

Dates to Remember

April 18 to 22 - World Service Conference

April 30 - 7:30 pm Speaker Meeting, McKenzie Circle AFG, 7 McKenzie Towne Gate, SE

May 11 - Districts 3 & 4 Workshop (poster on p.7)

May 25 and 26 - Assembly/AWSC (poster on p.9)

May 31 to June 2 - Al-Anon Alberta/NWT Area Convention (poster on p. 10)

June 14 to 16 - Gratitude Roundup website: [gratituderoundup.com](https://www.gratituderoundup.com)

September 21 and 22 - Assembly

October 5 - Al-Anon Bookstore Open House and Workshop (poster on p. 11)



A Message from Our AIS Chair

Happy Spring! It may be on its way!

We had a very successful April meeting for AIS on April 8th with 17 members in total attendance. Fifteen Calgary groups were represented.

Here is a brief update on what is happening with Calgary AIS this spring:

The new monitoring procedure is now initiated and seems to be going well. Shellie O. has sent out several emails regarding the changes and will contact your group ahead of your monitoring commitment to ensure that you have the new process documentation and can move forward with your monitoring service.

Calgary and Edmonton AIS are presenting on the potential for double-headed management at the May Assembly:

- areas of double-headed management
- challenges in communication between the levels of our service structure
- ensuring that AIS initiatives and operations are effect
- improvement in Al-Anon group and district representation and engagement.

Our Public Outreach team had a successful event with professionals early in March and is currently working with some of the Calgary recovery centers to support families and friends. They have some ideas about further work with various professional organizations in the area.

Alberta/N.W.T. Area has received certification from WSO to bring back in-person Alateen meetings in the area. Please connect with your group reps and District reps about the process and where we need to support the work to get Alateen meetings back for our affected teens.

We have been waiting for a Speaker list. It is now available and can be obtained by request: aiscalgaryinformation@gmail.com. Eventually, the list will be posted on the Area website: www.al-anon.ab.ca

We still have some service opportunities open at AIS:

- Alternate Chairperson
- Alateen Coordinator
- Webpage Coordinator

The job descriptions are available on the Calgary page on the Area website. If you want to strengthen your growth and recovery, consider a service position at AIS.

Reminder: the terms of office at AIS will end on December 31, 2024.

Meanwhile, I have enjoyed the opportunities presented by chairing the Calgary AIS committee. I look forward to meeting more members and visiting some of the groups before my term ends. It is an honour to serve as a trusted Al-Anon servant.

Carolyn M.

Alberta Al-Anon Website

See the Al-Anon Alberta website for information about Al-Anon events, the current meeting schedule, public outreach, newcomer information, Alateen and so much more!
al-anon.ab.ca

To access the AIS page:

1. Click "Info for Members" tab.
2. Type password: Area80
3. On the Info for members' page, select "click here" to see the Calgary Al-Anon Information Services (AIS) page

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

Take Serenity Wherever You Go

Download the AFG Mobile App: al-anon.org/mobileapp

Calgary Gratitude Roundup—June 14 to 16

<https://www.gratituderoundup.com/>

An AA Roundup is a weekend-long gathering of members of Alcoholics Anonymous, Al-Anon, Alateen, families and friends; anyone is welcome to attend. We come together as a fellowship to share our experience, strength and hope with each other. We meet new friends and have great meals.



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: 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



Courage to Change Beginners' Meeting
Peter Lougheed Centre, 3500-26th Avenue NE
Monday meetings, 7:00 pm

Call security 403-943-4502 and ask them to open the door by the elevators on 0 level and the door to the Auditorium.

From the main entrance of Peter Lougheed Hospital, make your way to the basement. Meet security at the door by the elevators, turn right, go down hallway and look for the Auditorium sign.

