

Calgary AIS Newsletter

September 2019

Calgary and Area Alateen Report

Summer is on its way out, and the kids are back in school. It was a quiet summer for Alateen. We have new meeting location for the Monday Alateen meeting in the south. It moved to Lakeview United Church along with the Pal-Anon AFG meeting at the same time. Over the summer, I met with representatives of Alcoholics Anonymous (AA) District 80 to spread the word about the two Alateen meetings in Calgary.

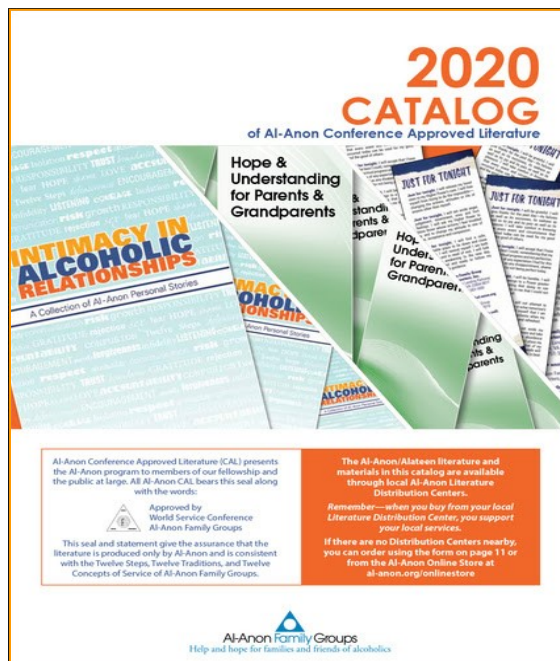
Currently we have seven active Alateen sponsors and would ideally like to have 10-12 Al-Anon Members in Alateen Service (AMIAS) in to support the two Alateen meetings. Anyone interested in this service opportunity can learn more by attending an AMIAS Training Workshop on November 9, 2019. See page 9 for more information. Thank you to Sharon P., Area Alateen Coordinator, for organizing the event.

Ian H.
Calgary AIS Alateen Coordinator



Today We Have Choices

Are your group's meeting topics limited to readings in one of the daily readers? Ready to shake things up a little? The new 2020 Conference Approved Literature Catalog (S-15) offers plenty of choices for thought provoking meeting topics that use Conference Approved Literature.

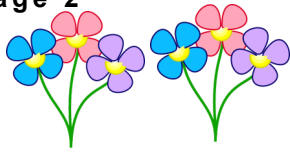


Calgary and Area
Al-Anon
Information
Services (AIS)
Al-Anon/Alateen
Newsletter

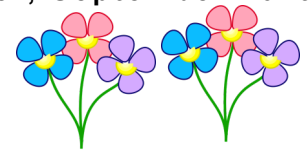
PO Box 512,
Station M
Calgary, AB
T2P 2J2

aiscalgarynewsletter@gmail.com

Next submission
deadline:
November 8, 2019



Calgary AIS Information



AIS Calgary Phone Monitoring

PLEASE NOTE:

AIS is looking for a volunteer to take on the Alternate Chairperson position.

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

WEEK	GROUP NAME
SEPT 16 TO SEPT 22	Inner Peace
SEPT 23 TO SEPT 29	Hope for Today / Southwest AFG
SEPT 30 TO OCT 6	Living the Legacies
OCT 7 TO OCT 13	Calgary Mens AFG
OCT 14 TO OCT 20	Finding Our Way Adult Children / Sunday Evening AFG
OCT 21 TO OCT 27	McKenzie Circle AFG
OCT 28 TO NOV 3	Serenity Central
NOV 4 TO NOV 10	Chinook Monday Afternoons
NOV 11 TO NOV 17	Westside Al-Anon
NOV 18 TO NOV 24	Starting with Serenity
NOV 25 TO DEC 1	Pal-Anon
DEC 2 TO DEC 8	Calgary Parent Recovery
DEC 9 TO DEC 15	Bowmont
DEC 16 TO DEC 22	Macleod Trail AFG



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



AIS Meeting Schedule

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

Meeting Dates
November 4, 2019
February 3, 2020
April 6, 2020
June 1, 2020
September 14, 2020
November 2, 2020

Calgary Al-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
Shellie O.	Monitoring Coordinator, aiscalgarymonitoring@gmail.com
Lorraine F.	2019 AA Gratitude Roundup Liaison
Lori G.	2020 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca ,

NEWS FROM YOUR AL-ANON CENTRAL SERVICE OFFICE ALBERTA

Our bookstore has been busy over the summer with increased sales and a steady flow of donations from groups all over our Area. Thank you so much for supporting us and enabling us to show a positive net income to date. If we did not have your support that would not be the case! We appreciate every donation no matter how big or small.

