

Calgary AIS Newsletter

April 2023

Happy Spring, Everyone:

I sincerely look forward to some warmer weather and watching the first spring perennials poke through the snow. This winter and spring has been challenging in many ways, not the least regarding support for Calgary AIS. Over the past three years, we have met five times per year over a ZOOM platform. During COVID shutdown, it was heartening to see how quickly and efficiently Calgary AIS stepped forward to assist the groups to keep meeting, albeit electronically, ensuring that the public still had access to support and Al-Anon members were able to continue to move forward in recovery.

AIS plays a very important role in supporting Al-Anon recovery, coordinating information and activities for groups and Districts 3,4,5 and 6. The 2022-2025 Al-Anon/Alateen Service Manual outlines our responsibilities on page 65-67. We are responsible for:

- maintaining a contact phone number accessible to the public seeking Al-Anon support.
- maintaining a post office box for listing with WSO and the groups in the area.
- receiving and forwarding phone, email and land mail for appropriate follow up.
- encourage and support accurate group contact information with Alberta/N.W.T. Area 80 and WSO.
- maintain a speaker list.
- serves as a channel for communication between public outreach initiatives, coordinating participation with the Districts in Calgary Area.
- responsible to hold regular meetings with Group Alternate reps or Information Service Representatives to keep the groups informed about AIS finances as well as maintaining coordination of monitoring services (group volunteer participation supporting phone answering services and subsequent 12 Step calls).
- support and produce a newsletter for the purposes of group and District communication regarding events as well as contact information for AIS coordinators and Districts.

We have a valuable communication and coordination role for Calgary Area Districts (3,4,5 and 6). We can only do this effectively with support from the groups.

I look forward to seeing increased group support and attendance at AIS meetings. We plan to hold the final meeting in person before we break for summer. Please access the AIS meeting draft minutes on our Alberta/N.W.T website (al-anon.ab.ca).

The in person meeting will be held at:
Church of Our Savior,
8831 Fairmont Drive, SE
June 5th at 7:00 pm

I look forward to meeting your group ISR members!

Together in Al-Anon Service,
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	

New Events Bulletin Coming!

Does your event fall in-between newsletter editions?

AIS Calgary is starting an alternating Events Bulletin! It will come out in May, July/August, October and December/January. (AIS Newsletters usually come out in Sep, Nov, Feb, Apr and Jun.)

Feel free to submit your event posters and/or details to aiscalgarynewsletter@gmail.com at any time and we will include them in either or both mailings as appropriate.

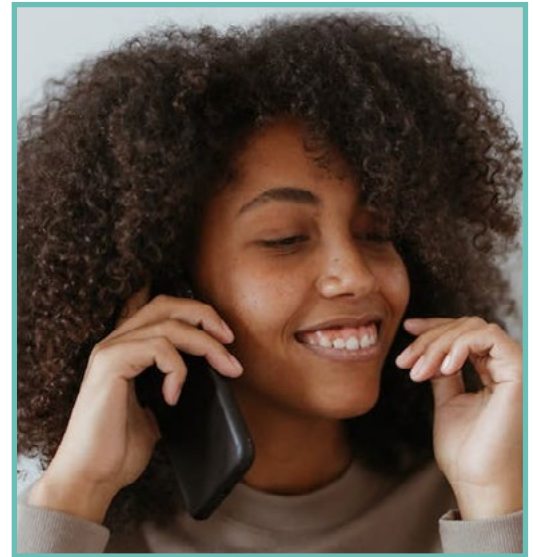
Are you interested in being the Alternate Chairperson, Public Outreach Coordinator or Alateen Coordinator? You can learn more about what each position entails on the AIS Calgary page of the Al-Anon.ab.ca website!

