

# Calgary AIS Newsletter

April 2020

## Message from the AIS Chair

I know how challenging it is for all of us not being able to attend regular meetings, at present. I want to pass along information that will make everyone aware that our Area, AIS and DR's are all working hard to inform every groups about the online meetings available, so that each group can have their own online meeting, if they choose to. Calgary DR's are receiving information from AIS and Area that will be forwarded to group rep's. If your group has not already implemented online meetings the information is on it's way to make this an easy process. We are all aware how important it is to stay connected. I would personally like to thank the current and past Area Webmaster for their input and insight that will keep us connected.

Love in service Sally K, AIS Chair.



## Calgary AIS Public Outreach

Submitted by Carol B, Public Outreach Coordinator

This past month plus has been an unanticipated time of change for many, and an unprecedented time across the world. I'm so grateful for the AI-Anon program and the tools I've been given through recovery to make it through, one day at a time.

From the perspective of public outreach, most AI-Anon events, outreach and meetings have been curtailed. Regular in person meetings aren't taking place, yet online AI-Anon meetings are growing. Many groups across the city and province are holding online meetings at their regular meeting times using a variety of methods. My technology skills have improved as I learn more about the different meeting and group chat formats. Each district has also provided Big Sky Answering Service with contact information for at least two online meetings in their district.

The Area (AB/NWT) has even set up a meeting venue for all groups! Check with your Group Rep or District Rep if you need more information, or check the Members section of the Area website, [www.al-anon.ab.ca](http://www.al-anon.ab.ca). In the Members section you can also learn about the AI-Anon social support chat site that provides another way for members to connect. The AI-Anon World Service Office also lists a variety of electronic AI-Anon meetings at [www.al-anon.org/meetings](http://www.al-anon.org/meetings).

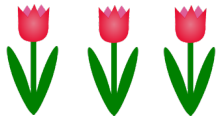
I can be reached at [CalgaryPublicOutreach@al-anon.ab.ca](mailto:CalgaryPublicOutreach@al-anon.ab.ca) if you have questions.

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

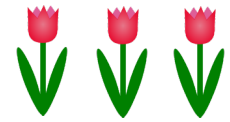
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Calgary, AB  
T2P 2J2**

**[aiscalgarynewsletter@  
gmail.com](mailto:aiscalgarynewsletter@gmail.com)**

**Next submission  
deadline:  
June 5, 2020**



# Calgary AIS Information



## AIS Calgary Phone Monitoring



### Service Opportunities

**AIS is looking for a volunteers to take on the Alternate Chairperson position and Website Liaison position. See detailed Job Descriptions on Page 3.**

Please give this some thought.

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

Thanks,

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

### MONITORING SCHEDULE

WEEK	GROUP NAME
Apr 13 to Apr 19	Serenity Central
Apr 20 to Apr 26	Chinook Monday Afternoons
Apr 27 to May 3	Westside Al-Anon
May 4 to May 10	Starting with Serenity
May 11 to May 17	Pal-Anon
May 18 to May 24	Calgary Parent Recovery
May 25 to May 31	Bowmont
June 1 to June 7	Macleod Trail AFG
June 8 to June 14	Airdrie Open Door
June 15 to June 21	Saturday Early Risers
June 22 to June 28	Serenity Plus Adult Children
June 29 to July 5	Tuesday Afternoon
July 6 to July 12	McKenzie Serenity AFG
July 13 to July 19	From Despair to Serenity

**If your monitoring rep or group rep has changed, send updated contact information to [aiscalgarymonitoring@gmail.com](mailto:aiscalgarymonitoring@gmail.com).**



### AIS Meeting Schedule

Calgary AIS meetings 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

<del>February 3, 2020</del>
<del>April 6, 2020</del>
June 1, 2020
September 14, 2020
November 2, 2020

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
Shellie O.	Monitoring Coordinator, aiscalgarymonitoring@gmail.com
VACANT	2020 AA Gratitude Roundup Liaison
Lori G.	2020 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca,
VACANT	Website Coordinator **New Position**

### Service Position Available: AIS ALTERNATE CHAIR

**Term: 3 years January 2019 – December 2021**

This position requires a person who has been in AI-Anon for a few years and has participated in service beyond the group level and has demonstrated leadership skills with experience in chairing meetings. The time commitment of 1 hour per month is in addition to attending the AIS meetings. On occasion, all positions may require an additional time commitment for projects on an ad hoc basis.

