

# Calgary AIS Newsletter

February 2020

## Has your group had a meeting on Sponsorship? On Service in Al-Anon?

Service is an important element of Al-Anon recovery from the effects of alcoholism in a relative or friend. The Three Legacies of Al-Anon are: Recovery through the Steps, Unity through the Traditions, and Service through the Concepts. There are many ways an Al-Anon member can be of service to their group and other members! Using service or sponsorship as a meeting topic can spark ideas about how people can incorporate service into their own recovery.

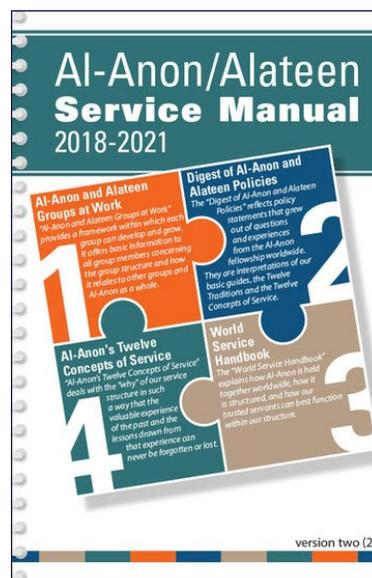
Service is essential to keep Al-Anon strong. Countless service opportunities are available. There are valuable pieces of Conference Approved Literature (CAL) to help guide members to service and help keep the fellowship strong. Here are a few examples that are available to view online at [al-anon.org](http://al-anon.org), or that can be ordered from the Al-Anon Central Service Office of Alberta (ACSOA) bookstore (<http://www.al-anonbookstore.ca/>):

*2018-2021 Al-Anon/Alateen Service Manual (P24/27)*: This is the essential Al-Anon reference sourcebook, full of tools and answers to many Al-Anon service questions.

*Sponsorship* pamphlet (P-31): Basic explanation of sponsorship provides guidance on finding a Sponsor, what to expect, and suggestions for Sponsors. 16 pages.

*Service Sponsorship: Working Smarter not Harder* pamphlet (P-88): Benefits of not doing it alone by having or being a Service Sponsor are explained. Includes tips for effective service experiences. 8 pages.

Each Al-Anon group has creative and unique ways to foster recovery for its members. Perhaps including service or sponsorship as a meeting topic can be what it takes for a member to step forward as the next group representative, or volunteer to greet members, or to welcome a newcomer, make coffee, chair a meeting. The Al-Anon Declaration encourages each of us to 'Let it Begin with Me.'



Sponsorship,  
What It's  
All About

RECOVERY

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

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

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

Next submission  
deadline:  
April 10, 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
Feb 17 to Feb 23	Northern Hills Trailblazers
Feb 24 to Mar 1	Spiritual Awakening
Mar 2 to Mar 8	Inner Peace
Mar 9 to Mar 15	Hope for Today/Southwest AFG
Mar 16 to Mar 22	Living the Legacies
Mar 23 to Mar 29	Calgary Men's AFG
Mar 30 to Apr 5	Finding Our Way Adult Children/Sunday Evening AFG
Apr 6 to Apr 12	McKenzie Circle AFG
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

**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

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
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**

*We keep the gifts of the program when we give them away*

### Service Position Available: AIS ALTERNATE CHAIR

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

This position requires a person who has been in Al-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 Al-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

## AIS Bank Reconciliation January 2020

Balance Forward, December 31, 2019		\$1,575.05
Receipts:		
Donations-January 2020		\$1,192.00
Disbursements-January 2020	\$528.90	(\$528.90)
Balance per Bank, January 31, 2020		\$2,238.15
Petty Cash Balance	\$13.00	

### 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 AI-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).

*I seek a meaningful, purpose-filled life*



Wednesday Morning Serenity AFG will have a speaker meeting  
**Wednesday, April 29, 2020 at 9:30 am.**

McKenzie Circle AFG will have speaker meetings  
**Saturday, February 22, 2020 at 10:00 am.**

**Tuesday, March 24, 2020 at 7:30 pm**

McKenzie Towne Church, 7 McKenzie Towne Gate SE.

One Day at a Time AFG will be celebrating their 43 group anniversary on **February 24, 2020 at 8:00 pm**. Rick and Darlene B. will be the A.A. and AI-Anon speakers. Crossroads Community Church, 912 19th Street NE. Refreshments will be provided. Everyone Welcome.

## WHAT IS ALATEEN? IS IT SOMETHING YOU ARE INTERESTED IN?

Thank you to all who attended the Alateen workshop, it was a good discussion and time to learn more of what Alateen is and how people can support it whether that is being an **AMIAS (AI-Anon member in Alateen service)**, or helping with public outreach as an example.

