

Calgary AIS Newsletter

June 2022

Hello, Fellow Al-Anon Members:

It is so hard to believe that I have been Calgary AIS Chairperson for six months! Thank you to all the other coordinators on the AIS Calgary team for their dedication to Al-Anon service and for the skills they have brought to their roles. Without their dedication and work, we would struggle to meet our commitment to Tradition Five.

New happenings:

1. The password protection has been removed from Al-Anon.ab.ca website. Persons seeking information for meetings can readily access that resource.
2. AIS Calgary meeting minutes will be posted on the Al-Anon.ab.ca website.
3. Recovery Day upcoming: September 19 at Olympic Plaza. Visit the website: www.recoverydaycalgary.com to learn more about the event. We are looking for volunteers to support Al-Anon participation.

AIS Calgary needs:

We are currently looking for a **Public Outreach Coordinator**. The job description for this position is available on the Al-Anon.ab.ca website. This is an important position and first contact for agencies that are looking for supportive resources, as well as carrying our message forward to the public. It is meant to be a coordinating position, so remember, we do not do anything alone in Al-Anon. As well, we are seeking someone to act as **Alternate Chairperson** for AIS Calgary. That job description is also available on the Al-Anon.ab.ca website.

AA Gratitude Roundup with Al-Anon participation took place this past weekend. I and Anne C. acted as AIS Liaison to this activity and thoroughly enjoyed working with our AA counterparts. We invited our Area Delegate to speak at this event. What a great opportunity to acknowledge the experience, strength and hope available to all of us in Alberta/N.W.T. Area! If you enjoyed the roundup and want a rewarding service experience, we are looking for a liaison for 2023 and would love to work with anyone interested in the 2023 Banff AA Roundup with Al-Anon participation.

Looking forward to meeting more of the Calgary Al-Anon community through service!

Carolyn M.
AIS Calgary Chairperson



Donations Welcome

Thank you in advance for your contributions!

e-Transfer:
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	aiscalgaryinformation@gmail.com
<i>Vacant</i>	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
<i>Vacant</i>	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
<i>Vacant</i>	2023 AA Gratitude Roundup Liaison	
<i>Vacant</i>	2023 AA Banff Roundup Liaison	



Please consider joining Calgary AIS in the following positions:

- Alternate Chairperson
- Public Outreach Coordinator
- AA Banff Roundup Liaison
- AA Gratitude 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
September 12, 2022
November 7, 2022

Email 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
June 27 - July 3	Starting with Serenity
July 4 - July 10	Pal-Anon
July 11 - July 17	Calgary Parent Recovery
July 18 - July 24	Bowmont
July 25 - July 31	MacLeod Trail AFG
August 1 - Aug 7	Airdrie Open Door
Aug 8 - Aug 14	Saturday Early Risers
Aug 15 - Aug 21	Serenity Plus Adult Children
Aug 22 - Aug 28	Tuesday Afternoon
Aug 29 - September 4	Wednesday Morning Serenity AFG
Sep 5 - Sep 11	From Despair to Serenity
Sep 12 - Sep 18	Letting Go AFG



Did you know?
106 calls were answered in April
and 102 calls answered in May.

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

AIS Calgary Treasurer's Report

We wish to acknowledge and thank the following Al-Anon Family Groups for their donations in the first 6 months of 2022: Letting Go, Westside Al-Anon, McLeod Trail, McKenzie Circle, Wednesday Morning Serenity, Early Risers, Starting With Serenity, Let It Begin With Me, Pal-Anon, Living the Legacies, Southwest Al-Anon, Tuesday Afternoon, and Serenity Plus Adult Children

**Balance per Bank
May 31, 2021:
\$2,120.88**

Your donations are sincerely appreciated and help us continue to provide phone monitoring via Telus and Big Sky Call Centres as well as assisting with administrative expenses.

At our last meeting it was agreed to make a \$300 donation to ACSOA (The Al-Anon Bookstore) and this has now been completed.

AIS Calgary is set up to accept donations via e-Transfer!

Please feel free to send your donations to 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

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 January, March, May,
September & November online. 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



**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!

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
June 20	Finding Our Way
June 27	Let It Begin With Me
July 4	Finding Our Way
July 11	Northern Hills Trailblazers
July 18	Let It Begin With Me
July 25	Finding Our Way
August 1	Northern Hills Trailblazers
August 8	Let It Begin With Me
August 15	Finding Our Way

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
July 7	Northern Hills Trailblazers
August 4	Finding Our Way

Literature Distribution Centre

The Al-Anon Area Bookstore is OPEN for In-Store Shopping!!!



