



Calgary AIS Newsletter

April 2025

Dates to Remember:

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)

Tuesday 7:30 pm Alateen Meetings

Sunday 7:00 pm

April 30 7:00 pm Virtual Speakers Meeting—Serenity Finders AFG (p. 5)

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. 10)
Together We Can...

June 13—15 AA Gratitude Roundup

Message from Our AIS Chair

Hello Fellow Calgary and Area Al-Anon Members,

I was fortunate to attend AREA WORLD SERVICE COMMITTEE online meeting March 15, 2025.

I continue to be amazed at the willingness to learn and the dedication and caliber of work in Service Positions in Al-Anon. Everyone is helpful and encouraging. This is another opportunity for my own growth in recovery.

Our AIS meetings are well attended. Keeping the information moving throughout our fellowship is our goal.

ALATEEN now has two meetings a week in Calgary!

AREA CONVENTION is coming up in June, registration information can be found in this Newsletter.

Please register soon as it really helps with planning.

I wish you all a spring filled with HOPE and FAITH.

Kind regards,
Shellie O.

AIS Calgary Chairperson



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 for next newsletters are May 7 and June 4.



AIS Financial Update

A.I.S.Calgary - Financial Report January 31 - April 2 2025

	Opening Balance at January 31 2025			3130.93
02/12/2025	Donation from South Elbow Drive AFG \$150			
2/12/2025	Donation from Tuesday Afternoon AFG \$50			
2/12/2025	Donation from McKenzie Circle AFG\$100			
2/12/2025	Donation from Starting with Serenity AFG100			
2/12/2025	DEPOSIT		400.00	3530.93
02/18/2025	Telus Mobility monthly fee	32.50		3498.43
02/28/2025	TD bank monthly fee	4.95		3493.48
03/17/2025	Donation from Early Risers AFG		300.00	3793.48
03/17/2025	Telus Mobility monthly fee	32.50		3760.98
3/31/2025	TD bank monthly fee	4.95		3756.03
4/2/2025	Donations from:			
	Westside Al-Anon AFG \$200			
	McKenzie Circle AFG \$100			
	Southwest Al-Anon AFG \$600			
	DEPOSIT		900.00	4656.03
4/2/2025	Donation form St. Albert Tuesday night AFG \$100			
	DEPOSIT		100.00	4756.03
	Closing Balance at April 2 2025			4756.03

TD

My Accounts

Contact Us

Products & Services

Markets & Research

Life Planning

Accounts

Personal Accounts

Small Business Accounts

View Accounts

Order Cheques & Deposit Bags

Statements & Documents

Communications

Session History

Order Foreign Currency

Pay Bills

Transfers

Interac e-Transfer®

Investments

Profile & Settings

My Links

Choose my links

Pay Bills

Make a Transfer

Purchase Mutual Funds

Account Activity

Help | Print

Account: COMMUNITY PLAN PLUS \$4,756.03

Current Balance \$4,756.03

Available Balance \$3,756.03

Direct deposit form (PDF)

Balance Date: Apr 03, 2025

View All Transactions

30 days | 60 days | 90 days | 120 days

+ Search by Month (up to 18 months)

Date +	Transaction Description	Withdrawals	Deposits	Balance
+ Feb 12, 2025	DEPOSIT		400.00	\$3,530.93
Feb 18, 2025	Telus Mobility BPY	32.50		\$3,498.43
Feb 28, 2025	MONTHLY PLAN FEE	4.95		\$3,493.48
Mar 17, 2025	View more E-TRANSFER ***PNB		300.00	\$3,793.48
Mar 17, 2025	Telus Mobility BPY	32.50		\$3,760.98
Mar 31, 2025	MONTHLY PLAN FEE	4.95		\$3,756.03
Apr 02, 2025	TD ATM DEP 006644		900.00	\$4,656.03
Apr 02, 2025	TD ATM DEP 006646		100.00	\$4,756.03
Total :		\$74.90	\$1,700.00	



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.

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: 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





ALATEEN

HOPE FOR CHILDREN OF ALCOHOLICS



More about
Alateen:
al-anon.org/teen-info

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

McKenzie Towne Church, 7 McKenzie Towne Gate SE
Tuesdays, 7:30 pm

Unitarian Church, 1703 1st St NW
Sundays, 7 pm



Serenity Finders AFG

will be hosting a virtual speaker meeting:

Wednesday, April 30, 2025
at 7:00 P.M.

**Our Guest Speakers
are:**

Al-Anon - Karen B.

