

June 2023 Newsletter

Happy June, Calgary Al-Anon Community!

We had 12 members at our hybrid meeting June 5th! It was good to see so many people at the in-person meeting as well as being able to offer a ZOOM option for those who could not come to the meeting at Lutheran Church of Our Saviour on Fairmont Drive. We have traditionally used this location for AIS Calgary meetings and are happy to hear that the church is very happy to welcome us back. Going forward, AIS will continue to meet five times per year and will offer a hybrid format for the meeting. Thanks to Gina for setting up the technology and to David P. for communicating with the church and ensuring access.

We had lots of good discussion around our main AIS activities: the monitoring service and Public Outreach. We still need a Public Outreach Coordinator for AIS. This is an important point of access for the professional recovery community with Al-Anon. I am pleased to accept an invitation from the Bowden Institute to participate in their Information Fair at the end of June. I, along with another Al-Anon member will take our information forward to that event. We are also scheduled to support Calgary Recovery Day in the fall. Stay tuned for the call to participate!

Our Monitoring Coordinator, Shellie O., notes that calls are down significantly over the past six months. The Big Sky Call Center is a major expense for AIS Calgary. We had only 33 calls to our phone number. In the past, the calls averaged around 75-80 calls per month. We engaged in a lot of discussion around the possible reasons for this drop in activity. Is this the optimal avenue of access for people wanting to find help from Al-Anon or are other access points used more frequently and effectively? We decided to investigate further.

We would like to encourage groups to ask newcomers where they found out about Al-Anon and how to access your meeting. Hopefully, we can work with the Districts and groups to come up with a sense of what avenue of access is most effective and used. This discussion will be brought forward to AWSCM for further discussion to see if other phone answering services are similarly affected.

Please remember that your group is very welcome to send a representative to an AIS meeting. We welcome the participation and input.

In the meantime, draft minutes of AIS meetings are available on the website: al-anon.ab.ca.

Stay in touch! Have an enjoyable summer!

Thank you for your support as your trusted Al-anon servant,

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
<i>Vacant</i>	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	

Don't Forget to Submit Your Events!

Does your group have an event or special meeting that falls in-between newsletter editions?

The next Newsletter edition will not come out until September, but we will put out an Events Bulletin in July, and possibly August if anything additional comes in.

Feel free to submit your event posters and/or details to aiscalgarynewsletter@gmail.com at any time.

Join Our Next AIS Meeting!

September 11 | 7pm

in-person at
Church of Our Saviour
8831 Fairmont Drive, SE
(with Zoom option!)

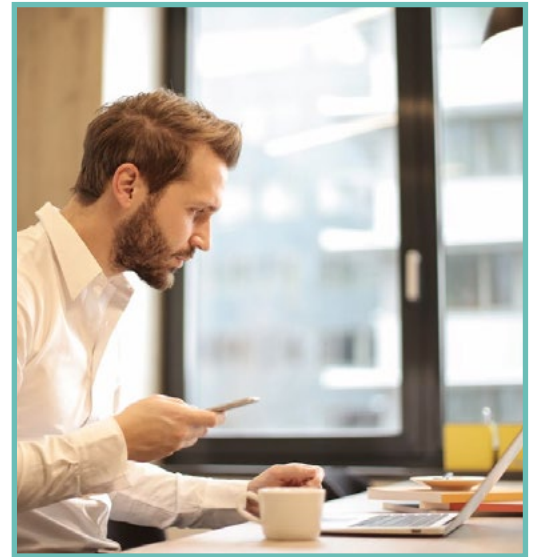


Did you know service can be a great way to advance your recovery?

There are still a few service positions available with AIS. Please see check for the vacancies above and let us know if you'd like to sign up!

AIS Calgary Phone Monitoring Schedule

Week	Group Name
Jun 19 - Jun 25	West Side / Paths to Recovery
Jun 26 - Jul 2	Pal-Anon
Jul 3 - Jul 9	Serenity Plus Adult Children
Jul 10 - Jul 16	Macleod Tr. AFG
Jul 17 - Jul 23	Airdrie Open Door
Jul 24 - Jul 30	Saturday Early Risers
Jul 31 - Aug 6	Tuesday Afternoons
Aug 7 - Aug 13	Wednesday Morning Serenity
Aug 14 - Aug 20	From Despair to Serenity
Aug 21 - Aug 27	Letting Go
Aug 28 - Sep 3	Hillhurst Finding Serenity
Sep 4 - Sep 10	South Elbow Dr.



**Big Sky Call Volume:
May : 33 calls**

*How are your newcomers
finding your group?*

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

**Balance per Bank
May 31, 2023
\$ 2,505.86**

Expenses April 3-May 31, 2023 totaled: \$737.25

Donations April 3-May 31, 2023 totaled: \$555.00

Donations can be sent by cheque: PO Box 512, Station M, Calgary, AB, T2P 2J2
or e-Transfer: 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

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! District 6 Workshop

October 14, 2023 | 12:30-4:30pm

Centennial Presbyterian Church, Calgary

Topic: Denial, Boundaries and Serenity

***Notice* Return to Fully In-Person Meetings**
Finding Our Way Adult Children Al-Anon Family Group
Tuesdays, 7:30 pm **starting July 4, 2023**
Centennial Presbyterian Church, 103 Pinetown Place NE

District Outreach Schedules

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
Jun 17	Finding Our Way
June 24	Northern Hills Trailblazers
July 3	Let It Begin With Me
July 10	Serenity Seekers
July 17	Finding Our Way
July 24	Northern Hills Trailblazers
July 31	Let It Begin With Me
Aug 7	One Day at a Time

Districts 3 and 4 are working on exploring new opportunities to work together on Public Outreach!

District 6 Outreach

Sunrise Rehabilitation Centre
1231-34 Avenue NE

Thursdays - Every 4 Weeks

6:00 pm supported by a District 6 Group
Suggested that volunteers arrive at 5:45 pm

Date	Chairing Group
July 13	Northern Hills Trailblazers
August 10	Finding Our Way
September 7	TBD

Literature Distribution Centre

Get Your Literature From the Al-Anon Area Bookstore!



303 FORGE ROAD S.E. CALGARY

Please enter through side door off parking lot.

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

A Selection from the Forum

Building My Castle on High Ground

The main drinker in my life has many wonderful attributes. One evening when he was drunk, however, he picked a meaningless argument with me that was useless and destructive. I used the tool of detachment that I learned in Al-Anon and quietly got up and walked into another room. As I walked away, he called out to remind me of all the caring and kind things he had done for me the past week.

It was true. He had done many nice things for me and our family that week. He was also capable of becoming irrational and belligerent with the help of alcohol. I could feel all the nice things wash away with his drunkenness that night. It was like I had built a beautiful sandcastle on the beach—each tower and moat constructed from his kind deeds, thoughtful gestures, and responsible actions—only to have it wash away when the inevitable drunken tide came in. How easy it used to be for me to put all my effort into building and believing in sandcastles,

only to be devastated when they were predictably destroyed by the alcoholic tide.

After six years in Al-Anon, I am learning to build my castle on high ground. The foundation and structure I build by going to meetings, working the Steps, talking to my Sponsor, sponsoring others, and engaging in service give me stability and resilience. I can watch the sandcastles go up and the waves come in from a distance, knowing that whatever happens with the tides of alcoholism, I am in a structure that can never be washed away, built with the help of my Higher Power and the support of a loving fellowship.

*By Kelly M., Utah
The Forum, June 2023*

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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 Events Bulletin deadline is July 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