

Calgary AIS Newsletter

September 2022

Hello, Fellow Al-Anon Members:

I hope everyone enjoyed our long, hot summer! I don't have a lot to report other than our AIS Calgary Information line maintained steady activity over the summer. Most requests were for meeting. Information so it is encouraging to note continued interest in the support we can offer. We had several requests for Alateen meeting information. We are still waiting for WSO approval to begin offering in person Alateen meetings in Alberta/N.W.T. Area 80. Thank you to Rachele S. for her work on behalf of Alateen in our area.

AIS is still looking for a Public Outreach Coordinator. If you are interested in this position, please look at the job description on our Alberta/N.W.T website. Sadly, Recovery Day Calgary to be held on September 17th was cancelled due to Calgary Police Services' safety concerns. Stay tuned for further information about this important event. Hopefully, it will be rescheduled in November. As I am currently wearing more than one AIS service hat, I would welcome help with our Public Outreach presence.

The AA Gratitude Roundup with Al-Anon participation was a successful event this post-COVID year. Our Area Delegate, Diane G., was the Al-Anon speaker for this event as well as participating in the panel discussion: "Cleopatra is Not the Only Queen of Denial". Thank you to all who assisted Anne C. as the Gratitude Roundup Liaison. We are looking for a liaison for the 2023 Gratitude Roundup. Please look at the job description on the website. Anne and I will mentor and assist whoever willingly takes on this role.

Welcome to Jamie C. who is our AA Banff Roundup with Al-Anon participation liaison as well as coordinating Al-Anon participation in the AA Pioneer Dinner (October 15, 2022). Look for announcements and ways to assist Jamie over the coming months.

Once again, it is my honor to serve as AIS Calgary Chairperson. Thank you to all the coordinators who do such an amazing job for the Calgary area. Thank you to the membership for your continued support.

Your trusted servant,
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	
Jamie C.	2023 AA Banff Roundup Liaison & AA Pioneer's Dinner	

Join Our Next AIS Meeting!

7-8pm via Zoom
November 7, 2022

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.

Please consider joining Calgary AIS in the following positions:

- Alternate Chairperson
- Public Outreach Coordinator
- AA Gratitude Roundup Liaison

Information on the positions can be found at al-anon.ab.ca



AIS Calgary Phone Monitoring Schedule

Week	Group Name
Sep 26 - Oct 2	South Elbow Drive AFG
Oct 3 - Oct 9	One Day at a Time
Oct 10 - Oct 16	Let It Begin With Me
Oct 17 - Oct 23	Monday Night Monarchs/ Cochrane Fri Night
Oct 24 - Oct 30	Northern Hills Trailblazers
Oct 31 - Nov 6	Spiritual Awakening
Nov 7 - Nov 13	Inner Peace
Nov 14 - Nov 20	Southwest AFG
Nov 21 - Nov 27	Living the Legacies
Nov 28 - Dec 4	Calgary Men's AFG
Dec 5 - Dec 11	Finding Our Way Adult Children/ Sunday Evening AFG



Did you know?
72 calls were answered in June
and 70 calls answered in July.

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

AIS Calgary Treasurer's Report

Once again Calgary Al-Anon Information Services would like to acknowledge, with thanks, your groups' continuing financial support.

As is usual during the summer months, our expenses slightly exceed our income. Your support helps us continue to provide phone monitoring via Telus and Big Sky Call Centres as well as assisting with administrative expenses.

If your group is considering the different areas of Al-Anon service that can be supported by your 7th tradition we encourage you to donate by cheque (PO Box 512, Station M, Calgary, AB T2P 2J2) or e-Transfer to aiscalgaryinformation@gmail.com.

Wishing you all a wonderful fall season of experience, strength and hope.

David P.
AIS Calgary Treasurer

Balance per Bank
September 12, 2022
\$1,775.51

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



District 6 Fall Workshop

Saturday, October 22, 2022

Centennial Presbyterian Church
103 Pinetown Place, NE, Calgary

More details to follow.

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
Oct	Pending COVID Update
Nov	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
Oct	Pending COVID Update
Nov	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
October 3*	Let It Begin With Me
October 10	Northern Hills Trailblazers
October 17	Finding Our Way
October 24	Let It Begin With Me
October 31*	Northern Hills Trailblazers
November 7	Finding Our Way
November 14	Let It Begin With Me
November 21	Northern Hills Trailblazers
November 28	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
October 6	Northern Hills Trailblazers
November 3	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.

Al-Anon Central Service Office Alberta
(Bookstore)

Enhancing Our Recovery Through Abundance, Unity & Understanding

Virtual Open House & Workshop

Sat., November 5th, 2022

12:30 - 1:00pm Zoom Link Opens/Visit

1:00 - 4:00pm Open House & Workshop Begins

Intros *** Speakers *** Break out rooms *** Sharing *** More

Zoom Meeting ID: 864 8991 8214 **Passcode:** 743567 **Limit** of 100 people

Link: <https://us06web.zoom.us/j/86489918214?pwd=RHU3eTZRMXBGNTdLOXNjd3k4eUR6UT09>



7th Tradition or Purchase Literature:

<https://al-anonbookstore.ca/>

Pioneers Dinner 2022

October 15TH

1:00-7:00 PM

Tickets:\$35

Available through Intergroup Rep. or Central Office

Dalhousie Community Church
5511 Baroc RD NW Calgary

Speakers:

Jenn S. - AA

Carolyn M. - Al-Anon

Panel Discussion:

Ida S. - AA

John B. - AA

Linda.J - AA



IN THE SPIRIT OF TRADITION & AA IS NOT
ALLIED WITH ANY SECT, DENOMINATION,
POLITICS, ORGANIZATION OR INSTITUTION.

You can purchase tickets by emailing jamiecluff@outlook.com

A Selection from the Forum

I Found What I Needed

At my first Al-Anon meeting, people were chatting and laughing. It was hard for me to understand how they could find anything to laugh about. I was miserable. Singlehandedly supporting a family of four, I was angry at myself for not just grabbing my young children and leaving. My alcoholic husband was handsome and charming when out in public but ignored me and the kids on the rare occasions he was home.

His part-time job at a shoe store did pay for his alcohol, but our family life was empty and loveless. It took many meetings and lots of reading of Al-Anon literature before I realized that alcoholism is a disease, and I was affected by it.

After reading all the Al-Anon books and pamphlets I could find, one word stuck with me: detachment. I had spent a lot of time trying many different approaches to get the alcoholic to recognize that the kids and I needed his attention and love. I learned to detach, and he eventually hit bottom and sought sobriety. Thanks to Al-Anon, I was able to eventually drop my obsession with the alcoholic. I continued in my career as a science writer and focused on my interests in the arts and music, all of which improved my self-esteem.

Unfortunately, my marriage did not last, but in my Al-Anon groups, I found friendship, love, laughter, and self-worth that continue to carry me through a wonderful, serene life

By Faith, New Jersey
The Forum, September 2022

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Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

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 for the Calgary AIS Newsletter, please email: aiscalgarynewsletter@gmail.com

The next newsletter deadline is: November 12, 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