

Calgary AIS Newsletter

November 2020

2020 GRATITUDE MEETINGS

Many Al-Anon Groups hold an Gratitude Meeting in December. 2020 has been an interesting and challenging year! Al-Anon recovery gives us many reasons to be grateful, even in the midst of this pandemic. **If your group is planning a Gratitude Meeting, let us know the details. Send an email to**

aiscalgarynewsletter@gmail.com by November 24th including:

- Your group's name
- The date and time of your Gratitude Meeting
- The type of virtual meeting you will have (e.g. Zoom, Jitsi, other) and the meeting link, or the address of the meeting if it is in person.

A list of gratitude meetings will be circulated prior to December 1st, so members can join and support meeting across the city.



Send Submissions
for the Newsletter to
Calgary and Area
Al-Anon Information
Services (AIS)

aiscalgarynewsletter@gmail.com

Next submission
deadline:

February 5, 2021

Donations to Calgary AIS

Please consider Calgary AIS for a timely donation from your group. We are an essential Al-Anon service arm, grateful for the financial support from groups and members in the Calgary area. With the increase in calls to Al-Anon during the pandemic, Calgary AIS provides a critical link to connect families and friends of alcoholics with Al-Anon meetings. The revised service plan means our monthly costs will be reduced, but the total cost of providing this essential phone service in 2020 is up.

Please send donations to: Calgary and Area AIS c/o 1003 Canford Pl. SW, Calgary, AB T2W 1L6. NEW - Any group wanting to make donations via e-transfer please use the following email address: calgarytreasurer@al-anon.ab.ca with a footnote of the name of the group.



Calgary AIS Information



AIS Volunteer Opportunities

AIS is looking for a volunteers to take on the following open positions

- After hours contact for Big Sky Call Center (monitoring experience required)
- Alternate Chair
- Website Coordinator
- AA Gratitude Round-Up Liaison
- AA Banff Round-Up Liaison

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 Chair

Call: 403-969-7376

Email calgarychairperson@al-anon.ab.ca

AIS Calgary Phone Monitoring

MONITORING SCHEDULE

WEEK	GROUP NAME
Nov. 16 - 22	Starting with Serenity
Nov. 23 - 29	Pal-Anon
Nov. 30 - Dec. 6	Calgary Parent Recovery
Dec. 7 - 13	Bowmont
Dec. 14 - 20	Macleod Trail AFG
Dec. 21 - 27	Airdrie Open Door
Dec. 28 - Jan. 3, 2021	Saturday Early Risers
Jan 4 - 10	Serenity Plus Adult Children
Jan 11 - 17	Tuesday Afternoon
Jan 18 - 24	Wednesday Morning Serenity AFG
Jan 25 - 31	From Despair to Serenity
Feb 1 - 7	Letting Go AFG
Feb 8 - 14	Hillhurst Finding Serenity
Feb 15 - 21	South Elbow Drive AFG

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



Next AIS Meeting

Calgary AIS benefits from the participation of all groups in AIS meetings and activities. Does your group have a representative for AIS? This group service role is called the Information Service Representative (ISR) and is described in the [AI-Anon/Alateen Service Manual, 2018- 2021](#) on page 61. Calgary AIS meetings are held every other month and are now virtual! The next meeting will be **Monday, February 1 at 7:00 pm**. Email calgarychairperson@al-anon.ab.ca to learn more or volunteer.

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	2021 AA Gratitude Roundup Liaison
Vacant	2021 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca
Vacant	Website Coordinator

AIS Bank Reconciliation

As of October 28, 2020

Balance Forward, August 31, 2020		\$924.90
Receipts:		
Donations - September		\$300.00
Donations -October	\$1,260.00	\$1,560.00
Disbursements -		
September	(495.25)	
October	(383.84)	(879.09)
Balance per Bank, October 27, 2020		<u>\$1,605.81</u>



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
December	Pending COVID Update
January	Pending COVID Update
February	Pending COVID Update

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
October	Pending COVID Update
November	Pending COVID Update
December	Pending COVID Update

District 6 Outreach

Sunrise Rehabilitation Centre
1231-34 Avenue NE
Meetings 1st Thursday of each month,
6:00 pm chaired by a District 6 Group

Date	Chairing Group
Dec. 3	Let it begin with Me
Jan. 7	Northern Hills Trailblazers
Feb. 4	Finding Our Way

Did You Know?

