

Calgary AIS Newsletter

June 2019

ACSOA Open House & Workshop “Intimacy in Alcoholic Relationships”

The ACSOA Committee would like to express our **THANKS** for contributing to the huge success of the Annual ACSOA Open House & Workshop on April 13! We achieved a **record attendance of 75 members, literature sales of \$1974 & 7th Tradition of \$620! We could not have done this without the attendance of EACH person that made the effort to come!!! Thank You!**

In August 2018, the ACSOA Committee distributed a survey to members through the District Reps. The results were compiled & several changes were made to 2019 event accordingly.

- Date: Not winter as often snowing; roads not dependable (always been in early Feb). Date changed to **April 13, 2019**
- Time Frame: early afternoon...similar to other years: **11 am – 4 pm with informal potluck**
- CAL used for Workshop: answers all over; many wanted new book on Intimacy; any new CAL, Concepts, The 3 Cs and 4Ms, Dealing with the Past in a Constructive Way, Making our way After Active Alcoholism. **Used “Intimacy in Alcoholic Relationships”**

We met all of the above responses as noted in blue above. Another Committee goal this year was to **emphasize that this is an Area function as it is Your Bookstore**, not just Calgary. We were so delighted to see members from Edmonton, St. Albert, Red Deer, Medicine Hat, Cochrane, Canmore, Airdrie, & Grand Prairie. We also had a few couples attend & as well as a few AAs who readily volunteered for some easy scripts in the presentations! This added to the fun & spontaneity!!! Many positive comments were made in this regard on feedback forms & these will be shared with you throughout this Newsletter.

Involvement of so many members both in the presentations & others in attendance helped us to go far beyond our Committee Goals. **It was simply an amazing day!**

Rose Anna J
ACSOA Committee



Calgary and Area
Al-Anon
Information
Services (AIS)
Al-Anon/Alateen
Newsletter

PO Box 512,
Station M
Calgary, AB
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aiscalgarynewsletter@gmail.com

Next submission
deadline:
Sept 13, 2019



Recovery Day, Sunday, September 8, 2019

11:00 am - 4:00 pm

Poppy Plaza, 1111 Memorial Dr NW

We need volunteers to ‘person’ the Al-Anon’s display at the 7th Annual Recovery Day on September 8! Interested in helping? Contact Carol B, Public Outreach Coordinator at calgarypublicoutreach@al-anon.ab.ca ASAP ☺.



Calgary AIS Information



AIS Calgary Phone Monitoring

PLEASE NOTE:

AIS is looking for a volunteer to take on the Monitoring Coordinator position.

It's not a difficult and can be done from home on your computer.

Please give this some thought.

I will be happy to answer any questions and help anyone interested in volunteering to serve Calgary in this position.

Thanks,

Sally K. AIS Chair
Call: 403-969-7376



MONITORING SCHEDULE

June 14, 2019 - Sept 20, 2019

WEEK	GROUP NAME
Jun 17 - Jun 23, 2019	Saturday Early Risers
Jun 24 - Jun 30, 2019	Serenity Plus Adult Children
Jul 1 - Jul 7, 2019	Tuesday Afternoon
Jul 8 - Jul 14, 2019	McKenzie Serenity
Jul 15 - Jul 21, 2019	From Despair to Serenity
Jul 22 - Jul 28, 2019	Letting Go
Jul 29 - Aug 4, 2019	Hillhurst Finding Serenity
Aug 5 - Aug 11, 2019	South Elbow Drive
Aug 12 - Aug 18, 2019	One Day at a Time
Aug 19 - Aug 24, 2019	Let it Begin with Me
Aug 25 - Sept 1, 2019	Monday Night Monarchs/Cochrane Friday Night
Sept 2- Sept 8, 2019	North Hills Trail Blazers
Sept 9 - Sept 15, 2019	Spiritual Awakening
Sept 16-Sept 22, 2019	Inner Peace

If your monitoring rep or group rep has changed, send updated contact information to aiscalgarymonitoring@gmail.com.

