

Dates to Remember:

November 12 7:30 pm	Alateen Meeting McKenzie Towne Church 7 McKenzie Towne Gate, SE
December 10 7:30 pm	Gratitude Meeting—Bowmont AFG Bowness Seniors Centre 6422 35 Ave NW, Calgary, AB, T3B 1S6, Canada
December 11 7:30 pm	Gratitude Meeting—Calgary West Side AFG – Hybrid meeting In person: West Springs Church 816 78 St SW Zoom ID: 880 0094 3794 no password required, but there is a waiting room.
December 11 7:30 pm	Gratitude Meeting Northern Hills Trailblazer AFG Harvest Hills Alliance Church 10099 Harvest Hills Blvd NE
December 12 10:00 am	Gratitude Meeting—Living the Legacies AFG Edgemont Community Association 33 Edgevalley Circle NW
December 17 7:30PM	Gratitude Meeting—Finding Our Way Adult Children AFG Centennial Presbyterian Church 103 Pinetown Place NE Calgary
December 17 7:30PM	Gratitude Meeting—McKenzie Circle AFG McKenzie Towne Church: 7 McKenzie Towne Gate SE (Upstairs)
December 18 9:30 am	Gratitude Meeting—Wednesday Morning Serenity AFG McKenzie Towne Church: 7 McKenzie Towne Gate SE (Upstairs)
December 18 Noon	Gratitude Meeting—Gratitude Meeting—Serenity Seekers AFG Zoom: Email for link: ascensionafg@gmail.com
December 18 7:00 pm	Gratitude Meeting—Macleod Trail AFG Lutheran Church of Our Savior 8831 Fairmount Dr SE
December 19 7:00 PM	Gratitude Meeting—Let it Begin with Me AFG Tea and treats will be served. Centennial Presbyterian Church 103 Pinetown Place NE Calgary
December 21 9:30 to 11:00 am	Gratitude Meeting—Saturday Early Risers AFG St Peter's Anglican Church 903 75 Ave SW
December 21 10:00 am	Gratitude Meeting—McKenzie Circle AFG McKenzie Towne Church: 7 McKenzie Towne Gate SE (Upstairs)
January 30 10:00 am	Speaker Meeting — Living the Legacies AFG Edgemont Community Centre 33 Edgevalley Circle NW (poster on p. 9)
March 7, 2025	Family Fun Fundraiser for Convention 2025 (poster on p. 11)
June 6—8, 2025	Al-Anon Alberta/N.W.T. Convention 2025 (poster on p. 12) <i>Together We Can...</i>



Message from Our AIS Chairperson

Hello, Fellow Calgary and Area AI-Anon Members:

This is my last opportunity to share in our AIS Newsletter. I am so excited that we have a new, enthusiastic, energized AIS committee to serve for the next term!

Shellie O. has stepped forward to be the chairperson for Calgary AIS for the next term. I know that she and the new team will ensure that Calgary and Area continue to stay connected and welcoming to all persons needing our support.

It has been a great service opportunity for me. I have grown so much in my recovery and appreciate all the wisdom, support and patience of our fellowship.

I'm pleased to announce our AIS officers/coordinators for 2025:

- Chairperson: Shellie O.
- Alt Chair: Christina N.
- Secretary: Gina G.
- Treasurer: David P.
- Newsletter: Kate L.
- Alateen: Vacant
- Monitoring: Randy H
- Gratitude Roundup: Anne C/Carolyn M.
- Banff Roundup: Jamie C.
- Public Outreach: Raman G.
- Website: Vacant

Thankfully, yours in AI-Anon Service,
Carolyn Miron
AIS Calgary Outgoing Chairperson

Alberta AI-Anon Website

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

To access the AIS page:

1. Go to al-anon.ab.ca
2. Click "Info for Members" tab.
3. Type password: Area80
4. On the Info for members' page, select "click here" to see the Calgary AI-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 at 7:00 pm and are virtual or hybrid.

AIS Meetings for 2025: Feb 3, Apr 7, Jun 2., Sept 8, Nov 3.

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



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. Submit information for the December Events Bulletin by **December 5.**



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 – When the message begins, press 1
- 3 – During the second message, press *
- 4 – When pin is requested, enter 2665850#
- 5 – Please delete messages after retrieving them by pressing 3.

