:
Ross M. – 7 yrs.
Lisa Z. – 3 yrs.

AIRPORT GROUP:
Heather – 3 yrs.

AWAKENINGS GROUP:
Kevin D. – 26 yrs.

AIRDRIE BACK FROM HELL GROUP:
Julie D. – 2 yrs.

DALHOUSIE MENS GROUP:
Bobby A. – 2 yrs.

April 2010 (cont)

DEER RIDGE GROUP:
Fabian L. – 2 yrs.
James P. – 3 yrs.
Gordon E. – 19 yrs.

FRONTRUNNERS GROUP:
Randy R. – 23 yrs.
Peter K. – 2 yrs.
Graham L. – 15 yrs.

GETTING THERE GROUP:
Chad S. – 2 yrs.

HIGHLAND PARK GROUP:
Jan M. – 23 yrs.
Debra S. – 9 yrs.
Duane T. – 24 yrs.

INGLEWOOD GROUP:
Eric L. – 2 yrs.
Jimmy T. – 2 yrs.

IRRICANA RECOVERY GROUP:
Gary O’K. – 22 yrs.

MALBOROUGH PARK GROUP:
Jack B. – 54 yrs.
Judy S. – 30 yrs.

MATT GROUP:
Ron D. – 16 yrs.
Len B. – 42 yrs.

April 2010 (cont)

NORTHLANDERS GROUP:
Jenn T. – 4 yrs.
Fraser M. – 3 yrs.
Serena P. – 5 yrs.
Jeff P. – 17 yrs.

RECOVERY GROUP:

Stan K. – 35 yrs.
Keith H. – 19 yrs.
Manny V. – 16 yrs.
Natalie I. – 14 yrs.
Tom Mc. – 12 yrs.
Leslie M. – 10 yrs.
Norm H. – 6 yrs.
Melissa C. – 5 yrs.
James P. – 3 yrs.
Philomena L. – 3 yrs.
Richard – 2 yrs.
Alanna P. – 2 yrs.
Erwin S. – 2 yrs.
Sam S. – 2 yrs.
Alex D. – 2 yrs.
Peter B. – 1 yr.
Rick T. – 1 yr.
Damon O. – 1 yr.
Art F. – 1 yr.
David G. – 1 yr.

SATURDAY FOREST LAWN:
Kim K. – 3 yrs.
Liz S. – 2 yrs.

WESTWORD DEADLINES

Calgary AA groups need 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 next month’s issue is the last day of the current month. 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 May’s edition of the Westword is April 30th

Please email any notices to 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:

Buddy at: 403-285-9258
or Central Office at: **403-777-1212**
or e-mail monitorchair@gmail.com

KEY CONTACTS

Intergroup chairperson – calgaryintergroup@gmail.com
Public Information Chair – pichair.calgary@gmail.com
Telephone Monitoring Chair – monitorchair@gmail.com
Intergroup Secretary – calgaryintergroupsecretary@shaw.com
Intergroup Treasurer – centraloffice@telus.net
Westword Editor – westwordeditor@gmail.com
Special Events – calgaryintergroupevents@gmail.com
Intergroup Archives – calgaryintergrouparchives@gmail.com
Intergroup Archivist – Intergrouparchivist@gmail.com
Calgary Central Office – centraloffice@telus.net