

Calgary AIS Newsletter

February 2022

A Message from the AIS Chair

My name is Carolyn M., the new chairperson for Al-Anon Information Services, Calgary. I have served as secretary for AIS Calgary for the past three years and look forward to working with Calgary and Area groups over the next three years as Chairperson for AIS.

I am very grateful that all the service positions with AIS Calgary have been filled with other Al-Anon members who are willing to be trusted servants to help carry the Al-Anon message, ensuring that help is readily available for those who need it.

Thanks to the hard work of the previous chairpersons, I hope to maintain the same commitment to service and work with our new committee to continue to make Al-Anon a growing source of support for families and friends of alcoholics who are in need of help.

During my term, I plan to continue to maintain the communication links between Calgary Districts, Area 80 and Calgary AIS, ensuring that the groups are informed and aware of Al-Anon activities, both locally and provincially.

If you have questions or suggestions for AIS Calgary, please put them forward to your Alternate Group Representative or Information Services Representative. I am available at: aisinformationcalgary@gmail.com.

Your trusted servant,
Carolyn M.
AIS Calgary Chairperson



Send submissions for the newsletter to
Calgary and Area Al-Anon Information Services (AIS):
aiscalgarynewsletter@gmail.com

Next submission deadline: April 8, 2022

Calgary AIS Information

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
Cindy M.	Public Outreach Coordinator	calgarypublicoutreach@al-anon.ab.ca
Shellie O.	Monitoring Coordinator	aiscalgarymonitoring@gmail.com
Rachelle S.	Alateen Coordinator	aiscalgaryalateen@gmail.com
Ally C.	Newsletter Coordinator	aiscalgarynewsletter@gmail.com
Cathy S.	Website Coordinator	calgary_website@al-anon.ab.ca
Vacant	2022 AA Gratitude Roundup Liaison	
Vacant	2022 AA Banff Roundup Liaison	

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. There are many benefits to participating in these meetings and staying connected to Calgary AIS; and with virtual meetings every other month, it's easier than ever to attend. We hope you will join us!

Email aiscalgaryinformation@gmail.com to learn more or to get on the mailing list for the next Agenda and Zoom Access details.

Upcoming AIS Meeting Dates

7-8pm via Zoom

April 4, 2022

June 6, 2022

September 12, 2022

November 7, 2022

AIS Calgary Phone Monitoring Schedule

Week	Group Name
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
Mar 28 - Apr 3, 2022	Let it Begin with Me
Apr 4 - 10, 2022	Monday Night Monarchs/ Cochrane Fri Night
Apr 11 - 17, 2022	Northern Hills Trailblazers
Apr 18 - 24, 2022	Spiritual Awakening
Apr 25 - May 1, 2022	Inner Peace
May 2 - 8, 2022	Southwest AFG
May 9 - 15, 2022	Living the Legacies
May 16 - 22, 2022	Calgary Men's AFG
May 23 - 29, 2022	Finding Our Way Adult Children/ Sunday Evening AFG



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

Did you know? There were 85 calls answered in December 2021 and 68 calls answered in January 2022.

AIS Calgary Bank Reconciliation as of January 31, 2022

Donations

November 2021:	\$205.00
December 2021:	\$550.00
January 2022:	\$530.35
Total:	\$1,285.35

Disbursements

November 2021:	\$422.50
December 2021:	\$824.48
January 2022:	\$336.75
Total:	\$1,583.73

**Balance per Bank
January 31, 2021:
\$1,764.96**

District News

District Meetings (Check with DR for Virtual Link)

The Group Representatives (GRs) and District Reps (DRs) from each District meet once a month.

District 3 (SE) - DR is Christina N.
Meets the 2nd Wednesday of each month at Christ Moravian, 600 Acadia Dr. SE | 7pm-8:30pm
district03@al-anon.ab.ca

District 4 (SW) - DR is Carol B.
Meets the 2nd Wednesday of each month online.
7pm-8:30pm | No meetings in July/August
district04@al-anon.ab.ca

District 5 (NW) - DR is vacant
Meets the 2nd Thursday of each month at Highwood Lutheran Church, 419 Northmount Dr. NW | 7:30pm
district05@al-anon.ab.ca

District 6 (NE) - DR is Sheila L.
Meets the 2nd Tuesday of each month online.
7:00pm | No meetings in July/August
district06@al-anon.ab.ca