The PLC Courage to Change Beginner's Meeting has resumed. The Sunrise Rehabilitation Centre meetings resumed in October. COVID protocols are in place.

District 6 Outreach

Courage to Change Beginners Meeting
Peter Lougheed Hospital
Monday meetings, 7:00 p.m.
Reserved Dining Room # 0524 (Downstairs, back of the Auxiliary Cafeteria)

Date	Chairing Group
Nov. 16	Let it Begin with Me
Nov. 23	Northern Hills Trailblazers
Nov. 30	Finding Our Way
Dec. 7	Despair to Serenity
Dec. 14	Let it Begin with Me
Dec. 21	Northern Hills Trailblazers
Dec. 28	Finding Our Way
Jan. 4	Despair to Serenity
Jan. 11	Let it Begin with Me
Jan. 18	Northern Hills Trailblazers
Jan. 25	Finding Our Way
Feb. 1	Despair to Serenity
Feb. 8	Let it Begin with Me
Feb. 15	Northern Hills Trailblazers
Feb. 22	Finding Our Way

District Meetings (Check with DR for Virtual Link)

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 7:00 - 8:30 pm. Zoom meeting ID 471 384 6072, Passcode 987654 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 7:00 pm.
district06@al-anon.ab.ca

Area Volunteer Opportunity

AB/NWT Area has started a project in May to give anyone searching the area website (www.al-anon.ab.ca) for meetings the option to join a Jitsi platform on **Saturdays from 11 - 12:30** to speak with someone directly and ask questions about the program and how to tap into online meetings or in-person meetings. The response has been fairly good considering it was summer. Some Saturdays had 1 - 3 callers and sometimes none. We are continuing the project through the fall and we will assess its feasibility in a few months. In essence, it is like taking a 12-Step call as we do for monitoring. If anyone is interested in volunteering to 'staff' the line on a one-off or regular basis, please contact Jason at webmaster@al-anon.ab.ca. A short orientation would be provided.

Submitted by Carol G.

* Help the Bookstore * Support Your Own Recovery

BUY AN AL-ANON DAILY READER to connect with members around the world

- Courage to Change
- One Day at a Time in Al-Anon
- Hope for Today

FIND A BOOK THAT'S NEW TO YOU

- Intimacy in Alcoholic Relationships
- How Al-Anon Works
- Opening Our Hearts, Transforming Our Losses

Suggestions for Groups and Members

PICK UP A WORKBOOK

- Reaching for Personal Freedom
 - Paths to Recovery
 - Blueprint for Progress
- Answer the questions with a friend or go solo.

START A BOOK STUDY

Pick a book and invite members to join the study group. Everyone reads the same section of the book each time. The group meets to share what the readings mean, to listen and learn from others.

VOLUNTEER!

Email order@al-anonbookstore.ca or call 403-287-3397 to find out about volunteer opportunities.


Keep an eye on our website for news about book studies, book clubs and more.