**Duties:** Attend 5 AIS meetings per year February, April, June, September and November, non-voting unless also representing a specific group, fulfill, assist and support the Chair's responsibilities as required (*ie: chair a meeting; attend Assembly or AWSCM in the Chair's place, etc.*), assume duties of Treasurer or Secretary if they are absent from an AIS meeting, work with and support coordinators and Alt/GRs/ISRs providing time and leadership on special projects, consider stepping up to Chair at the next election cycle

### Service Position Available: AIS WEBSITE COORDINATOR

**Term: 3 years January 2019 – December 2021**

This position requires a person who is able or willing to be trained to enter and edit content in WordPress. The time commitment of 1 hour per month is in addition to attending the AIS meetings. On occasion, all positions may require an additional time commitment for projects on an ad hoc basis.

**Duties:** Attend 5 AIS meetings per year February, April, June, September and November, non-voting unless also representing a specific group, follow the Guidelines for AI-Anon Websites (G-40), enter new and approved documentation, update current content as required, liaise with Newsletter Coordinator to ensure smooth functioning of the newsletter subscription feature, respond to emails directed to Calgary\_Website@al-anon.ab.ca

## Message from the Bookstore

The Bookstore of the Al-Anon Central Service Office (ACSOA) has been closed since March 18th because we cannot get into the building. We cannot process any orders at this time. We have no way to send them out

We are asking that you do not send in any orders as we cannot fill them. Thank you for your support. Hope you are all staying safe and serene!

Love in Service, Norma F, ACSOA Chair

Editors Note: Books and other Conference Approved Literature can still be ordered from the World Service Office at [www.al-anon.org/literature](http://www.al-anon.org/literature).



## Getting to know the God of my understanding...

When I arrived in the rooms of Al-Anon, I felt a connection to a Higher Power but it was a distant relationship. I'd always felt the sacredness and spiritual part of life but not in a way that really helped or supported me. It always felt distant. I think one of the reasons for the distance is that the disease of alcoholism really took my self-esteem to a really low place. I felt unworthy of being loved or helped by a Higher Power. I didn't have trust in anything let alone a Higher Power.

As I sat in the rooms of Al-Anon, I learned from others how they came to know their Higher Power. One of the things I love about Al-Anon is that it is the God of my understanding. My personal and special relationship. For the first few years in Al-Anon I alternated between being really angry at my Higher Power for growing up with the disease and then marrying into the disease as well. I spent a lot of time feeling like a victim. I also spent a lot of time shouting and demanding from my Higher Power what I wanted.

One day in a meeting on Step 3, I had an aha moment when I realized that isn't how it worked. My lack of humility and self will blocked my connection to my Higher Power. I'd had lots of conversations with program folks about surrender. I became a surrender detective. What is it, how does one do it and how will it change my life? I became willing, open and teachable. I started to meditate and pray. I got on my knees and gave my life to my Higher Power even when I didn't full understand what that would mean or look like. And I paid attention to the moments in my day that I didn't force or make happen. Little moments when things came together for me often in ways that I didn't foresee. I heard my Higher Power speaking to me through others in Al-Anon. I practiced the pause and slowed down. Gradually and slowly I began to see and experience my Higher Power in my life. I became receptive. And from that I started to be restored from this disease. I talk to my Higher Power now all day. In the morning I ask Her for my assignment for the day. I don't make decisions without consulting her. Sometimes life is very painful but it doesn't mean that I have been abandoned by Her. She is with me and will always guide me. My part is to feel the feelings, become aware, accept and then act as best I can.

