

A Message from Our AIS Chair

Greetings from Calgary AIS. We had our first meeting of 2024 on February 5th via ZOOM with 13 groups sending a representative. We had good discussions and participation. I look forward to working with Calgary Area groups over the next year as we move forward with some new initiatives with Public Outreach, the Banff Roundup and Gratitude Roundup with AI-Anon participation and Recovery Day.

Part of the mandate of AIS is to facilitate communication between groups and districts. The Calgary AIS newsletter is an important tool to keep members and groups informed about local events and issues. We are very pleased to welcome Kate L. to the role of Newsletter Coordinator.

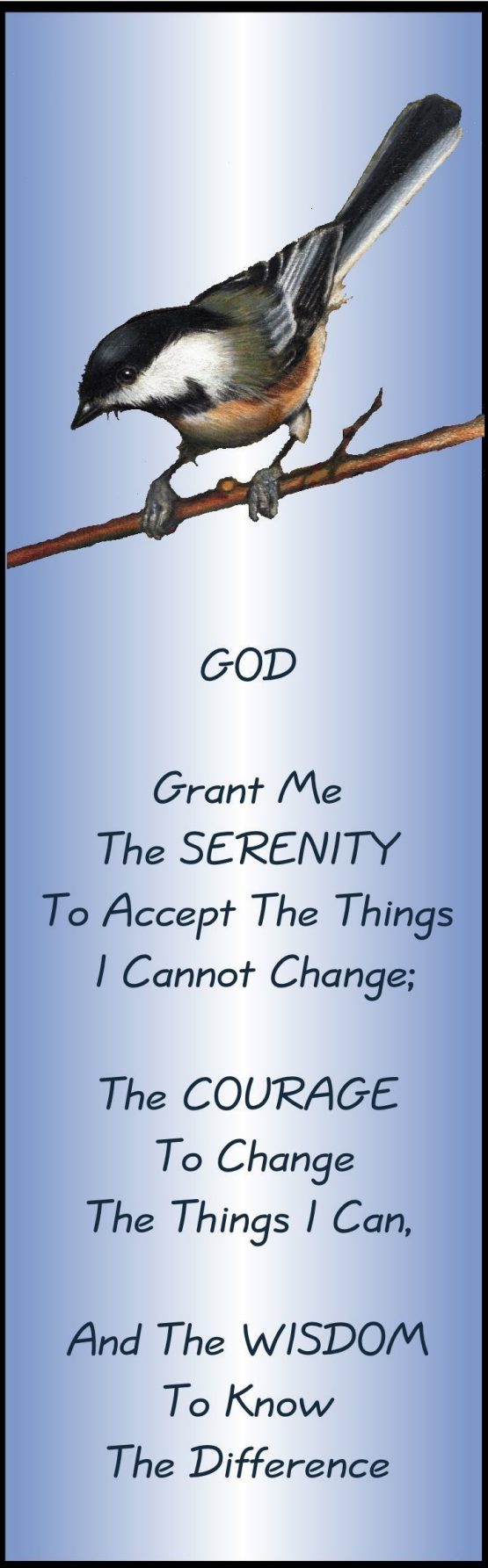
More good news: AIS Calgary welcomes Raman G., Anne C. and Catherine M. to the role of Public Outreach Coordinator. The team has met several times and organized some initiatives to work with the professional and treatment center community. These members are demonstrating that sharing workload and responsibility is a great way to get involved in service work without feeling overwhelmed.

Edmonton and Calgary AIS Chairpersons were tasked to develop a speaker list for the Alberta/N.W.T. Area. So far, approximately 35 members come forward. The next step is to determine the most effective way to keep the list available to the groups and develop a process to keep the list updated.

As Chairperson, I was able to attend workshops and various meetings throughout the year. Thank you to all who welcomed me to your meetings and allowed me to talk about AIS and service. We have a wealth of experience, strength and hope to share. Thank you for continuing to support AIS and effective communication for the Calgary Area groups.

Together in AI-Anon Service,
Carolyn M.
AIS Calgary Chairperson





Email aiscalgarynewsletter@gmail.com to subscribe to the Calgary AIS Newsletter, or submit information or a story sharing the experience, hope and strength of the AI-Anon program.
Next submission deadline: April 8, 2024

Alberta AI-Anon Website

Information about AI-Anon events, the current meeting schedule, public outreach, newcomer information, Alateen and so much more!

al-anon.ab.ca

Dates to Remember

March 1 to 3 - Banff RoundUp
(see poster on p. 6)

March 9 - AWSC (Area World Service Committee) virtual meeting

April 18 to 22 - WSC (World Service Conference)

May 25 and 26 - Assembly/AWSC

May 31 to June 2 - AI-Anon Alberta/NWT Area Convention (see poster on p. 7)

June 14 to 16 - Gratitude Roundup
check this website: gratituderoundup.com

September 21 and 22 - Assembly



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
Kate L.	Newsletter Editor, aiscalgarynewsletter@gmail.com
Vacant	Alateen Coordinator, aiscalgaryalateen@gmail.com
Shellie O.	Monitoring Coordinator, aiscalgarymonitoring@gmail.com
Carolyn M. and Anne C.	2024 AA Gratitude Roundup Liaison
Jamie C.	2024 AA Banff Roundup Coordinator
Vacant	Public Outreach Coordinator, calgarypublicoutreach@al-anon.ab.ca
Vacant	Website Coordinator

All Family Groups in Districts 3, 4, 5 and 6 benefit from participating in Calgary AIS. Does your group have a representative for AIS? This group service role is called the Information Service Representative (ISR) and is described on p. 66 of the

[Al-Anon/Alateen Service Manual, 2022- 2025](#)

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Calgary AIS meetings are held every other month and are virtual or hybrid.