Date	Group
Monday, April 15	Northern Hills Trailblazers
Monday, April 22	Let it Begin with me
Monday, April 29	District 3
Monday, May 6	Airdrie Open Door
Monday, May 13	Serenity Seekers
Monday, May 20	Northern Hills Trailblazers
Monday, May 27	Let it Begin with me
Monday, June 3	District 3
Monday, June 10	Airdrie Open Door
Monday, June 17	Finding our Way
Monday, June 24	Northern Hills Trailblazers
Monday, July 1	Let it Begin with me
Monday, July 8	District 3
Monday July 15	Airdrie Open Door
Monday July 22	Serenity Seekers



Sunrise Healing Lodge

6:00 to 8:00 pm

1231 34 Avenue NE Calgary, AB T2E 6N4

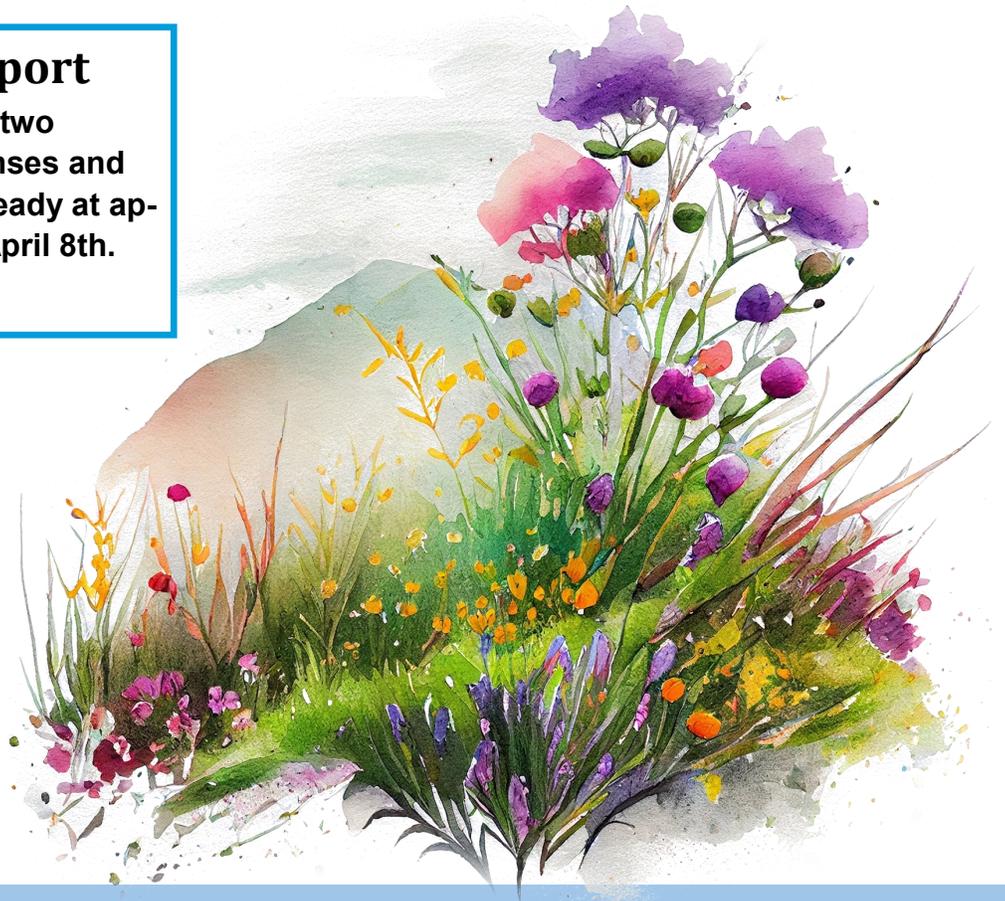
Phone 403-261-7921

Date	Group
Thursday, April 18	Finding our Way
Thursday, May 16	Let it Begin with Me
Thursday, June 13	Northern Hills TrailBlazers
Thursday, July 11	Finding our Way
Thursday, August 08	Let it Begin with Me
Thursday, September 05	Northern Hills TrailBlazers
Thursday, October 03	Finding our Way
Thursday, October 31	Let it Begin with Me
Thursday, November 28	Northern Hills TrailBlazers
Thursday, December 26	Finding our Way

Treasurer's Report

The donations for the last two months equaled our expenses and the bank balance holds steady at approximately \$3,300 as of April 8th. David P.