We are looking for people who are interested in being an AMIAS, we are having problems having enough people to support the Alateen meetings in Calgary as well as the Alateen Chat line. Listed below are a few statements taken out of the workshop presentation about Alateen. There are some requirements to becoming an AMIAS. Please feel free to contact me at [alateen@al-anon.ab.ca](mailto:alateen@al-anon.ab.ca).

### Alateen is...

- Part of AI-Anon Family Groups.
- A fellowship of young people whose lives have been affected by alcoholism in a family member or close friend.
- Members of AI-Anon Family Groups who study and apply the AI-Anon/Alateen twelve steps and twelve traditions to their own lives.

### Alateen is not...

- A program for young people seeking sobriety.
- A therapy program.



### WHAT IS AN AMIAS AND WHAT DO THEY DO?

- Is an AI-Anon member who is directly responsible for Alateens while being of service to Alateen
- All AMIAS have been certified by their AI-Anon Area
- Provide direction to assure that emphasis is placed on the AI-Anon program of recovery
- To the best of their ability, maintain an atmosphere that will protect the Alateen members from physical and emotional harm
- Encourage Alateens to keep order and take responsibility for themselves and the meeting

Thank you for your interest in Alateen.  
Sharon P, AB/NWT Alateen Coordinator



### Alateen

Although we have been struggling to get the meetings covered the last couple months, we just had two AMIAS (AI-Anon Members In Alateen Service) certified a few weeks ago. We have had seven newcomers to the Alateen meetings in the last few weeks as well. Things are starting to look up!

Submitted by Ian H., Alateen Coordinator

### AI-Anon Members!

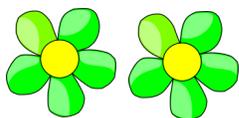
Do you remember your first AI-Anon meeting? You received support and encouragement, and you kept coming back.

Our [Newcomer Meetings](#) are for you too! Come, meet, welcome and encourage the newcomers!

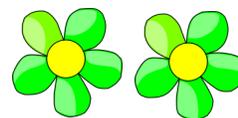
**Courage to Change AFG** 7:00 PM Monday, Peter Lougheed Centre, 3500-26th Ave. NE Reserved Dining Room #0524 (downstairs, back of the Auxiliary Cafeteria)

**Sunday Evening Beginner AFG** 7:30 PM Sunday, Wild Rose United Church, 1317-1st Street NW, (top of the stairs)

Submitted by Margaret J.



# 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	Chinook Monday Afternoon South Elbow Drive AFG
March	Pal-Anon AFG Serenity Central AFG Letting Go AFG
April	McKenzie Circle AFG Westside AFG Paths to Recovery AFG
May	Wednesday Morning Serenity Southwest AFG

## 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	Spiritual Awakening AFG Bowmont AFG
March	Calgary Men's AFG Bow Valley AFG
April	Living the Legacies AFG Cochrane Friday Night 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	Northern Hills Trailblazers
March 23	One Day at a Time
March 30	Finding Our Way
April 6	From Despair to Serenity
April 13	Let it Begin with Me
April 20	Northern Hills Trailblazers
April 27	One Day at a Time

## 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](mailto:afgdistrict6@gmail.com)

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



## 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)

## 2020 Dates to Remember

Banff Round-Up, AA Event with Al-Anon Participation, March 6-8

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

ACSOA (Bookstore) Workshop, April 4-(See Poster on page 9)

Men's Spaghetti Dinner, April 25

District 3 & 4 Live and Let Live Workshop, May 2-(See Poster on page 10)

AB/NWT Assembly & AWSCM, May 23 - 24

Calgary Gratitude Round-Up, AA Event with Al-Anon Participation, June 7-9

Al-Anon/Alateen Convention, Medicine Hat, June 12-13

You and Your Board Connect, Location TBA, October 31

## (Another) Al-Anon Service Opportunity

The [Banff Round-Up](#) is an annual event of Alcoholics Anonymous (AA) Calgary, with Al-Anon participation. The 2020 Banff Roundup takes place in Banff from March 6<sup>th</sup> – 8<sup>th</sup>. As part of the program, there's an Al-Anon meeting from 12:30 - 1:30 pm on Saturday, March 7, followed by an Al-Anon speaker from 2:00 - 3:30 pm. Registration is \$40 until February 28.

Are you busy on March 7? Would you consider a day trip to Banff to support Al-Anon and cooperate with AA? Are there others you know who may be interested? Why not car pool and share recovery on the drive there and back! Cooperation with AA is part of Al-Anon recovery. Tradition 5 says, "Although a separate entity, we should always cooperate with Alcoholics Anonymous."

