

The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup

Stampede BBQ and Carnival Set for July 10

Get your Stampede gear and your appetites ready for the annual Intergroup Stampede Barbecue and Carnival to be held July 10th at Dalhousie Community Church on Baroc Rd. NW.

It is expected about 600 Calgary and area AA members, family and guests will attend the day of food, fun and fellowship that will feature a beef-on-a-bun menu and games for the kids. Organizers are also planning the popular Dunk-a-Drunk Tank providing an opportunity to test your aim with a ball throw and send many members and guests for a refreshing splash down during the day.

The carnival will run from 11 a.m. to 4 p.m. in the church parking lot. The Dalhousie Community Church is located at 5511 Baroc Rd NW. (generally that is at the intersection of Crowchild Trail and 53rd Street NW, directly west of the Dalhousie Station shopping centre. There will be signs). Admission is \$3.

Special Events Committee chair, Keith M. says help is still needed during the day by AA members who can come for the fun, and also

contribute a few hours of their time for valuable service work. Help is needed in areas such as event set up and take down, parking attendants, games organizers, and helping with food service. If you are able to provide a couple hours or more service during the day, please contact Keith M. at 403-474-1830.

As well as individual service work the day of the event, the organizing committee is also asking for financial contributions from Calgary AA groups to help cover the cost of the event. Any group able to make a financial contribution is asked to send or drop off cheques or cash to Calgary AA central office, noting on the envelope or cheque the contribution is specific to "Intergroup Stampede Carnival".

The final planning meetings of the Special Events Committee will be held June 15th and 29th at Central Office at 7 p.m. Anyone wishing to offer service during the carnival event is also welcome to attend these meetings.

(Poster on page 5) The 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 Thursday July 1, 2010 for Canada Day;

Closed Saturday July 31, Monday August 2 for Heritage 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**

Nexen (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

DAILY REFLECTIONS SPEAKER MEETING
last Thursday of the month - 8:30 pm

134 Scarboro Ave. SW (United Church)

**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

June Meeting – June 15, 2010 at 7 pm

For info call Keith at 403-474-1830

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!*

On the Horizon:

*Excepts from some of the posters at Calgary Central Office
(403-777-1212)*

Local:

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

Okotoks Monday Night Group 11th Annual Campout: July 9, 10,
11, 2010 at Hogg Park on the Highwood River; Cost is \$5 per person or
\$10 per family plus \$15 per night per site or \$5 for visitors and day users;
For more information contact Marty at 403-938-2246.

Annual Intergroup Stampede BBQ and Carnival: July 10, 2010
from 11 am to 4 pm; Games for the kids and a dunk tank;
Admission: \$3; Dalhousie Mennonite Church, 5511 Baroc Rd. NW
(Crowchild Trail and 53 Avenue NW)

23RD Annual Ya-But (Wray Read memorial) Golf Tournament:
August 29, 2010 (last Sunday in August) at Nanton; Cost of \$85 includes
green fees and dinner (carts are extra); Shot-gun start at 12:30. For more
info contact Norm N. at 403-272-1925 or online at dr.golf@shaw.ca

At Large:

End of the Rainbow at Cardiff (just north of Edmonton): June 18, 19
and 20, 2010. Contact: Lawrence L. 780-206-0871, Tony T. 780-757-
5210, Melissa N. 780-297-8401 or Kevin C. 780-475-1444.

Rocky AA & AI-Anon 2010 Roundup Meeting: June 18, 19, & 20
at Buster Creek Hall (West of Rocky Mtn. House, follow the signs of Hwy.
11 West); Cost is \$25 which includes dinner, weekend camping and
children are free.

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

The First Claresholm Camp-out: June 18, 19, 20, 2010 at Chain
Lakes; Registration is \$10 per person and campsites are \$12 per night,
tickets and space is limited; For more information contact Doug at 403-
625-4182 or Bob at 403-625-4723.

25th Annual Jarvie Hog Roast: July 9, 10, 11, 2010; Living Sober
and the Benefit of Sponsors; Cost \$25; For more information contact
Robert H. at 780-954-2100.

Stettler AA Celebrates Its 31st Annual Roundup: July 9, 10, 11,
2010 at Nevis Community Hall (13 miles west of Stettler on Hwy. 12, then
follow the signs north to the hall); free camping.

Crowsnest Pass Camp-out: July 23, 24, 25, 2010 at Island Lake
Provincial Park West of Coleman on Hwy. 3, then follow the signs:
Registration fee is 7th Tradition; For more information call Doug & Michelle
K at 403-562-2466, or Barry H, at 403-563-5473, or Norma-jean G. at
403-563-5318 or e-mail curleysgirl@hotmail.com.

