

Calgary AIS Newsletter

April 2021

My Confusion Cleared

I came into Al-Anon angry, hurting, and confused as to how I managed a career, but seemed to consistently fail in my personal relationships. I had no idea that being raised in an alcoholic home had affected me so deeply. More importantly, I never had hope that life could be any different. But through my distress and pain, I landed in Al-Anon where I found others who understood me. I'll never forget the moment I heard them share and discovered that our stories sounded the same—I was no longer alone!

My struggles did not go away immediately, but at the urging of other members, I kept coming back. When I began working with a Sponsor and authentically began studying the Steps, my life began to improve. Today, even though some of the relationships ended that I had so desperately tried to force, I have fallen in love with the life I have. Al-Anon gave me hope and a brand-new way to see the world.

By Kay A., Oklahoma. The Forum, April 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:

June 11, 2021

 **CHECK THIS OUT!**

District 3 & 4 Workshop

May 15th-See Poster on page 5



Speaker Meeting

McKenzie Circle will host a speaker meetings via Zoom on Saturday, May 22nd at 10:30 am and Tuesday, June 22th at 7:30 pm.



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
Apr. 19 - 25	Calgary Men's AFG
Apr. 26 - May 2	Finding Our Way Adult Children / Sunday Evening AFG
May 3 - 9	McKenzie Circle AFG
May 10 - 16	Serenity Central
May 11 - 23	Chinook Monday Afternoons AFG
May 24 - 30	West Side/Paths to Recovery AFG
May 31 - Jun 6	Starting with Serenity
Jun 7 - 13	Pal-Anon
Jun 14 - 20	Calgary Parent Recovery
Jun 21 - 27	Bowmont
Jun 28 - Jul 4	MacLeod Trail AFG
Jul 5 - 11	Airdrie Open Door
Jul 19 - 25	Serenity Plus Adult Children
Jul 26 - Aug 1	Tuesday Afternoon

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



Next AIS Meeting

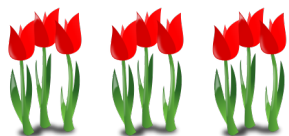
Calgary AIS benefits from the participation of all groups in AIS meetings and activities. Does your group have a representative for AIS? This group service role is called the Information Service Representative (ISR) and is described in the [Al-Anon/Alateen Service Manual, 2018-2021](#) on page 61. Calgary AIS meetings are held every other month and are now virtual! The next meeting will be **Monday, June 7 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

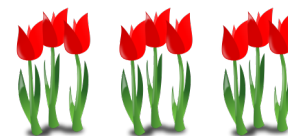
AIS Bank Reconciliation

As of March 31, 2021

Balance Forward, December 31, 2020	\$2,911.70
Receipts:	
Donations - Jan, Feb, Mar	\$1,400.00
Disbursements - Jan, Feb, Mar	(1,479.98)
Balance per Bank, March 31, 2021	<u>\$2,831.72</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
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
May 6	Finding Our Way
Jun. 3	Let it Begin With Me

District 6 Outreach

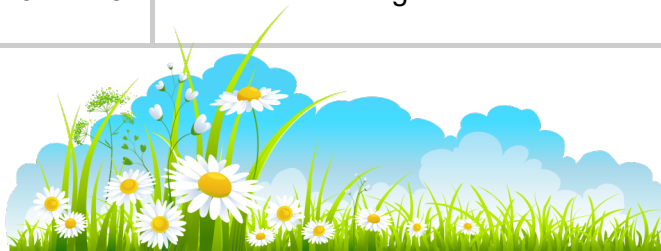
Courage to Change Beginners Meeting
Peter Lougheed Centre

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
Apr. 12	Northern Hills Trailblazers
Apr. 19	Finding Our Way
Apr. 26	Let it Begin with Me
May 3	Northern Hills Trailblazers
May 10	Finding Our Way
May 17	Let it Begin with Me
May 24	Northern Hills Trailblazers
May 31	Finding Our Way
June 7	Let it Begin with Me
June 14	Northern Hills Trailblazers
June 21	Finding Our Way
June 28	Let it Begin with Me



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) - 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

**Al-Anon
Workshop
Districts 3&4**

CONNECTIONS
Exploring & Expressing Intimacy

May 15, 2021

Fellowship: 10:30 am

Session 1: 11:00 am – 12:45 pm

Session 2: 1:15 pm – 3 pm

Spiritual | Emotional | Physical

Questions: districtworkshop3and4@gmail.com

Zoom 884 4599 7340 | Password 245362

fppt.com



Online Spaghetti Dinner [^]2021

Celebrating 12 years of the Calgary Men's Al-Anon Family Group

Saturday, April 24 • 6 P.M.

Al-Anon, AA, and Alateen Speakers • Open Event

No registration required this year!

<https://zoom.us/j/97258887843>
Password: 121212

- > Make your dinner and join us remotely
- > Dinner & fellowship starts at 6 P.M. MDT (UTC-6)
- > Speakers start at approximately 7 P.M. MDT
- > Opportunities for chatting in small groups

For more info: calgarymensmeeting@gmail.com

* * 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.

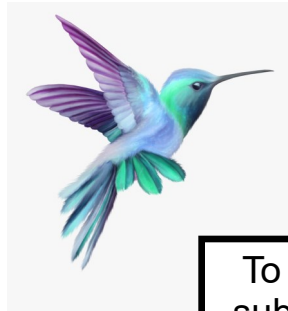
Keep an eye on our website for news about book studies, book clubs and more.

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

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
June 11, 2021**