AA - Norma G

We hope you can join us in an evening of fellowship.

To join this meeting you can connect by clicking on the following link:

[https://us02web.zoom.us/j/86428868962?
pwd=cStJNUc3TVBmY0VQUFNQOFFkNzI5dz09](https://us02web.zoom.us/j/86428868962?pwd=cStJNUc3TVBmY0VQUFNQOFFkNzI5dz09)

Or you can go to Zoom and enter the following meeting ID:

Meeting ID: 864 2886 8962

Password: Finders



Sending Donations to AIS Calgary

Donations to AIS Calgary can be sent by cheque or e-transfer.

For cheques, please send to:

Al-Anon Information Services
PO Box 512, Station M
Calgary, AB T2P 2J2

For e-transfers to:

Please send the transfer to calgarytreasurer@al-anon.ab.ca
The answer to the password question needs to be serenity.

In the message part of the e-transfer, please record your Group name and District.



Sending Donations to Alberta/NWT Area

Donations to Area can be sent by cheque or e-transfer.

For cheques, please send to:

81 Legacy Blvd SE
Unit 3306
Calgary, Alberta
T2X2B9

Please write the name of the group the district and what the cheque is for on the cheque.
For example, donation registration insurance, etc.

For e-transfers:

Please send the transfer to treasurer@al-anon.ab.ca
The answer to the password question needs to be serenity.

In the message part of the e-transfer, please record your Group name, District and what the transfer is for.





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).



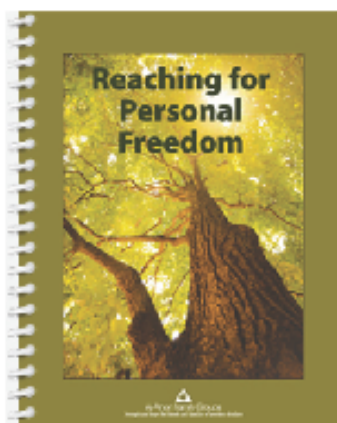
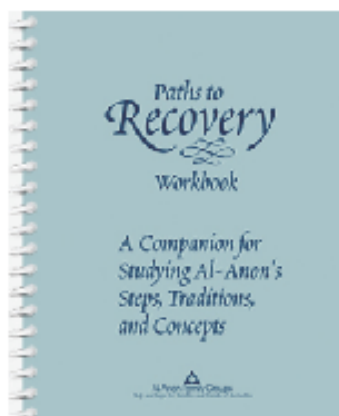
For a limited time, the Al-Anon Book Store is offering a special bundle of our 3 most popular workbooks for just \$45 – that's a **\$17 saving** when you purchase all three. This deal will only be available until the Assembly in May 2025, or while quantities last.



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 ...

