# **Calgary AIS Newsletter**

| Dates to Remember   |   |  |
|---------------------|---|--|
| June 14 to 16       | Gratitude Roundup website: gratituderoundup.com   |  |
| September 9         | AIS meeting (information on p. 5)   |  |
|                     | Elections for AIS positions begin. Please consider joining us.  |  |
|                     | For more information about AIS, see:<br>https://al-anon.ab.ca/wp-content/uploads/2023/04/Guide-to-<br>Calgary-AIS.pdf |  |
| September 21 and 22 | Assembly  |  |
| October 5           | Al-Anon Bookstore Open House and Workshop (poster on p. 8)  |  |
| October 19          | District 6 Fall Workshop (poster on p. 9)   |  |





## A Message from Our AIS Chair

Greetings, Fellow Al-Anon Members:

It is hard to believe that summer 2024 may have actually arrived and that I have enjoyed the privilege of serving as AIS Chairperson for the past 29 months. We have experienced many challenges and successes during that time.

Weathering the challenges of COVID-19 restrictions was challenging for everyone, but equally challenging is getting our world back to our version of normality. Groups are now meeting in-person and hybrid, offering many options for members to attend and get support when they need it. We successfully changed our telephone answering system. The Public Outreach Team has been very active and Al-Anon's participation with AA at the two main roundups for the area has proven to be engaged and collaborative. Our Calgary webpage (al-anon.ab.ca) has proven an informative link for members

We are still actively looking for volunteers for the Alateen coordinator position. This is an important coordination role that can be done successfully by sharing the responsibilities. The Public Outreach team is an excellent example of how these service positions can be successfully shared. Please have a look at the job description and think about taking on this opportunity. Invite someone to work with you. Remember, service opportunities are also opportunities for personal growth.

I have enjoyed my tenure as AIS Chairperson. In particular, I have met new people, sat in different Al-Anon meetings, and heard many different perspectives and lessons for recovery. I was afforded many opportunities to further my personal recovery through working with others in the Al-Anon service world. Connecting with Edmonton and other AIS committees in Western Canada was very rewarding. My appreciation of the impact of Al-Anon locally and globally has been reinforced. Al-Anon Information Services is an important communication tool, providing the public with easy access to Al-Anon in our respective areas and assisting them to start on their journey of recovery.

Finally, AIS cannot accomplish any of our responsibilities without teamwork and the effort and dedication of the various coordinators who keep providing this valuable support tool to AI-Anon members and the public who want to find support.



Thank you for allowing me to serve. I will step down from this position in December. I am looking forward to supporting the next AIS Calgary Chairperson.

Enjoy the summer!

AIS will reconvene on September 9th. Elections will begin at that time. Please consider joining us.

Carolyn M. AIS Calgary Chairperson



#### 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! <u>al-anon.ab.ca</u>

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 <u>district03@al-anon.ab.ca</u> District 4 (SW) - DR is Carol B. Meets the 2nd Wednesday of each month online. 7pm-8:30pm | No meetings in July/August <u>district04@al-anon.ab.ca</u>

**District 5 (NW)** - DR is vacant Meets the 2nd Thursday of January, March, May, September & November online. 7:30pm <u>district05@al-anon.ab.ca</u> District 6 (NE) - DR is Sheila L. Meets the 2nd Tuesday of each month online. 7:00pm | No meetings in July/August <u>district06@al-anon.ab.ca</u>

#### 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.



### **Report on New Monitoring System**

Our new answering system has been up and running successfully for a few months. The feedback is positive from our Monitor Volunteers. We have fewer messages than we expected, likely because callers get website/meeting information on our recorded message.

I am stepping down from my position as Monitoring Coordinator this fall after five years. I have really enjoyed this position. It requires only about 15 minutes a week and I have enjoyed the gift of feeling an integral part of Al-Anon Information Services

I am happy to walk the next Monitoring Coordinator through this role. Please email me at aiscalgarymonitoring@gmail if you would like to discuss this.

Thanks to our Monitoring Reps and our Monitoring Volunteers!

Grateful in service, Shellie O. AIS Monitoring Coordinator

### **Monitoring Steps for Volunteers**

Please check the answering system 3 or 4 times a day. If you are new to monitoring – Introduce yourself, listen, avoid giving advice and direct callers to an Al-Anon Meeting.

