

Calgary AIS Newsletter

November 2021

A Message from the AIS Chair

It's the end of our term at AIS and we will be handing over to a new committee. I am grateful for serving as AIS Chair and have learned how to be part of a committee through our unusual times. I was helped and supported by others that I served with, helping me learn a new level of personal humility. I am thankful to all of us who shared the last 3 years at AIS and am grateful for the willingness shown by those accepting their new positions at AIS.

Thank you for letting me serve as Calgary AIS Chair.

Sally K.



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

aiscalgarynewsletter@gmail.com

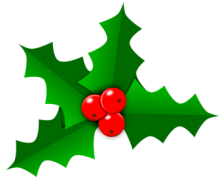
Next submission
deadline:
February 11th, 2022

Gratitude Meetings Are Coming!

We will be sending a separate email with the full list of gratitude meetings a little later in November.

Please send us your meeting date as soon as possible to have it included.

Thank you!



Calgary AIS Information



2022 AIS Meeting Dates

Feb 7

April 4

June 6

September 12

November 7

Save these Dates!

AIS Calgary Phone Monitoring

2022 Schedule

| WEEK | GROUP NAME |
|----------------------|--------------------------------|
| Dec 27 - Jan 2, 2022 | Calgary Parent Recovery |
| Jan 3 - 9, 2022 | Bowmont |
| Jan 10 - 16, 2022 | MacLeod Trail AFG |
| Jan 17 - 23, 2022 | Airdrie Open Door |
| Jan 24 - 30, 2022 | Saturday Early Risers |
| Jan 31 - Feb 6, 2022 | Serenity Plus Adult Children |
| Feb 7 - 13, 2022 | Tuesday Afternoon |
| Feb 14 - 20, 2022 | Wednesday Morning Serenity AFG |
| Feb 21 - 27, 2022 | From Despair to Serenity |
| Feb 28 - Mar 6, 2022 | Letting Go AFG |
| Mar 7 - 13, 2022 | Hillhurst Finding Serenity |
| Mar 14 - 20, 2022 | South Elbow Drive AFG |
| Mar 21 - 27, 2022 | One Day at a Time |

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

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!

Email calgarychairperson@al-anon.ab.ca to learn more or volunteer.

New for January!

| Calgary Al-Anon Information Services (AIS) Trusted Servants | |
|---|---|
| Name | AIS Calgary Position & Email Address |
| Carolyn M. | Chairperson, aiscalgaryinformation@gmail.com |
| Sally K. | Alternate Chairperson, calgaryaltchair@al-anon.ab.ca |
| Gina G. | Secretary/Group Records/Archives, calgarysecretary@al-anon.ab.ca |
| David P. | Treasurer, calgarytreasurer@al-anon.ab.ca |
| Ally C. | Newsletter Editor, aiscalgarynewsletter@gmail.com |
| Rachelle S. | Alateen Coordinator, aiscalgaryalateen@gmail.com |
| Shellie O. | Monitoring Coordinator, aiscalgarymonitoring@gmail.com |
| Vacant | 2021 AA Gratitude Roundup Liaison |
| Vacant | 2021 AA Banff Roundup Coordinator |
| Vacant | Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca |
| Cathy S. | Website Coordinator |

AIS Bank Reconciliation As of October 21, 2021

| | | |
|------------------------------------|----------------|--------------------------|
| Donations | September 2021 | \$ 60 |
| | October 2021 | <u>\$610</u> |
| | | \$670 |
| Disbursements | September 2021 | \$336.75 |
| | October 2021 | \$510.84 |
| Balance per Bank, October 31, 2021 | | <u>\$2,053.61</u> |

AIS Volunteer Opportunities

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

- Public Outreach Coordinator
- AA Gratitude Round-Up Liaison
- AA Banff Round-Up Liaison

Please consider these opportunities.



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 |
|-------------|-----------------------------|
| Dec 2 | Let It Begin With Me |
| Jan 6, 2022 | Northern Hills Trailblazers |
| Feb 3 | Finding Our Way |

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 |
|-------------|-----------------------------|
| Nov 15 | Finding Our Way |
| Nov 22 | Let It Begin With Me |
| Nov 29 | Northern Hills Trailblazers |
| Dec 6 | Finding Our Way |
| Dec 13 | Let It Begin With Me |
| Dec 20 | Northern Hills Trailblazers |
| Dec 27 | Finding Our Way |
| Jan 3, 2022 | Let It Begin With Me |
| Jan 10 | Northern Hills Trailblazers |
| Jan 17 | Finding Our Way |
| Jan 24 | Let It Begin With Me |
| Jan 31 | Northern Hills Trailblazers |
| Feb 7 | Finding Our Way |
| Feb 14 | Let It Begin With Me |
| Feb 21 | Northern Hills Trailblazers |
| Feb 28 | 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. 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

Doing Things Differently, Not Doing More Things

When I became aware of my 15-year-old son's drinking, I put him into a treatment program. The staff at the facility recommended I attend Al-Anon. My first thought was, *How can I do one more thing to help my son?* I was already getting him to treatment three days a week, taking him to meetings, driving him back and forth to school, and monitoring all of his time. This was in addition to trying to parent two younger children and maintain our household. I had no idea how I could fit one more thing into a schedule that didn't even have room for what I was already trying to accomplish. However, I came to realize that what I was doing was not making my son sober, because his disease progressed despite all of my efforts.