Join Our Next AIS Meeting!
Monday, June 5 | 7pm
 in-person at
 Church of Our Saviour
 8831 Fairmont Drive, SE



AIS Calgary Phone Monitoring Schedule

Week	Group Name
Apr 17 - Apr 23	Norther Hills Trailblazers
Apr 24 - Apr 30	Spiritual Awakening
May 1 - May 7	Inner Peace
May 8 - May 14	Southwest AFG
May 15 - May 21	Living the Legacies
May 22 - May 28	Calgary Mens AFG
May 29 - Jun 4	Finding Our Way Adult Children / Sun Evening AFG
Jun 5 - Jun 11	McKenzie Circle
Jun 12 - Jun 18	Chinook Monday Afternoons
Jun 19 - Jun 25	West Side / Paths to Recovery
Jun 26 - Jul 2	Pal-Anon
Jul 3 - Jul 9	Serenity Plus Adult Children



Big Sky Call Volume:

January - 69 Calls
February - 37 Calls
March - 49 Calls

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

AIS Calgary Treasurer's Report

Thank you so much to everyone who responded to Calgary AIS' appeal for support the past few months! Our financial outlook is much more positive.

Balance per Bank

Apr 3, 2023
\$ 2,694.56

Did you know that it costs Calgary AIS approximately \$6,000 / year to operate? That's about \$500 / month with approximately \$330 of that the monthly fee for the Big Sky call system.

If each group in AIS' service area donated \$175 / year, we would be in excellent position to having those expenses covered.

Thank you, always for your consideration!

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!

Northern Hills Trailblazers 25th Anniversary Celebration!

Open Meeting, Wednesday, May 31 | 7:30pm

Harvest Hills Alliance Church, 10099 Harvest Hills Blvd, NW
(Portable building at back of church)

Or Join on Zoom: 976 0708 2469 | 847497

Speaker, Fellowship, Fun, Refreshments

Restarting Downtown Noon Meeting In-Person

Starting May 9th & 11th, 2023

Noon on Tuesdays & Thursdays

Central United Church (1st Street & 7th Avenue SW)

Enter via back alley (press 0001 to be admitted). Down the stairs, turn right at the bottom, follow hallway to the end of the last door on the left.

The online meeting will continue on Tuesdays at noon as a separate meeting: <https://meet.jit.si/NoonTuesThursSerenityCentralAFG>

McKenzie Circle AFG Speaker Mtg

April 22nd at 10:00 am.
Wendy L is sharing her story.

McKenzie Towne Church
7 McKenzie Town Gate
(second floor on west side of building)

ZOOM: ID: 829 8703 6837
Passcode: 455470

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
Apr 17	One Day at a Time
Apr 24	Finding Our Way
May 1	Northern Hills Trailblazers
May 8	Let It Begin With Me
May 15	Serenity Seekers
May 22	Finding Our Way
May 29	Northern Hills Trailblazers
June 5	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
May 4	Finding Our Way
June 15	Let It Begin With Me

Literature Distribution Centre

WE NEED BAGS AND SMALL BOXES!



The Area Bookstore is looking for donations of bags and boxes for selling and shipping small orders of books.

Shoe boxes * Amazon boxes * Orange boxes * Shirt boxes
Grocery bags * Gift bags * Paper bags * Reusable bags * etc.

Please bring them to the Bookstore or the next Assembly.
Also please bring one when shopping.

Reusable, cloth bags from up-cycled material will also be available at the May Assembly for a donation to the Bookstore!

The Bookstore (ACSOA) is located at:

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

Going to Assembly in Red Deer on May 27th?



Pre-order Al-Anon literature for free pickup.

Deadline for pre-orders is **Thursday May 4th** to ensure that your literature is available for pick-up at Assembly. Pre-orders will only be processed once they have been paid for, NO COD at Assembly.

Sounds great, how do I pre-order?

Methods of Pre Order:

Please include your name, phone number, email address, group name, who will pick up the order, and indicate that it is for pick-up at Assembly.

Webstore: www.al-anonbookstore.ca

Email: order@al-anonbookstore.ca

Phone: 403-287-3397 Wednesdays and Thursdays between 9:30 am – 4:00 pm

Methods of Payment:

Etransfer: order@al-anonbookstore.ca (no security question required)

This is the **Preferred Method** of payment so the bookstore receives the full amount of the payment without any service charges. Orders placed via the webstore can be tagged "Pay at Store" and the amount etransferred afterward.

Cheques: Can be made payable to ACSOA and mailed to: Ann McCaig Building, 303 Forge Rd SE, Calgary, AB. T2H 0S9. Cheque must be received before order will be processed.

Credit Card: Can be given over the phone or enter information during webstore shopping.

If not pre-ordered, there will be a **very limited** supply of literature available for purchase. Only books and workbooks will be available (no pamphlets, bookmarks, or small items at this time).

