

KEEPING IN TOUCH
ALBERTA/NWT AREA NEWSLETTER
JUNE 2024



Al-Anon Declaration

Let It Begin with Me

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

A promotional banner for the 2024 Al-Anon Membership Survey. It features a man in a blue shirt working on a laptop with earbuds. The text "al-anon.org" is in the top left. The main text reads "2024 Al-Anon Membership Survey" in blue and black. Below that, it says "AVAILABLE JUNE 20–JULY 31, 2024!" in white on a dark background.

al-anon.org

2024 Al-Anon
Membership Survey

AVAILABLE
JUNE 20–JULY 31, 2024!

SERVICE OPPORTUNITIES

WSO – Trustee Vacancies.

Each year, three Trustee at Large positions become available through rotation of leadership. Annually, the Board also seeks to fill any vacant Trustee positions.

Each Area is invited to submit one candidate for Regional Trustee.

If you are wondering about the requirements for Trustee and the duties of the position – please contact Diane Garden at delegate@al-anon.ab.ca for further information.

ONLINE NEWCOMER SESSIONS

It's all about "Carrying the Message" in an informal online setting. A time for newcomers to ask questions about the program and for members to tell a bit about their personal recovery, as well as information, such as: attend 6 meetings, Conference Approved Literature, Steps & Traditions, Sponsorship, Spiritual program/not religious. Currently, there are 3 Area members in the province supporting this online session and find themselves scrambling for replacements when they cannot attend. Come check it out - Saturday mornings, 11am–noon. Find the link to the Newcomer Session on the Area website Home Page at <https://al-anon.ab.ca>

SEPTEMBER 21/22 - FALL ASSEMBLY (INCLUDES AREA ELECTIONS)

The following AREA SERVICE POSITION SNAPSHOTS are available to view on the Area Website, <https://al-anon.ab.ca> 'Info for Members' (password: Area80), then 'Documents for Area'

World Service Delegate

Area Chairperson

Area Treasurer

Alternate Delegate/Alternate Area Chairperson/Budget Chairperson

Area Registrar

Area Secretary

Resolutions Chairperson

Group Records Coordinator

Webmaster Coordinator

Chairperson, Al-Anon Central Service Office Alberta

Newsletter Coordinator

Literature/Forum Coordinator

Archives Coordinator

Public Outreach Coordinator

Area Alateen Coordinator/Alateen Process Person (AAPP)

Area Venue Coordinator/Alternate Treasure



My Service Journey: Where am I headed?

Have you ever thought about your Service story? Where you started, where you are now?

Were you surprised that you stepped up to be ISR (AGR), GR, DR, Convention Chair, AWSC member, etc.?

This worksheet was designed to guide you through your thinking process as you consider what's next on your Service Journey. As always, take what you like...

1. What AI-Anon Service position(s) have you held so far? (group level, beyond the group)

2. Why did you take these positions? Did another AI-Anon member/Sponsor encourage you?

3. Did you know everything about doing the position when you started? If not, how did you gather information?

4. Did you have any fear, uncertainty, anxiety, doubt after you said "yes" to a Service position?

5. What skills and new ways of thinking have you gained by doing AI-Anon Service?

6. What life experiences (career, interests, volunteer activities, etc.) could assist your AI-anon Service?

7. What Supports are in place to facilitate your Service Journey? (Meeting attendance, Sponsor)

8. Where to you see yourself next in relation to your Service Journey? What service positions might you be interested in? Why could these positions be a good match for you?

9. What do you know about these Service positions?

10. What do you need to know about these Service positions?

11. How will you gather information about these Service Positions? (phone calls, Service Manual, Guidelines)

12. What are the Pros and Cons about these positions?

Position Name: _____

PROS:	CONS:





Position Name: _____

PROS:	CONS:

Position Name: _____

PROS:	CONS:

What other questions do you want to ask yourself?

-  **Have I consulted my Higher Power?**
-  **Have I consulted my Sponsor &/or Service Sponsor?**
-  **Do I need to consult my family before making a decision?**
-  **Do I thoroughly understand the duties of the position I'm interested in Standing for?**

✚ Am I ready to make an informed decision? And make a commitment?

A NEW, REVISED PAMPHLET ON SPONSORSHIP!