ALWAYS purchase from the ACSOA Bookstore: www.al-anonbookstore.ca

Al-Anon/Alateen Meetings in the Calgary Area by Day of the Week (Details are as accurate as possible, may change without notice.	Quadrant (District)
Mondays	
Chinook Monday Afternoon Monday 1:30 pm Contact email: chinookalanon@gmail.com Zoom Meeting ID: 902 335 230, Password: 12345 https://us04web.zoom.us/j/902335230?pwd=a2hZMUw5MS9wekQyc2ZlWUFpbmRDUT09	SW (District 4)
Spiritual Awakening AFG Monday 1:30 pm Meeting face-to-face within Alberta Health guidelines (AH Gatherings). Hawkwood Baptist Fellowship, 20 Hawkwood Dr NW.	NW (District 5)
Courage to Change Beginners Meeting AFG Monday 7:00 pm Meeting face-to-face within Alberta Health guidelines (AH Gatherings). Peter Lougheed Centre, 3500 26 Ave NE. In auxiliary lunch room 0524, lower level next to cafeteria cashiers.	NE (District 6)
Starting with Serenity Monday 7:00 pm, starting November 2, 2020 Meeting face-to-face within Alberta Health guidelines (AH Gatherings) on Mondays AND by Zoom on Tuesdays at 7:30 (see below). Monday face-to-face location: Parkland Community Hall, 505 Parkvalley Rd SE.	SE (District 3)
Hillhurst Finding Serenity Monday 7:30 pm Jitsi meeting: https://meet.jit.si/CalgaryMonHillhurstFindingSerenity +1.647.243.6108 PIN: 4250 9713 21	NW (District 5)
Monday Night Monarchs Monday 7:30 pm Contact email: mondaynightmonarchs@gmail.com Zoom meeting: Meeting ID: 993-147-641, password: 000859	NW (District 5)
Pal-Anon Monday 7:30 pm Contact email afgpalanon@gmail.com Zoom Meeting ID: 774 090 810, password: 856872 https://us04web.zoom.us/meeting/register/upMpd-CopjoqRkUGiJaVptoke4DGPakPGg	SW (District 4)
One Day At A Time AFG Monday 8:00 pm Not meeting during COVID-19 pandemic.	NE (District 6)
Serenity Plus Adult Children AFG Monday 8:00 pm Trying to meet face-to-face within Alberta Health guidelines (AH Gatherings). Highwood Lutheran Church, 419 Northmount Dr NW, Back door entrance.	NW (District 5)
Tuesdays	
Serenity Central Tuesday 12 Noon Jitsi meeting: https://meet.jit.si/NoonTuesThursSerenityCentralAFG	SE (District 3)
Tuesday Afternoon AFG Tuesday 1:30 pm Meeting face-to-face within Alberta Health guidelines (AH Gatherings). Church of the Good Shepherd, 408 38 St SW, downstairs.	SW (District 4)
Starting with Serenity Tuesday 7:30 pm (also meeting face-to-face on Mondays at 7:00) Zoom Meeting ID 898 2921 6460, passcode: 413841 https://us02web.zoom.us/j/89829216460?pwd=WUVOU3V4L0l0V1k2M2pGTmRMdnZlUT09	SE (District 3)
Finding Our Way Adult Children AFG Tuesday 7:30 pm Join Zoom Meeting ID: 886 5633 2173, Passcode: adultchild https://us02web.zoom.us/j/88656332173?pwd=WEo3TG9ZR3ordUE1bnQ5OERlcDdJdz09	NE (District 6)
Bowmont AFG Tuesday 7:30 PM Email bowmontafg@gmail.com for details.	NW (District 5)
Calgary Men's AFG Tuesday 7:30 PM Zoom Meeting ID: 602-340-0260, password: 12steps https://ucalgary.zoom.us/j/6023400260	NW (District 5)

