

Calgary AIS Newsletter

February 2023

Hello, Fellow Al-Anon members:

As Chairperson for AIS, I am responsible to monitor and maintain correspondence for our Calgary AIS email contact. We have received many emails over the holiday season and into January 2023, mostly asking for direction to a meeting list. A few individuals were seeking information about Al-Anon in general. Some queries were regarding Alateen meetings. The queries regarding meeting information were directed to the website: Al-Anon.org. As well, because we are still unable to offer Alateen meetings in the Calgary Area or Alberta/N.W.T. as a whole, these individuals were directed to go to the Al-Anon.org website to access information about Alateen or Al-Anon meetings in general.

At the last Assembly, it was decided that access to meeting information would be best served by directing queries to the WSO website. This highlights the importance of ensuring that your group meeting information is up to date and correct. Please send any information changes to the Alberta/N.W.T. group records coordinator: grouprecords@al-anon.ab.ca The coordinator forwards this information to WSO monthly. If you note any errors in the site posting, please contact WSO directly as indicated to make corrections as well as informing the Area Group Records Coordinator.

I have enquiries about the role of AIS as well as how to access contact information for the Al-Anon service arms in order to forward donations. This information can be accessed on the Al-Anon.ab.ca website under information for members (password: Area80). You can find a list of this information included in this newsletter.

At AIS, we are still looking for interested members to fill the following roles:

- Alternate Chairperson
- Alateen Coordinator for AIS Calgary
- Public Outreach Coordinator

The job descriptions are available on the website: Al-Anon.ab.ca under the AIS Calgary page. You can also access draft minutes of the AIS meetings on this same page. This is a great resource to keep your group informed about activities and needs across the Calgary area. AIS plays an important coordinating role for the groups to ensure that we are available for families and friends of alcoholics to find help through the help line monitoring, newsletter, Alateen support and liaising with professional groups or other public outreach initiatives as requested.

If your group does not have an Alternate Group rep (Information Services Representative), please have a look at the description of this role in the Al-Anon/Alateen Service Manual, 2023 (pages 65-67) and consider encouraging group participation at AIS. I would be more than willing to speak to any group that is wanting information and support from AIS.

Thank you for this opportunity to serve Al-Anon in the Calgary Area
Carolyn M, AIS Calgary Chairperson



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
<i>Vacant</i>	Alateen Coordinator	aiscalgaryalateen@gmail.com
Ally C.	Newsletter Coordinator	aiscalgarynewsletter@gmail.com
Cathy S.	Website Coordinator	calgary_website@al-anon.ab.ca
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
Monday, April 3, 2023

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

Are you interested in being the Alternate Chairperson, Public Outreach Coordinator or Alateen Coordinator? You can learn more about what each position entails on the AIS Calgary page of the Al-Anon.ab.ca website!



AIS Calgary Phone Monitoring Schedule

Week	Group Name
Feb 13 - Feb 19	Wednesday Morning Serenity
Feb 20 - Feb 26	From Despair to Serenity
Feb 27 - Mar 5	Letting Go
Mar 6 - Mar 12	Hillhurst Finding Serenity
Mar 13 - Mar 19	South Elbow Dr.
Mar 20 - Mar 26	One Day at a Time
Mar 27 - Apr 2	Let It Begin With Me
Apr 3 - Apr 9	Starting with Serenity (Monday)
Apr 10 - Apr 16	Monday Night Monarchs
Apr 17 - Apr 23	Northern Hills Trailblazers
Apr 24 - Apr 30	Spiritual Awakening
May 1 - May 7	Inner Peace



Did you know?
Approximately 90 calls are answered by Big Sky each month.

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

AIS Calgary Treasurer's Report

Expenses
Nov 5 - Feb 5
\$ 1,616.90

Donations
Nov 5 - Feb 5
\$ 310

Balance per Bank
February 5, 2022
\$ 1,105.21

As always, we are very grateful to all the Al-Anon groups who are donating 7th tradition funds to AIS. A big "thank you" to you all. Our cash flow is down for the last 3 - 4 months so we once again appeal to you that in order to keep the vital work and service of Al-Anon Information Services going, please consider sending us a donation, provided, of course, it does not impair your groups own finances. You can donate by cheque (PO Box 512, Station M, Calgary, AB T2P 2J2) or e-Transfer to aiscalgaryinformation@gmail.com.

Sincerely, David P. Treasurer

Al Anon Service Arms

Looking to make a donation to one of Al Anon's various service arms? As Carolyn mentioned in her report, here are the best ways to do that:

1. Districts

Contact your District Rep for information on how to direct donations. Information is available on page 6.

2. AIS Calgary

E-transfer: aiscalgaryinformation@gmail.com

Mail cheques:

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

3. ACSOA

E-transfer: order@al-anonbookstore.ca

Mail cheques:

ACSOA
Ann McCaig Building
303 Forge Road, SE
Calgary, AB. T2H 0S9



4. Alberta/N.W.T. Area 80

E-transfer: treasurer@al-anon.ab.ca

The question can be whatever you want, but the answer must be: *serenity* Please also note the name of your group somewhere in your transaction. This will ensure that your group will be acknowledged and a receipt given.

