

Southern AB C.A. Newsletter

“We’re here and we’re free”™

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“How Sponsorship Maintains our Recovery”

*In the lonely hours of the night
My thoughts turn to you
My God and saving grace
When I long for an embrace
It's you I've found serenity in
It's you I've surrendered to
A Power individual to me
There is no God like my God*

This is a journey of spiritual awareness, it's eye-opening. It began as something I had so much fear in but it is now a joy and a pleasure. It was slow moving at first, but I continued to pick up momentum by working with others.

In helping a fellow struggling soul - I've found peace. It's a gift to watch the wreckage be carried away, to see the light shine bright in the eyes of a being that was once so dark and dim: the clouds begin to dissipate and the sun begins to shine. It's through working with others that I am finding the divine.

When I am granted a chance to be available it is such an amazing experience - never have I felt so greatly. What started out as a selfish journey has turned into many fruitful blessings. I may be young, but my heart is yearning to experience the gifts of recovery. To be of service and to give what was graciously given to me. The person I was before I came into the rooms was an anxious mess. Full of fear and deep with regret. Now I can look my peers in the eye and carry a message of new hope with humble devotion.

It's the newcomers that help me. When the light of new hope shines on them, that light reflects onto me. This gift of sponsorship and the blessings that follow from it are all granted by my Higher Power. Who would I be without it? A lost and miserable soul.

To recover takes work. It's more than a mere set of simple steps; it's a lifestyle, a constant effort, and it's work that brings me to salvation. But most importantly, it's spreading the message of hope, faith, and courage. I would not be here if someone hadn't been there to guide me. God asks us to return that favour, to put forth the same effort we had put into using in the past into our recovery in the present and future. I am not worthy or deserving of the life I've been given. But it has been granted, and to honour this I choose to do the same. Sponsorship: just do it!

-Jenna, Calgary

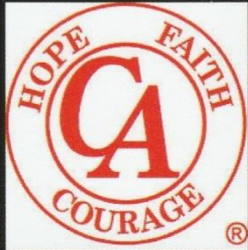
UNITY

S.AB Area Campout	August 11th – August 13th, 2017 Wyndham Carseland Provincial Park Group campsite C \$30/night per unit
Claresholm Convention	September 16th, 2017 9:00am – 8:00pm 4304 – 2 nd St W - CLARESHOLM Cost: \$25.00* <i>*(incl. Admission, Lunch, Supper, and 6 Speakers!)</i>
Recovery JAM fundraiser	September 16th, 2017 afternoon 223 12 th Ave SW – CALGARY Tickets on sale soon!!!
S.AB Convention 2017 "Recovery has no Lines"	November 10th – 12th, 2017 Blackfoot Hotel – CALGARY REGISTER NOW! <i>(see flyer on next page for further details)</i>

RECOVERY

CALGARY	LETHBRIDGE	RED DEER
<u>SEPTEMBER</u> 16th: Sam W – 1 yr 18th: Devin R-F – 7 yrs 19th: Trevor S – 21 yrs	<u>AUGUST</u> 5th: Patty A – 2 yrs 13th: Frank R – 2 yrs 31st: Heather L – 3 yrs <u>SEPTEMBER</u> 5th: Tony M - 30 yrs 20th: Bobby Y - 8 yrs 27th: Andy B – 30 yrs	<u>AUGUST / SEPTEMBER</u> Will W – 1 yr Marci D – 18 mos

S.A.B. C.A. CONVENTION 2017



**SOUTHERN
ALBERTA AREA OF
COCAINE
ANONYMOUS**

**WE ARE USING TICKETLESS
REGISTRATION THIS YEAR!**

SIMPLY SEND AN E-TRANSFER TO THE
CONVENTION EMAIL OR PAY CASH TO A
COMMITTEE MEMBER AND YOU WILL RECEIVE
AN ELECTRONIC REGISTRATION NUMBER AND
CONFIRMATION IN A REPLY EMAIL!
YOU CAN PRINT AND BRING THE CONFIRMATION
EMAIL WITH YOUR REGISTRATION NUMBER TO
THE DOOR!

sabaconvention@gmail.com

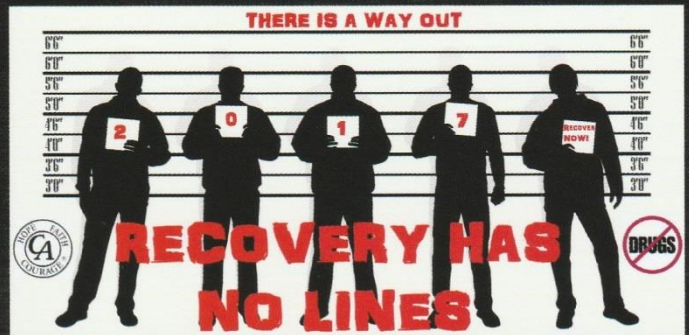
EARLY BIRD TICKET BEFORE SEPTEMBER 15:	\$105
FULL PACKAGE (INCLUDES EVERYTHING!)	\$125
REGISTRATION ONLY (SPEAKERS/WORKSHOPS)	\$50
BANQUET ONLY (MEAL AND SATURDAY SPEAKER)	\$60

