

# Calgary AIS Newsletter

November 2022

Hello, Fellow Al-Anon Members:

AIS Calgary has had a fairly uneventful fall season. I received fewer emails to the [calgarychairperson@al-anon.ab.ca](mailto:calgarychairperson@al-anon.ab.ca) address. Most of those emails are individuals looking for meeting information. These individuals are redirected to the [Al-Anon.org](http://Al-Anon.org) website for the most up to date meeting information. (Thank you to all the groups for keeping your information accurate and current). As well, I give them the information for our telephone help line. This help line is very active with many of the calls forwarded to Al-Anon members to speak to these individuals directly.

At Assembly in September, Edmonton and Calgary AIS Chairpersons were tasked to begin organizing an Alberta/N.W.T. Area speaker list. We will be sending out communication shortly to the Districts in the Area to ask for volunteers for this speaker list. The list will be divided into North and South with the boundary at Red Deer. We are excited to have one spot for Al-Anon groups to find information when they want to engage an Al-Anon speaker to share their experience, strength and hope.

Recovery Day Calgary has been rescheduled to November 20, 2022, from 11:00 am to 4:00 pm. The event will be at Fresh Start Recovery Centre: 411 41 Ave, NE. Anyone wanting to join me in supporting this event can contact me directly:

**Text:** 403-850-6386 | **Email:** [calgarychairperson@al-anon.ab.ca](mailto:calgarychairperson@al-anon.ab.ca) or [aiscalgaryinformation@gmail.com](mailto:aiscalgaryinformation@gmail.com)

Anne C. has volunteered to be the Gratitude Roundup Liaison for AIS Calgary participation. Thank you Anne C.!

AIS is still looking for a Public Outreach Coordinator. If you are interested, please look at the job description on the [Al-Anon.ab.ca](http://Al-Anon.ab.ca) website under the Calgary information tab. We would love to have you join the AIS team.

Reminder: AIS meeting minutes in draft form are available on the [Al-Anon.ab.ca](http://Al-Anon.ab.ca) website.

Enjoy the holiday season and the many Gratitude meetings that are held throughout the month of December.

Your faithful servant in Al-Anon Service,  
Carolyn M.  
AIS Calgary Chairperson



## 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>
Vacant	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>
Vacant	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>
Anne C.	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  
February 6, 2023

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

### New!

Planning of Al-Anon participation in the 2023 Banff Roundup is underway. We are looking for volunteers to help create a welcoming event that will provide insight and knowledge of the Alanon program. No experience necessary, there are several ways to get involved in the planning and during the event!

Reach out to Jamie C. at [jamiecluff@outlook.com](mailto:jamiecluff@outlook.com) for details.



## AIS Calgary Phone Monitoring Schedule

Week	Group Name
Nov 28 - Dec 4	Calgary Men's AFG
Dec 5 - 11	Finding Our Way Adult Children/ Sunday Evening AFG
Dec 12 - 18	McKenzie Circle AFG
Dec 19 - 25	Serenity Central
Dec 26 - Jan 1, 2023	Chinook Monday Afternoons
Jan 2 - 8	West Side/Paths to Recovery
Jan 9 - 15	Macleod Trail AFG
Jan 16 - 22	Airdrie Open Door
Jan 23 - 29	Saturday Early Risers
Jan 30 - Feb 5	Starting with Serenity Tues Night/ Serenity Central
Feb 6 - 12	Tuesday Afternoons
Feb 13 - 19	Wednesday Morning Serenity



**Did you know?**  
89 calls were answered in September  
and 90 calls answered in October.

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

## AIS Calgary Treasurer's Report

**Expenses**  
**Sept 1 - Nov 5**  
**\$ 410.40**

**Donations**  
**Sept 1 - Nov 5**  
**\$ 1,047**

**Balance per Bank**  
**November 5, 2022**  
**\$ 2,412.11**

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](mailto:aiscalgaryinformation@gmail.com).

