

Calgary AIS Events

February 2025



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 (see January AIS Newsletter)
February 28— March 2	52nd Banff Roundup Banff Park Lodge (see January AIS Newsletter)
March 7 6:00—9:00 pm	Family Fun Fundraiser for Convention 2025 (p. 4 & 5) We need volunteers!
May 24	Al-Anon Alberta//N.W.T Assembly in Red Deer
June 6—8	Al-Anon Alberta/N.W.T. Convention 2025 — Registration is now open! (p. 7) <i>Together We Can...</i>
June 13—15	AA Gratitude Roundup

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.

For further information about AIS meetings, see the Calgary AIS Meeting Minutes:

<https://al-anon.ab.ca/info-for-members/calgary-al-anon-information-services-ais/>

Future AIS Meetings for 2025: 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.

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



AIS Calgary Treasurer's Report

A.I.S.Calgary - Financial Report November 4 2024 - January 31 2025

10/31/2024	Opening Balance			3019.28
11/12/2024	Donation from Paths to Recovery AFG		160.00	3179.28
11/12/2024	Donation from Stepping up to recovery AFG		40.00	3219.28
11/15/2024	Telus Mobility monthly fee	32.50		3186.78
11/15/2024	Donation from Claire W.		15.00	3201.78
11/29/2024	T.D.Bank monthly fee	4.95		3196.83
12/16/2024	Telus Mobility monthly fee	32.50		3164.33
12/31/2024	T.D. Bank monthly fee	4.95		3159.38
01/15/2025	Telus Mobility monthly fee	32.50		3126.88
01/20/2025	Donation from Wednesday Morning Serenity AFG		100.00	3226.88
01/29/2025	Public outreach expense reimbursement	35.00		3191.88
01/29/2025	E transfer fee	1.50		3190.38
01/29/2025	Public outreach expense reimbursement	53.00		3137.38
01/29/2025	E transfer fee	1.50		3135.88
01/31/2025	T.D. Bank fee	4.95		3130.93
	Closing Balance at January 31 2025			3130.93

The financial plan was discussed and approved at the February meeting

The plan reflects the savings we have obtained from Telus following the move from a full answering service to our groups monitoring the phone line.

Our current bank balance is approximately \$3,000 and we thank all of the groups who continue to support AIS.

Our prudent reserve guideline is around \$2,000, so we will be considering how best to support and donate to other AI-Anon activities.

David P
Treasurer

AI-Anon Information Services, Calgary. Proposed Financial Plan for 2025 (Revised)

	<u>Estimated expenses</u>			
		<u>2024</u>	<u>2025</u>	
	Telus communications	450	450	
	Telelink (Big Sky Monitoring Services)	3,500	0	
	Bank fees	70	70	
	E Transfer fees	50	50	
	Canada Post P.O. Box rental	230	250	
	Conference/Assembly/Workshop fees	300	350	
	Public Outreach	700	1,000	
	Newsletter co-ordinator	200	250	
	Miscellaneous - postage, stationery etc.	100	100	
	Contribution to Zoom subscription	50	50	
	Sub - total	5,650	2,570	
	Unforeseen expenses/contingency	500	500	
	Total expenses (= donations required to run A.I.S Calgary 2025)	6,150	3,070	
	This revised plan reflects a further \$300 increase in Public Outreach			
	Plan to be considered, revised as necessary and adopted at February 2025 meeting			
3 Feb 25	David P. Treasurer			

Just
for
Today,
I will...



ALATEEN

HOPE FOR CHILDREN OF ALCOHOLICS

New Calgary Meeting Starting!



**Meetings
for ages
12 - 17**

For more information, email calgaryalateen@al-anon.ab.ca

**McKenzie Towne Church
7 McKenzie Towne Gate SE**

**Tuesdays 7:30
Starting Nov. 12, 2024**



Al-Anon Groups in Calgary and Area

Help Make the March 7 Family FUNdraiser Event a Success

Everyone is invited to participate in the Family FUNdraising event on March 7 at Tuxedo Park to support our Area Convention in June. **Check with your group and get involved.**

To contribute to the success of this event:

- If your group is willing to prepare and bring soup to feed 10 people, notify Wendy at wendyincalgary@msn.com
- Bring salad, fruit or bread to share
- Spread the word and encourage people to attend
- Come help with set up and clean up
- Donate items to the Silent Auction - ideas:

*Gift cards or
certificates*

*Ski, snowboard or
tube park passes*

*Spa experiences - manicure,
pedicure, facial*

*A family or pet
photo shoot*

*Tickets - hockey games,
events, concerts*

Artwork

Games and puzzles

*A weekend getaway,
park pass or hotel stay*

Snack or food baskets

*New sporting goods
or sports memorabilia*

Thank you in advance for your support.

Please email 2025calgaryconvention@gmail.com with any questions and to let us know your contribution ideas.

We look forward to seeing you on March 7.