The Next AIS Meeting is Sept. 9, 2019

Calgary AIS meetings will now take place the first Monday of every **second** month at 7:00 pm at Lutheran Church of Our Saviour, 8831 Fairmont Dr. SE.

Everyone Welcome



Calgary Speaker List

AIS is compiling a list of members willing to share their story at local speaker meetings. This is a great way to get active in service and meet other members. Our stories are relatable and help others in their recovery. Refer to the **AI-Anon Guidelines (G-1)** to help tell your story.

Send your name and phone number to aiscalgarynewsletter@gmail.com.

Calgary AI-Anon Information Services (AIS) Trusted Servants	
Name	AIS Calgary Position & Email Address
Sally K.	Chairperson, aiscalgaryinformation@gmail.com
VACANT	Alternate Chairperson, calgaryaltchair@al-anon.ab.ca
Carolyn M.	Secretary/Group Records/Archives, calgarysecretary@al-anon.ab.ca
Anita A.	Treasurer, calgarytreasurer@al-anon.ab.ca
Cathy S.	Newsletter Editor, aiscalgarynewsletter@gmail.com
Ian H.	Alateen Coordinator, aiscalgaryalateen@gmail.com
VACANT	Monitoring Coordinator, aiscalgarymonitoring@gmail.com
Lorraine F.	2019 AA Gratitude Roundup Liaison
Linda and Carol G.	2019 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca ,

Calgary AIS Election of Trusted Servants

The following Calgary Area Information Services (AIS) positions are ready to be filled for the next service terms. Position descriptions are available for review.

- **AIS Alternate Chair**
- **Monitoring Coordinator**
- **2020 AA Banff Roundup Liaison**

Anyone interested in Calgary AIS service is invited to contact Sally K., Calgary AIS Chair at aiscalgaryinformation@gmail.com or to attend the next AIS meeting on Monday, Sept. 9, 2019 at 7:00 pm at Lutheran Church of Our Saviour, 8831 Fairmont Dr. SE.



**DISTRICTS
5 & 6
WORKSHOP**

Save the Date
Saturday, October 26, 2019

Please mark this on your calendar and plan to
join us for our annual event

Look for details in September
AIS newsletter

Highwood Lutheran Church
419 Northmount Drive N.W.

Get Involved

The Forum Needs You!

Please submit your sharings about our three Legacies (Steps, Traditions, and Concepts). Let others benefit from your experience with these staples of Al-Anon recovery. Submissions should range from about 200 to 400 words. Please submit your articles to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454 5617; to wso@al-anon.org or online.

Calgary AIS is on the Alberta/N.W.T. Website!

Check us out at <https://al-anon.ab.ca/members/> with password: Area80

You will find the 2019 February, April & June newsletters

You'll also find the DRAFT Guide to Calgary AIS - everything you wanted to know but were afraid to ask! Now's the time to make any comments or suggestions as it will be presented on September 9th at the next AIS meeting for approval.

We will soon be adding the Calgary AIS position descriptions. Feedback or suggestions are welcome - email Carol G at Calgary_website@al-anon.ab.ca.

Sincere thanks to Jason and Paul for their invaluable assistance.

AIS Bank Reconciliation						
April 1, 2019 to May 31, 2019						
Balance per bank, April 1, 2019						\$1,647.00
Receipts:						
Donations - April 2019						\$805.00
Donations - May 2019 - Personal						\$100.00
Total Receipts for April & May 2019						\$905.00
Disbursements: - April 2019						
Lutheran Church				Ck#121	(\$10.00)	
Big Sky				CK#122	(226.80)	
Telus				CK#123	(37.49)	
Telus - May				CK#124	(36.75)	(311.04)
Bank Service Fee - April					(4.95)	(4.95)
Disbursements: May 2019						
Big Sky				CK#125	(226.80)	(226.80)
Bank Service Fee - May					(4.95)	(4.95)
Total Disbursements for April & May 2019						(\$547.74)
Bank Balance, May 31, 2019						\$2,004.26



District News



District 3 & 4 Outreach

Rockyview Hospital - 8 month rotation
Holy Cross Ambulatory Care Centre
Room 5A-103

Tuesday and Thursday meetings, 8:00 pm.

