

Keeping in Touch

with Al-Anon Family Groups in Alberta and the Northwest Territories

Service: The Gift That Keeps on Giving

By Olive Wooden, Incoming Delegate

I remember all those years ago just being so relieved to get in the door of the Al-Anon meeting and seeing a familiar face that might understand how I felt. It was such a relief to not feel alone. I noticed the people that had come before me, busy setting up the room, laying the books out, making coffee, greeting people as they came in the door and wondering if I would ever be asked to “chair” a meeting. At that point I prayed not to have to do any of those things. I just wanted to find out how to stop his drinking, feel better and not have to come back when I got those treasures that I hoped lay inside those rooms. I did not have any interest in volunteering for anything, just getting in and get out with whatever they had to give.

Boy was I wrong! The more I went the easier it got to understand that if it were not for the people who were doing the work of setting up and conducting the meetings there would be no meeting. I began to understand the group and what small thing I could offer when was asked. They accepted “no” as easily as “yes” and that made me comfortable and not pressured. They called it “being of serve” and I identified with those words because of how what they did helped someone else while they were drawing us closer together. I do not remember what I did at first, but I am so glad they asked, and I said yes.

After many years in our fellowship, Service, is not as scary as when I first heard that term. I have served in many different positions and each one brings an opportunity to gain knowledge about my group, my fellows and mostly about myself. I have volunteered, been appointed, and was elected to various service positions and have furthered my recovery through each experience, some were easy and some I pulled my hair out just a bit.

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Dates to Remember

May 24

Assembly in Red Deer

June 6-8

AB/NWT 2025 Convention
in Calgary



Hello fellow Al-Anon Members in AB and NWT!

It is a privilege for me to be coordinating the Area Newsletter. Thank you to Candy B who stepped in as Coordinator for 2024.

Kate L
Area Newsletter Coordinator
newsletter@al-anon.ab.ca



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

The next Area 80 Newsletter will be published on June 2. Please send submissions to newsletter@al-anon.ab.ca by May 27.

Area Secretary Position

The Area Secretary elected last September is unable to fulfill her responsibilities due to health issues. We wish her the best.

This is a crucial Area service position. Please consider if you or another AI-Anon member would be the person to step forward.

Please submit resumes to chairperson@al-anon.ab.ca

Alberta/N.W.T. Area Assembly

Area Service Position Snapshots

Updated April 14, 2024

Area Secretary

Position Description

An AI-Anon member elected at the Alberta/N.W.T. Area Assembly who keeps administrative records of all Alberta/N.W.T. Area Assemblies, Alberta/N.W.T. Area World Service Committee meetings and Officers' meetings.

Job Requirements

- Must have previous service as an active member of the Alberta/N.W.T. Area World Service Committee for a minimum 3-year term.
- Organizational ability including filing, typing, photocopying & effective communication.
- Willingness to store Area property for duration of term, including Area photocopier, small storage cabinet, various tote boxes, dolly, banners, documents, supplies, etc.
- Meets the requirements listed on page 1.

Duties and Responsibilities

Area Assemblies	<ul style="list-style-type: none"> • Take and prepare minutes and distribute in a timely manner. • Collect reports from Officers, Coordinators and DRs for inclusion in the minutes. • Prepare (blank) Evaluation Forms, Acronym sheets and Ask-It-Basket forms. • Assume responsibility for banners, welcome sashes, administration supplies, baskets, files, spare copies of Agenda and past meeting minutes for each meeting. • Provide a written report for the minutes. • Circulate the AWSC contact list to AWSC members. • Notify Delegate of any changes to the list of DRS
AWSC	<ul style="list-style-type: none"> • Same as for Area Assemblies (except for the GRs).
WSO	<ul style="list-style-type: none"> • Correspond with members of WSO as needed.
Between Area Assemblies	<ul style="list-style-type: none"> • Serve as a resource to Area AI-Anon and Alateen members. • Prepare and circulate minutes of meetings (Assembly, AWSC, and Officers) • Circulate documents as required. • Maintain close contact with Group Records Coordinator, Chairperson and Delegate. • Attend Officers' meetings. • Keep and maintain up-to-date email circulation list(s). • Administer and oversee area Zoom account including payment. • All Officers may act on behalf of Area Assembly in an emergency.