Upcoming Events



District 3 & 4 Workshop

**Saturday, May 6, 2023
In-Person Event**

**Woodcliff United Church
5010 Spruce Drive SW, Calgary, AB
Fellowship 9:30am
Workshop 10:00am to 3:00pm**



Bring your own lunch, water bottle or travel mug ☺ Tradition 7 in support of the Workshop
Al-Anon Literature available for cash only ☺ Any questions email districtworkshop3and4@gmail.com

You can support the success of this workshop. Check out the service opportunities on the next page.

District 3 & 4 Al-Anon Group Reps and Contacts,

Our District Workshop is coming up on Saturday May 6, 2023, at **Woodcliff United Church** and will be an in-person event. Please distribute the poster to your group and other AFG members in the Calgary area.

Volunteers are required to put on this Workshop, so we have provided the following list of tasks, including a summary of each item the committee feels necessary to hold a successful and safe event. Talk to your group about which jobs the group (or individuals from your group) will commit to.

Thanks to the successful Workshop last year, we will follow most of the same guidelines. Only Coffee, Tea and Water will be provided, and once again we suggest that all volunteers and attendees bring their own lunch and cup/mug and water bottle.

In the spirit of the Al-Anon Program and to ensure everyone feels welcome, we respect that some individuals may prefer to mask &/or distance while others will not. We are each responsible for our own choices and self care while enjoying the fellowship, speakers/panel and breakout groups on Saturday May 6, 2023.

To volunteer for the jobs below, or if you have questions, please email: districtworkshop3and4@gmail.com .

Volunteers Required Before May 6th	
Program Preparation (printing, collating)	Suggest 1-2 volunteers . Individuals to work with committee prior to Workshop to print, collate and compile all Programs.
CAL Literature	Suggested 1 volunteer . ACSOA has already been asked to create a Consignment Order of CAL literature to be sold at the Workshop. This volunteer will return remaining materials to the bookstore following the event, along with cash from all sales.
Sound System Rental & P/U - Return	Suggested 1 volunteer . Contact Long & McQuade one week prior to Workshop to arrange rental of 2 powered speakers without stands, cables and 1 microphone with stand. Pick up on April 6 th (before 8 pm) and return equipment and return following event on Saturday April 6 th .
Volunteers Required On May 6th	
Set Up Crew	Suggested 2 – 3 Strong Volunteers. Arrive by 8:15 – 8:30 to set up tables, chairs and breakout rooms (if required). Set up diagram to be provided – will include general seating for attendees, plus Literature Table, Registration Table, Podium & sound system, etc. More detail to be provided to volunteer crew..
Sound System Set up, Testing and pack up	Suggested 1 volunteer . Arrive by 8:30 am to set up and test equipment prior to Workshop and take down/pack up equipment following event.
Breakout Group Lead	Suggest 6-8 volunteers to lead Breakout Groups. More information to be provided prior to Workshop. Please provide your name, home group and contact email.
Welcoming	Suggested 2 volunteers to Welcome Attendees. Arrive by 9:15 am to welcome all participants, direct to registration table, advise where washrooms are. Act as door monitor before start of Workshop, let in late arrivals. Ensure doors closed during event.
Registration Table	Suggested 2 volunteers at Registration Table. Manage Name tag distribution, 7 th Tradition, distribute Workshop Booklets, Sign In of attendees. Someone remains at table until Workshop begins or till a few minutes after in case of late arrivals.
CAL Literature	Suggested 1-2 volunteers . Sell CAL Literature before workshop begins and during breaks on Saturday April 6 th . Pack up materials following workshop and ensure Cash equals amount of sales. Cashbox and float will be provided.
Refreshments	Suggested 2-4 volunteers to take shifts throughout day. Making coffee, boiling water for tea and other hot beverages, ensure cold water available to refill Water Bottles, assist with filling coffee, tea and other beverages for individuals. Two to four shifts throughout the day based on number of volunteers. Kitchen clean-up to be included.
Clean Up Crew	Suggested 2 – 3 Strong Volunteers. Following end of Workshop to dismantle and put away all tables, chairs, etc so the space is the same as prior to event set up. Involves sweeping floors , taking out garbage and anything left in breakout rooms.