Shelley, our employee is busy getting ready to take the bookstore to the Assembly on September 21st in Red Deer.. Volunteers are needed to help her over the next few weeks. We have had several members come forward, we could always use more. . If you are interested in this service please contact me at the email address below.

We are in the beginning stages of planning an Open House in 2020. What book would you like to review? Intimacy in Alcoholic Relationships was very well received at this year's event. If you have any suggestions or would like to help us plan our Open House, please let me know.



Again, thank you for your continued support!
Norma F.
ACSOA Chair, acsoa@al-anon.ab.ca

AIS Bank Reconciliation

June, July & August 2019

Balance Forward, May 31, 2019		\$2,004.26
Receipts:		
Donations-June 2019	\$650.00	
Donations-July 2019	\$395.00	
Donations-August 2019	\$95.00	\$1,140.00
Disbursements-June 2019	-\$640.07	
Disbursements-July 2019	-\$300.00	
Disbursements-August 2019	-\$287.96	-\$1,228.03
		\$1,916.23
Balance per Bank, August 31,2019		\$1,916.23
Petty Cash Balance	\$13.00	

Why We Are Here – the Suggested Preamble to the Twelve Steps

Have you ever wondered why the Suggested Preamble to the Twelve Steps of Al-Anon and Alateen appears in so many pieces of Conference Approved Literature? Does your Al-Anon or Alateen group read it as part of the meeting format? The Preamble explains in a gentle manner how our program unfolds as we allow ourselves to practice the spiritual principles found therein. It carries the message that reminds everyone at the meeting that we are there for one reason only—to recover from the family disease of alcoholism.

Whether your meeting is new or long-standing, the “Suggested Preamble to the Twelve Steps” defines who the members of Al-Anon Family Groups are and why we are here. It serves as a guide for every group as it welcomes new members and provides a solid foundation for those of us who keep coming back.

Used with Permission from *The Forum*, April 2019

Calgary AIS Public Outreach Report, September 9, 2019
 Submitted by Carol B, Calgary AIS Public Outreach Coordinator

Activities include:

- Work with Districts to schedule and support presentations at AHS Addictions Services every 8 weeks. Sessions held since last report were July 2 and August 27, next session is October 22.
- Paid \$150 for non-profit table at Recovery Day September 9, 2019 at Poppy Plaza. Purchased 2 table top display stands to profile an Al-Anon poster and the 3 versions of 20 questions. Purchased blank cards and made additional Al-Anon business cards to match the look of the fall poster (below). Had great volunteer support from Al-Anon members with both set up and staffing of our Al-Anon table – thank you to the volunteers.
- Responded to 4 requests for further information about Al-Anon forwarded from the Call Center.
- Maintain a schedule for the Al-Anon display and arrange for it to be picked up and dropped off at my house.



Front



Back



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 Al-Anon Guideline for Members Interested in Speaking (G-1) to help tell your story.

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



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
September	McKenzie Circle AFG Westside AFG
October	Wednesday Morning Serenity AFG Southwest AFG
November	Calgary Parent Recovery AFG Starting with Serenity AFG
December	MacLeod Trail AFG Tuesday Afternoon 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
October 3	Northern Hills Trailblazers
November 7	Finding Our Way
December 5	Let it begin with Me

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
September	Bowmont AFG Calgary Men's AFG
October	Bow Valley AFG Living Legacies AFG
November	Cochrane Friday Night AFG Hillhurst Finding Serenity AFG

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
September 16,	Let it Begin with Me
September 23	Northern Hills Trailblazers
September 30	One Day at a Time
October 7	Finding Our Way
October 14	From Despair to Serenity
October 21	Let it Begin with Me
October 28	Northern Hills Trailblazers
November 4	One Day at a Time
November 11	Finding Our Way
November 18	From Despair to Serenity
November 25	Let it Begin with Me
December 2	Northern Hills Trailblazers

District Meetings

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

District 3 (SE) - 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) - 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) - 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) - 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

2019-20 Dates to Remember

AB/NWT Area 80 Assembly, Sept 20-21, 2019

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

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

Speaker Meeting

McKenzie Circle AFG will have a speaker meeting on **Tuesday, October 22 at 7:30 pm.** McKenzie Towne Church, 7 McKenzie Towne Gate

Moving On From My Past

Before I came to Al-Anon, I had wrapped myself up in so many layers of denial that to sit in a room and admit the truth to myself—let alone strangers—seemed crazy. Part of me wanted to cling to that denial, and part of me knew I couldn't sustain the insanity of trying to control someone's else's behavior or my own life any longer.