Time and Travel – The time and travel commitments associated with this position are:

- Time needed to pay prompt attention to correspondence and email.
- Able to travel to Assemblies and AWSC meetings.

References – References applicable to this position include, but are not limited to:

- [AI-Anon/Alateen Service Manual](#) and [AI-Anon/Alateen Groups at Work](#)
- AB/N.W.T. Area Assembly, updated [Motions in Effect](#)
- [Guidelines](#) published by AI-Anon WSO

Investing in Each Other to Preserve Our Legacy

Theme for 2025 World Service Conference

Investing:

Putting time, effort and resources into improving your life. It can involve many strategies such as; setting goals, learning new skills and developing positive habits.

“Working the Steps gives me access to a wisdom greater than any I have previously known.” (*Having Had a Spiritual Awakening*). I believe that is what we are ultimately doing in Al-Anon, investing in ourselves to be the best person we can be.

Each Other:

To me this means not only our groups but districts and Area as well, in essence; those around us. Helping those we meet on our path. Tradition One says personal progress depends upon unity. We gladly share with others what was so freely given to us. The acceptance without judgement and hope for the future.

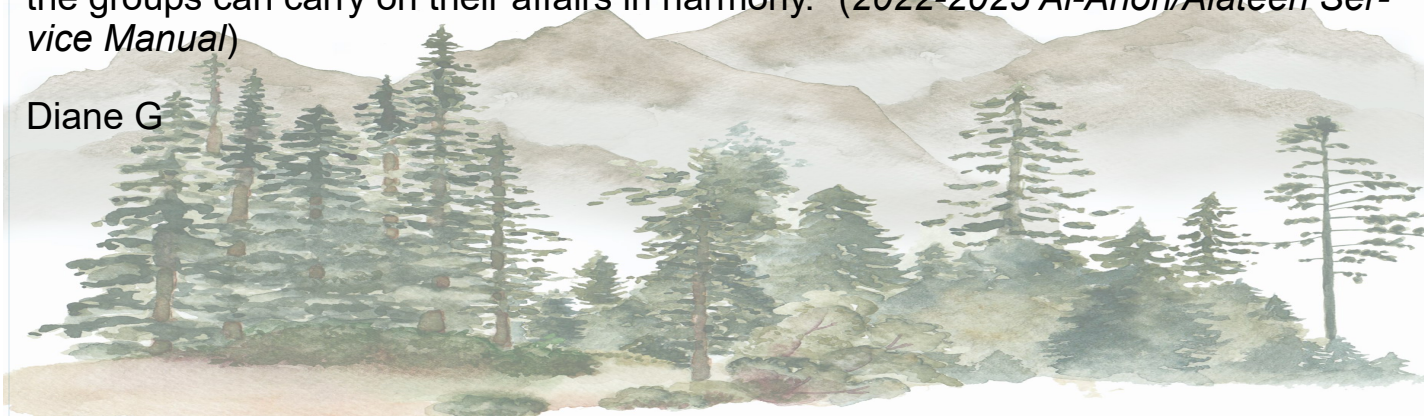
Preserve:

Passing to others; sharing our experience strength and hope of our challenges and achievements. Passing memories to relate to each other so we can show we were there too. Using the CAL, especially the forum, that has so many wonderful shares from around the world helps us preserve the sharing from those who were trailblazers of this program.

Our Legacy:

Legacy can be shared through the stories, history, experience strength and hope of this program. To give future and new members inspiration and hope. Celebrating the successes and the challenges we all share; and how we overcome our past to move forward in the present. “Recovery through the Steps, Unity through the Traditions and Service through the Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also framework within which the groups can carry on their affairs in harmony.” (*2022-2025 Al-Anon/Alateen Service Manual*)

Diane G



Area Service Opportunity

Good day and Happy 2025!

