

# "KEEPING IN TOUCH"

AB/NWT AREA 80 NEWSLETTER  
March 2024

## Send a Card to Your Delegate at the 2024 World Service Conference

Al-Anon's 64th Annual World Service Conference (WSC) will meet in Virginia Beach, Virginia, USA, April 18–21, 2024. Trusted servants enjoy receiving cards (of encouragement & appreciation) from members and groups in their Area while they are at the Conference. \*\*It could take 7-10 days via Canada Post. No physical packages will be accepted. Send cards and notes of support to:

*Diane Garden (Hold for WSC 4/18–4/21, 2024)*  
*The Founders Inn and Spa*  
*5641 Indian River Rd.*  
*Virginia Beach, VA 23464*  
*USA*

Please plan to have your cards arrive **after April 13<sup>th</sup>**.  
**Return address** – in the event that mail delivery is delayed  
*Diane Garden*  
*201 Woodvale Road West, NW*  
*Edmonton, AB*  
*Canada T6L 1E7*

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### Top Five Reasons for Your Group to Subscribe to "The Forum"

- 5.** The Forum communicates important news and information from the World Service Office directly to AlAnon groups.
- 4.** Representing The Forum to the group and encouraging members to submit sharings is one of the suggested responsibilities of a Group Representative.
- 3.** Having copies of The Forum on hand at meetings to send home with newcomers can encourage them to "Keep Coming Back!"

2. At just \$11 US per year in the US, Bermuda, and Puerto Rico, and \$23 US in Canada and other countries, The Forum is extremely affordable and a great value! Some groups even order multiple copies!

1. Chock-full of personal sharings by members on every imaginable AIAnon-related subject, including: our three Legacies, the slogans, sponsorship, AI-Anon tools, trusting a Higher Power, individual recovery journeys, and more. The Forum, as a concept, is Conference approved and makes an excellent source of meeting topics.

The Forum, October 2023

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## ALATEEN UPDATE

Thank you to all those that have indicated interest in serving Alateen as an AMIAS (AI-Anon Member Involved in Alateen Service).

I currently have 17 AI-Anon members certified as an AMIAS. This means that they can serve as an Alateen

Group Sponsor. I have five files in various stages of completion so I can send their information to WSO. I also have five files that are needing all the required information to proceed, and I have three people that I have been trying to make contact with.

In order to become an AMIAS, individuals must be a member of AI-Anon and have attended meetings for at least two years. Two Letters of Reference must be obtained from members of AI-Anon and a Police Information Check for the Vulnerable Sector is required. If there is a charge for the Police Information Check, it will be reimbursed. The applicant must also review the Area Safety and Behaviour Requirements and the Alateen Training Workshop, located on the Area Website at [al-anon.ab.ca](http://al-anon.ab.ca).

Once I have all the required information and the file is complete, I advise WSO and they certify the member as an AMIAS and I will then advise the new AMIAS.

For the Alateen meeting to take place, two Alateen Group Sponsors are required to be in attendance.

At this point, we don't have any active Alateen meetings taking place. In order for Alateen to go forward,

AI-Anon and/or Districts need to establish a meeting place and be prepared to support the Alateen meeting. There is information on how to start an Alateen meeting in the Alateen Service e-Manual that can be found at [al-anon.org](http://al-anon.org) under Manuals and Guidelines.

If you have any questions, please contact me at [aapp@al-anon.ab.ca](mailto:aapp@al-anon.ab.ca)

Respectfully submitted by Sharon Ferguson,

Area Alateen Process Person and Interim Area Alateen Coordinator

## PERSONAL SHARINGS ON SERVICE

Al Anon was recommended to me several years ago, as a way to get help with someone close to me, who is an addict. When I attended my first Al-Anon meeting, I was more than skeptical, but tried to keep an open mind at the same time.

As I walked down the hallway to the meeting room and heard peals of laughter and light-hearted voices coming from the room, I even checked with a staff member to confirm that this was indeed an Al-Anon meeting about to start. At that first meeting, I was so impressed by the warmth and acceptance that was shown to me as a newcomer.