<p>Al-Anon/Alateen Meetings in the Calgary Area by Day of the Week (Details are as accurate as possible, may change without notice.)</p>	<p>Quadrant (District)</p>
<p>MacKenzie Circle Tuesday 7:30 pm Jitsi meeting: https://meet.jit.si/McKenzieCircleAFG-2 or https://meet.jit.si/McKenzieCircleAFG</p>	<p>SE (District 3)</p>
<p>Paths to Recovery Tuesday 7:30 pm Zoom meeting, email pathstorecoveryafgcalgary2@gmail.com for Zoom link.</p>	<p>SW (District 4)</p>
<p>South West AFG Tuesday 8:00 pm Zoom meeting, email swafg2@gmail.com for Zoom link.</p>	<p>SW (District 4)</p>
<p>Tillicum AFG Tuesday 8:00 pm Contact email: tilicumalanon@gmail.com Zoom telephone meeting: Dial 587-328-1099, meeting ID 780 6468 9340, password 408727</p>	<p>SW (District 4)</p>
<p>Wednesdays</p>	
<p>Wednesday Morning Serenity Wednesday 9:30 am Zoom Meeting ID 672-828-6264, password 344236</p>	<p>SE (District 3)</p>
<p>From Despair to Serenity AFG Wednesday 10:00 am Meeting face-to-face in a private residence within Alberta Health guidelines (AH Gatherings). Text 780-913-3307 for details.</p>	<p>NE (District 6)</p>
<p>Serenity Seekers AFG Wednesday 12:00 pm Contact email: ascensionafg@gmail.com Meeting face-to-face within Alberta Health guidelines (AH Gatherings). Email ascensionafg@gmail.com to meet at South door.</p>	<p>NE (District 6)</p>
<p>MacLeod Trail AFG Wednesday 7:00 pm Jitsi meeting: https://meet.jit.si/CalgaryWedMacleod</p>	<p>SE (District 3)</p>
<p>Northern Hills Trailblazers AFG Wednesday 7:30 pm Zoom meeting: email calgary_nhtb_afg@al-anon.ab.ca for Zoom link.</p>	<p>NE (District 6)</p>
<p>West Side AFG Wednesday 7:30 pm Zoom meeting: email afgwestsidecalgary@gmail.com for Zoom link.</p>	<p>SW (District 4)</p>
<p>Calgary Parent Recovery Wednesday 7:45 pm. Jitsi meeting: https://meet.jit.si/CalgaryParentsRecovery</p>	<p>SE (District 3)</p>
<p>Thursdays</p>	
<p>Living the Legacies AFG Thursday 10:00 am Contact email: livingthelegacies@gmail.com GoTo meeting: https://global.gotomeeting.com/join/298767349, dial in, Canada, 647-497-9373, access code 298-767-349. GoTo app: global.gotomeeting.com/install/298767349</p>	<p>NW (District 5)</p>
<p>Let It Begin With Me AFG Thursday 7:00 pm Zoom meeting: email beginwithmecalgary@al-anon.ab.ca for details.</p>	<p>NE (District 6)</p>
<p>Letting Go AFG Thursday 7:00 pm Meeting face-to-face within Alberta Health guidelines (AH Gatherings). AARC Building, 303 Forge Rd SE, east parking lot, east entrance.</p>	<p>SE (District 3)</p>
<p>AB/N.W.T. Alateen Thursday 7:00 pm Zoom meeting: email alateenzoom@al-anon.ab.ca for details.</p>	<p>AB/N.W.T. (Area)</p>

Al-Anon/Alateen Meetings in the Calgary Area by Day of the Week (Details are as accurate as possible, may change without notice.)	Quadrant (District)
Early Risers Thursday Eve Thursday 7:30 pm (off-shoot of Saturday Early Risers AFG) Contact email afgearlyrisers@gmail.com Zoom Meeting ID: 876 8241 9645, password 204060 https://us02web.zoom.us/j/87682419645?pwd=WDBuSDJ4NGE5dGNEVEl4Qm5ScXJoUT09	SW (District 4)
South Elbow Drive Thursday 7:30 pm Zoom Meeting ID: 744 4943 3746, password 2ykHpS https://us04web.zoom.us/j/74449433746?pwd=Q0RXbEMrUWtJMIUybhVhMk1rbDN4UT09	SE (District 3)
Hope for Today AFG Thursday 7:30 pm Trying to meet face-to-face within Alberta Health guidelines (AH Gatherings). South Calgary Community Church, 2900 Cedarbrae Dr SW.	SW (District 4)
Strathmore New Hope AFG Thursday 8:00 pm Zoom meeting: text 403-667-5352 for details.	NE (District 6)
Fridays	
Airdrie Open Door AFG Friday 7:30 pm Meeting via free conference call. Email sheilalewrenz@yahoo.com for details	NE (District 6)
Saturdays	
Saturday Early Risers Saturday 9:30 – 11:00 am Contact email afgearlyrisers@gmail.com Zoom Meeting ID: 859 9297 7400, password 204060 https://us02web.zoom.us/j/85992977400?pwd=YndwdFpubXZnK2owT3lmZGxYa0NBUT09	SW (District 4)
MacKenzie Circle Saturday 10:00 am Jitsi meeting: https://meet.jit.si/McKenzieCircleAFG-2 or https://meet.jit.si/McKenzieCircleAFG	SE (District 3)
<p style="text-align: center;">Additional electronic meetings (many languages, many formats, locations worldwide) can be found at www.al-anon.org under Meetings > Electronic Meetings To make any changes to this list, contact: calgarypublicoutreach@al-anon.ab.ca</p>	