Area Public Outreach has been actively seeking opportunities to get word out to people affected by the family disease of alcoholism. As you may know, our Area has an on-line meeting for people wanting more information on our program on Saturdays at 11AM. This outreach activity has been supported by a very limited number of people since it launched and PO has agreed to support this valuable initiative as in the coming year.

We need your help! We are looking for volunteers from all over Area 80 to commit to an hour on Saturdays to listen, provide information about our program and direct the newcomer to a meeting. You should be familiar with the Al-Anon program, and hopefully be willing to share your Experience, Strength and Hope with these people

We are asking that you send this to your GRs, take this information to your next District meeting and talk about this service opportunity. Ideally it would be great to have two people commit to each Saturday – that's 100+ people over the course of a year which we know sounds like a lot, but as of May 2024 we had 117 active groups in Area 80. From there please have interested people communicate directly with CONTACT PERSON and we will be in touch with them to answer questions they may have and talk about this great opportunity to grow in their program.

Our goal is to have this program started by April 1, 2025 so we kindly ask that you have this on an upcoming Business Meeting agenda. We would be more than happy to attend your District meeting by Zoom or Jitsi to talk about this or we invite you to attend our next Area Public Outreach meeting (by Zoom) on Friday March 14 @ 7:00PM.

Please feel free to contact Ric Zinkiew at public_outreach@al-anon.ab.ca

Yours in Service,
Area Public Outreach Committee



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**

Inside AlAnon Family Groups

Drawing on a New Dynamic

By Sue P., Associate Director—Group Services

Arriving at the AlAnon rooms, I felt out of my element hearing a different “language” than the one I had learned. Members spoke of spiritual principles that were guides to live by. Those statements made my skin crawl, but I wanted that feeling of confidence and serenity that I witnessed. Members shared about applying the Steps and Traditions to their daily lives by finding a Sponsor and reading Conference Approved Literature (CAL). Once I became involved in service beyond the group level, a new set of ideals was presented—the Twelve Concepts of Service.

I was at an Assembly meeting session where the Twelve Concepts of Service were introduced. The focus was on understanding how our fellowship was held together despite no one being “in charge.” Over the next three years, we studied one of the Concepts at each Assembly, so that by the time our service term ended, all the Concepts had been discussed. Those meetings proved quite fruitful for me as we read and talked about how to apply these ideas in our groups.

Learning about the Concepts was like finding the last piece of a puzzle. For me, practicing the guidance found in the Steps and Traditions started in the groups I attended. This gave me confidence to practice these principles in my home. I soon realized that there is a connection between each Step, Tradition, and Concept. That helped me to continue to focus on myself as I connected with my Higher Power, my AlAnon family, my personal family, my work family, and my community. Being open to the idea of practicing these principles in all my affairs changed my mind and my thinking!

I practiced the Concepts in my home in baby steps. I first had to accept that we were all equals with specific responsibilities and talents. As someone lacking humility, that was no easy task! I had been keeping my family and my work life separate from my recovery. Breaking through those barriers by applying the Concepts created a whole new dynamic.

Concept One helps me to trust the decisions of the group with the understanding that our focus is always on providing help and hope to the newcomer when they finally reach our meeting. I can likewise trust the decisions made as a family because we talk to each other and reason things out. I have even been successful using Concept One in work situations to help focus on departmental priorities instead of pointing fingers at what others do or don't do.

Focusing on Concept Two helps me to trust the process, whatever it is. I am not in charge of the process, and I did not create it, but I am responsible for doing my part by sharing my experience, strength, and hope. I do not need to be concerned about the outcome, because that is not my responsibility.

Concept Three is about listening to and respecting the ideas of others in order to make informed decisions. Some decisions may not be well received, but when I consider the greatest good for the greatest number, the focus of the responsibility shifts from “me” to “we.”

The ability to share, listen, and hear everyone's voice as part of a discussion is key in Concept Four. This makes me equal to everyone else; I trust that I will be heard even as I commit to listen to others. I need to take on this risk to share *in* that process.