Thank you for your important contribution to Al-Anon!

Monitoring Schedule December 29, 2024 – January 3, 2026

Dec. 29 2024–Jan. 5 2025	Serenity Plus Adult Children
Jan. 6 – 12	West Side Paths to Recovery
Jan. 13-19	Macleod Trail AFG
Jan. 20-26	Airdrie Open Door
Jan. 27- Feb.2	Saturday Early Risers
Feb. 3-9	Starting with Serenity Tues. Night
Feb. 10-16	Tuesday Afternoon AFG
Feb. 17-23	Wednesday Morning Serenity
Feb. 24-Mar.2	From Despair to Serenity
Mar. 3-9	Letting Go AFG
Mar. 10-16	South Elbow Dr
Mar. 17-23	Let it Begin with Me
Mar. 24-30	Monday Night Monarchs
Mar.31-Apr.6	Northern Hills Trailblazers
Apr.7-13	Spiritual Awakening
Apr.14-20	Inner Peace

**Monitoring Schedule December 29, 2024 – January 3, 2026, continued**

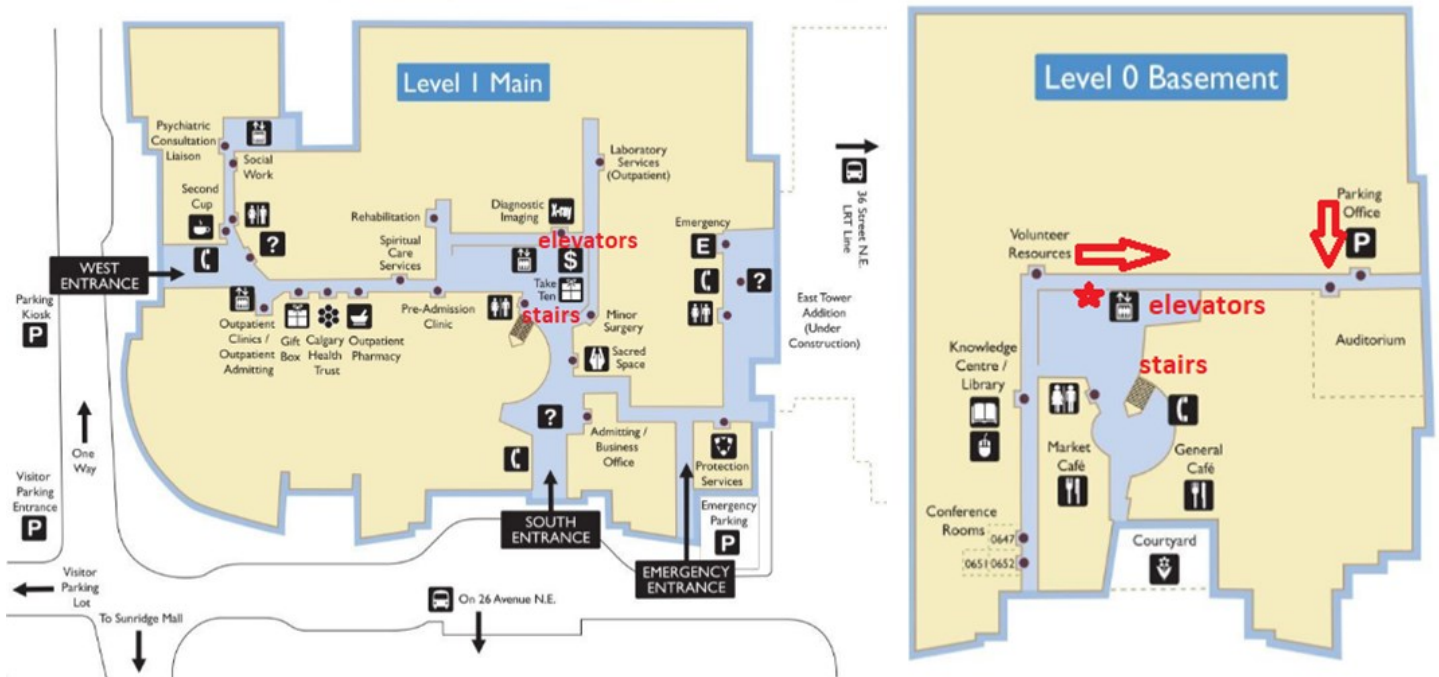
Apr. 21-27	Southwest AFG
Apr. 28-May 4	Living the Legacies
May 5-11	McKenzie Circle AFG
May 12-18	Chinook Monday Afternoons
May 19-25	West Side, Paths to Recovery
May 26-June 1	Pal-Anon
June 2-8	Serenity Plus Adult Children
June 9-15	Macleod Trail AFG
June 16-22	Airdrie Open Door
June 23-29	Saturday Early Risers
June 30-July 6	Tuesday Afternoons
July 7-13	Wednesday Morning Serenity
July 14-20	Letting Go AFG
July 21-27	South Elbow Dr
July 28-Aug 3	Let it Begin with Me
Aug.4-10	Monday Night Monarchs
Aug.11-17	Spiritual Awakening
Aug. 18-24	Inner Peace AFG
Aug. 25-31	Southwest AFG
Sept.1-7	Living the Legacies
Sept. 8-14	Bowmont AFG
Sept. 15-21	McKenzie Circle AFG
Sept. 22-28	Chinook Monday Afternoons
Sept. 29-Oct. 5	Westside Paths to Recovery
Oct.6-12	Pal-Anon
Oct. 13-19	Serenity Plus Adult Children
Oct. 20-26	Macleod Tr. AFG
Oct. 27-Nov.2	Airdrie Open Door
Nov. 3-9	Saturday Early Risers
Nov. 10-16	Tuesday Afternoons AFG
Nov. 17-23	Wednesday Morning Serenity
Nov. 24-30	Letting Go AFG
Dec. 1-7	South Elbow Dr.
Dec. 8-14	Let it Begin with Me
Dec. 15-21	Monday Night Monarchs
Dec. 22-28	Spiritual Awakening
Dec. 29 2025 - Jan 4, 2026	Inner Peace