AIS Meetings for 2024: April 8, June 3, Sept 9, and Nov 4.

Email calgarychairperson@al-anon.ab.ca to learn more or volunteer.

In Person:

Church of Our Saviour
8831 Fairmont Drive, SE

On Zoom:

ID: 471 384 6072
Passcode: 987654



Treasurer's Report

We sincerely thank all the Al-Anon Family groups in the Calgary and surrounding area for their continuing financial support to Al-Anon Information Services. It is a vital lifeline for people to connect and start attending both meetings and events. Your financial support is truly appreciated.

In 2023, donations totaled \$6,393 with expenses of \$4,682 the bulk of which was dedicated to our answering and information services through Big Sky Call Centres. In addition, there were expenses for Area assembly, workshops, public outreach, post office box rental and some bank maintenance fees.

For 2024, expenses are forecast to be \$6,130 (including a \$500 contingency for unexpected expenses). The plan includes an increase in expected expenses for public outreach but a decrease in our answering service fees.

The plan for 2024 was approved at our last meeting on February 5.

If you have any questions or need any further information please feel free to drop us a quick email.

Yours in service,
David P
Treasurer





Telephone Monitoring

We are hoping to have our new answering system in place for Monitoring April 1, 2024. There will be a one time charge of \$280.00 to port our number to our new system, then a monthly charge of \$35.00 per month.

The latest information on the number of calls we received: 82 calls in December and 115 calls in January.

Changing to an answering service will be successful if we schedule our monitoring week well, and retrieve and return calls promptly.

Thank you in advance for your service in monitoring for Al-Anon Information Services.

Shellie O.
AIS Monitoring Coordinator
aiscalgarymonitoring@gmail.com

Recorded Message on Al-Anon Answering Service:

"You have reached Al-Anon Information Services.

For meeting times and locations, please visit our website at: al-anon.ab.ca (spell this out).

If you have questions about Al-Anon or would like to speak to a member, please leave your name and number and someone will call you back within 24 hours or less.

If you would like us to call at a certain time, let us know in your message and we will try to accommodate your preference. You may request a call or text, or leave your email address.

Thank you for calling."

Information for Telephone Monitoring Volunteers

Suggested Guidelines:

- Monitor phone messages from 9:00 am to 9:00 pm.
- Call 403-266-5850, then enter (code) to retrieve messages.
- Check the answering system every 4 hours.
- Examples for scheduling (to decide among the volunteers for the week): Someone can cover days, someone else evenings, or one person Monday & Tuesday and another Wednesday & Thursday.
- Recommend an Al-Anon meeting by going online to al-anon.ab.ca
- Listen, encourage and support. In Al-Anon, we avoid giving advice.
- Please delete messages afterward.

LET IT BEGIN WITH ME

The 51st Banff RoundUp

MARCH 1,2,3

ACCEPTANCE, BELIEF, CHANGE



The Banff Park Lodge
Block ID #525466
222- Lynx Street Banff, AB
1-800-661-9266
Bow View Lodge
Block ID #525904



Email: cgibanffch@gmail.com for more details

In the spirit of tradition 6 A.A. is not allied with any sect denomination, politics, organization or institution.



Banff 51st RoundUp

We invite you to join us at the 2024 Banff Round Up! The poster with event details is attached and here is the link to register online. You can also buy tickets from the AA Central Office and at the event (while supplies last).

AA and Al-Anon International speakers; Includes Workshops and Saturday Night Banquet (only 120 seats) 495 total conference capacity www.eventbrite.ca

We have organized a few Al-Anon events this year including an Al-Anon meeting Friday night, and an Al-Anon speaker, Al-Anon workshop and Al-Anon member meet & greet on Saturday, Mar 2. Therese S is joining us from Quebec to share her story and we have Cory S and her son Dylan S participating in the workshop, Live & Let Live - Supporting Healthy Relationships. We would like to see many members in attendance to experience both of these events!



Al-Anon AB/N.W.T. Convention 2024 Keep It Simple



Dates

May 31st, 7:45 pm to
June 2nd, 12:00 pm



Location

Cardiff Community Hall
[55320 Range Rd 251,](#)
[Sturgeon County, AB](#)



Tickets - \$50 each

Complete the [Google Form](#) on the Website, and receive your tickets by email.



Contact:

convention2024alberta@gmail.com



Visit the **website** for more information!

www.KeepItSimpleConvention2024.ca

Your ticket covers:

- Attendance for all days
- Access for camping
- Breakfasts (June 1st and 2nd)
- Dinner for June 1st
- Workshops, Speakers, and more!

Additional Costs

- Lunch (cash donation)
- Raffle Tickets (\$2 each)

Sometimes the only way I can determine whether I'm trying to control someone else or whether I'm simply expressing my feelings is by noticing how many times I say the same thing.

If I mention something that is on my mind and then let it go no matter what response I get, I am speaking sincerely.

If I repeatedly make similar suggestions or ask prodding questions again and again, I am probably trying to control.

If I am satisfied only when the other person responds in a way I consider desirable—agrees with what I've said or takes my advice—then I know I've lost my focus.

Courage to Change,
One Day at a Time in
Al-Anon II, p.29