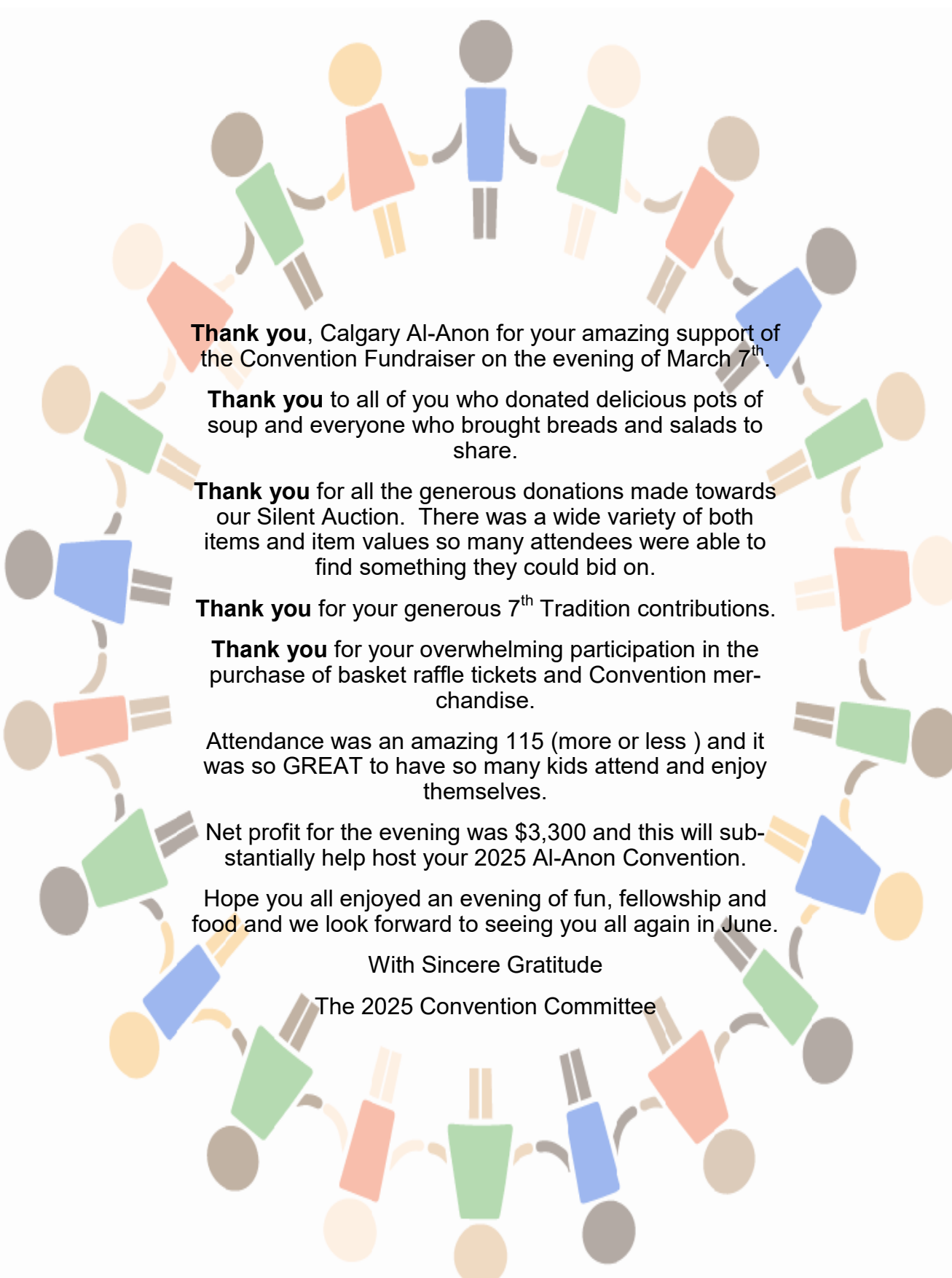
- A person who wants to dig deeper into Al-Anon recovery?
- An Al-Anon group that offers books for sale at your meetings?
- A Sponsor looking for new ways to help Sponsees?
- A member who loves to attend book studies?
- A District looking for great workshop material?
- Someone who enjoys finding a good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



Thank you for Making the Convention Fundraiser a Success!



Thank you, Calgary Al-Anon for your amazing support of the Convention Fundraiser on the evening of March 7th.

Thank you to all of you who donated delicious pots of soup and everyone who brought breads and salads to share.

Thank you for all the generous donations made towards our Silent Auction. There was a wide variety of both items and item values so many attendees were able to find something they could bid on.

Thank you for your generous 7th Tradition contributions.

Thank you for your overwhelming participation in the purchase of basket raffle tickets and Convention merchandise.

Attendance was an amazing 115 (more or less) and it was so GREAT to have so many kids attend and enjoy themselves.

Net profit for the evening was \$3,300 and this will substantially help host your 2025 Al-Anon Convention.

Hope you all enjoyed an evening of fun, fellowship and food and we look forward to seeing you all again in June.

With Sincere Gratitude

The 2025 Convention Committee

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

Together We Can...



Friday June 6 to Sunday June 8

Registration is open!

Deadline for registration is May 30

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

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

**Al-Anon, Alateen and AA Speakers
Workshop  Meals  Lunch 7th Tradition
Fundraisers**

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

**Balzac Community Hall
10075 TWP Rd 262, Balzac, AB T4B 2T3**



Alberta/N.W.T.
2025 Al-Anon Convention Program
"Together We Can"

Friday June 6	
6:30 pm	Registration
7:00 pm	Fun Games/Fellowship
8:00 pm	Al-Anon meeting - <i>speaker: Giselle C.</i> Alateen meeting (TBA – either separate or together with Al-Anon)
Saturday June 7	
8:30 am	Registration & Continental Breakfast
9:30 am	Amazing Al-Anon Literature Skit and Al-Anon readings
10:00 am	<i>Al-Anon speaker: Candace M.</i>
10:45 am	Break
11:00 am	<i>A.A. speaker: Christina Y.</i>
12:15 pm	Lunch – 7 th Tradition
1:30 pm	"Together We Can" Workshop: McKenzie Circle AFG
3:00 pm	Break
3:15 pm	<i>Al-Anon speaker: Jim G. Alateen speaker: TBA</i>
4:30 pm	Entertainment
5:30 pm	Catered Roast Beef Dinner
6:30 pm	<i>Al-Anon speaker: Mintie G.</i>
7:30 pm	Closing & Raffle Draws
8:00 to 9:00 pm	Talent Show
Sunday June 8	
9:00 am	Fellowship & Continental Breakfast
9:30 am	Opening
10:00 am	<i>Al-Anon speaker: Lori G.</i>
11:00 to 11:30 am	Closing





