

Calgary AIS Newsletter

June 2021



The Difference a Year Makes

This time last year, my life was unmanageable despite my alcoholic relative having almost two years of sobriety and being active in recovery. I was filled with anger, resentment, and confusion. I tried at all costs to bring about outcomes that I thought were best. I was operating on *Jonathan's* power.

As I've heard, "our best thinking" gets us to Al-Anon, and that was true for me. My low point was when I imagined receiving the family newsletter from my son's treatment program; there would be pictures of families and stories of family recovery. I didn't have that. If anything, I was trying to tell everyone else how to live their lives. In the end, I couldn't stand to be with myself anymore. That's when I felt led to Al-Anon.

At my first meeting, all I could think about was how I could get the people in my life to do what I wanted, and that included getting my son to return home. I thought to myself, "If these people really knew what I was thinking, they would ask me to leave."

After the meeting, someone reached out to me. I unloaded about all my troubles—"People aren't listening to me," I complained, and "Why can't my son come home?" This person—who is my Sponsor today—asked me what my motivation was for my son to come home. I had no answer. He explained that Al-Anon is about *my* disease and *my* recovery.

Fast forward a year, and I am now grateful for the community of Al-Anon. I have a Sponsor, a home group, and I am working the Steps. This program is truly a gift. It hasn't always been easy, but I can tell you it's been worth it. I have learned and grown so much. Most importantly, I have learned that I am not alone, and I have learned how to love the alcoholics in my life.

By Jonathan M., South Carolina

The Forum, June 2021

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

aiscalgarynewsletter@gmail.com

Next submission
deadline:

Sept. 17th, 2021

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
- Alateen Coordinator
- 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
Jun 21 to 27	Bowmont
Jun 28 to Jul 4	MacLeod Trail AFG
Jul 5 to 11	Airdrie Open Door
Jul 19 to 25	Serenity Plus Adult Children
Jul 26 to Aug 1	Tuesday Afternoon
Aug. 2 to 8	Wednesday Morning Serenity AFG
Aug. 9 to 15	From Despair to Serenity
Aug. 16 to 22	Letting Go AFG
Aug. 23 to 29	Hillhurst Finding Serenity
Aug. 30 to Sept. 5	South Elbow Drive AFG
Sept. 6 to 12	One Day at a Time
Sept. 13 to 19	Let it Begin with Me
Sept. 20 to 26	Monday Night Monarchs / Cochrane Friday Night

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 [Al-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, September 13 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
Vacant	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 May 31, 2021

Balance Forward, April 1, 2021			\$2,831.72
Receipts:			
Donations	Apr 21	\$800.00	
	May 21	\$195.00	\$ 985.00
Disbursements	Apr 21	(\$336.80)	
	May 21	(\$403.95)	(\$740.75)
Balance per Bank, May 31, 2021			<u>\$3,076.02</u>

My Service Journey: Where am I headed?

Have you ever thought about your Service story? Where you started, where you are now?

Were you surprised that you stepped up to be an AGR, GR, DR, Area, Coordinator?



This worksheet was designed to guide you through your thinking process as you consider **what's next on your Service Journey.**

1. What Al-Anon Service positions have you held so far? (group level, beyond the group)

2. Why did you take these positions? Did another Al-Anon member/Sponsor encourage you?

3. Did you know everything about doing the position when you started? If not, how did you gather information? _____
4. Did you have any fear, uncertainty, anxiety, doubt after you said "yes" to a Service position?

5. What skills and new ways of thinking have you gained by doing Al-Anon Service?

6. What life experiences (career, interests, volunteer activities, etc.) could assist your Al-Anon Service? _____
7. What supports are in place to facilitate your Service Journey? (Meeting attendance, Sponsor, Service Sponsor) _____
8. Where do you see yourself next in relation to your Service Journey? What service positions might you be interested in? Why could these positions be a good match for you?