Courage to Change Beginners Meeting Peter Lougheed Centre (PLC), 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.



Please notify Deborah at 403-809-5451 and provide her with the number of meeting attendees for statistics.

Volunteer Contacts:

Finding Our Way: Corinne H (403) 819-2523, email cahittle@telus.net

Let it Begin With Me: group email beginwithmecalgary@al-anon.ab.ca

Northern Hills Trailblazers: Cheryle (403)464-2214, email rcadolph@shaw.ca

Serenity Seekers: Paulette(403)604-9781, email pmcmillan@shaw.ca .

District 3-Christina: (403)801-3220, email is District3drAlanon@gmail.com

Airdrie Open Door: Samantha, email srdoucet@outlook.com

District 6: call or text Dina at: (403)926-5683.

Dina from One Day at a time can be a sub if needed. Call or text (403)926-5683.

PLC contact: Krista Stewart is our contact at PLC for the room and displaying information at the PLC. Krista's phone number is: (403) 943-4530 and her email is: krista.stewart2@ahs.ca .



Courage to Change Beginners Meeting, continued, Volunteer Schedule



November 11	<u>Northern Hills Trailblazers</u>
November 18	<u>Let it Begin with Me</u>
November 25	<u>District 3</u>
December 2	<u>Airdrie Open Door</u>
December 9	<u>Serenity Seekers</u>
December 16	<u>Northern Hills Trailblazers</u>
December 23	<u>Let it Begin with Me</u>
December 30	<u>District 3</u>
January 6	<u>Airdrie Open Door</u>
January 13	<u>Finding Our Way</u>
January 20	<u>Northern Hills Trailblazers</u>
January 27	<u>Let it Begin with Me</u>

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

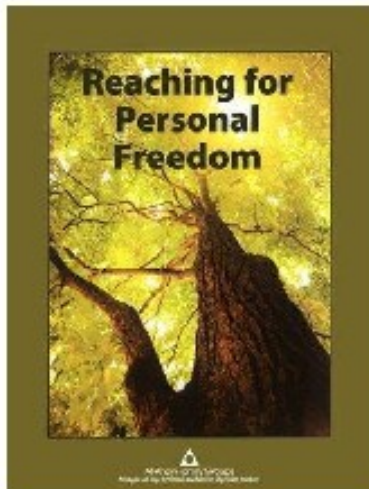
District 6 (NE) - DR is Sheila L.
Meets the 2nd Tuesday of each month online.
7:00pm | No meetings in July/August
district06@al-anon.ab.ca