Upcoming Speaker Meetings



McKenzie Circle AFG - Tuesday, March 22nd at 7:30pm

Zoom Meeting ID: 829 8703 6837 Passcode: 455470

Finding Our Way Adult Children AFG - Tuesday, March 29th at 7:30pm

Zoom Meeting ID: 866 5633 2173 Passcode: adultchild

McKenzie Circle AFG - Saturday, April 23rd at 10:00am

Zoom Meeting ID: 829 8703 6837 Passcode: 455470

District Outreach Schedules



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
Mar 7	Let It Begin With Me
Mar 14	Northern Hills Trailblazers
Mar 21	Finding Our Way
Mar 28	Let It Begin With Me
Apr 4	Northern Hills Trailblazers
Apr 11	Finding Our Way
Apr 18	Let It Begin With Me
Apr 25	Northern Hills Trailblazers

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

Date	Chairing Group
February	Pending COVID Update
March	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

Date	Chairing Group
February	Pending COVID Update
March	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
Mar 3	Let it Begin With Me
Apr 7	Northern Hills Trailblazers
May 5	Finding Our Way

A Step 12 Opportunity!

CAL (Conference Approved Literature) is one of the first lifelines many of us use when we start in Al-Anon. We read it and instantly recognize that we are not alone in the struggles we face, and find hope between meetings.

Making sure that Al-Anon books are always available is crucial. There is a Literature Distribution Centre (LDC) serving our Area located in Calgary. It sends orders to groups and members throughout Alberta, N.W.T and parts of British Columbia.

To keep things running smoothly, a committee of volunteers meet monthly to receive updates from the Office Manager and discuss operations. The committee welcomes Wendy L. as the new Chairperson for this term, and currently has openings for others who enjoy service. Meetings are held monthly online via Zoom.

Says one member, "Serving on this board is a new experience for me, as I learn about yet another important service Al-Anon provides to its members. I can put my business background to good use helping make decisions about the LDC operations."

We are currently seeking volunteers to fill the positions of Alternate Chairperson and Treasurer.

Alternate Chairperson

- Fulfill the duties of the Chairperson in the Chairperson's absence or upon request.
- Fulfill the duties of the Secretary in the Secretary's absence.
- Update the Society Register of Members as necessary

Treasurer

- Provide support and assistance to the Office Manager when necessary
- Ability to review basic financial statements for accuracy and make recommendations regarding financial status
- Basic bookkeeping/accounting knowledge necessary
- Experience with Sage, Excel and Power Point an asset

If you have a desire to learn about our Al-Anon bookstore and help deliver Al-Anon's important message to others through CAL, please contact Wendy at acsoa@al-anon.ab.ca for more details.

Together We Can Make It!



A Selection from the Forum

Moving Beyond Survival Mode

I walked into Al-Anon full of very strong and volatile emotions and beliefs that I had adopted growing up with alcoholism and then carried with me after marrying an alcoholic. Although I cried a lot in the first and many later meetings, I held onto the belief that I had my life together. I had a tight grip on my intentions and felt I took care of myself by holding my feelings close. I had been in survival mode for so long that I was not even able to live a happy life. I thought I had it together, but when I came into the rooms of Al-Anon, I saw y'all.

You all smiled and hugged, and I thought you were nice enough people. But then I heard you speak of those terrible secrets, the same ones I kept hidden, about the insanity of living with alcoholism. I was shocked. They were the same secrets. You had them too! When I heard you share, I realized that we have all experienced the same things in one way or another. You understood me.

But you were happy, and I was not. How was that possible? You said, "Work the Steps"; "Get a Sponsor"; and "Read the CAL (Conference Approved Literature)!" I learned that I had to really look at my survival mechanisms. After getting a Sponsor to guide me, I put some of my rusty old coping skills in one pile, other skills in another. I soon found that many of my old coping mechanisms made me look like I functioned well, but in truth, they were not working at all. In fact, it appeared I was not really living.

My Sponsor lovingly looked at my years of pain, grief, and failure with me. She suggested that I read, practice, and pray. And when I did, I made new, healthier mechanisms. Sometimes I still have fears and feelings that are inappropriate. Today, though, I use the slogan "First Things First." I think before I speak. I walk away if I need to. Today when I walk into an Al-Anon meeting, I bring a lovely new creation: me.

By Sara B., Arkansas

The Forum, February 2022

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



To subscribe to, unsubscribe from, or submit a story sharing the experience, hope and strength of the Al-Anon program for the Calgary AIS Newsletter, please email: aiscalgarynewsletter@gmail.com

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