Lori G, the Calgary AIS AA Banff Roundup Coordinator, is looking for Al-Anon volunteers to read at the Al-Anon meeting and to help at the literature table. Contact Lori at [aiscalgaryinformation@gmail.com](mailto:aiscalgaryinformation@gmail.com) to volunteer or get more information.



## Rotation of Service

Many Al-Anon service position terms last for three years. In my case, it was almost a perfect formula because by the end of three years, I felt like I finally knew what I was doing. But then it was time to let someone else have a turn. I thought, *how can I let go of something that I have grown to understand and be successful with?* In 1968, Lois W., one of Al-Anon's Cofounders, wrote a letter addressed to "Long-Timers." She wrote:

"If at one time we held the active leadership of our group it may be particularly hard to 'let go.' It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our 'actions speak louder than words.'" When taking an inventory we long-timers need to constantly remind ourselves of this point and ask ourselves if for some personal reason (thoughtlessness, egotism, a desire to dominate) we are still telling others what to do and how to do it."

Learning about the spiritual principles in keeping with rotation of service increased my willingness to step down from a position, even when no one else was standing for it yet. Understanding that none of us governs (Tradition Two) and that the act of dominating a group is an obstacle to success, I sure wanted to get out of the way. The realization that leaving a position vacant could mean certain things might not get done or maybe they wouldn't get done *my way* offered me another opportunity to practice letting go of the results and trusting that all will be okay.

I can take a quick inventory at the door to be sure I'm bringing recovery into the group instead of the family disease of alcoholism. For me, sometimes service is just as much about saying no as it is about saying yes. At each service opportunity, I can step aside and encourage new members to add service to their recovery, which in turn keeps my recovery growing and invigorated.

*By Christa A., Group Services Specialist—Members  
Used with Permission from The Forum, January 2020*

## Made a Fearless and Searching Inventory of...Our Group?

Taking an occasional look at my role in my home group can help me carry the Al-Anon message clearly and consistently. How often am I of service by opening and closing the meeting? In what ways do I encourage group members to share? How do I encourage service participation in my group? When have I been a good example of recovery? In what ways does my group participate in carrying the message of help and hope both within and outside the meetings? How frequently does my group study and apply the spiritual principles of our Three Legacies the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service? How does my group support Al-Anon's service arms? Does my group support Alateen? In what ways are we connected to the links of service?

When my group takes an inventory, members practice talking to each other and reasoning things out in a safe and serene setting. Far removed from the chaos of alcoholism, taking a group inventory keeps the group healthy and aware of issues before disharmony arises. Using the *Taking a Group Inventory* (G-8 a and b) Guideline can also help lead us to find fearless answers.

*By Christa A., Group Services Specialist  
Used with Permission from The Forum, December 2019*

*ACSOA / Al-Anon Bookstore*

**Workshop & Open House**

*Dreaming Big with 20/20 Vision*

*APRIL 4th, 2020*



**11am**—Potluck and Fellowship

*Tea and Coffee Provided*

**Noon**— 4:00 pm Workshop

7th Tradition

303 Forge Road SW

— Calgary

***Guest Presenters***

Area Literature/Forum Coordinator

Writing Workshop

Book—Discovering Choices

# Live and Let Live Workshop

**Saturday, May 2**  
Woodcliff United Church  
5010 Spruce Drive SW  
Doors & Coffee 9:30am  
Workshop 10 am-3:30 pm

**Self Care**

**Courage**

**Acceptance**

**Respect**

Join us to share experience,  
strength and hope about how to  
*'Live and Let Live'* your life!

- Al-Anon/Alateen literature will be available for purchase - cash only please
- 7th Tradition will be collected
- Please bring your own lunch and a plate of snacks to share

**Detachment**

**Creativity**

Presented by  
Al-Anon/Alateen  
Districts 3 & 4

**Fun**



### **Do you live or work downtown?**

Need a sanity break in the middle of the day? Serenity Central AFG meets at noon twice a week in downtown Calgary. We'd love to have you join us at one or both of our weekly meetings. Come late and leave early if you have to get back to the office—we won't judge. Our group has shrunk so we've got plenty of room if you want to bring a friend or two. We rotate topics including the 12 Steps, the 12 Traditions, Slogans, and Conference Approved Literature (CAL).

#### **Serenity Central AFG**

Tuesday & Thursday  
Noon until 1 pm  
Central United Church  
131 – 7 Avenue SW  
Room 3 lower level  
Access via back alley

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  
April 10, 2020**

### **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

