

HAPPY NEW YEAR TO ALL!

Welcome to the Alberta/N.W.T. Al-Anon/Alateen “KEEPING IN TOUCH” Area Newsletter



to Pat S, for the past 3 years as Newsletter Coordinator

Introducing

Candy B. (newsletter@al-anon.ab.ca) as the interim Newsletter Coordinator (until September 2024 elections).

I am delighted to step into the position of Newsletter Coordinator! This is a new and very different kind of service position for me. Yes, it will be a learning experience – the good news is ... I am not alone! I have been an Al-Anon member for almost 30 years; yet, this will be my first service position at the Area level. Over the years, I have held the following positions: Alateen sponsor, Group Rep, Alternate DR, Edmonton AIS secretary and Area Convention Chair. My current service positions are: District 19 Rep and treasurer for my home group (Before the Weekend, St. Albert). The 2024 Newsletter will focus on current information, such as: events, highlights from Area Officers & Coordinators and service-related personal sharings. Look for quarterly publications starting in March! The next deadline for submissions is March 11th

2024 AL-ANON CONVENTION May 31st, 7:45 pm - June 2nd, 12:00 pm

Visit the website for ALL information – from ordering tickets for the weekend to purchasing logoed merchandise.

www.keepitsimpleconvention2024.ca

A Little Bit about My Service Journey... by Sharon P (Alt Delegate/Budget Chair)

January is always a good time to pause and reflect on my Al-Anon service. I have had the opportunity to try many different interesting roles; from being a GR, Alt GR, work at the district level as Secretary and District Rep. Today, I am Secretary to my home group Mill Creek Morning AFG and have the honour of being the Area Alt Delegate/ Budget Chair. No matter what level of service I do, I feel like I'm in the middle of my program. There are always new opportunities to learn more about the Al-Anon program and make new friends along the way. I gain new perspectives on my recovery and it gives me the chance to steward what was so freely given to me.

Did I know everything about the position of being District Rep? Absolutely not! In fact, when I realized I had to be a leader, it terrified me. I questioned my ability. As the position grew on me, I gained confidence, received advice from other members and before I knew it, I really enjoyed my role! The same thing happened when I had to present my first budget. And now I truly enjoy it. Even answering all your questions!

There is a Chinese character for danger that is the same for opportunity, anxiety, fear and uncertainty. My most important learning experience about service is that Al-Anon is a very safe place to take some risks. As long as you are passionate about the task and what it entails and have a willingness to learn, the opportunities and benefits will be yours! A service sponsor can be a huge help – not only in learning a position but also in helping you consider where you'd like to share your time and energies.

My deepest honour has been to sponsor members and walk beside them on their journeys of recovery. It's been a true gift of our wonderful program!

This September, Area 80 will be holding elections. Right now is an excellent time to think about what your interests are and where and how you might contribute to the program. Talk it up with your friends. You might be surprised what your Higher Power has in mind for you.

Wishing you the best in your service journey – wherever it leads you!



Does Al-Anon WSO have current and accurate information about your meeting?

Some important meeting information is: {date & time / name of facility, address (with details of meeting area), city or town & postal code / contact information of CMA & GR – with email & phone numbers}

If WSO and Area Group Records does not have up to date meeting information ... a newcomer will probably not find your meeting!

Submit all changes to Donna J at grouprecords@al-anon.ab.ca or (780) 967-3356.

Hot tip - it's easier for her if you phone!

The Forum - Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery ... experience and insight you won't find anywhere else! Order at al-anon.org/forum



Take a look in the new January 2024 Forum. A member from Alberta was published (page 14/15) after submitting her personal share to WSO!

SEE YOU IN MARCH!