

# Calgary AIS Newsletter

September 2021

## A Message from the AIS Chair

I would like to thank the 5 Al-Anon members who were willing to submit their names for service positions at AIS, in our meeting on the 13<sup>th</sup>. There are still positions open to anyone with an interest in serving at the Calgary level. You will be welcomed in our next meeting in November or can contact AIS by email with any questions.

Service has always been a growing experience for me, both spiritually, personally and with new skills to use in other areas of my life. I would love to pass that gift along to anyone who wants to accept it. Please keep AIS in mind as a service option.

Thank you for allowing me to serve as AIS Chair Calgary.

Sally K.



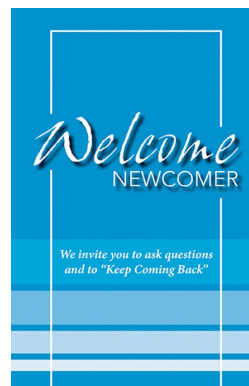
Send Submissions  
for the Newsletter to  
Calgary and Area  
Al-Anon Information  
Services (AIS)

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

Next submission  
deadline:  
November 5th, 2021

## Welcome, Newcomer! eBooklet Is Available!

We are so excited to announce that *Welcome, Newcomer!* (eK-10) is now available in an electronic format. That's right, now you can purchase *Welcome, Newcomer!* wherever you buy your eBooks. You can buy one for yourself or send a gift code or redemption link directly to a newcomer's email address!





# Calgary AIS Information

## AIS Volunteer Opportunities

AIS is looking for a volunteers to take on the following new term positions:

- Secretary
- Public Outreach Coordinator
- 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](mailto:calgarychairperson@al-anon.ab.ca)

## AIS Calgary Phone Monitoring

### MONITORING SCHEDULE

WEEK	GROUP NAME
Sept. 20 to 26	Monday Night Monarchs / Cochrane Friday Night
Sept. 27 to Oct. 3	Northern Hills Trailblazers
Oct. 4 to 10	Spiritual Awakening
Oct. 11 to 17	Inner Peace
Oct. 18 to 24	Hope for Today/Southwest AFG
Oct. 25 to 31	Living the Legacies
Nov. 1 to 7	Calgary Men's AFG
Nov. 8 to 14	Finding Our Way Adult Children / Sunday Evening AFG
Nov. 15 to 21	McKenzie Circle AFG
Nov. 22 to 28	Serenity Central
Nov. 29 to Dec. 5	Chinook Monday Afternoons
Dec. 6 to 12	West Side / Paths to Recovery
Dec. 20 to 26	Pal-Anon AFG

**If your monitoring rep or group rep has changed, send updated contact information to [aiscalgarymonitoring@gmail.com](mailto: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, November 1 at 7:00 pm**. Email [calgarychairperson@al-anon.ab.ca](mailto: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, <a href="mailto:aiscalgaryinformation@gmail.com">aiscalgaryinformation@gmail.com</a>
Vacant	Alternate Chairperson, <a href="mailto:calgaryaltchair@al-anon.ab.ca">calgaryaltchair@al-anon.ab.ca</a>
Carolyn M.	Secretary/Group Records/Archives, <a href="mailto:calgarysecretary@al-anon.ab.ca">calgarysecretary@al-anon.ab.ca</a>
Anita A.	Treasurer, <a href="mailto:calgarytreasurer@al-anon.ab.ca">calgarytreasurer@al-anon.ab.ca</a>
Cathy S.	Newsletter Editor, <a href="mailto:aiscalgarynewsletter@gmail.com">aiscalgarynewsletter@gmail.com</a>
Vacant	Alateen Coordinator, <a href="mailto:aiscalgaryalateen@gmail.com">aiscalgaryalateen@gmail.com</a>
Shellie O.	Monitoring Coordinator, <a href="mailto:aiscalgarymonitoring@gmail.com">aiscalgarymonitoring@gmail.com</a>
Vacant	2021 AA Gratitude Roundup Liaison
Vacant	2021 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, <a href="mailto:calgarypublicoutreach@al-anon.ab.ca">calgarypublicoutreach@al-anon.ab.ca</a>
Vacant	Website Coordinator