As I continued to attend weekly meetings, I heard talk of an upcoming Business Meeting, and asked if I would be allowed to attend. Of course, I was made welcome at that meeting, and was surprised at how smoothly the meeting went. Members respected each other and no one talked over anyone else. It flowed smoothly, and I learned that members filled positions for Group Representative, Meeting Chairperson, Treasurer, Secretary, Literature Chairperson and more. I realized that Business Meetings allow members of my group to bring up concerns they may have as well as keep the weekly meetings organized.

When the position of Secretary became available, I decided to offer to fill the position. I was pleasantly surprised at the assistance I received from other members - through Agenda item suggestions, to past information about our groups' initial start-up, to general encouragement on my efforts. As I attended each Business Meeting, I became more sure of myself and felt that I had made the right choice by stepping into this service role. My self confidence has increased and I feel like I am truly a part of a team through my Al-Anon Group. This feeling of being a part of something has helped to take away the isolation that I felt before joining Al-Anon. Concept Four states that "participation is the key to harmony" and I have certainly found this through volunteering in my Al Anon group.  
~ Anonymous

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### Principles above Personalities

A very freeing principle that I have learned while doing service to Al-Anon is Acceptance, which I also refer to as non-judgement. Practicing this principle when interacting with members lets me show love, kindness and understanding. I always assume that others in service love Al-Anon like I do and that we don't always express that love equally or perfectly. This assumption has also been expressed to me as "Presume Good Will" by other members in Al-Anon service. I love this! Thank you! I have learned that when I presume good will, I no longer need to obsess about why others act (or don't act) the way they do and this allows me much more time to focus on my own responsibilities. Besides accepting others' personalities, I find it good practice to accept my own personality so that I don't waste time ruminating on my own shortcomings. (YES, I do admit I have

them!) Yes, I am human and despite my good intentions to serve, sometimes I have and will fall short of my own high expectations. It is important for me to remember that if I fail, I can learn and keep moving forward in my recovery. I have also learned that if I find myself struggling, catching myself and asking for help can bring a more positive result than my efforts alone.

My note to self: *Another's annoying personality can be a gift.* But that's a whole other topic!

~ M

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Walking through the doors into Al-Anon was frightening. I had no inkling what to expect, although I did see a glimmer of Hope. I came to see that things could change; I was desperate. I was also excited and wanted to learn everything as soon as possible. That is when I became frustrated. I had to learn step by step, this was going to take forever.

Knowing there was more to learn, I helped out in hopes to hear more wisdom. As the older members discussed things, I listened. When they spoke about the positions that needed to be filled, I thought, yes, I can do that. So, I volunteered. I was then able to ask them for guidance and further understand how to apply this program to everyday life outside the meeting, as well as with group members inside the meeting.

Service challenged me, to work my program with more intensity. It helped me identify those traits I did not care for in others. Only to realize that I had those traits as well. That was scary. Working the steps helped me see who I had become and what I wanted to change. There was work that needed to be done. One step at a time.

I volunteered on the group level then in AIS. The years I went to Area as GR, introduced me to working the Traditions more and more. When my position was complete, I accepted a position at Area. Working the Concepts helped me through and the principles of the program were difficult some days and nearly impossible on other days. But I managed. With the guidance of my Higher Power and my Sponsor I have learned more still. My goal is to work toward being a better person today than I was yesterday. Al-Anon has given me the opportunity and tools to be that better person.

Just a member who believes in Al-Anon and in Service, yours truly,  
~ Diane Garden, Alberta/N.W.T. Area 80 Delegate

## **GR & DR Information needed for active groups on the WSO site**

**Overview:** Is the group active or inactive?

Location: Name of facility, address, name of city or town with postal code.

Contact for group: This is at least one person, but two would be better - to be willing to receive phone calls, and answer questions about meeting if called.

Require their first name and initial of last name and phone number.

**Meeting Details:** Day of meeting, time of meeting.

What is your member count?

Is your meeting Attendees, Family and Friends only or Family, Friends and Observers?

Do you have a Handicap Access: Yes or No

Fragrance Free: Yes or No?

Location Instructions: Example, use side door, and follow hall to room 3.

**CMA - Current Mailing Address:** This person receives, and looks after the group's mail.

Group Name, Require their first and last name, full address with postal code, email address and phone number.

**GR – Group Representative:** Group Name

Require their first and last name, full address with postal code, email address and phone number.

