

# The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup  
(westwordeditor@gmail.com)

## AA reaches out to the Sikh community

Calgary Intergroup is hoping three information sessions held earlier this year will be start of a new opportunity to carry the message of the Alcoholics Anonymous program to the ever growing East Indian community in Calgary.

Along with speaking at a first-ever addictions' conference organized by the Sikh community, the chairman of Intergroup's Public Information (PI) Committee has also been a guest on two radio programs broadcast largely to the city's 50,000 member East Indian community.

"These sessions have been a great opportunity to bring the AA message to a large portion of the Calgary population which really hasn't been involved in the AA program," says Kris M., chair of the Intergroup PI committee.

"There are some individual East Indian members in AA, but until recently it is a community that really hasn't sought outside help for alcohol and other addiction problems."

The Intergroup PI committee was approached earlier this year to participate in a Sikh addictions' seminar after officials of the East Indian community established their Drug and Alcohol Awareness Foundation of Calgary.

"At that first seminar, we had about 200 members of the Sikh community who came to hear a number of organization and program speakers," says Kris M.. Along with Kris M. from AA, other presentations were

made by Al-Anon, the provincial addictions agency formerly known as AADAC and the Fresh Start Program.

"I think for a long time there has been a cultural barrier which prevented the East Indian community from recognizing that alcohol abuse can be a real problem, just like in any other community," he says. "And along with not recognizing the problem, there was also a reluctance to seek help from outside agencies and programs."

Following that initial seminar, Kris M. was also a guest on two Sunday evening radio programs on 94.7 FM radio in Calgary in July, where the focus was to discuss the principles and concepts of the AA program to a largely East Indian listening audience. The first radio show was broadcast in Punjabi, while the second was broadcast in English.

"Because of cultural sensitivities one point that really has to be emphasized in discussing the AA program is the concept of anonymity," says Kris M

The PI committee chair says it has been a privilege to play a small, early part in carrying the AA message of recovery from alcoholism to a large community of people.

"Here we have a community of people within our larger community who are asking for help and AA can reach out and provide the help that is needed," he says.

*(CONTINUED ON PAGE 4)*

*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 September 4, Monday September 6 for Labour 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 – 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: Everett W. at 403-836-1933

**DAILY REFLECTIONS SPEAKER MEETING**

**last Thursday of the month - 8:30 pm**

134 Scarboro Ave. SW (United Church)

**DOWNTOWN SATURDAY NIGHT SPEAKER MEETING**

**8 PM**

Nexen (Fortis) Building, North Tower  
801 – 7<sup>th</sup> Avenue SW, Calgary

**SATURDAY NIGHT NORTH EAST GROUP SPEAKER MEETING**

**second Saturday of the month - 8:00 pm**

2523 – 56<sup>th</sup> Street NE, Calgary

**CPC Planning Meeting**

*Calgary's enthusiastic Cooperation with the Professional Community (CPC) committee will not be meeting over the summer months! We will be starting fresh September 15<sup>th</sup> at 7 pm at Central Office. Please send a group representative as we have many presentations to get going on.*

*Have a safe, sane and sober summer – see you in September!*

*Yours in service, Karen Cookson*

*Chair Calgary CPC Committee*

**On the Horizon:**

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

**Local:****Calgary Intergroup Archives Committee Annual Pioneers**

**Dinner:** Saturday October 23, 2010 from 5:30 pm to 10:00 pm; Cost is \$25 which includes dinner, refreshments and 3 speakers; Dalhousie Community Church, 5511 Baroc Rd. NW. For more information contact Central Office at 403-777-1212 or [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net).

**At Large:**

**District 20's Annual AA Campout Roundup:** August 13, 14, 15, 2010 at Riverdale Mini Park (20 Km. North of Wainwright on Hwy 41); For more information contact Robert S. at 780-842-6032, Janice B. at 780-386-2337 or John C. at 780-690-1580

**23<sup>rd</sup> Annual Sober, Strong and Free Roundup:** September 3, 4, 5, 2010; special interest and their supporters; Edmonton. For more information contact [www.soberstrongandfree.com](http://www.soberstrongandfree.com)

**Rock Creek Campout District 24:** Labour Day Weekend (Sept. 4, 5, 6); for more information contact Neil at 250-489-8107.

