

Sept 2023 Newsletter

Hello, Fellow Al-Anon Members in the Calgary Area,

AIS Calgary had a fairly quiet and uneventful summer. Since the last newsletter, myself and Dixie B. attended the Bowden Institute Information Fair on behalf of Public Outreach. A lot of interest was shown in our program, both for the inmates and their family/friend supports.

I have visited a few groups over the summer and was warmly welcomed. I continue to encourage your groups' support of AIS by sending your Alternate Group Representative or Information Services Representative to our meetings held five times per year in person as well as over ZOOM. The meeting minutes and location/ZOOM information are available in the draft minutes posted on the website: al-anon.ab.ca.

AIS is in need of volunteers to fill the following positions: Alternate Chairperson, Public Outreach Coordinator, Newsletter Coordinator and Webmaster Liaison. It is important that these roles be filled to maintain communication for the Al-Anon community in the Calgary Area. If we cannot find any volunteers to come forward, the September newsletter will be the last one until that position is filled.

Thank you to all the AGR/ISR's and interested members who attend AIS as well as the dedicated coordinators and liaisons who have and are serving. I greatly appreciate their hard work, enthusiasm and commitment to keeping Al-Anon in the Calgary Area informed and communicating.

"Together we can make it!"

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
Vacant	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
Vacant	Public Outreach Coordinator	calgarypublicoutreach@al-anon.ab.ca
Shellie O.	Monitoring Coordinator	aiscalgarymonitoring@gmail.com
Vacant	Alateen Coordinator	aiscalgaryalateen@gmail.com
Vacant	Newsletter Coordinator	aiscalgarynewsletter@gmail.com
Vacant	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!

November 6, 2023 | 7pm

In Person:

Church of Our Saviour
8831 Fairmont Drive, SE

On Zoom:

ID: 471 384 6072
Passcode: 987654

Are you interested in deepening your service experience? Please consider taking on one of the above noted vacant roles. You can learn more about what each position entails on the AIS Calgary page of the Al-Anon.ab.ca website!



Volunteer Opportunities!

Important Monitoring Update

Al-Anon Information Services currently hires Big Sky Call Center, an answering service provider, with live voices, to explain what Al-Anon is and how they can get information and find meetings are in Calgary, Cochrane and Airdrie. The phone number is displayed on our outreach materials and posters.

For some time we have seen the number of calls to Big Sky drop considerably. More and more people look right online for meeting information rather than calling.

During Covid for example we had up to 150 calls per month. Currently we are getting about 30 per month. Basically one a day.

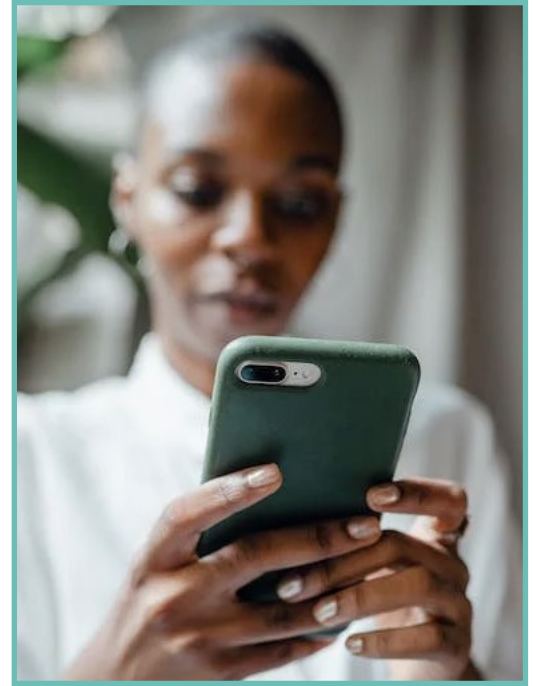
We would like to know how you would like us to proceed.

We feel we have two options:

#1 Keep the current system in place with Big Sky Call Center at a cost of \$260.00 per month.

#2 Change to a Telus Answering System at a cost of about \$20.00 per month. This would mean that the monitor volunteer would retrieve messages a couple of times a day and return calls within 12-24 hours. We could put together an easy script for the monitors that they can use if they choose.

We ask that GRs please share this at their meetings and collect the vote before AIS' next meeting November 6.



AIS Calgary Treasurer's Report

Expenses
May 31 - Sep 7
\$ 1,584.19

Donations
May 31 - Sep 7
\$ 1,882.80

Balance per Bank
September 7, 2023
\$ 3,009.42

Firstly, a big thank you to all the groups that contributed part of their 7th tradition to support the activities of AIS While we may not be able to thank each group individually, please know and please tell your group that the contributions are truly appreciated and make all the difference in keeping all relevant Al-Anon Information in Calgary up to date.

Our current bank balance is approximately \$3,000 and we are looking to maintain a prudent reserve of \$1500 and redistribute the surplus to the other various levels of Al-Anon service.