Several years ago, the Literature Committee began discussing requests from the fellowship for a piece of Conference Approved Literature on sponsorship and service sponsorship. After more time, discussion, and information-gathering using the Knowledge-Based Decision-Making process, the Committee agreed that a piece on sponsorship and service sponsorship primarily made up of member sharings was needed, as none of the existing pieces that are focused on this topic include personal stories.

A recommendation was made, discussed, and approved by the 2023 World Service Conference, giving conceptual approval "to develop a comprehensive piece on sponsorship and service sponsorship using personal stories from Al-Anon members." Since then, a writing guideline has been developed, approved, and translated into French and Spanish, and is now available for distribution throughout the fellowship. Please share the attached writing guideline, and consider submitting your own experience, strength, and hope on this important topic.

The attached Writing Guide is also posted on the "[Send Your Sharing](#)" page of the Al-Anon website.

Sharings may be submitted online at al-anon.org/sharing, via email to wso@al-anon.org with "Sponsorship Piece" in the subject line, by fax to 757-563-1656, or by postal mail to Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. Sharings submitted in Spanish or French should be accompanied by an English translation.

Everyone has something to share about the Al-Anon program, whether you are a newcomer or a longtime member. *The Forum* (and other publications) publishes sharings that detail how Al-Anon has helped members recover from the effects of someone else's drinking—to improve and live happier lives. Our stories share our tears, fears, joys, and laughter and describe the ways we address and respond to the sorrows, miracles, setbacks, and steps forward that are part of our recovery journey.

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Alateen Update - June 2024

Thank you to all those that have indicated interest in serving Alateen as an AMIAS-Al-Anon Member Involved in Alateen Service. To date, there are 23 Al-Anon members certified as an AMIAS in the Area. This means that they can service as an Alateen Group Sponsor.

A Zoom meeting was held with the AAC/AAPP, June 15, so AMAIS can meet one another and talk about opportunities and challenges to starting an Alateen meeting. Discussion ensued with the AMAIS from Calgary, regarding getting a meeting started in Southeast Calgary. There will be another Zoom meeting held on **Sunday June 23 at 3:00 p.m.** for those that could not attend the first meeting. **If you are interested, please email aapp@al-anon.ab.ca for the zoom information.**

The AMAIS from Leduc have advised that The Leduc Monday Night Alateen meeting will be starting on Monday, June 24, 2024. Location: St. David's United Church, 4614 – 48 St., Leduc, AB. Time: 6:30-7:30. First one in the Area!! This is so exciting!!

The requirements to become an AMIAS are as follows:

- Individuals must have been a member of Al-Anon and attending meetings for at least two years.
- Two Letters of Reference from Al-Anon members must be obtained.
- A Police Information Check for the Vulnerable Sector must be obtained. If there is a charge for the Police Information Check, it can be reimbursed.
- The Area Safety and Behaviour Requirements and the Alateen workshop documents need to be reviewed. These are located on the Area Website at al-anon.ab.ca. The Alateen section is at the bottom of Info for Members - Password is Area80.

Once all the required information is received, references checked and the file is complete, the AAPP submits the member's information to WSO. After review of the information, WSO advises the AAPP when the member is certified as an AMIAS. The AAPP then advises the member of the certification as an AMAIS.

In this Area, two AMAIS, one being a Group Sponsor, are required to be in attendance for an Alateen meeting to take place. If two AMAIS are not available, the meeting cannot take place. It is up to the Al-Anon groups and/or Districts to provide a meeting location and be prepared to financially support the Alateen group. Without this support, Alateen meetings will not be available. There is information on how to start an Alateen meeting in the Alateen Service e-Manual which is found at al-anon.org under Manuals and Guidelines.

The Area will be having elections at the Assembly in September, and the AAC/AAPP position will be up. If you have any questions about the position, please contact me at the email listed below.

If you have any questions, please contact me at aapp@al-anon.ab.ca.

Respectfully submitted by Sharon Ferguson-Area Alateen Coordinator (AAC)/Area Alateen Process Person (AAPP)



A message on Al-Anon's TRADITIONS -

Groups that register with the WSO agree to abide by the Traditions and affirm that meetings will be open to *anyone affected by someone else's drinking*. While we say there are no "rules" in Al-Anon, we rely on the spiritual principles found in our Traditions, which are interpreted by policies found in the *Service Manual* created by the World Service Conference, Al-Anon's largest representative group conscience.