Cheques payable to: Alberta/NWT Area 80 Assembly

Mail to:

Donna Hogan
335-369 Rocky Vista Park, NW
Calgary, AB T3G 5K

Please respect anonymity and do not include any reference to Al-Anon on the envelope.

5. World Service Office:

Al-Anon Family Group Headquarters Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

Email: wso@al-anon.org

Al-Anon Family Group Headquarters Canada
275 Slater Street, Suite 900
Ottawa, ON K1P 5H9

Email: afgws@al-anon.org

Speaking Opportunities

Calling All Al-Anon Members Willing to Share Experience, Strength and Hope!

AIS Calgary and AIS Edmonton have been asked by Alberta/N.W.T. Assembly to develop a list of speakers willing to share stories of Al-Anon recovery. If you are interested, please answer the following questions and forward your contact information to: aiscalgaryinformation@gmail.com



Questions:

1. How many years of Al-Anon participation do you have? Do you have service experience?
2. What is your speaking experience? At what type of event are you comfortable with sharing your story?
 - have you spoken at a larger Al-Anon event? (workshop, convention)
 - have you spoken at an AA event with Al-Anon participation?
 - have you spoken at a Public Outreach event/with the professional community?
3. Where do you live/attend Al-Anon?
4. Are you willing to travel?
5. Is English your first language? Are you willing to share your story in a language other than English?
6. Do you feel comfortable speaking to groups of professionals?

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



Save the Date!

Spaghetti Dinner Online 2023
Hosted by Calgary Men's AFG

Saturday, April 15
Fellowship 6-7 p.m.
Speakers 7-9 p.m.

More info:

calgarymensmeeting@gmail.com

There are lots of events happening all across the different levels and areas of Al-Anon. Make sure you keep reading to learn more!

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
Feb	Pending COVID Update
Mar	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
Feb	Pending COVID Update
Mar	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
Feb 20	One Day at a Time
Feb 27	Northern Hills Trailblazers
Mar 6	Finding Our Way
Mar 13	Let It Begin With Me
Mar 20	Serenity Seekers
Mar 27	Northern Hills Trailblazers
Apr 3	Finding Our Way
Apr 10	Let It Begin With Me
Apr 17	One Day at a Time

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 2	Let It Begin With Me
Apr 6	Northern Hills Trailblazers

Literature Distribution Centre

Service Opportunity!



2022 has come to a close and your Al-Anon Bookstore (ACSOA) is looking for 2 volunteers to review our books for the past year.

If you have a solid knowledge of general accounting for small business and are familiar with such things as Bank Reconciliations, GST Calculation, recording of Accounts Receivable and Accounts Payable, Payroll guidelines and ability to read a very basic Financial Statement: Then you could be just the right person for us!

The time commitment would be less than 1 day and the date to complete the review is flexible.

Please contact Wendy at acsoa@al-anon.ab.ca for further information or questions.

Thank you in advance for your consideration.

Come See Us 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.

The Impact of Your Donations

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.

Upcoming Events

**Celebrate
the Golden
Anniversary
of the
Banff RoundUp**



**of
Recovery
in
The
Rockies**

FEBRUARY 24TH TO 26TH
The Banff Park Lodge
222- Lynx Street Banff, AB
1-800-661-9266
Room rate: \$157 and up
Registration only: \$45
Banquet and Registration: \$140
February 17th cutoff
Purchase tickets from
Calgary Central Office or
at www.banffroundup.com

Speakers:
Kacy R - Texas (AA)
Tony M - Oklahoma (AA)
John A - Texas (AA)
Ruth L - Quebec (AA)
Rhonda J - Connecticut
(Al-Anon)
Plus: Workshops
and Entertainment

"Struck something better than Gold."

Big Book p129



Banff Park Lodge
Booking ID: 462462.

Email: cgigbanffch@gmail.com for more details

We invite you to join us at the upcoming 2023 Banff Round Up! We have organized both an Al-Anon speaker and an Al-Anon workshop on the Saturday of the event. Rhonda J is joining us from Connecticut to share her story and we have Norma F and her husband participating in the workshop, sharing their story of recovery.

We are coordinating ride shares this year for Al-Anon members who would like to attend the day session on Sat, Feb 25. If you're interested in sharing a ride with another member, send the following details to banffrounduprideshare@gmail.com

1. Your name
2. Your phone number
3. Your Area/neighborhood
4. Whether you're looking for a ride or willing to offer a ride and the number of people you would like a ride for or can take with you.

Reach out with your questions to Jamie C, Alanon Liaison, Banff RoundUp, at swafg@gmail.com.

Register online at: www.banffroundup.com . You can also buy tickets from the AA Central Office and at the event.