I have learned compassion towards myself from my Higher Power. I make the best decisions I can. Life is not perfect but it's better with my Higher Power by my side.

Submitted by Carrie D., Calgary, AB

## NEW BOOK CONTRIBUTIONS WANTED! Share Your Experience Strength and Hope

From the Al-Anon World Service Office (WSO):

Many thanks to all who have generously sent sharings for our latest book in development. We now know not only what topics can be adequately covered, but also which subjects we are still missing.

Please consider submitting sharings on any of the following topics that are missing or currently in very short supply:

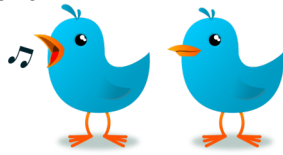
- Abundance
- Abuse
- Concept Two
- Concept Six
- Concept Seven
- Concept Eight
- Concept Eleven
- Literature
- Finances/ money
- General Warranties
- Respect
- Responsibility
- Sex
- Shame
- Spirituality
- Tradition Six
- Tradition Eight
- Tradition Nine
- Trust
- Unity



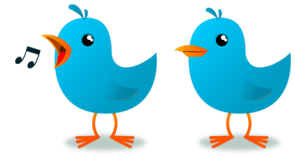
Please let this book include such a variety of members' experiences and backgrounds that it clearly demonstrates how Al-Anon can work for *anyone* affected by someone else's drinking. We've received only a few sharings from members who identified themselves as African American; Alateen; Alateen Group Sponsor; of Asian descent, LGBTQ+; men; people of color; or those who live outside the US and Canada.

### How to submit...

A writing guideline is available at [al-anon.org](http://al-anon.org). Send your sharings by **June 1, 2020** to AFG. Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader"; or at [wso@al-anon.org](mailto:wso@al-anon.org) with "Daily Reader" in the subject line; or at [al-anon.org/dailyreader](http://al-anon.org/dailyreader)



# 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.**  
*AI-Anon participation at AA meeting*

Month	Groups
February	noon G
March	<b>SUSPENDED</b>
April	McKenzie Circle AFG Westside AFG Paths to Recovery AFG
May	Wednesday Morning Serenity Southwest AFG

## District 6 Outreach

Courage to Change **Beginners' Meeting**  
 Peter Lougheed Centre, 3500-26th Ave. NE  
**Monday meetings, 7:00 p.m.**

**Reserved Dining Room #0524 (downstairs, back of the Auxiliary Cafeteria)**

Date	Chairing Group
February 10	Northern Hills Trailblazers
February 17	One Day at a Time
February 24	Finding Our Way
March 2	From Despair to Serenity
March 9	Let it Begin with Me
March 16	Trailblazers
March 23	at a Time
March 30	Our Way
April 6	to Serenity
April 13	Let it Begin with Me
April 20	Northern Hills Trailblazers
April 27	One Day at a Time

## 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.**  
*A meeting*

Month	Groups
February	ng AFG
March	Calgary Men's AFG Bow Valley AFG
April	Living the Legacies AFG Cochrane Friday Night AFG

## District 6 Outreach

Sunrise Rehabilitation Centre  
 1231-34 Avenue NE

Meetings 1st Thursday of each month at  
 6:00  
 t 6 Group  
[um](#)

Date	Chairing Group
March 5	Me
April 2	Northern Hills Trailblazers
May 7	Finding Our Way

In response to the COVID-19 pandemic, meetings have been temporarily closed.

## 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](mailto: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](mailto: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](mailto: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](mailto:district06@al-anon.ab.ca)



## Happiness, Whether the Alcoholic is Still Drinking or Not

What brought me to Al-Anon was my alcoholic, but it is not what taught me to look deeper, get a sponsor and do the step work.

I was saying the words and reading WSO approved literature, chairing meetings, going to open AA meetings when I decided it was time I went on a holiday out of the country without him. I needed to let go of the responsibility that I had to be there to keep him sober and to stop mothering him.