Al-Anon participation at AA meeting

Month	Groups
July	Chinook Monday Afternoon AFG South Elbow Drive AFG
August	Pal-Anon AFG Serenity Central AFG Letting Go AFG
September	McKenzie Circle AFG Westside AFG

District 5 Outreach

Foothills Hospital Institution Meeting
Open AA Meeting Room AGW2, Baker Centre,
One floor below the main lobby

Monday and Thursday meetings, 8:00 pm.

Al-Anon participation at AA meeting

Month	Groups
July	Steps to Serenity AFG Serenity Plus Adult Children AFG
August	Sunday Evening Group AFG Spiritual Awakening AFG
September	Bowmont AFG Calgary Men's AFG

District 6 Outreach

Sunrise Rehabilitation Centre
1231-34 Avenue NE

Meetings 1st Thursday of each month at
6:00 pm chaired by a District 6 Group

afgdistrict6@gmail.com

Date	Chairing Group
July 4	Northern Hills Trailblazers
August 1	Finding Our Way
September 5	Let it begin with Me

District 6 Outreach

Courage to Change Beginners Meeting
Peter Lougheed Hospital

Monday meetings, 7:00 p.m.

**Reserved Dining Room (0524) at the back of the
Auxiliary Cafeteria**

Date	Chairing Group
June 17,	One Day at a Time
June 24	Finding Our Way
July 1	From Despair to Serenity
July 8,	Let it Begin with Me
July 15,	Northern Hills Trailblazers
July 22	One Day at a Time
July 29	Finding Our Way
August 5	Let it Begin with Me
August 12	From Despair to Serenity
August 19	Northern Hills Trailblazers
August 26	One Day at a Time
September 2	Finding Our Way

Did You Know?

Submitted by Margaret J.

Al-Anon members meet and welcome newcomers every:

- **Sunday** at 7:30 pm at Wild Rose United Church, 1317 - 1st Street NW (upstairs)

You are invited to become part of this special fellowship by sharing your experience, strength and hope with newcomers. Added bonus - you log an extra meeting in your program of recovery!

District Meetings

The Group Representatives (GRs) and District Representative (DR) from each District meet once a month.

District 3 (SE) - New DR is Sharon P.
Meets the second Wednesday of each month at Christ Moravian, 600 Acadia Dr. SE from 7:00 - 8:30 pm.
district03@al-anon.ab.ca

District 4 (SW) - New DR is Nancy H.
Meets the second Wednesday of each month at Holy Spirit Church, 10827 - 24 Street SW at 7:00 - 8:30 pm.
district04@al-anon.ab.ca

District 5 (NW) - New DR is Greg M.

Meets the second Thursday of each month, 7:30 pm, at Highwood Lutheran Church, 419 Northmount Dr. NW.
district05@al-anon.ab.ca

District 6 (NE) - New DR is Wendy L..
Meets the second Tuesday of each month at Centennial Presbyterian Church, 103 Pinetown PI NE at 6:30 pm.
district06@al-anon.ab.ca (Note Time Change**was 7, also note, no meeting in June, next meeting September 10)

2019-20 Dates to Remember

AB/NWT Assembly, September 21 - 22, 2019,
Black Knight Inn, Red Deer, AB

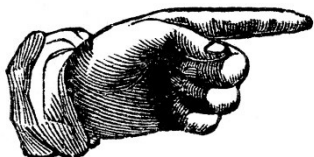
AB/NWT Area World Service Committee (AWSC) Meeting,
March 21, 2020

AB/NWT Assembly & AWSCM, May 23 - 24, 2020

New Meeting!