22nd Annual Consort Campout: July 23, 24, 25, 2010 at Gooseberry
Lake Provincial Park (8 miles North of Consort on Hwy. 41 and 1 mile
east); Registration is \$20 per person, 12 and under free; For more
information 403-577-3082 or 403-577-3613.

Stampede event seeks cash contributions

While volunteers are welcome to help with the upcoming
July 10 Stampede BBQ and Carnival, the organizing
committee is also asking Calgary and area AA groups for
cash contributions to help cover the cost of the annual
event which is expected to attract about 600 AA members,
families and guests. Any group able to make a cash
contribution is asked to send a cheque to Calgary Central
Office, please mark the envelope or cheque, "Stampede
Special Event".

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 at 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 Abby, 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 Abby. To help call Abby at 403-836-8904.

Calgary Archives

Hi friends, hope you had a great month. Our next Archives workday is June 26th at Central Office from 9 - 12.

Please Note

*Anyone wishing to donate any archivable 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.*

<i>Bill P</i>	<i>Archive Chair</i>	<i>403 697-5325</i>
<i>Moe R</i>	<i>Alternate Chair</i>	<i>403 452-9833</i>
<i>Tim H</i>	<i>Archivist</i>	<i>403 273-2846</i>

*Special Thanks from Calgary Archives
For the books etc. donated in January.
The Grapevines donated in February.
The tapes donated in March.
The reel-to-reel player donated in April*

**On behalf of the Archive committee, and as your Archive Chair,
I thank you all, God Bless Bill P.**

New Meetings:

HADDON'S "I AM EVE" (starting Sept. 13): Sundays, 12:30 pm: Open, Ladies, Discussion; Room 2001, 200 Haddon Road SW.

NEW BEGINNINGS – 11TH STEP PRAYER MEETING: Tuesdays, 8:45 pm; Closed, Mixed; 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre, Upstairs Rm. 203)

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

PRIMARY PURPOSE GROUP: Wednesday 8:00 pm; Closed, Mixed, B.B. meeting; 4th Wednesday of the month is a speaker meeting; old house behind the church at 513 – 13th Avenue SW.

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)

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

Meeting Changes:

PRIMARY PURPOSE GROUP: (new day, new room) changed to Wednesday 8:00 pm; room is *The Mense* (former clergy lodgings), entrance off 13th Avenue; First Baptist Church, 13th Ave. and 4th St. SW.

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).

DALHOUSIE WOMEN'S GROUP: (new day effective May 20) changing to Thursday 8:00 pm; 5511 Baroc Rd. NW (Mennonite Church, Upstairs)

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

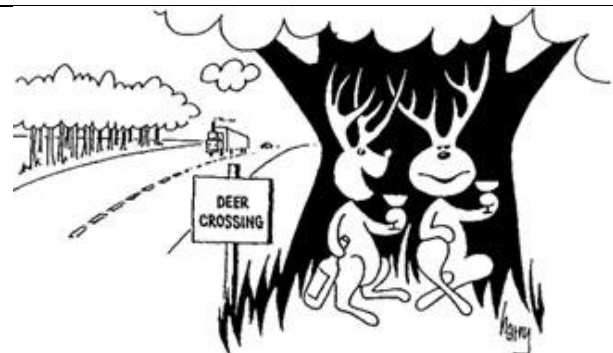
UNIDOS (Spanish): (new times); Friday changed from 6:00 to 7:00 pm; Saturday changed from 6:00 to 5:00 pm.; 204 – 6A Street NE

SOWING 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) now Mondays at 8:00 pm; St. James Church, 5504 – 20 St. SW, SW entrance.

Meeting Cancellations:

COME AND SEE GROUP: Sunday 7:00 pm at St. Joseph's Catholic Church, the meeting is **cancelled**.



"How about one more for the road?"

The Little Group That Could

It was 1977 in a small village N.E. of Calgary Alberta and a new member of A.A. was having coffee with his sponsor. The member told his sponsor that it was hard traveling the long way to Calgary to attend meetings. The sponsor said he knew another member who lived close by and the next day they all met. They started to hold meetings in their homes and more new members came. Soon they grew too large to meet in homes so they moved to a local café owned by one of the group members. The group had a very strong family involvement and did a lot of events outside of the meetings with members and their families. They continued to grow and after a number of years had to move again. They moved to a church basement in town and continued their meetings until the summer of 2005. It was at this time the membership had declined to about six members. They decided to move again, this time to a church in the country about eight miles west of town. The group started to grow again from seven or eight members at meetings to fifteen to twenty. They hold meetings twice a week on Friday and Sunday.