Speaker Meeting

McKenzie Circle will host a speaker meeting on Tuesday, December 15th at 7:30 pm. Deborah G. will be the speaker.



NEW from Calgary AIS Monitoring

Monitoring with Calgary AIS – ROLES & QUICK REFERENCE SHEET

What is Monitoring?

Calgary Al-Anon Information Services (AIS) employs Big Sky Call Centers to answer calls for Al-Anon information on the local number for Al-Anon (403-266-5850). When a caller wants to speak to an Al-Anon member, Big Sky transfers the calls to the Monitoring Volunteers based on the group monitoring schedule.

Monitoring Representatives (MR)

- Each group has a Monitoring Representative (MR) or member willing to manage the organization of monitoring volunteers from their group.
- The MR checks the Calgary AIS Monitoring Schedule to see which week(s) their group is scheduled. If partnered with another group, the MR contacts the MR from their partner group to set their list of volunteers.
- **The MR recruits monitoring volunteers for their group.** From each volunteer, the MR needs to find out whether they will receive a “text” or a “call” when Big Sky reaches out. Texts are easier; calls are also acceptable.
- The MR compiles a list (including the name, number and “text” or “call” preference) of at least 3 and up to 6 monitoring volunteers for their group per week.
- **On the Friday before their week of monitoring**, the MR of the scheduled group must **email their list of monitors** (phone numbers & “text” or “call” preference) **by NOON to:**

To: Big Sky Team Lead: updates@bigskycallcenters.com

CC: Operations Supervisor (Tanya Verkerk): tverkerk@bigskycallcenters.com

AIS Calgary Monitoring Coordinator: aiscalgarymonitoring@gmail.com

- For questions or assistance, MRs contact the AIS Calgary Monitoring Coordinator: aiscalgarymonitoring@gmail.com.

Monitoring Volunteers

- If you’ve attended Al-Anon meetings for at least 6 months, are familiar with welcoming a newcomer and can speak to how attending Al-Anon meetings has helped you, then you’re ready to be of services as a monitoring volunteer.
- The role of a monitoring volunteer is to share the experience, strength and hope of the Al-Anon program to serve “the common purpose of carrying the Al-Anon message to the suffering families and friends of alcoholics” (*Al-Anon AIS Guideline, G-4*).
- Every call transferred from Big Sky is unique. A caller may be looking for more information about meetings, or someone to talk to who knows what living with active alcoholism is like and how Al-Anon could help. Share your experience - that Al-Anon is a mutual support group for those affected by a loved one’s addiction to alcohol, and members meet to share their experiences and apply the Al-Anon program to their lives. Spouses, partners, adult children of alcoholics, parents, and coworkers are all welcome in Al-Anon.
- Monitoring is scheduled a week at a time in advance. The monitoring schedule is regularly published in the AIS Calgary Newsletter and posted here: www.al-anon.ab.ca, click Members (password: Area80), then click Calgary AIS.
- **On the Monday of the week your group is scheduled to monitor, Big Sky will send a test “TEXT” or “CALL” message to you before 9:00 am.** They will identify themselves as “From Big Sky re: AIS monitoring...” **Monitors MUST reply to this test message that they are available to monitor that week.**
- If you can’t take a test TEXT or CALL at that time, please call Big Sky at 403-770-7442 to confirm availability before 9:00 am.
- **Anytime you receive a TEXT or CALL from Big Sky during the week your group is monitoring, please reply as soon as possible if you’re able to speak to the caller.**
- For questions or assistance, contact your group’s Monitoring Representative.