Join a new meeting in the SW!
Paths to Recovery AFG will start meeting at the West Springs New Methodist Church, 742 85 St SW
Tuesdays at 7:30pm beginning
July 2.

Please Notice This



Temporary Meeting Room Change

Living the Legacies AFG which meets at the Edgemont Community Centre on **Thursday mornings at 10 AM** will be meeting at an alternative location for **August 8, 15 and 22nd**.

We have booked the community room at the **Hampton's Coop**, #400, 1000 Hamptons Dr NW. Enter the front door and go up the stairs on the left. There is no handicap access.

PLC Courage to Change Meeting Update

The **PLC Courage to Change** is an important Al-Anon meeting as it is only one of two beginners meetings in Calgary. Low attendance has been an ongoing concern. Over the past couple months the District held a mini - KBDM regarding the state of the existing meeting. With engagement throughout the district it was decided to keep the meeting running and see how we could breathe new life into it. In talking with the PLC administrators we were able to make some changes in hopes of rejuvenation. We were able to secure much more desirable meeting location within the hospital, we changed the meeting night and made it a little earlier in the evening. The PLC administration is also committed to advertising the meeting on their two monitors, in the elevators and in the family rooms within the wards. Parking passes have also been secured for groups volunteering to chair the meeting. Please contact Sherry L. (beginwithme@al-anon.ab.ca) if your group needs passes. We are all hoping these modifications will breathe new life into this very important meeting. Everyone is welcome to attend a Courage to Change meeting, Monday nights at 7:00 pm.

Pal-Anon Meeting - New Location

Monday night **Pal-Anon** 7:30pm moved from our current location to Lakeview United Church on Monday May 27th. We will stay with the same time of 7:30.



ACSOA Workshop Participant Feedback and Sharing

What was **BEST** about the ACSOA event?

- Open, Honest, Courageous, Humor, & Caring sharings
- Great people & Fellowship being together
- Audience involvement, Interaction, Participation & Such a “Family Group” feeling
- Fun, Engaging, Laughter & Informative way to learn
- Male members attending & being willing to participate
- Liked Involvement of all Calgary districts making it Unpredictable how each would choose to present their Chapter
- Liked seeing familiar faces from different groups
- Chairperson great & kept on time. Sociable breaks. Thanks to Christina on hosting the event
- Great Planning & Atmosphere of Round tables, Comfortable seating & Great decorations

What was **BEST** about ACSOA Presentations?

- Variety, creativity, mix of in Depth of presentations all based on CAL book , “*Intimacy In Alcoholic Relationships*”
- Panel on “*Alcoholism & Intimacy*” with personal sharing from each followed by a question from back of Chapter One.
- The Family Feud Game on “*Building & Rebuilding Trust*” – Lots of work & effort in prep
- “*Communicating Clearly*” presentation
- Gilligan’s Island Skit on “*Negotiating Boundaries*” – a great Teaching Moment!
- Prayer to God & From God in “*Spiritual Solutions*”
- Male sharing by Call Up Chairperson on “*Expressing Gratitude*”
- Teamwork among presenters – people working together with no criticism or judgment
- Presentation concepts & speakers excellent using talents of many



How were you **INFORMED** of ACSOA Workshop?