Concept Five is about flexibility and respecting the dissenting voice, especially when it's mine. Voicing a different opinion about a situation does not necessarily mean anything will change, but I need to be true to myself and share my perspective, then trust the greater group conscience regardless of the outcome.

The words “acknowledge” and “responsibility” in Concept Six help me to figure out who is the decision-maker in a given situation. Concept Six reminds me that it is not always me; in fact, most times it isn't me!

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*Continued from p. 6, **Drawing on a New Dynamic***

Concept Seven is about shared leadership so that each of us know what our duties are, and Concept Eight encourages me to be trustworthy and helps me trust those to whom I delegate specific tasks. My responsibility is to ensure they have the information and tools they need to be successful.

Concept Nine helps me to focus on how I relate to those around me at home, at work, and in service. Sometimes, roles can be rotated so that others have an opportunity to learn new skills!

Minding my own business comes to mind when practicing Concept Ten. I know how much I dislike it when someone watches over my shoulder, criticizing my every move. Letting others follow their path in their own way is an opportunity to practice loving detachment.

Concept Eleven reminds me that “many hands make light work.” As we serve, we choose for various positions those who have the skill sets needed to be successful. Creating an environment of respect and trust while remaining flexible can lead to positive outcomes.

Finally, when I presume goodwill, show mutual respect, participate fully, and treat others as equals, Concept Twelve comes alive. By staying connected to a Higher Power, I can think, act, and live by these spiritual principles in all my affairs.

Breaking through these barriers by integrating the Concepts into my personal life added a new dynamic to my recovery program.

“Inside AIAnon Family Groups” presents news, policy, and commentary from volunteers, staff and readers sharing experience through service.

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*Continued from p. 1, **Service : The Gift That Keeps on Giving***

Serving as AREA chair during COVID was my greatest challenge as we together navigated the many uncertainties of those months. But there was not a greater time when I saw the principles of this program bind us together to keep the meeting rooms open and the support to the families and friends of alcoholics did not lessen. The unity through the service positions from member to Group Representative onto District Representatives bound our fellowship in the communication chain that held us together. The Area Coordinators and Officers took the concerns and challenges and strengthened the unity by thinking out of the box as to how to keep the meeting rooms open and the program strong. Without all those who served from the bottom to the top we would have suffered.

Everything we do in AI-Anon has to do with Service. We just must think about it as a gift we are giving rather than work that has to be done. As I embark on my journey as AREA Delegate, I am thankful for the opportunity to serve once more this fellowship that continues to change my life and enrich my future recovery with so many gifts. Blessings to you all in 2025.

Humbly,
Olive Wooden, Incoming Delegate



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).

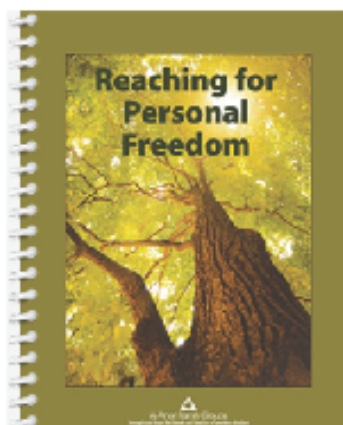
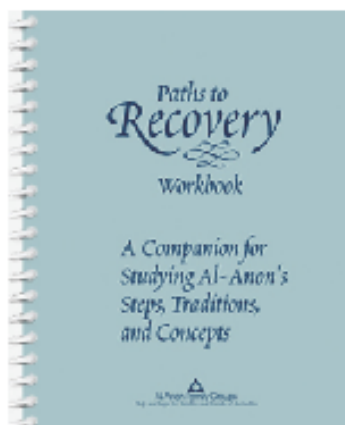


For a limited time, the Al-Anon Book Store is offering a special bundle of our 3 most popular workbooks for just \$45 – that's a **\$17 saving** when you purchase all three. This deal will only be available until the Assembly in May 2025, or while quantities last.

Al-Anon 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.