NEW from Calgary AIS Monitoring
Quick Reference Sheet for Monitors
AIS MONITORING WITH BIG SKY, Updated October 26, 2020

Monitoring Hours	9 am to 9 pm for one week, from Monday at 9 am to the following Sunday at 9 pm. Big Sky phone line coverage is 24 hours.
Monday morning test “TEXT” and “CALL” Messages	<ul style="list-style-type: none"> • Test “TEXT” and “CALL” messages will be sent by Big Sky on Monday mornings before 9:00am. They will identify themselves as “From Big Sky re: AIS monitoring...” • Monitors MUST reply to this test message that they are available to monitor that week. • If you can’t take a test TEXT or CALL at that time, please call Big Sky at 403-770-7442 to confirm availability before 9:00am <p>SPECIAL NOTES:</p> <ul style="list-style-type: none"> • The number displayed from Big Sky Call Center for "TEXT" Monitors is: 403-990-7328. Back-up Big Sky text #'s are: 403-519-9385 or 403-472-8479 • The number displayed from Big Sky Call Center for "CALL" Monitors is: 403-000-0000.
Routine Calls	<p>Big Sky provides the following information on behalf of Al-Anon Calgary:</p> <ul style="list-style-type: none"> • Al-Anon website address: www.al-anon.ab.ca • Information about the Al-Anon meeting schedule. A list of Al-Anon meetings in Calgary (in person and electronic) will be emailed to a caller by Big Sky if the caller provides their email address. This is a new service since October 2020 in response to the pandemic. • Book store website: www.al-anonbookstore.ca and email: order@al-anonbookstore.ca • Alateen online chat meeting: https://chat.alateen.net • Calgary AIS Email: aiscalgaryinformation@gmail.com • Alberta Addiction Helpline (other addiction services): 1-866-332-2322 • Alcoholics Anonymous (A.A.) phone number and website: 403-777-1212, www.aa.org
Calls transferred to Monitors during business hours (9 am to 9 pm)	<p>When a Caller requires more information than what can be provided by Big Sky:</p> <ul style="list-style-type: none"> • Big Sky will send a group text to all “TEXT” monitors and will phone any “CALL” monitors (leaving a voicemail if no answer) • Big Sky will wait 15 minutes for a response • A monitoring volunteer responds to Big Sky as soon as possible <i>if they can take the call</i> • Whoever replies via text or calls in first will receive the caller details • Once a reply is received and the call has been dispatched, a text will be sent to the “TEXT” group advising the call has been handled • If no reply is received, the group text will be re-sent by Big Sky every 15 minutes for 60 minutes, or until someone replies/calls and gets the caller details • If no replies received within one (1) hour for either call or text, Big Sky will use the “SHORT NOTICE” contact list • If no replies received within 1½ hours, Big Sky will contact the Monitoring Coordinator <p>SPECIAL NOTE:</p> <ul style="list-style-type: none"> • <u>Alateen</u>: a message is sent to the Alateen Contacts list or aiscalgaryalateen@gmail.com or the caller is given the Alateen email address
Calls needing more information AFTER business hours (9 pm to 9 am)	<ul style="list-style-type: none"> • Big Sky will TEXT or CALL each contact on the “AFTER HOURS” list. • If no reply is received after trying each number once, Big Sky will email aiscalgarymonitoring@gmail.com to advise that no one was able to take call
Additional Information	<ul style="list-style-type: none"> • Monitoring volunteers, contact your group’s Monitoring Rep to answer your questions regarding monitoring. Contact AIS Monitoring Coordinator only for questions that your group Monitoring Rep is unable to answer. • AIS Monitoring Coordinator email: aiscalgarymonitoring@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

February 5, 2021