In desperation, I attended my first Al-Anon meeting. As I listened to people sharing about their own experiences, I began to understand that my efforts weren't going to cause an instant change in his disease. I kept going back, and I began to change some of the things I was doing. Constant checking up on my son had not stopped his drinking, so I made time for myself and the other family members. Yelling, crying, negotiating, and punishment did not stop his drinking, so I stopped doing those things too.

There were many painful days and nights when my fear for my son affected my daily life, but I got a Sponsor, started working the Steps, read Conference Approved Literature, attended meetings regularly, and developed a relationship with my Higher Power. I came to understand that making Al-Anon a part of my own life was not doing *more*, it was doing things *differently*. The things I learned in Al-Anon helped me identify my motives and understand that rescuing my son from the consequences of his disease was not helping him or me. I also learned how to work on a loving relationship with my son.

Today, after several years of drinking, my son is sober. He's an adult now, and we have a relationship of love and respect. I have become a better mom and a better person from attending Al-Anon and applying the principles of the program to all areas of my life.

By Tracy G.
The Forum, November 2021



Upcoming Speaker Meetings



McKenzie Cirlice - Tuesday, November 23, 2021 @ 7:30pm

Zoom Mtg ID: 829 8703 6837 Passcode 455470

Starting with Serenity - Monday, November 29, 2021 @ 7:00 pm

In-Person Meeting: Parkland Community Hall, 505 Parkvalley Rd SE.

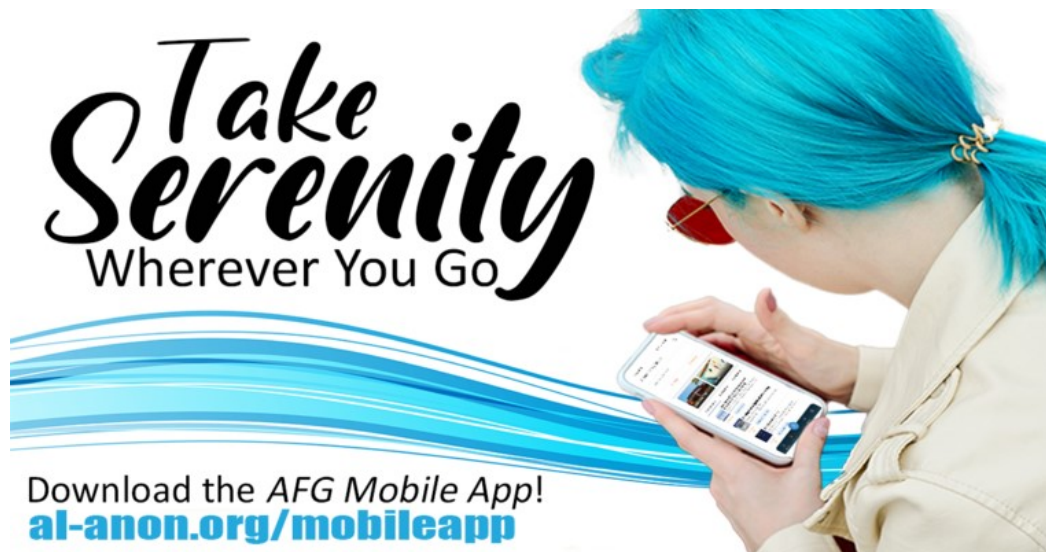
**Please note, the space requires proof of vaccine*

Starting with Serenity - Tuesday, November 30, 2021 @ 7:30 pm

Zoom Mtg ID: 898 2921 6460 Passcode: 413841

Finding Our Way Adult Children - Tuesday, November 30, 2021 @ 7:30 pm.

Zoom Mtg ID: 886 5633 2173 Passcode: adultchild



Did you know AI-Anon has a mobile app? So, what is it?

- A social app for AI-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your AI-Anon family in private chats
- A place to create and update a digital AI-Anon Journal
- A place to stay informed on the latest information from the World Service Office (WSO)

Others' Alcoholism Affected Me Too

As a newcomer to Al-Anon, it took several months before I could share the most painful parts of my past—the things that had happened to me and the mistakes I had made.

Growing up in an alcoholic home, I learned to stuff my feelings, to isolate, and to shut down emotionally. Those were the ways I learned to survive. I didn't want to feel those feelings. Guilt, shame, and self-doubt played equal parts in thrashing my happiness, triggering my unease, and sabotaging my capacity to love myself.

Working and practicing the Steps allowed me to see some harsh realities that I needed to accept in order to move on. I learned that I had just as cunning, baffling, and powerful a disease as the problem drinkers in my life. I hid. I pretended. I lied to myself over and over again.

In meetings, others suggested I keep coming back. I heard phrases like "Don't leave before you get your miracle," and "It works if you work it." I found these suggestions inspiring, and so I kept coming back. By choosing to be honest, open-minded, and willing, I discovered that Al-Anon's spiritual principles continually help me to accept, to forgive, and to love myself and others—to be the best version of myself that I can be.

Because of practicing this beautiful way of life, I now know there is strength in being vulnerable and that tears are brave, beautiful, and healing. Sharing my story has put me on a path to inner peace and contentment, as well as continued spiritual growth. Today, I choose to live emotionally healthy, happy, and free.

*By Rosemary B., Arizona
The Forum, November 2021*

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Al-Anon's

THE Forum

monthly recovery magazine for members

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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

Submission deadline for the next issue is February 11th, 2022

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