In the beginning, I would think, *how did I get to this point?* Those first meetings were hard because I had to look at where I was square in the face, and I didn't like it very much. Before coming to Al-Anon, I felt completely ashamed about my behavior, and that made me feel alienated and isolated. In meetings, however, I felt I was accepted, and I belonged no matter what had happened in the past. I went to a lot of meetings in the beginning because I needed them to help keep me on track.

Where friends or family had let me down, the program tools were always there. They created a sense of constant support in my life that allowed me to entertain the possibility of actually feeling better. I have since learned that I don't have to carry so much shame about what I had done. I don't have to beat myself up for being in denial in the past. I could tackle moving forward "One Day at a Time," and that meant I didn't have to have all the answers. By focusing on the right steps in that one day, I learned I didn't have to lug my denial and shame around anymore, which allowed me to start really living again.

By Kate L.,

Used with permission from *The Forum*, May 2019

“
 I could not break the
 cycle until I saw
 myself in the pages
 of Al-Anon literature
 and learned that
 there was a solution
 ”

AL-ANON/ALATEEN

2019 FALL WORKSHOP

Saturday, October 26th

12:15 Registration

Program: 12:30pm - 4:30pm

Back 2 basics Workshop

Understanding Ourselves and Alcoholism

*Learn more about the disease and how compulsion, addiction
 obsession, and denial affect alcoholics and those close to them.*

Highwood Lutheran Church Hall

419 Northmount Drive NW Calgary AB T2K 3H7
(handicap access available)

Everyone Welcome * Bring a Friend
 Come * Share * Listen * Learn * Grow

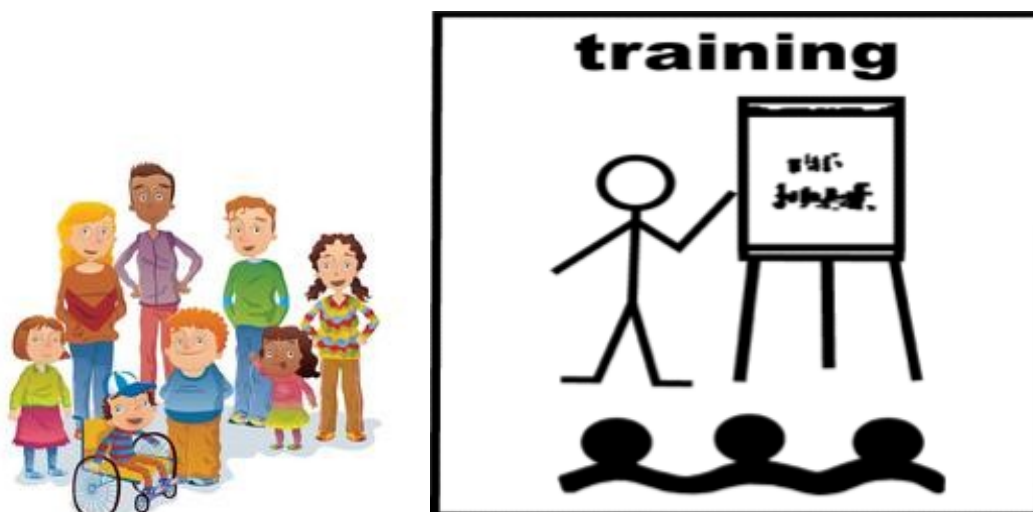
7th Tradition

Refreshments: Cookie Exchange
Please bring cookies to enjoy and share

“
 My heart swelled with
 Happiness because I
 finally understood!
 ”

HOSTED BY DISTRICTS FIVE AND SIX CALGARY

AMIAS TRAINING WORKSHOP



- Have you ever thought about being involved in Alateen?
- Do you know what is required to be an AMIAS and you want to help but don't know how to participate?

Join us for an **AMIAS workshop** and **POTLUCK!** This workshop is for all **current AMIAS AND** for anyone who wants to know more about becoming an AMIAS (Al-Anon Member Involved in Alateen Service). 7th Tradition will be collected.

Date: Saturday, November 9th 2019

Time: 11:00 AM to 4:00 PM

Where: Ann McCaig Building
303 Forge Road SE, Calgary

For more information email:

alateen@al-anon.ab.ca or aiscalgaryalateen@gmail.com

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
November 8, 2019**