In 1978 the group registered with New York and last year we had a 30th Anniversary of the group with 125 members and their families present.

On January 31, 2010 we had our member's birthday meeting and the sponsor I talked about in the start of the story had 50 yrs in A.A. and that night we had a total of 149 yrs of sobriety for five members from 1yr to 50 yrs.

The group has grown to over 40 members and is very active in service. Who would have thought that over 30years ago this would evolve like it did. Whenever 2 members of A.A. and a big book, guided by a Higher Power get together it's a meeting and recovery begins. Over the years this little group has touched many lives and has grown in the spirit of A.A. From our humble begins till today, this is where Recovery Lives at the Irricana Recovery Group.

God Bless Garry R.

The A.A. Way

I found myself in a bottomless pit, of sorrow, of woe and despair
When a ray of light revealed to me, the steps of a winding stair.

In vain I tried to reach those steps; of me it could not be done.
When I cried for help, a voice replied, "You're standing on step number one."

Who's voice it was I could not tell, and I asked; "Just who are you?"
"Please don't go away, you are helping". He said, "You are standing on step two."

I had found a friend who could help me out, I knew He could set me free
I trusted in Him. Whoever He was, and he led me to step number three.

I sat on this step and I thought of myself, as I never had thought before.
Of my wasted life and the harm I had done, He showed me to step number four.

Then I said to this friend, "Whoever you are, I would be better dead than alive,
For I am a cheat, a liar and thief". He said, "You are standing on step number five."

"With you as a friend, a helper and guide, I can rise from this terrible fix.
I'll do as you say, if you lead the way." He said, "you are now on step number six."

I know I'm not worth the help you are giving; to me it is manna from Heaven.
I'll do my best to mend my ways". "You are now on step number seven."

"I harmed my wife, my children, my friends, but will amend before it's too late."

Then the voice by my side, so gently replied, "You are now on step number eight."

I will make amends wherever I can, when the power to do so is mine."
Again came the voice, more clear than before. "You are now on step number nine."

"I'll admit I've been wrong, but want to go right and stand as a man among men."
Again came the voice of the Man of my choice, "You re now on step number ten."

This Man by my side, such a wonderful friend. He was surely sent from Heaven.
I shall always be thankful for what he has done, then he led me to step number eleven.

When lo and behold, I had reached the top, the day was bright and fair.
The thought of those I had left behind, in that bottomless pit of despair.

The ray of Light which came to me, and revealed the winding stair.
Came from a torch in the hand of a Friend, I must throw my light in there.

This torch is a guide to show the way, I must see that it's always lit.
Without this light, I can easily fall, to the depth of this bottomless pit.

I must never forget this wonderful Friend, in whose joy I now delve.
He is with me each day and I hear Him say, "You are now on step number twelve."

To steer ourselves clear of this bottomless pit, where woe and sorrow are rife.
There is one sure way, "Take it day by day, and follow the A.A. way of life"

(Editor's note: Norm N. of Calgary submitted this poem which was written by A.E. Bauer in 1940)

Annual Intergroup Stampede Barbeque & Carnival

July 10th – 11 am – 4 pm
Dalhousie Mennonite Church
5511 Baroc Rd NW



Come Out For Food, Fun
& Fellowship

Games for the Kids & Dunk Tank

All Are Welcome

ADMISSION \$3 PER PERSON

Volunteers are needed: Call Keith M at (403) 474-1830

To Make Group Financial Contributions Call Central Office at (403) 777-1212



HAPPY AA BIRTHDAY!

February 2010

THE LINK GROUP:

Jo W. – 1 yr.
Rod L. – 21 yrs.

April 2010

EDGEMONT GROUP:

Audrey B. – 11 yrs.
Linda H. – 6 yrs.

NEW BEGINNINGS GROUP:

Bar L. – 9 yrs.
Chris G. – 12 yrs.
Tim R. – 15 yrs.

THE LINK GROUP:

Craig S. – 7 yrs.

May 2010

DAILY REFLECTIONS GROUP:

Tom M. – 15 yrs.
Sandra N. – 8 yrs.
Melissa B. – 3 yrs.
Patrick – 2 yrs.
Raj – 1 yr.
Tim – 4 yrs.