**GET YOUR TICKET NOW!
RECOVERY HAS NO LINES!**

www.ca-ab.org

SOUTHERN ALBERTA AREA

2 ANNUAL AREA CONVENTION
NOVEMBER 10, 11, 12 -2017



HOTEL BLACKFOOT

5940 Blackfoot Trail SE,
Calgary, AB T2H 2B5
403-252-2253

- 4 SPEAKERS
- 2 WORKSHOPS
- SILENT & LIVE AUCTION
- GAMES
- DANCE
- FELLOWSHIP
- RECVOERY

because
Recovery isn't
.....perfect....

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MEETINGS

CALGARY		
MONDAY	8:00PM – GOTTA WANT IT	134 SCARBORO AVE SW
TUESDAY	8:00PM – LAST HOUSE ON THE BLOCK	HIGH RIVER: 126 9 TH AVENUE SE
WEDNESDAY	8:00PM – DARK SIDE OF THE SPOON	10690 ELBOW DR. SW – LIBRARY *LOCATION WILL BE CHANGING AS OF SEP 1 ST – PLEASE CHECK THE WEBSITE FOR UPDATES
	8:00PM – ALPHA HOUSE H&I PANEL	#203 15 TH AVE. S.E.
THURSDAY	8:00PM – HELPING HANDS	1317 1 ST ST NW
FRIDAY	8:00PM – SUNLIGHT OF THE SPIRIT	223 12 TH AVE SW
SATURDAY	8:00PM – THERE IS A SOLUTION	10690 ELBOW DR. SW – YOUTH ROOM
SUNDAY	7:30PM – HOPE FAITH & COURAGE	131 7 TH AVE SW
DRUMHELLER		
THURSDAY	7:00PM – BEAT THE DRUM *	80 VETERANS WAY
LETHBRIDGE – CLARESHOLM (CL)		
TUESDAY	7:00PM – PRIMARY PURPOSE	408 13 TH ST N (BACK DOOR – DOWNSTAIRS)
THURSDAY	7:00PM – TRADITION 5 GROUP	411 11 TH ST S (BACK – DOWNSTAIRS)
SATURDAY	8:00PM – HOPE FAITH & COURAGE	CLARESHOLM: CORNER OF 49 AVE & 4 ST WEST
MEDICINE HAT		
WEDNESDAY	8:00PM – STAIRWAY TO HEAVEN	ALANO SOCIAL CLUB - 466 MACLEOD TRAIL SE
RED DEER		
TUESDAY	7:30PM	DETOX – 5246 53 AVE
THURSDAY	7:30PM	RED DEER REGIONAL HOSPITAL ROOM 503-504, 3942 50A AVE
FRIDAY	7:30PM – BIG BOOK READING	DETOX – 5246 53 AVE
SUNDAY	7:30PM	DETOX – 5246 53 AVE

* closed meeting

SERVICE

S.A.B. C.A. Convention, 2017 - committee meeting

Saturday, August 19, 2017

6:30pm

10690 Elbow Dr SW

Calgary District - business meeting1st Monday of every month – 6:45pm

134 Scarboro Ave SW

Lethbridge District - business meeting

Last Thursday of the Month @ 8:30pm

411 – 11th Street South

(Through the back courtyard and downstairs)

Red Deer District - business meeting1st Tuesday of every month following the regular meeting

Detox – 5246 53 Ave

**Great Canadian Convention
committee election**Saturday, September 23RD, 2017

12:30pm

10690 Elbow Dr SW, CALGARY

Service Positions up for Election:*All of 'em! (except Chair)***S.A.B. Area - business meeting**Saturday, September 23RD, 2017

1:00pm

10690 Elbow Dr SW, CALGARY

Service Positions up for Election:***World Service Delegate******Vice Chair***

Next issue...

The topic for next month's issue of the Newsletter is:
"Gifts of Recovery: How the Promises DO Come True"

Please download the release form from the website and send a signed copy along with your submission to: <southernalbertanewsletter@gmail.com>
Or hand over a hard copy to your District Service Rep who will pass it along to your Newsletter editor at the next Area meeting (September 23rd). Feel free to send in submissions on any other recovery related topic too! Submissions can include essays, poems, art work, or lyrics. Let members know how the 12 step program of Cocaine Anonymous helped you!