



## Dates to Remember:

Every Thursday 10:00 am	Study of Al-Anon's Workbook— Living the Legacies AFG Edgemont Community Centre 33 Edgevalley Circle NW (poster on p. 7)
January 18—19	Tsuut'ina 3rd Annual AA Round-up Grey Eagle Hotel and Conference Centre (poster on p. 6)
January 30 10:00 am	Speaker Meeting — Living the Legacies AFG Edgemont Community Centre 33 Edgevalley Circle NW (poster on p. 8)
February 28— March 2	52nd Banff Roundup Banff Park Lodge (poster on p. 9)
March 7 6:00—9:00 pm	Family Fun Fundraiser for Convention 2025 (poster on p. 11)
June 6—8	Al-Anon Alberta/N.W.T. Convention 2025 (poster on p. 13) <i>Together We Can...</i>
June 13—15	AA Gratitude Roundup

## A Message from Our New AIS Chair

Hello Fellow Calgary and Area Al-Anon Members,

I am both excited and a bit nervous to be the incoming Calgary Al-Anon Information Services Chairperson.

Thank you to Carolyn M for her service as AIS Calgary Chairperson over the last 3 years! Carolyn wore many hats and left big shoes to fill.

We have all positions filled in AIS with a very good service team. Service has been a very important part of my recovery and I continue to learn how to work in a very real example of equality and a common goal.

Our goal in Al-Anon Information Services is to provide information to people looking for Al-Anon and to keep up –to-date information flowing to our membership.

Grateful in service,

Shellie O.

Calgary AIS Chairperson

## Calgary Al-Anon Information Services (AIS) Trusted Servants

Name	AIS Calgary Position	Email address
Shellie O.	Chairperson	aiscalgaryinformation@gmail.com
Christina N.	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
Shannon B.	Alateen Coordinator	aiscalgaryalateen@gmail.com
Randy H.	Monitoring Coordinator	aiscalgarymonitoring@gmail.com
Anne C. & Doug C.	AA Gratitude Roundup Liaison	
Jamie C.	AA Banff Roundup Coordinator	
Raman G.	Public Outreach Coordinator	calgarypublicoutreach@al-anon.ab.ca
Natalie L.	Website Coordinator	calgary_website@al-anon.ab.ca

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](mailto: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](mailto: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.

Deadlines for submissions are February 5, March 5, April 9, May 7, June 4.



### 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 AI-Anon Meeting.

Up to date meetings can be found at [al-anon.ab.ca](http://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 AI-Anon!*



### Monitoring Schedule January 13, 2025 – January 3, 2026

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 January 13, 2025 – January 3, 2026, continued**

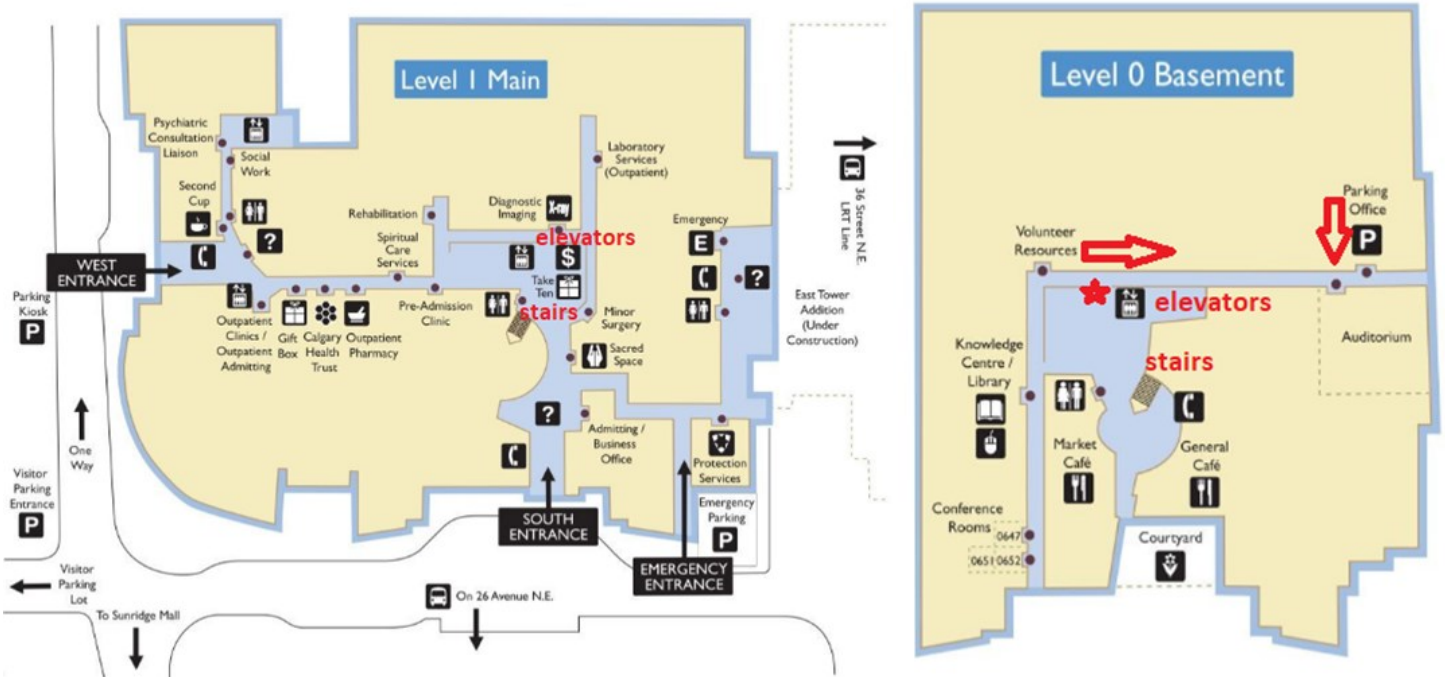
Apr. 21-27	Southwest AFG
Apr. 28-May 4	Living the Legacies
May 5-11	McKenzie Circle AFG
May 12-18	Chinook Monday Afternoons
May 19-25	West Side, Paths to Recovery
May 26-June 1	Pal-Anon
June 2-8	Serenity Plus Adult Children
June 9-15	Macleod Trail AFG
June 16-22	Airdrie Open Door
June 23-29	Saturday 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.