9. What do you know about these Service positions?

10. What do you need to know about these Service positions?

11. How will you gather information about these Service Positions? (Area website; Service Manual; phone calls) _____
12. What are the Pros and Cons about these positions? (see next page)

Position Name _____

<u>PROS:</u> _____ _____ _____ _____ _____ _____	<u>CONS:</u> _____ _____ _____ _____ _____ _____
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Position Name _____

<u>PROS:</u> _____ _____ _____ _____ _____ _____	<u>CONS:</u> _____ _____ _____ _____ _____ _____
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13. What other questions do you want to ask yourself?
- a. Have I consulted my Higher Power?
 - b. Have I consulted my Sponsor &/or Service Sponsor?
 - c. Do I need to consult my family before making a decision?
 - d. Do I thoroughly understand the duties of the position I'm interested in standing for?
 - e. Am I ready to make an informed decision?



Additional Resources: *Sponsorship, What It's All About (P-31); Service Sponsorship: Working Smarter Not Harder (P-88); AI-Anon/Alateen Service Manual 2018-2021, (P-24/27); When I Got Busy, I Got Better (P-78); al-anon.org.*

My Service Journey in Al-Anon

Submitted by Carol B, Calgary AIS Public Outreach Coordinator

Those who attended the June 7, 2021 Calgary AIS meeting were asked to submit an article about our service experience in Al-Anon for the newsletter. As I reflect on my Al-Anon service journey up to now, there are plenty of highlights. Looking back, I see that the hand of my Higher Power (HP) has helped me all the way through. My home group is Saturday Early Risers AFG. Our group is very supportive and appreciative of people taking on service positions. My first position was as our group treasurer. I had few bookkeeping skills so was not really 'qualified,' but I could count money, make deposits, and write cheques as needed. I did what I could with my HP's help. Once that term was up, I hesitated to take on something else. Soon the group rep (GR) position was vacant, so I thought why not? At the same time, I also volunteered to serve as editor of the Calgary Area Information Services (AIS) Newsletter. I LOVED putting together the newsletter each month. I was attracted to it because I was comfortable with desktop publishing software and newsletter production. My character defects of procrastination, and striving for 'perfection' were steady companions, though.

In 2017, when I was GR, there was a call for 'chosen agenda items' from the Area World Service Committee (AWSC). Our District submitted one about insurance for Al-Anon meetings. Our group (and others in the District) were required by our meeting location to have liability insurance. The policy was about \$500/yr. The Area chose to look at insurance and that lead to me serving as chair of the AB/NWT Liability Insurance Thought Force and Task Force. Once my GR service term was over and I stepped down as newsletter editor, I volunteered for the Calgary AIS Public Outreach Coordinator position and became the alternate district rep for District 4. These are the service positions I currently hold.

Tradition Two says, "For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern." In every service role I've undertaken, a loving God has brought special Al-Anon people into the work and into my life. The friendships and connections I've made in service over the years are so valuable. An extraordinary example of God's work was the insurance arrangement the Area was able to secure for all groups in AB/NWT. Each group now contributes about \$9/year to the Area for liability coverage at every meeting place, a far better arrangement than I could have imagined!

My HP also provides challenges in my recovery through service. Things haven't always gone smoothly. Thankfully there are many Al-Anon tools available. The *Al-Anon/Alateen Service Manual* is a godsend. Answers to almost any question related to groups and service can be found either in the Service Manual or in one of the Al-Anon Guidelines. All are easy to find online in the Members section of the Al-Anon World Service Office website (www.al-anon.org). There's also a great booklet called *Talk to Each Other-Resolving Conflicts in Al-Anon* (S-73) available from the Area Bookstore (www.al-anonbookstore.ca) that comes in handy for getting through any muck.

Faith and Step Eleven have been my guides for what to do in Al-Anon service, along with the slogans, 'Listen and Learn' and 'Let It Begin with Me.' I'm grateful for all I've learned and who I've met along the way. Al-Anon provides SO MANY opportunities for all members to consider service. I've enjoyed my journey so far and look forward to what will come next. I hope others reading this will take a chance and volunteer for a service position in 2021 and onward. Al-Anon needs your skills, strength and experience!



