

# Calgary AIS Newsletter

April 2022



## Donations Welcome

Thank you in advance for your contributions!

### e-Transfer:

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

### Mail:

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

# Calgary AIS Information

## Calgary Al-Anon Information Services (AIS) Trusted Servants

Name	AIS Calgary Position	Email Address
Carolyn M.	Chairperson	<a href="mailto:aiscalgaryinformation@gmail.com">aiscalgaryinformation@gmail.com</a>
Sally K.	Alternate Chairperson	<a href="mailto:calgaryaltchair@al-anon.ab.ca">calgaryaltchair@al-anon.ab.ca</a>
Gina G.	Secretary/Group Records/Archives	<a href="mailto:calgarysecretary@al-anon.ab.ca">calgarysecretary@al-anon.ab.ca</a>
David P.	Treasurer	<a href="mailto:calgarytreasurer@al-anon.ab.ca">calgarytreasurer@al-anon.ab.ca</a>
Cindy M.	Public Outreach Coordinator	<a href="mailto:calgarypublicoutreach@al-anon.ab.ca">calgarypublicoutreach@al-anon.ab.ca</a>
Shellie O.	Monitoring Coordinator	<a href="mailto:aiscalgarymonitoring@gmail.com">aiscalgarymonitoring@gmail.com</a>
Rachelle S.	Alateen Coordinator	<a href="mailto:aiscalgaryalateen@gmail.com">aiscalgaryalateen@gmail.com</a>
Ally C.	Newsletter Coordinator	<a href="mailto:aiscalgarynewsletter@gmail.com">aiscalgarynewsletter@gmail.com</a>
Cathy S.	Website Coordinator	<a href="mailto:calgary_website@al-anon.ab.ca">calgary_website@al-anon.ab.ca</a>
<i>Vacant</i>	2022 AA Gratitude Roundup Liaison	
<i>Vacant</i>	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!

### Upcoming AIS Meeting Dates

7-8pm via Zoom

June 6, 2022

September 12, 2022

November 7, 2022

Email [aiscalgaryinformation@gmail.com](mailto:aiscalgaryinformation@gmail.com) to learn more or to get on the mailing list for the next Agenda and Zoom Access details.

## AIS Calgary Phone Monitoring Schedule

Week	Group Name
April 18 - 24	Spiritual Awakening
April 25 - May 1	Inner Peace
May 2 - 8	Southwest AFG
May 9 - 15	Living the Legacies
May 16 - 22	Calgary Men's AFG
May 23 - 29	Finding Our Way Adult Children / Sunday Evening AFG
May 30 - June 5	McKenzie Circle AFG
June 6 - 12	Serenity Central
June 13 - 19	Chinook Monday Afternoons
June 20 -26	West Side / Paths to Recovery



**Did you know?**  
75 calls were answered in February  
and 84 calls answered in March.

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

## AIS Calgary Bank Reconciliation as of March 31, 2022

### Donations

February 2022:	\$310.00
March 2022:	\$570.00
<b>Total:</b>	<b>\$880.00</b>

### Disbursements

February 2022:	\$4.95
March 2022:	\$336.75
<b>Total:</b>	<b>\$341.70</b>

**Balance per Bank**  
**March 31, 2021:**  
**\$2,303.26**

**\* New! \* AIS Calgary is now set up to accept donations via e-Transfer!**  
Please feel free to send your donations to [aiscalgaryinformation@gmail.com](mailto:aiscalgaryinformation@gmail.com)  
or you can continue to send them via mail to PO Box 512, Station M, Calgary, AB T2P 2J2

# 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 online.  
7pm-8:30pm  
[district03@al-anon.ab.ca](mailto: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](mailto: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](mailto: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](mailto:district06@al-anon.ab.ca)

# Live & Let Live with JOY



## District 3 & 4 Workshop

May 7, 2022 In-Person Event

Woodcliff United Church  
5010 Spruce Drive SW Calgary AB  
Fellowship 9:30 am  
Workshop 10:00 am – 3:00 pm  
Fellowship | Speakers | Breakout

Bring your own Lunch, Water Bottle or Travel Mug | Coffee, Tea, Water available | Tradition 7 in support of the Workshop  
Al-Anon Literature Cash Sales Only | Questions Email [districtworkshop3and4@gmail.com](mailto:districtworkshop3and4@gmail.com)

# District Outreach Schedules



## 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
May	Pending COVID Update
June	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
May	Pending COVID Update
June	Pending COVID Update

## 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
April 18	Let It Begin With Me
April 25	Finding Our Way
May 2	Northern Hills Trailblazers
May 9	Let It Begin With Me
May 16	Finding Our Way
May 23	Northern Hills Trailblazers
May 30	Finding Our Way
June 6	Let It Begin With Me

## 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 5	Finding Our Way
June 2	Let It Begin With Me
July 7	Northern Hills Trailblazers

# Other News & Events

39th Annual  
**AA Gratitude  
Roundup**



Calgary, AB

June 10 to 12, 2022

## Save The Dates!!!!

The Calgary Gratitude Roundup will be back live and in-person this June 10, 11, 12, 2022 at the Glenmore Inn.

Details on a great line up of speakers as well as ticket and registration information will be available soon. Updates will be posted on our website: [www.gratituderoundup.com](http://www.gratituderoundup.com) as soon as they are available.