Our Cofounder Lois W. said it best:

We speak of the Traditions as guides. They are only that. They are not laws, rules, regulations or any other sort of compulsion. To those who are familiar with business or government, such lack of management control may be unthinkable.

What, then, holds the Al-Anon fellowship together? What makes it grow and show such astounding results?

It is based on a set of principles which its members use in solving problems related to alcoholism. Al-Anon derives its strength from concentrating those principles on that one problem. It holds together by means of a loving understanding among its members. Al-Anon is united—without organization, without management, without a chain of command or a set of rules—by its members' willingness to be obedient to the unenforceable.

Willingly they struggle to face up to their personal problems and solve them with the help of the Twelve Steps of spiritual remotivation. Willingly they apply the Twelve Traditions to the affairs of the groups. Nobody compels them. They are learning to overcome self-will, false pride, resentment and self-pity by recognizing that principles are more important than personalities and by accepting a program on which they know they can depend for help.

The Al-Anon Family Groups—Classic Edition [\(B-5\)](#), P166-167

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MEMO FROM GROUP RECORDS COORDINATOR

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 & 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.

Would need to give 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, Members first and last name. Full address with postal code.

Email address and phone number.

GR – Group Representative: Group Name

Members first and last name. Full address with postal code.

Email address and phone number.

Donna Jackson, Group Records Coordinator ☺ it's much easier and quicker to change and update information, if you would just give me a call. (780) 967-3356 Thank you):

~ PERSONAL SHARINGS ~

*Thank
You*

To my fellow Al-Anon/Alateen members in service at Assembly ~ I want to extend my sincere thanks for your understanding with the challenges you encountered with the

Registration process at our May Assembly. My unexpected fall on 21 May resulted in my hospitalization followed by a total left hip replacement surgery on the 24 May. Unfortunately, this precluded my ability to finish the final registration details as well as my being able to be present with you in Red Deer on the 26/27. The EMT personnel said I kept saying, "I don't have time for this, I have things to do!" My sincere thanks to Cecile L, GR, Spruce Grove and Olive W., DR, Fort McMurray and Leanne, Guest, Spruce Grove for stepping into the gap and ensuring you were looked after to the best of their abilities with service responsibilities they were not familiar with.

To everyone who signed the fabulous canvas card (so thoughtfully made possible by Maryon K, Past Delegate) with so many encouraging words and beautiful colours, thank you. It made me cry to realize how many prayers and best wishes were being sent my way.

For the first time at the Area level, I experienced that well-known Al-Anon phrase - "You are never alone in service" now applied on a deeply personal level - 'You are never alone'. Thank you for touching my heart so deeply.

I am home and, on the mend, trying to obey all my doctor's do's/don'ts.

I look forward to seeing you all in September for elections. Have you thought about putting your name forward for Registrar?

Sincerely, Lynn W.

Many links of service together make a strong chain—not a chain of command, not a chain that tethers, but a chain that connects each of us. The links of service start with me, as a member, contributing to my group. I show up, I help set up, I share, and I serve.

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Growing in Service

As a member of a permanent on-line “AI-Anon Family Group”, opportunities to serve in my home group seemed limited at first. After all, there was no room set-up to arrange, books to display, no one standing at the door to welcome members and newcomers. I soon came to recognize that we still can build a strong chain within our on-line group which connects each of us through service and provides on-going support to all members.

Within our AI-anon Family Group we have a member who maintains our lending library and bookstore, presenting book reviews from time to time during our regular weekly meetings. One member ensures that our meetings have a host each week. Another reaches out to newcomers by providing them with literature and a phone list of group members willing to share their time and experience. Our group’s finance manager oversees our monetary resources and our Tradition Seven is collected online through our group email account. There are opportunities for book studies and Step & Tradition studies outside of our regular meeting time; each organized and attended by members of our group. Many in our group are sponsors to individuals within and from outside our home group.

There is a richness in all my relationships with members of our home group that defies description. As I grow further as Group Representative and into areas of service beyond, I look forward carrying the voice of our group into other areas within AI-Anon, as we are but one small voice among many. Our collective voice, thoughts and opinions are valued within our District, and Area 80; ultimately, becoming a part of the decision-making process at the World Service Office.