### AIS Bank Reconciliation

As of August 31, 2021

Balance Forward, May 1, 2021			\$3,076.02
	Adj. May 31, 2021 Balance		\$3,109.62
Donations	Jun-21	\$400.00	
	Jul-21	\$668.35	
	Aug-21	\$195.00	\$1,263.25
Disbursements	Jun-21	(\$381.68)	
	Jul-21	(\$1,381.86)	
	Aug-21	(\$378.23)	(\$2,141.77)
Balance per Bank, August 31, 2021			<b><u>\$2,231.10</u></b>



# 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
October	Pending COVID Update
November	Pending COVID Update
December	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  
Suggested that volunteers arrive at 5:45 pm

Date	Chairing Group
Oct. 7	Northern Hills Trailblazers
Nov. 4	Finding Our Way
Dec. 2	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
Sept. 6	Northern Hills Trailblazers
Sept. 13	Finding Our Way
Sept. 20	Let it Begin with Me
Sept. 27	Northern Hills Trailblazers
Oct. 4	Finding Our Way
Oct. 11	Let it Begin with Me
Oct. 18	Northern Hills Trailblazers
Oct. 25	Finding Our Way
Nov. 1	Let it Begin with Me
Nov. 8	Northern Hills Trailblazers
Nov. 15	Finding Our Way
Nov. 22	Let it Begin with Me

**← CHECK THIS OUT!**

## Speaker Meeting

McKenzie Circle will host a speaker meetings via Zoom on Saturday, October 23rd at 10:00 am and Tuesday November 23rd at 7:30 pm.



## 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](mailto: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](mailto: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](mailto:district05@al-anon.ab.ca)

**District 6 (NE)** - DR is Wendy L.

*\*October meeting will be held on October 19th*

Meets the second Tuesday of each month at Centennial Presbyterian Church, 103 Pinetown PI NE at 7:00 pm.

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



# IMPORTANT NOTICE

**BECAUSE OF CURRENT HEALTH CONDITIONS  
IN ALBERTA THE**

# AL-ANON DISTRICT 6

2021 FALL WORKSHOP

# HAS BEEN POSTPONED

**PLEASE STAY TUNED FOR FUTURE ANNOUNCEMENTS**

**WE LOOK FORWARD TO SEEING YOU AS SOON AS  
POSSIBLE**



**The NORTHERN HILLS TRAILBLAZERS  
Al-Anon Group invites you to celebrate with  
us!**



**Wednesday, September 29<sup>TH</sup> 2021**

**7:30 p.m.- 8:30 p.m.**

Harvest Hills Alliance Church  
10099 Harvest Hills Blvd., Calgary, AB

**Note: There is parking at the back of the church where our new meeting room is located.**

**Come Celebrate Al-Anon's History!**

- Learn some interesting facts about Al-Anon World-wide, history, and even our local group's history!
- Enjoy watching a funny skit and answering some tricky trivia questions.
- Prizes to be won!
- Cake and refreshments!

*We hope you will join us!*

**Zoom Meeting Link**

<https://us06web.zoom.us/j/97607082469?pwd=ZTF5MzJIN2JPRm k3UIZ3bDdHM21odz09>

**Group Email:** [calgary\\_nhtb\\_afg@al-anon.ab.ca](mailto:calgary_nhtb_afg@al-anon.ab.ca)



**Join us 'live'  
or on a hybrid  
zoom  
meeting!**

Learn about  
Al-Anon's History

Enjoy a fun  
Triva Quiz

Watch a Skit!

Win Prizes!

Cake &  
Refreshments

**This is one event  
you don't want to  
miss!**

## Celebrating 60 Years of Conference Approved Literature

In April 1961, at Al-Anon's first World Service Conference, our Cofounder Lois W. introduced the idea of Conference Approved Literature (CAL). As Lois explained, it would serve the same purpose as the formation of the Conference—to create unity among all groups. Prior to that, groups often wrote and distributed their own literature or used various outside sources. Some of these materials were inconsistent with Al-Anon's Traditions and spiritual principles. They often took a religious approach or focused on trying to "cure" the alcoholic, therefore causing confusion about Al-Anon's identity and purpose.

The Conference's unanimous decision and the process it developed over the following years assured that our literature would reflect the Al-Anon program in principle and practice, undiluted by differing points of view. Over the years, CAL has continued to expand to meet new needs and changing conditions.