40th Annual AA Gratitude Round-up



June 9, 10, & 11, 2023

At the Glenmore Inn: 2720 Glenmore Trail S.E. Calgary, AB

Reservations call 403-279-8611 or visit: <http://www.glenmoreinn.com>

*ask about special rates for Roundup guests

AA Speakers Include: Lisa C. Portland Oregon

Bob B. St. Paul, Minnesota, Alan B. Los Angeles, California

Fred L. West Palm Beach, Florida

Al-Anon Speaker: Mary G. Venice, Florida

Ticket Information

Registration \$45.00- Admission for the entire weekend
Banquet \$100.00- Admission for the entire weekend, plus
the Saturday Night Banquet Dinner

Deadline to Purchase Banquet Tickets is June 4, 2023

Tickets can be purchased from
Calgary Central Services Office or Online at
www.gratituderoundup.com

Phone 403-777-1212

**Roundup Features include: Fellowship - Speaker Meetings
AA Workshops - Ice Cream Social - AA Literature Table
AA Archives Display - Al-Anon Literature Table - DJ on Saturday Night -
50/50 - World's Largest Gratitude Globe.**

Sponsored by Calgary General Service Committee.

AL-ANON AB/NWT AREA CONVENTION

WITH AA PARTICIPATION

June 9,10, 11, 2023

Let It Begin with Me

Friday, June 9, 2023

7:45_{pm} Doors Open / Registration
Fellowship/Refreshments

9:00_{pm} Call up meeting

Saturday, June 10, 2023

8:00_{am} Registration / Breakfast

9:00_{am} Al-Anon Speaker – Ian F (Edmonton)

10:00_{am} Break

10:30_{am} Workshop – Humour in Recovery
Olive W (Ft. McMurray)

12:00_{pm} Lunch by Donation (Hosted by AA)

1:00_{pm} AA Speaker – Gayle C (Edmonton)

2:00_{pm} Break

2:30_{pm} Call Up meeting
Fellowship

6:00_{pm} Buffet Dinner

Countdown – Al-Anon & AA

7:30_{pm} Keynote Al-Anon Speaker –
Sharon P (Calgary)
50-50 /Raffle draws

Sunday, June 11, 2023

8:30_{am} Breakfast

10:00_{am} Al-Anon Speaker – Rhonda L
(Grande Prairie)

Cardiff Community Hall

55320 RR 251,

Sturgeon County, AB

Coffee/Tea – 7th Tradition or
bottomless cup \$5.00

Beverages and snacks available

Convention TICKETS
\$50.00

Alateen \$25.00

Raffle TICKETS \$2.00

To obtain info or tickets:

2023conventiontreasurer@gmail.com

Sharon F. 780-460-2976

Candy B. 780-405-5031

***FREE CAMPING – No Hookups**

A Selection from the Forum

Love Replaces Fear

My journey toward the spiritual life I've found in Al-Anon When a doctor diagnosed my daughter with alcoholism, he said it would be a long journey. I had left her father because of alcohol-related family violence when she was very young. I had tried to help and fix by bailing her out of financial problems and taking care of her young son. I was exhausted, working two jobs, and absolutely desperate to save my beautiful daughter. I did not know that my taking responsibility for getting her sober was robbing her of the chance to solve her own problems.

Early in my Al-Anon program, I recognized over-responsibility as one of my major defects. Thanks to what I have learned in Al-Anon, including Concept Eight, which talks about delegation of authority, I am overcoming my impulse to micromanage and jump in to "help." I've realized I don't have authority over others, including my daughter. Letting go of my impulse to take over and focusing on my part has helped with family relationships as well as in service in Al-Anon.

Each morning of my long recovery journey, I reach for Al-Anon's daily readers. As I plug my mobile phone into the solar charger and open the ebooks on my screen, the wisdom in this precious Conference Approved Literature sinks deeper. Love replaces fear. I surrender to my Higher Power and feel the warm sun recharging me (and my phone). A tingle of delight reminds me to focus on my priorities and replace worry and the impulse to control with trust in others and my Higher Power.

*By Jennifer W., Australia
The Forum, April 2023*

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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 April is, **“How do you apply this year’s Conference theme, ‘Love, Laugh, and Grow Together,’ to your own recovery?”**

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 Events Bulletin deadline is May 5, 2023
The next Newsletter deadline is: June 9, 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