# 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 January, March, May, September & November online. 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)

## Workbook Study

Each Monday  
at 7:30 pm

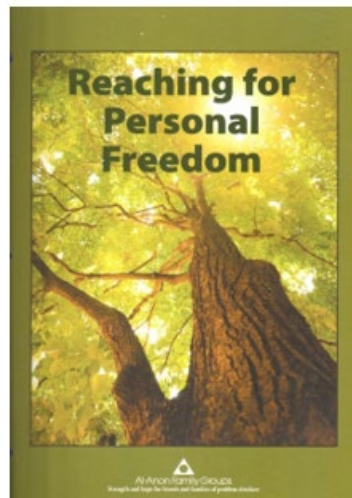
starting  
January 2, 2023

Strongly recommend a personal copy of *Reaching for Personal Freedom*.

Newcomers and long-time members welcome.

We're still meeting online pending renovations to our meeting space.

<https://meet.jit.si/CalgaryMonHillhurstFindingSerenityAFG>



## Upcoming Speaker Meetings:

**November 22, 7:30 pm - Hosted by McKenzie Circle**

Hybrid meeting: at McKenzie Towne Church in the SE (upstairs) or on Zoom: ID# 829 8703 6837 | passcode: 455470

**November 30, 7:30 pm - Hosted by Northern Hills Trailblazers**

Area Delegate Dianne will be sharing her story by Zoom. Hybrid meeting at Harvest Hills Alliance Church in the NW (in the portable in the back of the church) or on Zoom: ID# 97607082469 | passcode: 847497

**Gratitude Meetings:** We will send the complete list of Gratitude Meetings in an additional mailing before the end of the month. Please send your group's date to [aiscalgarynewsletter@gmail.com](mailto:aiscalgarynewsletter@gmail.com) by November 23rd!

# 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
Dec	Pending COVID Update
Jan	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
Dec	Pending COVID Update
Jan	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
November 7	Finding Our Way
November 14	Let It Begin With Me
November 21	Northern Hills Trailblazers
November 28	Finding Our Way
December 5	Northern Hills Trailblazers
December 12	Let It Begin With Me
December 19	Finding Our Way
December 26	Northern Hills Trailblazers
January 2, 2023	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
December 8	Let It Begin With Me
January 5, 2023	Northern Hills Trailblazers

# 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.

*Please Note:*

**We will be closed the week of December 26 - 30th  
and re-open on Wednesday, January 4th, 2023**

# Poetry from the Virtual Workshop

Acrostic Poetry has been used for thousands of years in many languages. At the ACSOA Virtual Open House on November 5th, we gathered a lot of wisdom about Al-Anon starting with each letter of the alphabet. Words can then be formed using these sentences. Enjoy!

**S**ervice is the practice of unconditional love.

**E**veryone grows in Al-Anon.

**R**ecovery works if I work it.

**E**xpectations... I did not have realistic ones.

**N**o is a complete sentence in recovery.

**I**'m no longer isolated in Al-Anon

**T**his too shall pass is an important slogan for me.

**Y**esterday was yesterday, leave it there.

**R**eaching out to my friends is what I need today.

**E**veryone grows in Al-Anon.

**C**hange my attitude, change my life.

**O**nly I can change.

**V**ery many people have found comfort in Al-Anon over the years.

**E**xpectations... I did not have realistic ones.

**R**ecovery is my focus.

**Y**es to service

A - Asking for help was the first step I took  
B - Belonging at last in the rooms of Al-Anon  
C - Controlling others did not work  
D - Detachment is a key to my recovery  
E - Everyone grows in Al-Anon  
F - Focusing on myself helps maintain my serenity  
G - Gratitude. I am grateful for the Al-Anon Program  
H - Hearing the answers took time  
I - Inclusive language helps with understanding and unity  
J - Judgement serves no purpose  
K - Kindness goes a long way in Al-Anon  
L - Al-Anon helps us to LOVE everyone in a very special way  
M - Minding my own business means martyrdom no more