Area 89 Saskatchewan
Al-Anon Day of Fellowship 2023
 February 25, 2023
 Zoom ID: 812 6240 6121
 Passcode: Fellowship



Join us for our 3rd Annual Day of Fellowship!
 Come for 1 hour or as long as you like!
 No registration required.
 Seventh Tradition- area89treasurer@gmail.com

For more information contact area89delegate@gmail.com or
area89webcoord@gmail.com

Time	Meeting Type	Chair/Speaker
11:30 A.M.	Log on	Mary C./Shirley D.
12:00 P.M.	Al-Anon Welcome and AFG Meeting	Mary C./Shirley D.
1:00 P.M.	Guest Speaker- Past Trustee	Norm W.
2:00 P.M.	Alateen Presentation	Lloydminster AMIAS
3:00 P.M.	Adult Child Speaker	Bill T.
4:00 P.M.	AFG Meeting-Topic-“Let Go and Let God”	Rose K.
5:00 P.M.	Parents/Grandparents Speaker	Carla A.
6:00 P.M.	AFG Meeting- Reading from Opening our Hearts	Linda B.
7:00 P.M.	Al-Anon Speaker	Jane D.
8:00 P.M.	AFG Meeting-Reading from As We Understood	Ruth B.
9:00 P.M.	Closing	Mary C./Shirley D.

R

FOR alcoholics

ADDRESS _____ DATE Feb 193

Always remember it

- 1. Trust God
- 2. Clean house
- 3. Help others

SOUTHERN ALBERTA AA ROUNDUP

Celebrating 61 years of Service



Morning Agenda

- 8:30 Registration
- 9:15 AA Call-Up Meeting
- 10:15 break
- 10:30 AA Speaker
- 11:45 break for Lunch

Afternoon Agenda

- 100 D.C.M. Update
- 1:30 AA Panel Meeting/Al-Anon (upstairs)
- 2:30 break
- 2:45 Al-Anon Speaker
- 5:00 Dinner

6p AA Banquet Speaker

7pm Adjournment

lunch is not provided but please join us for morning coffee and muffins!

Registration \$20

Banquet \$55

German Canadian Club
902 6 Street North
Lethbridge

www.area78aa.org

Saturday April 1, 2023

Contacts:
Stacy (403) 915-7159
Gary (403) 922-6305
Daniel (403) 593-4374
Cathy (403) 327-0025



AL-ANON CONVENTION

June 9-10-11

2023

Cardiff Community Hall (Morinville area)

Free Camping

A weekend filled with food, speakers, fellowship
and new friends you haven't met yet!

● Door prizes and 50/50 tickets at the event

● Tickets are now available

● Adult \$50 - Alateen \$25



Raffle tickets also available \$2 each

Raffle items (drawn at convention) :

Paintings, quilts, gift card tree, themed baskets

Values range from \$130 to \$500

Convention and Raffle tickets available at

2023conventiontreasurer@gmail.com

Info: Sharon 780-460-2976 or Candy 780-405-5031



A Selection from the Forum

Dancing in the Rain

My journey toward the spiritual life I've found in Al-Anon began when I was a young child growing up in an alcoholic family. But I didn't start down this road to recovery until halfway through my life, when I became concerned about my daughter's disease.

I was unhappy growing up. It's a classic story of family dysfunction that many of us experienced as children. My father's alcoholism was never treated, and he died prematurely because of his illness. I, too, went untreated for the effects of his alcoholism upon me.

It was a rocky road. I suffered from low self-esteem, intense self-judgment, an inflated sense of responsibility, people-pleasing, loss of integrity, and, above all, the need to control. I carried all these defects and more into my role as a mother to my struggling daughter, and, predictably, the situation only got worse.

I was a very hard sell on the first three Steps of Al-Anon, which pointed out my powerlessness and inability to manage the family disease of alcoholism, as well as my need for the help of a power greater than myself. My stubbornness cost me my health and my career. But once I did let go of my self-reliance and started working the Al-Anon program, my whole life changed for the better. The Serenity Prayer has been my mantra every day. I've learned to let go of what I can't change. I don't have the

power to free my daughter from her disease, but I can do my part to be healed from my own. This is where I've focused my work in Al-Anon.

My daughter has gone up and down the rollercoaster of her disease for 20 years, and right now she's in a very bad place. But that has only tested me more. My faith grows stronger every day when I release my daughter with love to her Higher Power, and I can firmly trust in mine.

Friends ask, "How do you do that? You make it sound so simple!" I tell them that, first of all, getting here hasn't been simple. I've reached this point only after years of poisoning my most important relationships with the defects I talked about earlier. I knew I had to change in order to be happy. Secondly, today I choose to accept whatever happens in my life, unconditionally, in faith. I read somewhere that pain is in resistance, not in acceptance or surrender. It's much less painful to let go and have faith that things are unfolding as they are meant to. I just have to get out of the way.

We all have different stories, but what has blessed me about the spiritual life I've found in Al-Anon is that I can always look within myself and find peace regardless of the storms raging around me. I'm learning how to dance in the rain.

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

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



Share Your Thoughts Online



Did you know that Al-Anon has a Members Blog where you can follow all of the topics online and join in on the discussion with other Al-Anon members across the globe?

They have a selection of regular topics and a Topic of the Month.

The topic for February is **“How has Al-Anon helped you, as a child of an alcoholic, “grow up”?”**

Check out: <https://al-anon.org/for-members/members-resources/member-blog/> to see what others are saying and get in on the conversation!

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: April 7, 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