**Medicine Hat and District Annual AA Roundup:** September 10, 11, 12, 2010 at the Medicine Hat Legion Hall, 702 – 2<sup>nd</sup> Street SW; Cost is \$40 for the full weekend or \$20 for the speakers; for more information contact Lorne at 403-580-7064 ([plotslo@telus.net](mailto:plotslo@telus.net)) or Ivan at 403-504-5524 ([ivan.r@shaw.ca](mailto:ivan.r@shaw.ca))

**District Ten's 27th Unity Roundup:** October 15 and 16, 2010 at Elk's Hall, 400 Diamond Ave., Spruce Grove. The weekend package is \$25 which includes registration, banquet and Saturday breakfast. There are no camping facilities so other arrangements must be made. For tickets contact Chris M. at 403-233-8747.

**Innisfail 24 Hour Group's 49<sup>th</sup> Anniversary Celebration:**

October 23, 2010 at the Aberdeen Hall (Hwy. 590 East of Innisfail); Supper at 6 pm; AA and AL anon speakers, social to follow speakers; Cost is \$15 for singles, \$25 for couples and \$8 for youth (12 and under)



**"You gotta give Charlie credit. He must have made that amends to the CRA!"**

**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 at 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 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.

**Step 11 Prayer**

*Lord, make me a channel of thy peace,  
that where there is hatred, I may bring love;  
that where there is wrong, I may bring the spirit of  
forgiveness;  
that where there is discord, I may bring harmony;  
that where there is error, I may bring truth;  
that where there is doubt, I may bring faith;  
that where there is despair, I may bring hope;  
that where there are shadows, I may bring light;  
that where there is sadness, I may bring joy.;  
Lord, grant that I may seek rather to comfort than to be  
comforted;  
to understand, than to be understood;  
to love, than to be loved.  
For it is by self-forgetting that one finds;  
It is by forgiving that one is forgiven;  
It is by dying that one awakens to Eternal Life.  
Amen*

**New Meetings:**

**FRONT RUNNERS:** Friday at 8:00 pm; open, mixed, gay/lesbian, beginners; 1507 – 14 Ave. NW (Hillhurst United Church)

**MEMORIAL PARK MEN'S GROUP:** Thursday at 7:30 pm; closed, men's step & tradition; room 3001 (3<sup>rd</sup> floor), 1213 – 4<sup>th</sup> Street SW (Sheldon Chumir Health Centre, wheel chair accessible)

**AS BILL SEES IT:** (**starting October 6, 2010**); Wednesdays at 0645 am; open, mixed, discussion; 11625 Elbow Drive, SW (Cannon Meadows Shopping Centre, Upstairs, Room 203)

**SOBER SISTERHOOD OF COCHRANE:** Thursdays at 7:30 pm; Closed, Ladies; (last Thursday of the month is a speakers meeting open to women only); All Saints Family Centre, 404 – 4 Ave. N, Cochrane.

**HEAD TO HEART BIG BOOK STUDY:** Sundays at 7:30 pm; Closed, Mixed, BB; Masonic Hall, Centre Ave., Cochrane

**BY THE BOOK GROUP:** Thursdays at 7:00 pm; Open, Step and Tradition, wheel chair accessible; (last Thursday of the month birthday speaker meeting); Bowness Senior Centre, 6422 – 35 Ave. NW

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

**NEW BEGINNINGS – 11<sup>TH</sup> 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; 4<sup>th</sup> Wednesday of the month is a speaker meeting; old house behind the church at 513 – 13<sup>th</sup> Avenue SW.

**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)

**Meeting Changes:**

**WALKING EAGLE GROUP (new location):** Monday at 8:30, meeting at Sharon Lutheran Church, 210 – 10 Ave. NE. (back door).

**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 LADIES 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 7:30 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:**

**OLDS THURSDAY NIGHT:** Thurs. at 7:30 at Olds United Church is cancelled.

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

**DISTRICT 78 SPEAKER MEETING:** Thursdays, 7:30 pm at Thornhill Baptist Church, 128 Tache Ave. NW is cancelled until a new venue is found.

**Other Meeting Notices:**

**CHAMPLAIN MENS GROUP:** Wednesdays at 8:00 pm; Trinity Lutheran Church, 840 – 3 Ave. SW; **is in urgent need of support**

## Thank You

I want to thank everyone who helped with and participated in the annual Intergroup Stampede BBQ and Carnival in July.