He was doing well in his AA program and it would be great. An opportunity of growth for both of us.

On my return 3 weeks later, he was acting differently but I couldn't put my finger on it. After another 2-3 weeks he finally told me the truth. He had been drinking while I was away and he wasn't drinking now that I was home.

I was very sad when he told me. I felt betrayed and angry but mostly sad. When I got up for days the feeling stayed with me. I carried on doing the things I had to do, but I started to cry anywhere and everywhere. I could not control the tears. They would just come. I could be in line at the grocery store, driving, at home, while I was banking, etc. It was awful. I felt defeated. Was I destined to be around him to keep him sober?

Where was my program in all of this? Why was his slip so devastating to me?

We read in our opening at every meeting "In Al-Anon we discover that no situation is really hopeless and that it is possible for us to find contentment and even happiness, whether the alcoholic is still drinking or not."

I had not got a sponsor, and I had not worked the steps with anyone. It took me a month or so, but I finally started listening to our members, and found someone to ask to be my sponsor. It was scary, but not as scary as what I was living with. That person gave me her time, her wisdom, her listening skills and a deeper understanding of the program.

Today I am still with my husband and we travel apart at times. I have contentment and even happiness.

Submitted by G.G., Calgary, AB

## Help, Hope, And Healing

I came to Al-Anon because I had no where else to go. My daughter's alcoholism/addiction had taken its toll on her life. All my attempts to rescue her had failed. This broke my heart and brought me to my knees. I was filled with so much pain, guilt and shame.

At the first meeting people shared so openly about their experiences relating to alcoholism. Most remarkable to me, was how they had a positive outlook. They were all forward moving regardless of the impact that alcoholism had in their lives. There was so much love and acceptance. That experience alone, piqued my curiosity to start attending meetings regularly. I bought some books, got a sponsor and started working the 12 Steps.

With great relief, I soon learned that I was not the cause of my daughter's alcoholism/addiction. Nor could I control it or cure it.

Every meeting with the group and my sponsor brought me so much clarity and understanding. I had to unlearn everything I thought and did previously. The old way of doing things were just not working anymore. Self-care was an interesting but foreign concept to me. I had always put everyone's needs before my own.

Thinking back on that now, I know why I was filled with so much resentment. I habitually blamed others for sucking the life out of me. When I simply could have said: "No" to any or all of their requests.

The day had finally come when my new attitude and behaviour would be put to the test. My sponsor and I got together on Christmas Eve for our regular meeting. My phone rang, just as we sat down. It was my daughter. I knew she was high. She didn't even know what day it was. She told me she was on the train platform waiting for her train to go to the shelter, downtown. It took everything in me not to jump into rescue mode and bring her home.

Remembering all the past experience of failed attempts to help her, I wished her "Merry Christmas". I told her I loved her and maybe we could get together later in the week, and quickly said goodbye. My heart was aching although I knew I did the right thing. How lucky was I that my sponsor had decided to meet with me that day.

I am grateful for the program, reading materials and workshops. I am grateful for my sponsor. I am grateful for the faithful Al-Anon members. Because of that support, I am able to move forward in my life regardless of my circumstances. I am not alone anymore.

Submitted by Y.H., Calgary, AB

### 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 Members Interested in Speaking Guideline (G-1) to help tell your story (<https://al-anon.org/pdf/G1.pdf>).

Send your name and phone number to [aiscalgarynewsletter@gmail.com](mailto:aiscalgarynewsletter@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](http://al-anon.ab.ca)

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

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](mailto:aiscalgarynewsletter@gmail.com)

**Submission deadline for the next issue is  
June 5, 2020**



**When you don't know  
where to turn...  
because someone  
drinks too much...**

**Al-Anon Family Groups can help.**  
Learn more by attending a confidential meeting in your community.  
888-4AL-ANON • [al-anon.org](http://al-anon.org)