Service Submission

Participating in service work for Al-Anon is always a growing experience. Being chairperson for AIS has continued to prove that to me. The chairperson position is an interesting position, as it involves Calgary and Area Al-Anon members.

In Calgary I became aware of just how important the connection with newcomers is and the connection to the city in sending out information to members and other programs. As chairperson I had an opportunity to organize meetings and listen to other peoples opinions, and input, which are both useful attributes to bring to my workplace.

At the area level I had the opportunity to meet many other Al-Anon members and inform them of the progress at the Calgary level. When able to meet in person at assembly I had the chance to speak in front of others and give an informative report, this has also been a very positive experience that has shown me my growth over the years and has given me courage to use my voice in many other situations.

Early in my program It was suggested that I stick with the winners. They are the members of Al-Anon willing to give back in service. As concept 4 states, "Participation is the key to harmony."

Please consider AIS for your first or next service position.

Thank you for letting me serve as AIS Chairperson, Sally K.



My Service in AIS

Submitted by Cathy S, Calgary AIS Newsletter Editor

At the end of December 2021, my term as newsletter editor will end and a new volunteer will take on the role. I'm grateful to have participated and will continue to support Al-Anon through service work.



I volunteered to be the AIS Rep for my home group as my first service position and asked an Al-Anon member to sponsor me in Service. At the year end AIS meeting I volunteered to edit the newsletter for the next term. I was so new to service and working on the newsletter helped me understand all the activities going on in Al-Anon, helping others in their recovery.

Editing the newsletter was a rewarding experience and I got to know other Al-Anon members in AIS. The pandemic changed the platform to Zoom, it made participating even easier. I do miss seeing the group in person but it is convenient to attend the meetings from the comfort of my home. I hope another member will consider taking over the newsletter. It is not difficult, there are members who can help and the content is supplied.



Speaker Meeting

McKenzie Circle will host a speaker meeting via Zoom on Tuesday, June 22th at 7:30 pm.



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
February	Pending COVID Update
March	Pending COVID Update
April	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
February	Pending COVID Update
March	Pending COVID Update
April	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
Suggested that volunteers arrive at 5:45 pm

Date	Chairing Group
July 1	Northern Hills Trailblazers
August 5	Finding Our Way
Jun. 3	Let it Begin With Me

District 6 Outreach

Courage to Change Beginners Meeting
Peter Lougheed Centre

Monday meetings, 7:00 p.m.
New Location: the Auditorium

Basement, go through door right out of the elevators, turn right, go down hallway and look for Auditorium sign, need to call security to open the doors : (403)943-4502 Ask security to also open the door by the elevators on 0 level.

Date	Chairing Group
June 14	Northern Hills Trailblazers
June 21	Finding Our Way
June 28	Let it Begin with Me
July 5	Northern Hills Trailblazers
July 12	Finding Our Way
July 19	Let it Begin with Me
July 26	Northern Hills Trailblazers
August 2	Finding Our Way
August 9	Let it Begin with Me
August 16	Northern Hills Trailblazers
August 23	Finding Our Way
August 30	Let it Begin with Me
Sept. 6	Northern Hills Trailblazers
Sept. 13	Finding Our Way
Sept. 20	Let it Begin with Me
Sept. 27	Northern Hills Trailblazers

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. district04@al-anon.ab.ca

District 5 (NW) - TBA

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

SAVE THE DATE

AL-ANON/ALATEEN

2021 FALL WORKSHOP

Saturday, October 23RD

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

back2basics
Workshop

Our Recovery Continues
HOSTED BY DISTRICT SIX CALGARY

DETAILS TO FOLLOW SEPTEMBER 2021

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

Suggestions for Groups and Members

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.

FIND A BOOK THAT'S NEW TO YOU

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

PICK UP A WORKBOOK

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

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

2021 Al-Anon Membership Survey

Is Open!

Available in English, Spanish, and French.

Take the survey:
al-anon.org/membersurvey

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
Sept. 17, 2021**