Practicing the Twelve Steps in all our affairs brings us to a place of serenity. When we take this serenity with us into Service, we work in harmony alongside others to focus on our common goals and to find solutions that are in the best interest of all concerned. We are welcome to contribute to the well-being of our home groups and the larger AI-Anon fellowship, but it is not required. We are all free to contribute if we wish and from experience, service contributes significantly to personal spiritual growth.

The serenity I have found as I practice the Twelve Steps in all my affairs has allowed

me to work in harmony alongside others, focusing on common goals; resulting in solutions that are in the best interest of all concerned. My experience has been that Service has contributed significantly to my personal spiritual growth – and for that I am grateful!

~LMG~

The Spring Assembly is complete; we worked towards cleaning up some items. The Alberta Convention is now done. It was wonderful to see so many members enjoy the fellowship. This for me was a moment to remind myself that Al-Anon is so very much an important part of my life. To rejoice in the compassion and love; to be humbled by the truth you come to recognize, and the strength that you are blessed with to complete each day.

When I first arrived and crossed that “thousand foot” threshold of a door, I was already beaten down mentally. I did not see a future, I saw a bleak existence for my immediate future. There was not much hope in me to look forward to a change, of any kind. My motto at that time was to expect the worst. That way I would never be disappointed.

In looking back, I am surprised at the depth of my grief and despair and so very grateful that things have changed for me. Oh my, how things have changed. I found a program called Al-Anon. It gave me hope. Those at the meetings when I shared did not judge me for the immature and stupid things I did. The manipulative things I had done, people didn't point with disgust and say Get out! They did not laugh at the naivety I showed. They did not look away with disgust at the confused behaviors I was doing. Instead, they showed me through suggestions a different way to live my life. They spoke of how they too did silly things in hopes of a change. Only to find that things did not change until they personally changed; then things did change.

Of course, nothing really changed until I embraced the program. When I saw that I did not give my alcoholic the dignity to think and express his thoughts on his own, I recognized that I was controlling and manipulative. I was disgusted by those who felt I should heed their words of wisdom and change my ways, only to find out that they have no respect for what I have to say. Sadly, I was doing exactly what I disliked.

With the program I learned I could do better. Granted, I was not a super hero and a shining example each day, but I did grow. I recalled that I was still just a member of this program. Although I did learn many things, there was a plethora of things to learn. This is where it began, learning how to listen without judgement. Learning to forgive myself for being the fragile human that I am. Learning a different way

So, it continues, each day. Learning that when I am tired my reactions are based on my feelings rather than fact. Learning that when others do something I disagree with I can

Speak up and state my position without concern of being belittled or mocked. These are big changes. I am adapting, some days slowly and some days quickly. I am a lifelong member of this wonderful program of Al-Anon.

I am so very grateful to everyone in Al-Anon, you have shown me a better way to live. For that I thank you and I hope that something I may say, someday, will help someone in the program.

Diane Garden
Delegate Panel 62 Alberta/N.W.T. Area 80

THANK YOU

*You are all good friends to me,
Beacons in my stormy sea.
My mast was broke – my rudder gone!
You gave me hope to carry on.
My soul was lost, my life despair.
You gave me love, you showed me care.
My fears were great, my courage small.
You showed me how to break my wall.
Your souls you bared, your pain you shared –
Were keys for me to set me free.
My garden-soul was just a desert.
The seeds you sowed restored my Spirit!
This precious gift you gave to me,
Is mine for all eternity –*