### Volunteer Contacts:

- Finding Our Way: Corinne H (403) 819-2523, email [cahittle@telus.net](mailto:cahittle@telus.net)
- Let it Begin With Me: group email [beginwithmecalgary@al-anon.ab.ca](mailto:beginwithmecalgary@al-anon.ab.ca)
- Northern Hills Trailblazers: Cheryle (403)464-2214, email [rcadolph@shaw.ca](mailto:rcadolph@shaw.ca)
- Serenity Seekers: Paulette( 403)604-9781, email [pmmcillan@shaw.ca](mailto:pmmcillan@shaw.ca)
- District 3-Christina: (403)801-3220, email is [District3drAlanon@gmail.com](mailto:District3drAlanon@gmail.com)
- Airdrie Open Door: Samantha, email [srdoucet@outlook.com](mailto: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](mailto:krista.stewart2@ahs.ca)

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

### Volunteer Schedule

- January 13 [Finding Our Way](#)
- January 20 [Northern Hills Trailblazers](#)
- January 27 [Let it Begin with Me](#)






Presented by the  
Tsuut'ina AA Group

# TSUUT'INA

## 3RD ANNUAL

### AA ROUND-UP

General admission tickets - \$45  
Banquet tickets - \$95

Breakfast, lunch, and refreshments will be provided.

Dance will be held on Saturday night!  
9:30 pm - 12:00 am

**JANUARY 18-19, 2025 | 09:00 AM**  
Grey Eagle Hotel and Conference Centre  
Calgary, Alberta

For more information contact Bill W - (403) 903-3654  
[www.showpass.com/tsuutina-nation-3rd-annual-aa-round-up](http://www.showpass.com/tsuutina-nation-3rd-annual-aa-round-up)

Join us for a weekend-long gathering of community and connection at Tsuut'ina 3rd annual AA Round Up presented by the Tsuut'ina AA group. This event unites members of Alcoholics Anonymous, Al-Anon, Alateen, families and friends, but anyone and everyone is welcome to attend! Together we celebrate of our shared experience, strength, and hope through speaker stories, great food, uniting with old friends, and making new ones! See you there! Grey Eagle Hotel & Conference Center, 3777 Grey Eagle Drive.

General admission tickets - \$45 (Includes everything except dinner)  
Banquet dinner tickets - \$95 (Includes everything and dinner) Note: Breakfast is provided both days. Lunch provided on the **Saturday**. Banquet dinner tickets include all meals and the banquet dinner on **Saturday** night.

Sober dance **Saturday** night. 9-12midnight Please use this link to purchase your tickets.