Although the weather wasn't the greatest for the full day, thanks to those who attended and checked out the new venue. A good time was had by all.

And a special thanks to the dedicated committee members who helped with the planning over the past year, as well as the service workers who helped with all the activities during the day.

Keith M.  
Special Events Chair

## AA reaches out to the Sikh community

*(continued from page 1)*

Kris M. expects the initial presentations will help build an expanded and ongoing relationship between the AA program and the East Indian community.

Among other activities with the Public Information Committee, Kris M. says now with the help of several active committee members PI will soon resume distribution of AA information packages to the medical community – such as doctors' offices - in Calgary. And PI is also gearing up to participate in another Project Homeless Connect in Calgary in early fall. Project Homeless Connect are quarterly information sessions held in downtown Calgary, where AA and dozens of other agencies hold a one-day 'trade fair' to explain a wide range of programs and services available to Calgary's homeless population.

## Calgary Archives Committee

*Hi friends, we hope you are enjoying the numerous round-ups and the events occurring throughout the summer. Our Committee is taking the summer off, and our next work day/meeting will be on September 25<sup>th</sup>, 2010 at Central Office from 9 – 12.*

*We invite anyone who would like to join our Committee to join us in September, or you may contact me for any information – Bill P (403) 697-5325.*

### *Please Note*

*Anyone wishing to contribute archivable material to Calgary Intergroup, please do not drop off said material at Central Office. We would appreciate you contacting one of the following to discuss your material, first to ensure that it is archivable material, and then we would be more than happy to arrange to pick up your contribution.*

<i>Bill P.</i>	<i>Archive Chair</i>	<i>(403) 697-5325</i>
<i>Moe R.</i>	<i>Alternate Chair</i>	<i>(403) 452-4127</i>
<i>Tim H.</i>	<i>Archivist</i>	<i>(403) 273-2846</i>

**Thank you all for your continued interest**

**On behalf of the Archive Committee,**

**God Bless and happy holidays**

**In loving service – Bill P**

## Calgary Intergroup Archives Committee Annual Pioneers Dinner



Saturday October 23rd, 2010, 5:30-10 pm

*Dalhousie Community Church*

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

Cost: \$25.00 includes dinner and refreshments

Speakers:

Jim S., (Haddon Road Group)

Jason D., Al-Anon

Bill F., (Airdrie Country Group)

For further information contact Central Office at (403) 777-1212 or [aaoffice@telusplanet.net](mailto:aaoffice@telusplanet.net)

## 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](mailto:centraloffice@telus.net).



# HAPPY AA BIRTHDAY!

(All birthday notices are entered as received on a best efforts basis and may occasionally include unintended errors. If this is the case, let us know and we will attempt to correct them.)

## June 2010

### **NORTHLANDERS GROUP:**

Mark A. – 1 yr.  
Mark A. – 2 yrs.  
Bob C. – 1 yr.  
Ray M. – 28 yrs.  
Garfield A. – 15 yrs.  
Marie J. – 31 yrs.  
Laz – 1 yr.  
Jerry S. – 1 yr.

## July 2010

### **CROSSROADS GROUP:**

Flo J. – 42 yrs.  
Audrey C. – 18 yrs.  
Steve M. – 32 yrs.

### **DAILY REFLECTIONS GROUP:**

Bev B. – 3 yrs.  
Chuck Q. – 29 yrs.  
Lenn G. – 2 yrs.

### **INGLEWOOD GROUP:**

Christine E. – 4 yrs.

### **LINK GROUP:**

Lorene S. – 18 yrs.  
Bill A. – 18 yrs.  
Randy S. – 7 yrs.  
Norm C. – 13 yrs.  
Frank L. – 36 yrs.

### **NEW BEGINNINGS GROUP:**

Cyndi E. – 1 yr.  
Alana D. – 1 yr.  
Anne S. – 1 yr.  
Reid H. – 2 yrs.  
Linda A. – 2 yrs.  
Joanna A. – 7 yrs.  
George U. – 11 yrs.  
Joan S. – 17 yrs.  
Morag M. – 21 yrs.  
Bob R. – 25 yrs.  
Debbie K. – 28 yrs.

## July 2010 (cont.)

### **DALHOUSIE MENS GROUP:**

Daniel S. – 1 yr.  
Keith M. – 18 yrs.  
Moe R. – 36 yrs.