*But only when I pass it on,
It truly does become my own.*

~ Vivian Ann S. *Friday Night Serenity AFG, Red Deer*

THOUGHTS TO LIVE BY

- ~ Faith is the substance of things hoped for, the evidence of things not seen
- ~ A good example is the best sermon
- ~ Every good thought is a prayer
- ~ What we pray for may not be for our ultimate good. "No" can be an answer to a prayer as well as a "Yes"
- ~ If you worry, why pray? If you pray, why worry?
- ~ No one is easier to deceive than oneself
- ~ The greatest fault of all is to be conscious of none
- ~ Any good that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again
- ~ No matter how hopeless the present problem may seem, remember: This, too, shall pass
- ~ Living in harmony with ourselves is essential to living in harmony with others
- ~ Fear is the enemy of good works; it is a deadly sickness of the soul
- ~ More things are accomplished by prayer than the world realizes
- ~ Knowledge advances one step at a time; let us be patient.
- ~ One with God is always in the majority
- ~ How poor are they that have not patience; what wound did ever heal but be degrees?
- ~ No one's knowledge can go beyond experience
- ~ The misfortunes that are hardest to bear are those that never come
- ~ Growth is the only evidence of life
- ~ A person who makes no mistakes usually does not make anything
- ~ Love is understanding, acceptance, and tenderness. If it tries to strangle and possess, it is not love

- ~ The more often we think and act honestly, the stronger the habit becomes
- ~ The journey of a thousand miles starts with a single step
- ~ The task ahead of us is never as great as the Power within us
- ~ They hurt the absent who quarrel with the drunken
- ~ Al-Anon is a kissing cousin to invention because they were both born of necessity
- ~ Beware of the rubber conscience and the concrete heart
- ~ The trouble with many of us is that in trying times we stop trying

Reference: Al-Anon pamphlet, P4, Alcoholism, the Family Disease, p20-21

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Al-Anon Central Service Office Alberta
(Bookstore)

Eat * Pray * Love Reading!

Open House and Workshop

When: 11:00 - 3:00 pm
Sat., Oct 5th, 2024

Where: Al-Anon Bookstore
McCaig Building, 303 Forge Road SE Calgary, AB
(403) 287-3397

Who: Open to all Al-Anon Members

Introduction *** Workshop *** Speakers *** Skit *** More

Bring Potluck Snacks to Share from 11:00am - 12:00
Activities from 12:00 - 3:00pm



Purchase CALiterature and tour the Bookstore!

District 6 Fall Workshop

New Location

King Of Glory Lutheran Church/ Cornerstone Christian Assembly
2640 Rundlelawn Rd NE Calgary

October 19, 2024

12:30-4:30pm



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Theme-The Serenity Prayer

JOIN US FOR SPEAKERS, FELLOWSHIP AND FOOD!

SAVE THE DATE

SATURDAY, OCTOBER 5th

NOON – 4:30pm

DISTRICT 19 WORKSHOP

on

SPONSORSHIP

ST. ALBERT UNITED CHURCH

20 GREEN GROVE DR

ST. ALBERT, AB

LIGHT REFRESHMENT SERVED DURING BREAK, TRADITION 7
district19@al-anon.ab.ca for more info

SEE YOU SOON

ST. ALBERT TUESDAY ANNIVERSARY MEETING

Celebrating 57 years of Fellowship

Please join us for snacks and fellowship, followed
by speakers,
Amy and Rhonda

June 25th, 2024, 8:00pm

Lacombe Clubhouse
145 Larose Dr.
St. Albert

AA CELEBRATING 49 YEARS
ANNIVERSARY ROAST BEEF
DINNER

HELPING EACH OTHER



ONE STEP AT A TIME

**Morinville Thursday Nite Step &
Tradition Group**

- When:** Saturday, September 21, 2024
- Where:** Morinville United Church, 9610 Morinville Drive
- Time:** 2:30 P.M. – 9:30 P.M.
- Speaker:** AA: Ron K. Edmonton Ten after Ten Group
AL-ANON: June M. St. Albert Tuesday Nite Group
- Schedule:**
- 2:30 p.m. - Doors open
 - 3:00 p.m. - Al-Anon Speaker Meeting
 - 4:00 p.m. - Open Call Up Meeting
 - 5:30 p.m. - Roast Beef Dinner
 - 6:45 p.m. - Countdown
 - 7:00 p.m. - AA Speaker Meeting
 - 9:00 p.m. - cleanup

Tickets: \$25.00 per person 6 years and older (limit of 100 tickets)

Available from Morinville AA and Al-Anon Contacts

AA- Robert M. 780-903-2094, Dale M. 780-932-2163, Gerald C. 780-939-2979.

Al-Anon- Candy B. 780-405-5031

NO tickets sold at the door- catered event.

Please buy or reserve you tickets in advance by calling one of the above.

ENJOY YOUR DAY!



SEE YOU IN SEPTEMBER