It is much easier and quicker to change and update information, if you would just give me a call. (780) 967-3356 Thank you ):

~ Donna Jackson, Group Records Coordinator

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### **DATES TO REMEMBER**

April 15 – Send out Assembly Registration

April 18-22 – World Service Conference, Virginia Beach, USA

(AB/NWT Area Delegate attends)

May 3 – Send out Assembly Agenda & documents to membership

May 25 – Assembly, Red Deer

(all GRs, DRs, Coordinators, Officers, Past Delegates & Delegate attend)

May 26 – Area World Service Committee Meeting (AWSCM), Red Deer

(DRs, Coordinators, Officers, Past Delegates & Delegate attend)

May 31-June 2 – Area Convention, Cardiff Alberta

September 7 – Send out Assembly Agenda & documents to membership

September 21-22 – Assembly, Red Deer (2 days – elections of Officers & Coordinators)

(all GRs, DRs, Coordinators, Officers, Past Delegates & Delegate attend)

## So Much Support for Service

When I was first asked to consider becoming a Group Representative, I had no idea what was involved. It was the love of other members that gently guided me to further understanding, directed me towards the abundance of service tools available, and gave me the opportunity to grow in recovery together with them. I learned that there are many, many resources to support participation in service both in and beyond the group.

I was grateful for the abundance of service tools provided by the World Service Office (WSO). The [Links of Service \(S-28\)](#) can be downloaded for free and explains how one of our most valuable resources is our members themselves. The pamphlet [Service Sponsorship: Working Smarter, Not Harder \(P-88\)](#) showed me how to receive extra support in my service role by connecting with someone who had “been there and done that.” I came to understand that my recovery would blossom in service, not because I would do everything perfectly, but because I was not alone. Others with service experience were there to talk things through and reason things out with me.

As I moved beyond service in my group to become a District Representative (DR), I found it essential to use the [Al-Anon/Alateen Service Manual \(P-24/27\)](#), sometimes referred to as the “secret book of knowledge.” It gives guidance not only about group situations, but also regarding Al-Anon policy, resolving conflict, and applying the [Traditions](#) and [Concepts of Service](#) beyond the groups at the District, Area, and World Service levels. In addition to the *Service Manual*, I found the pamphlets [The Twelve Steps and Traditions \(P-17\)](#) and [The Concepts—Al-Anon’s Best Kept Secret? \(P-57\)](#), as well as [Talk To Each Other—Resolving Conflicts within Al-Anon \(S-73\)](#), to be useful guides for participating in service.

Additionally, the Al-Anon website, [al-anon.org](http://al-anon.org), is a rich and ever-evolving source of service tools. A searchable, digital version of the *Service Manual* can be found there under the “Member Resources” tab, as can a whole library of [Al-Anon Guidelines](#), which represent the collective service experience of countless members. The Guidelines address everything from Al-Anon Information Services and Literature Distribution Centers to Newsletter Editors, Area *Forum* Coordinators, and Public Outreach. The website also features a dedicated [Public Outreach page](#) with various tools, suggestions, and [downloadable posters](#) that can be customized with local meeting information.

Of course, our Al-Anon Conference Approved Literature (CAL) is perhaps one of our best-known resources, and, as a DR, there were many times I needed to see the full list. The [CAL Catalog \(S-15\)](#) can be accessed directly online or browse the [Online Bookstore](#). The CAL Catalog includes a complete list of service tools.

Whether in service or not, all members can subscribe to Al-Anon’s email newsletter [In The Loop](#), where announcements are made about new CAL, changes to policy, and other useful information such as the [Chairperson of the Board Letter](#), which keeps members who are involved in service updated about worldwide Al-Anon on a quarterly basis. Sharing information from *In The Loop* with your group, District, or Area is a valuable service in itself.