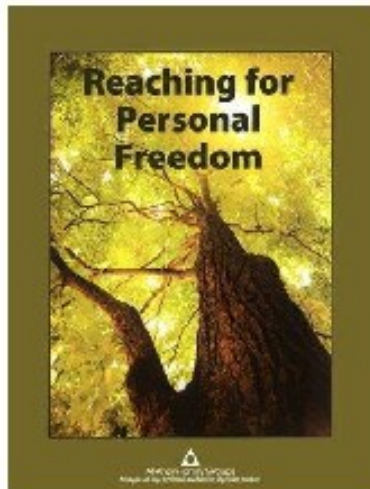
<https://www.showpass.com/tsuutina-nation-3rd-annual-aa-round-up/>



***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!

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

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

FOR MORE INFORMATION CONTACT: [LIVINGTHELEGACIES@GMAIL.COM](mailto: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](mailto:Livingthelegacies@gmail.com)





# The 52nd Banff RoundUp

February 28, March 1st and 2nd.  
'25 - THERE IS A SOLUTION

The Banff Park Lodge  
Block ID #4071745  
222- Lynx Street Banff, AB  
1-800-661-9266  
Bow View Lodge  
Block ID #4073065

**Speakers:**  
Darren P. Santa Barbara, California - AA  
Marilyn H., Eugene, Oregon - AA  
Lulu A., St Louis, Missouri - AA  
Mike A., Nashville, Tennessee - AA  
Diane A., Nashville - Al-Anon



Registration only: \$50  
Banquet and Registration: \$155

Purchase tickets from Calgary Central Office or  
scan the code to visit [www.banffroundup.com](http://www.banffroundup.com)

Email: [cgigbanffchregmail.com](mailto:cgigbanffchregmail.com) for more details



We have organized an Al-Anon meeting Friday night for those attending over the weekend. Our Saturday events include an Al-Anon speaker, Al-Anon workshop and Al-Anon member meet & greet. We would like to see many of you at our events!

## District Meetings

The Group Representative (GRs) and the District Representatives (DRs) meet once a month.  
No meetings July and August

**District 3 (SE)** DR is Catherine

[district03@al-anon.ab.ca](mailto:district03@al-anon.ab.ca)

Meets second Wednesday of each month  
online 7:00—8:30 pm

**District 4 (SW)** DRs are Sjann J & Jamie C

[district04@al-anon.ab.ca](mailto:district04@al-anon.ab.ca)

Meets second Wednesday of each month online 7:00—  
8:30 pm

**District 5 (NW)**

[district04@al-anon.ab.ca](mailto:district04@al-anon.ab.ca)

Meets second Thursday of each month

**District 6 (NW)**

[district05@al-anon.ab.ca](mailto:district05@al-anon.ab.ca)

Meets second Tuesday of each month online 7:00 pm



## To All District 3, 4, 5 and 6 Members

We need help from all of Districts in Calgary to make this a successful fundraising event.

Please let us know how you would like to participate by sending a message to:

[2025calgaryconvention@gmail.com](mailto:2025calgaryconvention@gmail.com)

The family fundraiser for Convention 2025 is a soup & salad potluck on Friday, March 7<sup>th</sup>. Doors open at 5:30 and the event runs from 6PM – 9PM. The event is our opportunity to:

- raise funds for our convention to help keep ticket costs low
- have some fun at a unique social event with other members and their families of all ages
- sample our members' delicious soups and salads
- enjoy a make-your-own ice cream sundae bar

The convention committee is asking for support from our members to ensure the event is a success.

Here are some of the ways you can contribute:

***Food - bring in-person or donate in advance if you can't attend:***

- Soup
- Salad
- Sunday toppings
- Buns and butter
- Napkins
- Drinks
- Lend a slow cooker or warming tray to keep soup warm

***Fun***

- Donate silent auction items or services valuable to others, can be handmade
- Donate a door prize e.g. a daily reader or another CAL book
- Music
  - Build the playlist
  - Supply an audio speaker/sound system
  - Play the music from your device at the event
  - Or, be our DJ and do all the above
- Volunteer before or at the event—for example, silent auction support, set-up, clean-up

**Thank-you for your service!**

**Together We Can ...**



# Join us for a Family Fundraiser for the Convention 2025!

Doors open at 5:30 pm

6:00 to 9:00 pm Friday, March 7



Location: Tuxedo Park Community Assoc., 202 - 29th Ave NE

Presented by:

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

Please email [2025calgaryconvention@gmail.com](mailto:2025calgaryconvention@gmail.com) if you have questions and/or can volunteer to help.



## Volunteers Needed for 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](mailto: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





# 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](mailto:2025calgaryconvention@gmail.com)**

Balzac Community Hall

10075 TWP Rd 262, Balzac, AB T4B 2T3