303 FORGE ROAD S.E. CALGARY

Please enter through side door off parking lot.

When you arrive, call: 403-287-3397 or text: 403-483-3644 for access.

Masks are appreciated.
Curbside pickup still available as well.

AI-Anon Central Service Office Alberta

Placing Literature Orders from your AI-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

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

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.

Help Keep Literature Prices Low!

Did you know that the Al-Anon Bookstore (Alberta/N.W.T.) relies on donations to keep the price of our books as low as possible for members?

World events are affecting so many areas of our lives, and the bookstore is no exception. As you can imagine, when many Al-Anon groups did not meet in person over the last couple years, group orders declined. The bookstore continued throughout to take orders online and by phone (with shipping or curbside pickup), but could not open for in-store shopping until recently, or deliver orders at Area Assemblies. In addition, the ability to download digital copies of some Al-Anon literature (CAL) now offers more alternatives which may also reduce sales of printed books.



Fortunately, individuals continued to place orders and more groups are now meeting in-person again. Sometimes members order directly from the WSO in Virginia Beach, USA, however they often pay more for their order once shipping and the CDN/US exchange rates are added in because by ordering in bulk our Al-Anon Bookstore obtains a better price on shipping. Others who shop online may also find used books available via online bookstores and auctions, however this can be a costly choice for the consumer. Often these used books are priced much higher than those purchased new from our Al-Anon Bookstore! For example, a recent comparison (May 2022) showed “Reaching For Personal Freedom” priced at \$34.59 plus shipping/import fees through another outlet, while offered through our Al-Anon Bookstore for \$22.00 plus shipping (or via curbside pickup).

This comparison shows how our Al-Anon Bookstore strives to keep prices reasonable so members can afford the important CAL they want and need. As a result it does not operate like a commercial bookstore, but rather as a Literature Distribution Centre (LDC) and relies on donations and revenue to help pay costs such as wages and rent.

Al-Anon is self supporting, and making literature readily available is one aspect of the service it offers. So when your group donates, please remember that gifts to the Al-Anon Bookstore generously help members in Alberta/N.W.T. continue to buy our valuable Al-Anon books at reasonable prices.

For more details or to place an order, please call Shelley at 403.287.3397, visit www.al-anonbookstore.ca, or shop in person at Ann McCraig Building, 303 Forge Road SE, Calgary.

Al-Anon Member
Sharon M.

A Selection from the Forum

Removing My Rose-Tinted Glasses

When I broke up with my first boyfriend after five years together, my mother arrived to move me back home. On our 12-hour drive, we would go hours at a time not speaking as I silently cried. Once, when she punctured the silence to ask if I'd remembered to pack a towel in my travel bag, I realized I felt more alone and invisible in the car with her than I had at any point in my breakup.

As soon as we got back to my hometown, I looked up my first Al-Anon meeting. I knew my mother had been an alcoholic, but A.A. had "fixed" her, and she'd stopped going to meetings before I was even born, so I worried I wouldn't qualify to attend Al-Anon. However, I was welcomed by everyone as soon as I arrived. After a lifetime with a mother who tried to show her support by "doing" things for me, it was an amazing relief to find a fellowship who didn't do anything for me, but instead sat back calmly as they listened, acknowledged, and accepted my feelings.

At that same meeting, two weeks later, a member began talking about hiding alcohol from a partner. This triggered the memory of how, during my relationship, I could only keep a miniature bottle of cooking wine in the refrigerator—a quantity too small for my partner to get drunk on. When I bought the tiny bottles of cooking

wine, I would hide all but one in my underwear drawer so that my partner would not find and drink them. All of a sudden, a thousand miles away and a month after the breakup, I realized I had spent the past five years of my life with an alcoholic!

This revelation gave immediate credence to the sharings and readings about alcoholic family patterns and inspired me to find a Sponsor right away, work the Steps, and develop an understanding of how my dry-but-still-dysfunctional family had shaped my ideas about relationships and my perception of my own emotional needs.

Several years later, I still struggle to communicate and connect emotionally with my mother, but I'm working my program alongside my fiancé, who has ten years of sobriety under his belt and a commitment to growth that supports and inspires mine. Al-Anon has removed the rose-tinted glasses of denial and helped me to see myself, my life, and my loved ones for who we are instead of who I think we should be.

*By Audrey G., Oregon
The Forum, June 2022*

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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

The next newsletter deadline is: September 16, 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