Up to date meetings can be found at al-anon.ab.ca

- To Retrieve Messages:
- 1 Dial number: 403 266 5850
- 2 Listen to the message then Press 1
- 3 During second message press \*
- 4 Pin will be requested: Pin is 2665850#
- 5 Please delete messages after retrieving them by pressing 3.

Thank you for your important contribution to Al-Anon!





#### 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                                |  |
| Raman G.               | 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: Sept 9 and Nov 4.

Email <u>calgarychairperson@al-anon.ab.ca</u> to learn more or volunteer.

In Person:

Church of Our Saviour

8831 Fairmont Drive, SE

**On Zoom:** ID: 471 384 6072

#### Email aiscalgarynewsletter@gmail.com

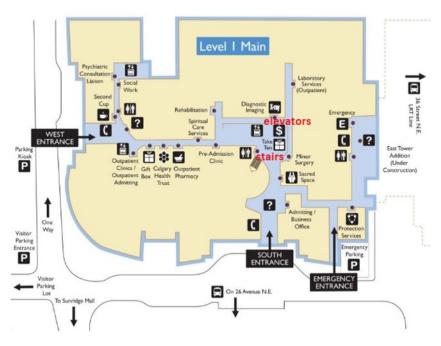
to subscribe to the Calgary AIS Newsletter, or submit information or a story sharing the experience, hope and strength of the Al-Anon program. Next submission deadline: September 12, 2024

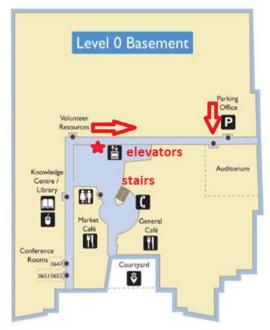


# Courage to Change Beginners' Meeting Peter Lougheed Centre, 3500-26th Avenue NE Monday meetings at 7:00 pm

When you arrive at Peter Lougheed, make your way to the basement (level 0) and find the door by the elevators.

Call security at 403-943-4502 and ask them to open the door by the elevators on 0 level and the door to the Auditorium. When the door by the elevators is open, proceed through the door and turn right. The Auditorium will be on your right.





## Date

#### Group

- Monday, June 10
- Monday, June 17
- Monday, June 24
- Monday, July 1
- Monday, July 8
- Monday, July 15

Monday, July 22

- Airdrie Open Door
- Finding Our Way
  - Northern Hills Trailblazers
  - Let it Begin with Me
  - District 3
    - Airdrie Open Door
      - 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, 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             |

# **AIS Secretary Position Requires Volunteer**

I was very nervous to become secretary for AIS, but felt I had the skills. My concern came from knowing very little about AIS. The previous secretary was a great help and cheered me on during my term.

I learned a lot about AIS, feeling more comfortable talking about AIS and enjoyed meeting so many different people from groups across the city. My job was to take minutes for AIS meetings, held five times a year. This took one hour of attending the meeting and two creating and sending out the minutes. I also took minutes for the informal District Rep meeting and AIS Chair, three times a year. Total time, probably two hours. Other duties are saving different documents for archives, and having a current group list and current email list.

The three years went so fast. It felt like a daunting commitment, but it wasn't at all. I am looking for a replacement. It is a great job, especially if your role is to attend.

AIS Secretary, Gina G

#### લ્સ*ઇ* કેલ્સ ઇન્સ ઇન્સ લ્સ

"In Al-Anon, I'm learning I don't have to be perfect to be of service."

A Little Time for Myself — A Collection of Al-Anon Personal Experiences, p.111

Calgary AIS Newsletter, June 2024

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

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

લ્સ બ્લુ*ઇ* જ ઇન્દ્ર ઇન્દ્ર



When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and *Let it Begin With Me*.



Calgary AIS Newsletter, June 2024

# **Fall Workshop District 6**

# The Serenity Prayer

# Saturday, October 19, 2024

## Registration: 12:00 pm - Tradition 7 Workshop: 12:30 pm to 4:30 pm

King of Glory Lutheran Church/Cornerstone Christian Assembly (*new location*)

# **2640 Rundlelawn Road NE Calgary**



Join us for Speakers, Fellowship and Snacks!