**LET IT
BEGIN
WITH
ME**



Sharing and Caring



- ◆ *Spirituality*
- ◆ *Growth*
- ◆ *Service*

Saturday, May 11, 2024

Fellowship: 9:30 am

Workshop: 10:00 am to 3:30 pm

Hope Lutheran Church

3527 Boulton Rd NW

Calgary, AB, T2L 1M5

Districts 3 & 4 Workshop

Email: districtworkshop3and4@gmail.com

Registration — Tradition 7

Bring your own lunch, water bottle, travel mug

Coffee, tea, water will be available

Contributions for dessert table are welcome

Al-Anon Literature will be available — cash only

Volunteers for District 3 & 4 Workshop

Our District Workshop is coming up on Saturday May 11, 2024, at **Hope Lutheran Church** and will be an in-person event. Please distribute the poster to your group and other AFG members in the Calgary area.

Volunteers are required to put on this Workshop, so we have provided the following list of tasks, including a summary of each item the committee feels necessary to hold a successful and safe event. Talk to your group about which jobs the group (or individuals from your group) will commit to.

Thanks to the successful Workshop last year, we will follow most of the same guidelines. Only Coffee, Tea and Water will be provided, and once again we suggest that all volunteers and attendees bring their own lunch and cup/mug and water bottle. Contributions for the dessert table are welcome.

To volunteer for the jobs below, or if you have questions, please email: districtworkshop3and4@gmail.com.

Volunteers Required Before May 11th	
Program Preparation (printing, collating)	Suggest 1-2 volunteers . Individuals to work with committee prior to Workshop to print, collate and compile all Programs.
CAL Literature	Suggested 1 volunteer . ACSOA has already been asked to create a Consignment Order of CAL literature to be sold at the Workshop. This volunteer will return remaining materials to the bookstore following the event, along with cash from all sales.
Volunteers Required On May 11th	
Decorating Committee	Suggested 3-5 volunteers . Create and set up centre pieces. Hang up 12 Steps and Traditions posters, hang up breakout room signs, tablecloths and any other room preparation. Arrive early to set up and decorate.
Breakout Group Lead	Suggest 8-10 volunteers to lead Breakout Groups. More information to be provided prior to Workshop. Please provide your name, home group and contact email.
Welcoming	Suggested 2 volunteers to Welcome Attendees. Arrive by 9:15 am to welcome all participants, direct to registration table, advise where washrooms are. Act as door monitor before start of Workshop, let in late arrivals. Ensure doors closed during event.
Registration Table	Suggested 2 volunteers at Registration Table. Manage Name tag distribution, 7 th Tradition, distribute Workshop Booklets, Sign In of attendees. Someone remains at table until Workshop begins or till a few minutes after in case of late arrivals.
CAL Literature	Suggested 1-2 volunteers . Sell CAL Literature before workshop begins and during breaks on Saturday April 6 th . Pack up materials following workshop and ensure Cash equals amount of sales. Cashbox and float will be provided.
Refreshments	Suggested 2-4 volunteers to take shifts throughout day. Making coffee, boiling water for tea and other hot beverages, ensure cold water available to refill Water Bottles, assist with filling coffee, tea and other beverages for individuals. Two to four shifts throughout the day based on number of volunteers. Kitchen clean-up to be included.
Clean Up Crew	Suggested 2 – 3 Strong Volunteers. Following end of Workshop to dismantle and put away all tables, chairs, etc so the space is the same as prior to event set up. Involves sweeping floors, taking out garbage and anything left in breakout rooms.

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

Email: 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 (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 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)



SAVE THE DATE
ACSOA
YOUR AL-ANON BOOKSTORE
ANNUAL OPEN HOUSE &
WORKSHOP

SATURDAY, OCTOBER 5TH, 2024
303 FORGE ROAD S.E., CALGARY,
 Details to follow in June Newsletter
 and on our Events Calendar at
www.al-anon.ab.ca

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 Al-Anon program.

Next submission deadline: May 5, 2024

One Day at a Time

This is a Monday meeting at 8:00 pm Mountain Standard Time

Join Zoom Meeting:

<https://us04web.zoom.us/j/98203124444?pwd=UTJXbjVxNHIRdURuNHd6TEhUUytQdz09>