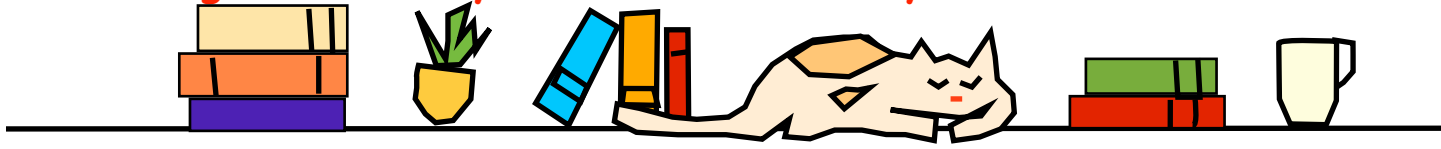
Finally, AFG Connects is our password-protected online community for members in service beyond the group level; it linked me to members outside my Area and allowed me to share and receive experience, strength, and hope. This most valuable resource from fellow members not only enhanced my service roles when I was a DR and Coordinator, but also enriches my current work-related responsibilities. WSO Staff members post news and information on the site, while members in service participate in discussions related to their service roles and have access to archived materials. AFG Connects truly demonstrates recovery in service. Sadly, it is often a forgotten service tool. If you are serving beyond the group level and need further information or support on how to access and use AFG Connects, please reach out to us at the WSO.

*By Tracey S., Group Services Specialist*

*The Forum, October 2023*

**Feel free to reprint this article on your service arm website or newsletter, along with this credit line:  
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## Going to Assembly in Red Deer on May 25/2024?



### Pre-order Al-Anon literature for free pickup

**Deadline** for pre-orders is **Friday April 26th** 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](http://www.al-anonbookstore.ca)

**Email:** [order@al-anonbookstore.ca](mailto: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](mailto: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).



# Al-Anon AB/N.W.T. Convention 2024

## Keep It Simple

### Dates

**May 31<sup>st</sup>**, 7:00 pm to  
**June 2<sup>nd</sup>**, 11:15 am

### 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](mailto:convention2024alberta@gmail.com)

 Visit the **website** for more information!

[www.keepitsimpleconvention2024.ca](http://www.keepitsimpleconvention2024.ca)

### Your ticket covers:

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

### Additional Costs

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





# Al-Anon AB/N.W.T. Convention 2024 Fundraising Items

**To order:** Complete the [Google Form](#) on the website



**Greeting Cards**  
2 cards for \$5



**Bookmarks**  
1 for \$1 or 3 for \$2



**Lip Balm**  
1 for \$3 or 2 for \$5



**Spatulas**  
2 for \$15



**Kitchen Bundle**  
1 spatula and 1  
dishcloth for \$10



**Backpack**  
\$10 each



**Dishcloths**  
1 for \$4, 2 for \$7  
3 for \$10, 4 for \$12  
5 for \$15, 6 for \$18  
7 for \$21, 8 for \$24



Visit the **website** for more information!

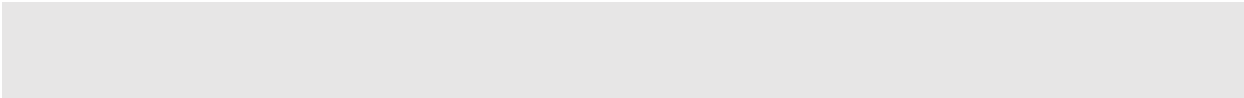
[www.keepitsimpleconvention2024.ca](http://www.keepitsimpleconvention2024.ca)

OPEN HOUSE  
**BRIGHTER**  
**TOMORROW AFG**  
5<sup>TH</sup> ANNIVERSARY

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**SUNDAY APRIL 14, 2024**  
**12:30PM – 2:00PM**

**TROIKA BUSINESS CENTRE**  
**#229, 41 BROADWAY BLVD**  
**SHERWOOD PARK, AB**  
**T8A 2G1**

- Potluck brunch
  - Al-Anon & A.A. speakers
- 

# Al Anon Reaching Out 50<sup>th</sup> Anniversary

Come join us [Tuesday, April 16th](#) to celebrate our 50th anniversary! There will be an Al Anon and an A. A. speaker to share their recovery in the program. Attend [virtually via Zoom](#), or [in person](#) for food and fellowship.

**7:30 - 8:00**

Fellowship

**In Person**

St Timothy's Anglican Church

8420 145 Street

**8:00 - 9:00**

Meeting and  
Speakers

**Via Zoom**

**9:00 - 9:15**

Closing and  
Fellowship

Meeting ID: 819 5579 4305

Passcode: 856254

*Members from **Convention** will be there to help members request tickets, sell fundraising items and raffle tickets, and share info.*

*Image from Unsplash*