EDGEMONT GROUP:

Mike S. – 2 yrs.
Dorothy – 3 yrs.
Fraser G. – 38 yrs.
Dave R. – 8 yrs.
Tom W. – 12 yrs.
Bill F. – 10 yrs.

IRRICANA RECOVERY GROUP:

Steve B. – 20 yrs.

NW CALGARY GROUP:

Jason F. – 16 yrs.

May 2010 (cont.)

NEW BEGINNINGS GROUP:

Kathy L. – 1 yr.
Garry W. – 1 yr.
Michelle B. – 5 yrs.
Marilyn S. – 7 yrs.
June J. – 8 yrs.
Patti Z. – 10 yrs.
Clarence L. – 15 yrs.
Dennis F. – 16 yrs.
Bernie P. – 21 yrs.

SATURDAY FOREST LAWN:

Jackie N. – 29 yrs.
Chris R. – 8 yrs.
Lou C. – 3 yrs.

THE LINK GROUP:

Brenda M. – 15 yrs.

UNITY GROUP:

Louise C. – 1 yr.
David M. – 21 yrs.

June 2010

ABC GROUP:

Jan K. – 1 yr.

ACTION GROUP:

Scott L. – 8 yrs.
Kevin B. – 2 yrs.

AIRDRIE BACK FROM HELL GROUP:

Josh D. – 1 yr.
Austin R. – 2 yrs.
Erin H. – 3 yrs.
Angela C. – 1 yr.

AIRPORT GROUP:

Art – 11 yrs.

June 2010 (cont.)

AWAKENINGS GROUP:

Ted M. – 33 yrs.

DEER RIDGE GROUP:

Rae R. – 10 yrs.
Nancy P. – 6 yrs.
Margot C. – 27 yrs.
Denny B. – 20 yrs.
Tammy G. – 18 yrs.

DESPIRATION GROUP:

Mike H. – 17 yrs.
Bob N. – 3 yrs.

FRONT RUNNERS GROUP:

Denis P. – 3 yrs.
Ethan H. – 1 yr.
Faye H. – 25 yrs.
Karen K. – 1 yr.
Ken E. – 10 yrs.

GETTING THERE GROUP:

Claire S. – 5 yrs.
Gerry A. – 31 yrs.
Kevin M. – 1 yr.
Nick M. – 5 yrs.
Shane C. – 2 yrs.

HADDON ROAD GROUP:

Ted R. – 35 yrs.
Chris H. – 9 yrs.

IRRICANA RECOVERY GROUP:

Burt G. – 27 yrs.

MALBOROUGH PARK GROUP:

Larry W. – 11 yrs.
Allen W. – 1 yr.
Ron S. – 15 yrs.
Emilian D. – 23 yrs.

June 2010 (cont.)

MATT GROUP:

Bev R. – 1 yr.
Kristen C. – 2 yrs.

OPEN DOOR GROUP:

Ken L. – 15 yrs.

RECOVERY GROUP:

Diana W. – 16 yrs.
Lacy O. – 5 yrs.
Ian P. – 3 yrs.
Tiro – 3 yrs.
Joel T. – 3 yrs.
Aaron L. – 2 yrs.
Bob C. – 2 yrs.
Jimmy V. – 2 yrs.
Rob P. – 2 yrs.
Lyndon P. – 1 yr.
Rob R. – 1 yr.
Jason P. – 1 yr.
Clara C. – 1 yr.
Gwen W. – 1 yr.
Cory B. – 1 yr.
Darren H. – 1 yr.
Heather F. – 1 yr.
Allan S. – 1 yr.
Loretta W. – 1 yr.

SATURDAY FOREST LAWN:

Melissa R. – 1 yr.
Don H. – 1 yr.

TUESDAYS MORNING LADIES GROUP:

Susan M. – 23 yrs.
Eileen – 11 yrs.
Gail – 6 yrs.

Service opportunity on CO committee

Following the spirit of rotation of service, applications are now being sought to fill a vacancy on the committee that oversees management of Calgary Central Office.

Calgary AA members with some type of business background or skills, with at least two years sobriety, are urged to send 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.

Along with a commitment to service, 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 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.

THE WESTWORD DEADLINES

The deadline for submissions for July's edition of The Westword is June 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 **Abby** at: **403-836-8904**

or Central Office at: **403-777-1212**

monitorchair@gmail.com

KEY CONTACTS

Intergroup chairperson – calgaryintergroup@gmail.com
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Telephone Monitoring Chair – monitorchair@gmail.com
Intergroup Secretary – calgaryintergroupsecretary@shaw.com
Intergroup Treasurer – centraloffice@telus.net
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