N - No is a complete sentence in recovery  
O - Only I can change  
P - Patient progress, not perfection  
Q - Quiet thinking can bring serenity  
R - Recovery works if I work it  
S - Service is the practice of unconditional love  
T - This too shall pass is an important slogan for me  
U - Unity is a major key to understanding  
V - Victim mentality can leave your life  
W - What we think becomes who we are  
X - EXperience, Strength and Hope  
Y - Yesterday was yesterday, leave it there  
Z - Zoom has helped us stay together

# A Selection from the Forum

## Do You Love Me Today?

Growing up in an alcoholic home, I lived amidst instability and insecurity daily. Unlike children who grew up being told they were loved “to the moon and back,” or “this much” by someone with arms spread wide, I would ask my mother, “Do you love me today?” only to be answered with a shrug of her shoulders and, “Eh, same as usual.” She died when I was 15, and I never got a different answer.

When my son’s drinking grew out of control, I retaliated with all the fury that had gone unexpressed in my childhood. I lectured, punished, and bargained with God. I searched my son’s room; snooped in his drawers, closet, and car; rifled his pockets; tested him; and tried to smell his breath when he came close. I cajoled, belittled, and threatened. He lied, stole, and retreated to his room. He was angry and shut me out completely. It seemed I’d lost him. Only when I realized I was losing myself did things begin to change.

In Al-Anon, I learned to start taking care of myself and loving myself. Progress was slow at first because I thought I was unlovable. I felt like a failed daughter and mother. But as I became more aware of how my behaviors transferred my pain to my son, I began to change, to pull back and let him have the dignity and self-determination he is entitled to.

Recently, my son told me he’d tried heroin several months ago. He waited for my response. I waited for my Higher Power. Instead of being angry or upset or hurt, I looked into his eyes and saw my little boy, my son. I heard myself say, “Thank you for sharing that. Thank you for trusting me. I love you; I always have, and I always will.”

Before Al-Anon, I never would have been able to hear that what he was really saying was, “Do you love me today?”

*By Deirdre B., New York*  
*The Forum, November 2022*

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





# An Excerpt from Province Wide

## Dear Sponsor

*Dear Sponsor,*

*I have been feeling very down and isolated these days. With the cool weather and impending winter, I am really struggling. This time of year, brings back memories of my alcoholic family turning every event into a reason to party - Halloween, Thanksgiving, and don't get me started about the issues throughout December. I think that's why I don't relate to the religious aspect of the program; it's too tied to those holidays and so many sad times. When I am around people, sometimes I feel like I don't belong.*

*I am doing my reading but still feel blah. What can I do?*

*Signed Sad*

Dear Sad,

I understand how lonely it can be especially around big cultural events. Great that you are reading, but have you been to a meeting lately? If you are not comfortable attending in person, Al-Anon offers meetings online - just call the Al-Anon Central Services office at (204) 943-6051 and our volunteers will help you find one.

We are not a religious organization but are a spiritual fellowship and encourage newcomers to try six meetings before they decide how they feel about the group. It takes time to develop a sense of belonging and realize we are all on our own journeys of healing together. Take what you like and leave the rest. We have many members who practice religions of the world and find meaning in our program. We also have agnostics and atheists, and they likewise practice our program. It's all about what you put into it, and what you decide to take with you and incorporate into your life.

The important thing is to start feeling more connected, which you can do around others who have been through similar experiences. Many of our members have wisdom they will share that will bring you strength and that wonderful feeling of being understood, loved and like you belong. And if you are comfortable, many members will offer a hug at the end of the meeting if that helps. Things will get better, one day at a time.

\* \* \*

*Province Wide is the quarterly newsletter of our friends from Area 82 - Manitoba and Northwest Ontario*

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)

**The next newsletter deadline is: February 10, 2023**

### **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)