The 2025 Calgary Convention Planning Committee (Districts 3, 4, 5 & 6)



Join us for a Family **Fundraiser** for the
AB/N.W.T. 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 if you have questions and/or can volunteer to help.



Going to Assembly in Red Deer on May 24th in 2025?



Pre-order Al-Anon literature for free pickup.

Deadline for pre-orders is **Thurs. May 8th** 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
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).



For a limited time, the Al-Anon Book Store is offering a special bundle of our 3 most popular workbooks for just \$45 – that's a **\$17 saving** when you purchase all three. This deal will only be available until the Assembly in May 2025, or while quantities last.



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

Together we can...

Friday June 6 to Sunday June 8

Registration is Now Open!

To register, see <https://al-anon.ab.ca/events>

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**



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

Location: Reserved Dining Room Level 0 (one floor down from the main doors).

Level 0 is the basement. Either take the stairs or the elevator from the main doors, down one floor.

The Reserved Dining Room is behind the cafeteria. Go towards the windows on level 0 and the door will be on your left, behind the cafeteria. There is one room as you go in and our meeting is through the next set of doors that are in this room.

Call Security upon arrival at 403-943-4502. They will open both the door to the Reserved Dining Room on Level 0. Call Security after the meeting when you leave the Reserved Dining Room to relock the doors.

Contact at the PLC:

Kristine Goertzen is our contact for the room and displaying information at the PLC. The phone number is: (403) 943-4530.

Contacts for Groups chairing:

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

Let it Begin With Me – Mary Jean 403-819-0417 group email:

beginwithmecalgary@al-anon.ab.ca

Northern Hills Trailblazers – Norma 403-891-7001, email: Normaf@shaw.ca

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

Airdrie Open Door- Mali email: chabrita25@hotmail.com

Dina from One Day at a Time can be a sub if needed. Text 403-926-5683.

Please notify Mary Jean at 403-819-0417 or mjljmd@telus.net and give her numbers of attendees for statistics

Thank you all for your service

“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



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

Location: Reserved Dining Room Level 0 (one floor down from the main doors)
This is the room behind the cafeteria. Go towards the windows on level 0 and the door will be on your left, behind the cafeteria. There is one room as you go in and our meeting is through the next set of doors that are in this room.

Date	Group
Monday, February 10	Serenity Seekers
Monday, February 17	Northern Hills Trailblazers
Monday, February 24	Let it Begin With Me
Monday, March 3	Airdrie Open Door
Monday, March 10	Finding Our Way
Monday, March 17	Northern Hills Trailblazers
Monday, March 24	Let it Begin With Me
Monday, March 31	Airdrie Open Door
Monday, April 7	Serenity Seekers
Monday, April 14	Northern Hills Trailblazers
Monday, April 21	Let it Begin With Me
Monday, April 28	Airdrie Open Door
Monday, May 5	Finding our Way
Monday, May 12	Northern Hills Trailblazers
Monday, May 19	Let it Begin With Me
Monday, May 26	Airdrie Open Door
Monday, June 2	Serenity Seekers
Monday, June 9	Northern Hills Trailblazers

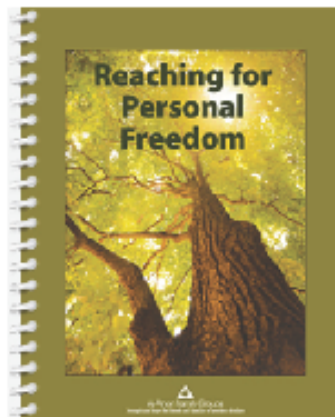
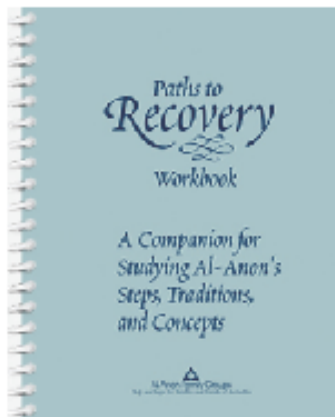




Al-Anon Book Store (ACSOA)

McCaig Building
303 Forge Road SE
Calgary, AB T2H 0S9
1-403-287-3397

Sale price: Workbook Bundle (3)



Are you ...

- A person who wants to dig deeper into Al-Anon recovery?
- An Al-Anon group that offers books for sale at your meetings?
- A Sponsor looking for new ways to help Sponsees?
- A member who loves to attend book studies?
- A District looking for great workshop material?
- Someone who enjoys finding a good sale?

Look no further! For a limited time, the Al-Anon Book Store is offering this special bundle of our 3 most popular workbooks for just \$45 - that's a **\$17 saving** when you purchase all three. This deal will only be available until the Assembly in May 2025, or while quantities last.

Pre-order by May 8th for pickup at the upcoming Assembly, or purchase directly at the store to save on shipping. Also available through our online store, or by phone to 1-403-287-3397 during store hours Wed-Thurs 9:30 - 4:00pm.