### ROUNDUP FEATURES

Fellowship — Speaker Meetings — AA Workshops — Sober Dance —  
Ice Cream Social — AA Literature Table — AA Archives Display —  
Al-Anon Literature Table — World's Largest AA Gratitude Globe

Glenmore Inn  
2720 Glenmore Trail SE  
Calgary, AB

Reservations call 403-279-8611, toll free at  
1-800-661-3163 or visit [www.glenmoreinn.com](http://www.glenmoreinn.com)  
*\*Ask about special rates for Roundup guests*

Sponsored by Calgary General Service Committee

# A Selection from the Forum

## Overcoming My Fear of Sharing

When I first came to Al-Anon, I had the same fears about sharing in meetings that I've since heard other newcomers express: fear of the story getting back to the alcoholic, with disastrous repercussions; fear of sounding overly dramatic or being misunderstood; fear of speaking to a group. But after coming to Al-Anon meetings for a while, I recognized the truth of the Al-Anon closing: "Whatever your problems, there are those among us who have had them, too."

When I share now, I know that other members don't see me as a bizarre or foolish person. They see in me the struggle to find my way out of the chaos in my life. I learned from another member that if something is a big deal inside my head, it's a big enough deal to share about in a meeting.

Overcoming my own fear of sharing did a number of wonderful things for me. Telling those parts of my story that I had kept secret took away their power to

control my actions. I no longer had to spend time and energy avoiding and hiding that part of my past. You might say that sharing my story released those secrets so they can't keep me sick.

By far the biggest lesson I learned from sharing my story was the difference between what is secret (something I believed I could not share) and what is private (something I only share with trusted friends). For example, my personal finances are not secret but private, something the world at large is not privileged to know. By mentally moving certain issues from the "secret never to be shared" category to "private information only shared with trusted friends," I took away their power to control my thoughts and actions.

*By Allen L., Washington*

*The Forum, April 2022*

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



**The new Al-Anon/Alateen Service Manual is now available online!**

You can check it out [HERE](#) now.

The print version will be available in the bookstore later this summer!

# Literature Distribution Centre

## Al-Anon Central Service Office Alberta

### Placing Literature Orders from your Al-Anon Bookstore (LDC) and Paying by eTransfer

If customers want to pay for their order by an e-transfer when ordering online they can select **Pay at the Store** under payment method. The amount will include shipping if they are not picking up the order at the store. Below are step by step instructions to follow.

Website: [www.al-anonbookstore.ca](http://www.al-anonbookstore.ca)

If you have placed an order in the past log into your account with the email on file and your password. If this is your 1st order please go through the process of setting up an account and picking a password.

Note: If you are ordering literature for your group, please set up the account in the groups name. You can put your personal information in the Shipping Information section if you are not picking up the order from the store.

Do your shopping: picking the items you would like and quantities of each. A donation can be included on the order form or you can add the donation \$'s at the time of payment by e-Transfer.

**Choose: CHECK OUT** when you have completed your order.

Shipping information: Fill in your personal name and address of where you would like the order shipped. Include your phone # in this area if you can for additional reference.

**Choose: CONTINUE TO SHIPPING**

Shipping method: Choose **Pick up at Store** OR **Canada Post Expedited** if you are having the parcel mailed.

**Choose: CONTINUE TO PAYMENT**

Select **Pay at Store** (if you are going to send an e-Transfer to the store for the order amount)

Note: the full amount of the order including the shipping charge.

**Choose: COMPLETE ORDER**

To Pay: Close out of Shopify and log into your online banking in order to send an e-Transfer for payment.

eTransfers can be sent to [order@al-anonbookstore.ca](mailto:order@al-anonbookstore.ca)

In the message section of the e-Transfer you can include the name on the order or any other details the store may need to record your payment properly.

(eg. Literature order for ODAT + \$100 donation)

Thank you for paying for orders by this method thereby reducing the service fees our LDC pays.

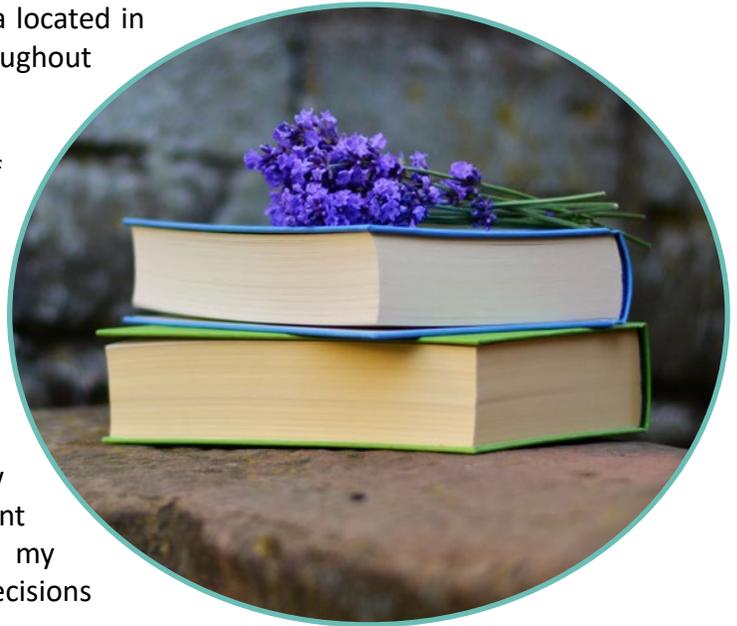
# A Step 12 Opportunity!

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](mailto:acsoa@al-anon.ab.ca) for more details.

*Together We Can Make It!*

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