- Links of Service: Home Group, GRs, DRs, Area Newsletter, Calgary AIS Newsletter,
- ACSOA Committee members including District ACSOA representative , ACSOA Chairperson Area Reports
- From friend in different group

Ideas for ACSOA to **ATTRACT** Future Area Attendance

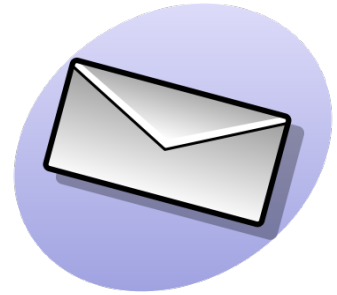
- Attendees ‘spreading the message’ - Word of mouth...Networking Emphasizing Importance of Sharing Service knowledge
- Groups communicate format & value of Workshop; Make sure every group gets the information, Ask those attending to bring one person with them
- Area Website, more advertising, Request input from Districts/Groups outside Calgary, Outside speaker, Billeting, Longer lead time
- Offer by “Skype” for at least a portion of the Workshop

Dear Sponsor

Dear Sponsor,

My spouse lost his job a few months ago and it's been challenging for me to go to work, meetings and see friends when I don't know what I'll be coming home to. Will he be drunk or sober? I feel guilty when he is home alone all day and he comments on my other activities or gives me a look when I say I am going out. I have started putting my activities on hold until he is back to work however I feel a bit sad about that.

Sincerely, Amelia



Dear Amelia,

The situation sounds difficult for both of you. Self care is a big part of your recovery, so it's good to hear you're going to meetings and reaching out, talking to me and other AI-Anon friends. Daily reading of AI-Anon literature is part of my daily practices as well. What else could you do to feel better about things, just for today?

Dear Sponsor,

I am on step three, if I don't have a Higher Power, can I still move on to step four?

Sincerely, Stuck

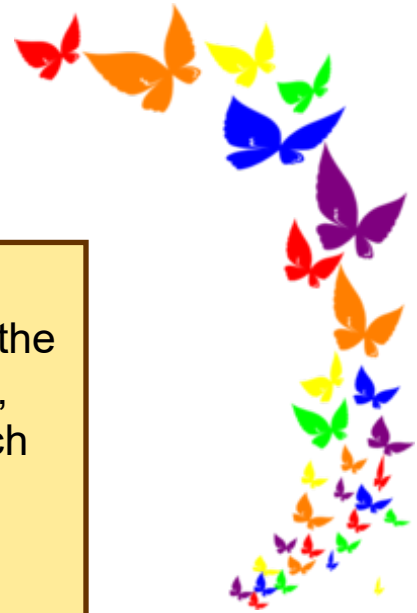
Dear Stuck,

I now know that I came into this program lacking a spiritual connection. The concept of a Higher Power was intimidating. I didn't think I had one. I looked to nature and came to understand that there are things greater than myself in this world. That was all I needed to realize, I have a small part in all of it and I made a decision to trust the process. Remember that each person works the program in their own way and at their own pace. Working steps two and three was an important part of my journey of recovery. I encourage you to continue to work the steps, talk to others, and read AI-Anon literature. Perhaps check out the book *As we understood...* Remember, too, that it's progress not perfection! ☺

Baby-Stepping toward Recovery

When I came to AI-Anon several months ago, I had no idea of the serenity I would start to enjoy in time. During my first few weeks of attending meetings, I was exhausted, frazzled, and fearful, but I heard the message "Keep Coming Back." I am mortified by having to speak in a group setting, so I struggled at first. However, I also felt strong condemnation within myself for not sharing. Then someone told me that there are no musts in AI-Anon. I could say a few words or pass and that was just fine. Now, I am baby-stepping my way to recovery. I can say thanks to the speaker and I can listen with the hope that, when I am ready, I will be able to share my own experience, strength, and hope more deeply from my heart. I am ever so grateful that AI-Anon is a program of "Progress Not Perfection."

By Karin W., California, The Forum, June 2019



Alberta Al-Anon Website

One stop for information on Al-Anon events, the current meeting schedule, public outreach, newcomer information, Alateen and so much more!

al-anon.ab.ca

To subscribe to, unsubscribe from, or submit a story sharing the experience, hope and strength of the Al-Anon program to the Calgary AIS Newsletter

Email aiscalgarynewsletter@gmail.com

**Submission deadline for the next issue is
September 13, 2019**