Within the last year and a half, as our fellowship and the World Service Office (WSO) faced the effects of the COVID-19 pandemic, literature sales plummeted and *The Forum* lost 2,300 subscribers. An increase in contributions has helped counter this drop in sales, thanks to the generosity of Al-Anon members everywhere. For the first time since 1954 (the year before our first book was published), member contributions exceeded literature sales. While I am comforted by the idea that the fellowship will continue to support its service arms, I remain concerned about what we are losing in recovery as reliance on one of our primary tools continues to diminish.

Our literature can't substitute for the healing that takes place at Al-Anon meetings and in one-on-one conversations with Sponsors and other members, but it greatly supplements this help with inspirational insights from thousands of members—not only from throughout the world, but from throughout the history of our program. Between meetings and when other members are not available, CAL offers me the comfort of knowing that my problems are not unique, and I am not alone. When I am reluctant to share because I am afraid that no one will understand, CAL reassures me that others have been there too. If I feel different at a meeting because of my age, gender, relation to the alcoholic, or any other reason, CAL reminds me that we are all equal.

Our Suggested Welcome states, "The loving interchange of help among members and daily reading of Al-Anon/Alateen literature thus make us ready to receive the priceless gift of serenity." So please, in celebration of CAL's 60<sup>th</sup> anniversary, when anyone reaches for help, let's make sure that not only the hand of Al-Anon, but also the gift of Conference Approved Literature is always there, and "Let It Begin with Me."

*By Tom C., Associate Director—Literature*

*The Forum, September 2021*

**Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.**

**Al-Anon Central Service Office Alberta  
(Bookstore)**

**Moving Forward**  
**With Unity, Courage & Perseverance**

**Virtual Open House & Workshop**

November 6th, 2021

12:30 - 1:00pm Zoom Link Opens/Visit

1:00 - 4:00pm Open House & Workshop Begins

*Intros* \*\*\* *Speakers* \*\*\* *Break out rooms* \*\*\* *Writing* \*\*\* *Sharing* \*\*\* *More*

Zoom Meeting ID: 836 1198 1242      Passcode: 898697      Limit of 100 people

Link: <https://us06web.zoom.us/j/83611981242?pwd=MEhKY08zeDJmTmc1K0RjZHB0NDlmQT09>



**7th Tradition or Purchase Literature:**

<https://al-anonbookstore.ca/>



## In a Safe Place

I have not missed the irony that the same place where I dropped my daughter off for preschool 14 years ago is now the place where I attend Al-Anon meetings because of her drinking. I remember the first day I dropped her off at preschool. She was sobbing uncontrollably, and it pained me to leave her that way. I called my mom, crying. "I'm not sure why I am crying too," I said. She told me it was because I was entrusting my child to someone else's care.

My daughter cried every day at preschool drop-off for the first month. Leaving her that way was such a difficult thing to do, but I knew it was essential to her learning and growth. I also knew she was in a safe place. Eventually the tears stopped—both hers and mine—and instead of feeling the anguish of leaving her, I witnessed the excitement she had when I came to pick her up and she understood that I would always be waiting for her with open arms.

We are in a similar process now. It pains me to see her in her current condition, but I am entrusting her to my Higher Power's care. I know that it is essential, not only to *her* learning and growth, but also to *mine*. When she is ready and wants my help, I will be waiting for her with open arms. In the meantime, I will continue to attend Al-Anon meetings in the same building where my daughter went to preschool, because I know *I* am in a safe place.

*By Dana S., Illinois*

*The Forum, September 2021*

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## The Forum Needs Your Sharings about Our Three Legacies!



Please consider writing about one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service, as your World Service Office receives very few sharings about them. Submissions should range from about 200 to 400 words. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to [wso@al-anon.org](mailto:wso@al-anon.org); or submit online.

Al-Anon's  
**THE Forum**  
monthly recovery magazine for members



Subscribe now: [al-anon.org/subscribe-forum](http://al-anon.org/subscribe-forum) [al-anon.org](http://al-anon.org)

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 November 5th, 2021**

### **Alberta Al-Anon Website**

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

[al-anon.ab.ca](http://al-anon.ab.ca)