Once again thank you sincerely,
David P, Treasurer

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

Denial *to* Boundaries *to* Serenity

Denial is one way we shield ourselves from reality.
Boundaries: Where you end and I begin.
Serenity comes from trusting the Al-Anon program.

District 6: Fall Workshop

David P. - Al-Anon Speaker

Ron H. - Al-Anon Speaker

Norma G. - AA Speaker

Saturday, Oct 14, 2023

12:30 - 4:30 pm

Centennial Presbyterian Church
103 Pinetown Place NE, Calgary

Please bring a snack to share

7th Tradition appreciated



District Outreach Schedules



District 6 Outreach	
<p>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</p>	
Date	Chairing Group
October 5	Northern Hills Trailblazers
November 2	Finding Our Way
November 30	Let It Begin With Me
December 28	Northern Hills Trailblazers

District 6 Outreach	
<p>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.</p>	
Date	Chairing Group
October 2	One Day at a Time
October 9	Finding Our Way
October 16	Northern Hills Trailblazers
October 23	Let It Begin With Me
October 30	Serenity Seekers
November 6	Finding Our Way
November 13	Northern Hills Trailblazers
November 20	Let It Begin With Me
November 27	One Day at a Time

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

Literature Distribution Centre

Get Your Literature from the Al-Anon Book Store !



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.

Al-Anon Bookstore Workshop A Success!

This year the annual Al-Anon Bookstore (ACSOA) Workshop was held on Sept 16th in Red Deer (the same weekend as the Alberta/N.W.T. Area Assembly).

Naturally, we wanted to feature the new daily reader "A Little Time For Myself".

So Heidi - our Area Literature Coordinator - gave an introduction about how the new reader was designed not only for content, but also to ensure the layout, fonts, and spacing maximize its appeal to readers.

Keeping with the theme, four speakers shared on self care related to mental, physical, spiritual and emotional health. Special thanks to John, Gisela, Sally and Carol for sharing with us.

"A Little Time For Myself" contains 95 new topics in the index, so breakout sessions were held to read from the new book and share our own self care experiences.

Over 60 people attended. Free draws were held for journaling & coloring Gift Baskets, and a silent auction for beautiful handmade wool mittens. Excellent snacks were donated by local members for the event.

Thanks too from the ACSOA Committee to Jim our emcee, Ric who helped with bookstore sales, and everyone who attended, supported and made this event so enjoyable.



Other Upcoming Events

Pioneers Dinner 2023

October 14TH

1:00-7:00 PM

Tickets:\$35

Available through Intergroup Rep.
or Central Office



Scan the QR code to purchase tickets

Speakers and Panelists

Verona S. - AA

Jim S. - AA

Joanne G. - AA

Dan A. - AA

Al S. - AA

Maryon K. - Al-Anon

Dalhousie Community Church
5511 Baroc RD NW Calgary

IN THE SPIRIT OF TRADITION 6 AA IS NOT ALLIED WITH ANY SECT, DENOMINATION,
POLITICS, ORGANIZATION OR INSTITUTION.

We invite you to join us at this year's Pioneers Dinner! This is an annual event where we celebrate the long history of AA and Al-Anon programs. There will be speakers from both programs, a panel discussion and a catered dinner. We're excited to share that Maryon K will be our Al-Anon speaker!

You can buy tickets through Eventbrite [here](#), through the QR code on the poster or in person at the AA Central Office.

Come and support the event and our speaker!

A Selection from the Forum

The First Step Was the Hardest

For me, Step One was the hardest of the Twelve Steps. Step One says, “We admitted we were powerless over alcohol—that our lives had become unmanageable.” I thought I was in control, and I didn’t want to admit my life was unmanageable. I thought I could fix my husband’s disease; I was just missing a piece of the puzzle. I heard about Al-Anon and decided to go to a meeting to get some insight on how to go about fixing him.

I thought I had tried everything. I poured every last ounce of my love into him, did everything for him, and tried to make everything perfect and easy for him. Heck, I even tried threatening him, screaming at him, and then punishing him with my silence. None of that worked. It’s torture watching someone you love continue to drink and become ever sicker in their addiction. I felt like I was watching him die. What I didn’t realize was just how sick I had become.

After the first meeting, I realized that no one was going to be able to help me fix my husband. No one could fix me either, but I decided that I could at least try to fix myself. I just didn’t know how to give up control. Every morning I would wake up and read Al-Anon literature and try my best to work the Steps.

After many months of meetings, I had a moment of clarity: If I had ever really had control, how could my husband have developed this disease? And if my life was as manageable as I claimed it was, why was my day full of anxiety and worry about him? It was all an illusion; I had never had control. I felt such a shift that morning. My body felt lighter. I no longer feel the need to control everything... And when I do, I go back to Step One.

By Tracy C., New Brunswick
The Forum, September 2023

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The Forum,
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

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