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: pmmcillan@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
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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, 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



Public Outreach Service Opportunity

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 online information session for people wanting more information on our program on Saturdays from 11:00 am to 12:00 pm. This outreach activity has been supported by a very limited number of people since it launched.

We need your help! We are looking for volunteers from all over Alberta/NWT Area to commit to an hour on Saturdays to listen, provide information about our program and direct the newcomer to a meeting. We are looking for members who are experienced with the Al-Anon program and willing to share your Experience, Strength and Hope.

Individuals as well as Groups may volunteer, one week at a time, once a month or once a year—whatever you're able.

We're looking for volunteers for these dates:

April 26

May 10, 17, 24, 31

June 7, 21, 28

If you can volunteer or have questions, please feel free to contact Ric Z. at public_outreach@al-anon.ab.ca

For more information about the online sessions, see Q & A pages, following.

Yours in Service,
Ric Z.
Public Outreach Coordinator
Area 80 Alberta/NWT AFG



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



Public Outreach

Q & A: Newcomer Online Sessions – You Had Questions, We Have Answers

Q: What are these sessions, and when are they held?

A: • The purpose of a Newcomer Online Session is similar to that of Telephone Answering Services, only it is offered online instead of by phone.
• Volunteers answer inquiries about AI-Anon and help people find meetings.
• It is offered each Saturday from 11am to Noon.

Q: Is it held on Zoom?

A: It is currently held on Jitsi, an online platform similar to Zoom.

Q: How do people find it, where is the link?

A: The link along with more information is on the area web page in the 3rd paragraph at:
<https://al-anon.ab.ca>

Q: Is it like an online meeting for newcomers?

A: No, it is not a meeting. The Session is for people looking for information about the AI-Anon program. The main focus is to direct them to meetings. Any AI-Anon member is also welcome to drop in to a session to check it out.

Q: Who can volunteer?

A: AFG members who are familiar with the AI-Anon program and willing to share their experience, strength and hope. It's a Step 12 service opportunity to carry the message to others.

Q: What does volunteering for this involve?

A: Volunteers commit to stay online for one hour from 11am to Noon, to answer questions from visitors. They are available online for 1 hour.

Q: Can AFG Groups volunteer, or only individual members?

A: An AFG group may volunteer to cover a session (or more) and find members from their group to cover it. AI-Anon members may also sign up as individuals to volunteer.

Q: How many newcomers typically show up each week?

A: The number of visitors from week to week may vary. Nevertheless, as the AI-Anon Declaration says "When anyone, anywhere reaches out for help let the hand of AI-Anon and Alateen always be there. . ."

Q: Are there guidelines for volunteers about how to lead a Newcomer Online Session?

A: Guidelines specifically for these sessions will be available, and will be similar to guidelines for Telephone Answering Services.

Public Outreach

Q & A: Newcomer Online Sessions – You Had Questions, We Have Answers

Q: How many weeks can volunteers sign up for?

A: You or your group may sign up for 1 or more weeks.

Q: How do we sign up to volunteer?

A: Please contact the Area Public Outreach Coordinator with the dates you would like: public_outreach@al-anon.ab.ca or text Ric at **1-403-550-1050**.

Q: How do I know what week I am scheduled, is there a list to look it up?

A: Starting in April 2025, when people volunteer for a date it will be listed on the Area Events Calendar at <https://al-anon.ab.ca/events> which is updated on Saturdays. Then volunteers can check which dates are still available, and which dates are taken. First names with last initial only or group names will be shown to protect anonymity. Please specify if you wish to be identified differently on the calendar.

Q: Who do we contact if we need a replacement to cover our scheduled session?

A: Individuals or groups that need to reschedule can contact the Public Outreach Coordinator. Groups can choose a replacement from their available members.

Q: How long will these online sessions be offered?

A: The Newcomer Online Sessions will be ongoing for as long as they are needed and volunteers are available.

Alberta Al-Anon Website

See the Al-Anon Alberta website for information about Al-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 Al-Anon Information Services (AIS) page.