### **NORTHLANDERS GROUP:**

Nolan P. – 1 yr.  
Brian H. – 2 yrs.  
Kevin M. – 1 yr.  
Wade W. – 1 yr.  
Andre P. – 1 yr.  
Helena W. – 2 yrs.

### **RECOVERY GROUP:**

Dan B. – 5 yrs.  
David G. – 4 yrs.  
Daryl Y. – 3 yrs.  
Tanner M. – 3 yrs.  
Adam B. – 3 yrs.  
Carlos T. – 3 yrs.  
Dominic – 3 yrs.  
Craig U. – 2 yrs.  
Alex J. – 2 yrs.  
Ian K. – 2 yrs.  
Safet C. – 2 yrs.  
Jason B. – 2 yrs.  
Paul J. – 2 yrs.  
Pat W. – 1 yr.  
Karen C. – 1 yr.  
Tommie M. – 1 yr.  
Gary K. – 1 yr.

### **SATURDAY FOREST LAWN:**

Greg G. – 10 yrs.  
Darren K. – 2 yrs.  
Dan B. – 5 yrs.  
Ann S. – 1 yr.

## August 2010

### **AWAKENINGS GROUP:**

Bob J. – 23 yrs.  
Doug S. – 22 yrs.

## August 2010 (cont.)

### **ACTION GROUP:**

Ruth D. – 15 yrs.

### **AIRDRIE BACK FROM HELL GROUP:**

Colleen K. – 14 yrs.  
Brian H. – 12 yrs.  
Mike A. – 3 yrs.  
Jim M. – 23 yrs.

### **CROSSROADS GROUP:**

Bonita N. – 28 yrs.

### **DALHOUSIE MENS GROUP:**

Warren P. – 1 yr.  
Blaine A. – 7 yrs.  
Bob J. – 32 yrs. (Movie House)

### **DEER RIDGE GROUP:**

Heather R. – 2 yrs.  
Andrew W. – 4 yrs.  
John W. – 4 yrs.  
Ivan M. – 7 yrs.  
Rob P. – 7 yrs.

### **GETTING THERE GROUP:**

Lee C. – 21 yrs.  
Marc W. – 8 yrs.  
Megan M. – 1 yr.  
Owen M. – 2 yrs.

### **HADDON ROAD GROUP:**

Jordy K. – 12 yrs.  
Greg S. – 8 yrs.  
Brandon M. – 5 yrs.  
Jamie D. – 3 yrs.  
Bill T. – 3 yrs.  
Jean P. – 2 yrs.  
Steve P. – 1 yr.  
Elias R. – 1 yr.

### **INGLEWOOD GROUP:**

Francis Y. – 27 yrs.  
Rindy Y. – 26 yrs.  
Sharon S. – 18 yrs.  
Russell K. – 8 yrs.

## August 2010 (cont.)

### **HIGHLAND PARK GROUP:**

Ellen L. – 23 yrs.  
Orland W. – 24 yrs.

### **LINK GROUP:**

Beth – 25 yrs.  
Wendell M. – 18 yrs.

### **MATT GROUP:**

Marshall D. – 28 yrs.

### **NORTHLANDERS GROUP:**

Paul F. – 3 yrs.  
Briana D. – 3 yrs.  
Will W. – 1 yr.

### **RECOVERY GROUP:**

Tom E. – 34 yrs.  
Mo B. – 16 yrs.  
Darryl P. – 7 yrs.  
Marvin C. – 3 yrs.  
Dave B. – 3 yrs.  
Katy C. – 2 yrs.  
Violet – 2 yrs.  
Dick W. – 2 yrs.  
Curtis O. – 1 yr.  
Trevor N. – 1 yr.

### **SATURDAY FOREST LAWN:**

Kim W. – 13 yrs.  
Julien B. – 2 yrs.

### **TUESDAYS MORNING LADIES GROUP:**

Pat – 28 yrs.  
Faye – 20 yrs.  
Paula – 6 yrs.  
Melanie – 5 yrs.  
Susan – 5 yrs.  
Sylvia – 1 yr.

### **272 GROUP:**

Gary L. – 20 yrs.  
Laverne H. – 2 yrs.  
Phil M. – 19 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 September's edition of The Westword is August 31st.**

Please email any notices for the Westword to: [westwordeditor@gmail.com](mailto:westwordeditor@gmail.com) or drop notices off at Calgary 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](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)  
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