***ONGOING STUDY OF AL-ANON'S
WORKBOOK:***

**REACHING FOR
PERSONAL FREEDOM***

Edgemont Community Centre
33 Edgevalley Circle NW
Calgary



**COME STUDY, JOURNAL, AND
SHARE WITH US; FOCUS ON THIS
AMAZING WORKBOOK TO
GROW & BOOST YOUR
RECOVERY!**

***(COPIES AVAILABLE FOR SALE OR TO
BORROW).**

**EVERY THURSDAY 10:00 AM
Living the Legacies AFG**

FOR MORE INFORMATION CONTACT: LIVINGTHELEGACIES@GMAIL.COM



LIVING THE LEGACIES AFG
(WITH THE MOST SCENIC VIEW IN CALGARY!)

**JOIN US FOR A GUEST AL-ANON SPEAKER
AND REFRESHMENTS**

**GUEST MEMBER: AMY R.
(SATURDAY MORNING EARLY RISERS)**

**Thursday, January 30, 2025
10:00 am**

**Edgemont Community Centre
33 Edgevalley Circle NW
Calgary**

For more info e-mail: Livingthelegacies@gmail.com

Alberta/N.W.T. Convention — June 6-8 2025

Districts 3,4,5 and 6 volunteered to host the AB/N.W.T. Convention 2025. This is an exciting opportunity for the Calgary Area to welcome Al-Anon members from all parts of our Area for a fun weekend of fellowship and recovery where Al-Anon members can come together to celebrate and share their experience, strength and hope.

The theme we chose is: ***Together we can!***



A committee of Al-Anon members willing to serve has been meeting since April to plan and organize this event. A beautiful poster has been sent out to the membership and many of you have already participated by creating some amazing gift baskets to be raffled. Thank you to all the groups who are involved.

Al-Anon/Alateen Area Convention Guideline (G-20) and the Alberta/N.W.T. Area Convention Guidelines provide templates for the work needed for a successful event.

We have filled most of the positions that are needed to make Al-Anon Convention 2025 happen:

- Chairperson: Carol B.
- Secretary/Co-Chair: Annie C.
- Treasurer: Wendy L./ Lee Anne J.
- Program/Entertainment: Carolyn M./Norma F./ Donna H.
- Publicity: Raman G./Kate L.
- Hospitality: Barbara B./ Karen F.
- Registration: Kate L.
- Fundraising: Sharon A.
- **Refreshments/Banquet: POSITION OPEN**

We need help to coordinate the refreshments, including the banquet catering for Saturday, June 7. If you have any experience in organizing catering, please consider this service opportunity! You will be working with an enthusiastic group of members who are always willing to be a service sponsor and help as needed. Many hands make light work.

Please contact 2025calgaryconvention@gmail.com if you can help to coordinate catering, or to be added to our email list and invited to our meetings.

Al-Anon Convention 2025 Planning Committee



Family Fun Fundraiser for Convention 2025 on March 7

A circular illustration of diverse people holding hands. The people are represented by simple, colorful icons with different skin tones and clothing colors (red, blue, green, orange, brown). They are arranged in a circle, holding hands, symbolizing community and unity.

Features:

- Pot Luck Soup & Salad
- Ice Cream buffet with toppings
- Door Prizes

Location:

Tuxedo Park Community Assoc.
202 - 29th Ave. NE

Presented by:

2025 Area Convention Committee
Districts 3, 4, 5 & 6



AI-Anon Alberta/N.W.T. Convention 2025

Together we can...

Save the date!

Friday June 6 to Sunday June 8

Details to follow in the coming months...stay tuned!

Together, we'll share fun, fellowship, and recovery!

Speakers  Workshop  Sharing Meals
Fundraisers  AA Participation

**To volunteer and/or for information, email:
2025calgaryconvention@gmail.com**

Balzac Community Hall

10075 TWP Rd 262, Balzac, AB T4B 2T3