

# Keeping in Touch

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

## World Service Conference

### *Investing in Each Other to Preserve Legacies!*

Where do I begin to describe the opportunity of service that you have given me, other than to say thank you. Thank you to those who made love gifts, those that wrote all the cards and note to encourage me, those that have listened to my fears and questions as I begin this honored position as Delegate for Alberta and the Northwest Territories.

The conference was held April 24 thru April 28 in Hartford, Connecticut. There are many details to be shared, and I will endeavor to do my best today and continue in the months ahead through ongoing communication with all of you. I had to use my own program of recovery in many areas of this adventure and am once again reminded how Al-Anon works in ALL OUR AFFAIRS when applied.

Meetings began with a gathering of the Canadian Delegates prior to the conference with great excitement to meet in person after months of zoom calls. Orientation for Panel 65 was held first thing on Thursday April 24th so that we had a grasp of the procedures of the upcoming days. We voiced our concerns and were enveloped in answers, love and care as we got to know each other.

The trip to Stepping Stones, the home of Bill and Lois Wilson, was the frosting on the cake as one might say. The emotions as you step into their home and experience the energy of where they both lived and created the fellowship; we are privileged to be a part of was a gift to me that I will always treasure. The history there was the foundation of our home today in Al-Anon. Once again, thank you.

As my first World Service Conference was a reminder of the hard work that it takes to be a part of this family, it also reassured me that service is the key to my recovery, and you all gave me a gift so immense that my heart is full.

Service with a Smile,  
Olive W  
Delegate, Panel 65

### Take Serenity Wherever You Go

Download the AFG Mobile App:  
[al-anon.org/mobileapp](http://al-anon.org/mobileapp)



Having had a spiritual  
awaking as the result of  
these steps, we tried to  
carry this message to  
others, and to practice  
these principles in all our  
affairs.



The next Newsletter will be published on September 2. Please send submissions to [newsletter@al-anon.ab.ca](mailto:newsletter@al-anon.ab.ca) by August 27. The theme will be "Let it Begin with Me"

## New Group Representatives at Assembly

Hello everyone,

It was wonderful to see all the new Group Representatives at the Spring Assembly. I am grateful to be one of a team that presented the GR Orientation on Zoom and in person at Assembly. We had reviewed the documentation to ensure it was as accurate as possible and then we welcomed all the Group Reps to expand their Al-Anon families to a larger geographic area.

The Orientation package helps the Group Reps understand what Area Assembly is about as well as the role each of them have at the Assembly. From experience of others, we put together the common questions and answers to help them. Our goal was and is to help the Group Reps feel more comfortable with their responsibilities at the Area Assembly. Each new Group Rep is not alone at this Spring Assembly.

This is the first Assembly of the new Area Team, or Panel. Most of the Coordinators are new to the position as well as many of the Officers. Although we are dealing with the ongoing business of Area, we can and did have laughs. I am certain that we all met new people and learned about many things. There were many items raised at the Spring Assembly, and everyone can give themselves a pat on the back for getting through the agenda in a timely manner. Job well done!

We will meet again in September at the Fall Assembly. Of course you have made it through one meeting unscathed, so the next is not nearly as daunting. I can promise there are many names I will not remember, but that is okay. (And yes, the name tags help a lot!) The wonderful thing is we will meet again, and again. This will help to reinforce the new friendships we have begun.

As we help one another in our meeting, giving comfort strength and hope; we also help one another in the Assembly meeting. We want to see everyone succeed and Area succeed. Each of you plays a part in making that happen. I am so grateful to be a part of that. A special thank you to Kate L for being the other half of the Team at the GR Orientation.

Diane G., Past Delegate Panel 62



## Common Questions About Al-Anon Electronic Literature

**Q:** In what digital formats can I purchase Al-Anon Conference Approved Literature (CAL)?

**A:** *Currently, some pieces of CAL are available as ebooks, audiobooks, or both.*

**Q:** Which books are available as ebooks or audiobooks?

**A:** *See the complete list of books available in digital formats by visiting the [Digital Products](#) page on Al-Anon's Online Bookstore. Audiobooks can be easily identified by the headphone icon.*

**Q:** How can I be certain the book I'm purchasing will support Al-Anon?

**A:** *Selecting a piece of CAL on the Digital Products page will provide information and links to the various online platforms where proceeds from CAL sales help support Al-Anon's mission.*

*The Forum, September 2024*

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## Living, Learning & Blessed in Service

My first home group of about seven, met in a small basement of a tiny, small-town church. I was there because I was so broken from living with alcoholism; I heard words for the first time that reflected my feelings and experiences.

I began working on my Steps with three other new members. I was trying to wrap my head around alcoholism being a disease when it all felt so incredibly personal and painful and hopeless. I certainly did not know what a Group Rep or District Rep was or did; nor that I belonged in a specific District of an Area that encompassed Alberta, the North West Territories and locations in S.E.

British Columbia. I never considered that my little group could have a vote about who would represent us as our Delegate during a thing called World Service Conference. Even more incredible was that we belonged to a world-wide organization with a World Service Office!

While reflecting on our recent Alberta/N.W.T. Area Spring Assembly, I thought back to attending as a new GR. From those earliest of days through to having the honour of being your Chairperson, it truly has happened One Day at a Time (early days sometimes hanging on a moment at a time). Consistent attendance at a home group, a trusted personal sponsor and later adding a Service Sponsor; Al-Anon book studies and people in service who became dear friends have been my supports on this life journey.

It was thrilling to have 29 new attendees at Spring Assembly! It was a very full day with everyone listening, discussing and making decisions. Thank you for your hard work. We have undertaken a lot in our first five months of our three-year term. It is only possible because of the service of everyone in our Area. I look forward to getting to know you and hearing about your service journey that led you to Assembly.

Lynn W. , Alberta/N.W.T. Area Chair



## Happiness Is My Choice

I started AlAnon in my 30s. I'm now in my 70s. My perceptions of my alcoholic loved one have changed. I used to blame him for everything. If I was in a bad mood, it was because of him. I was sure he made me feel irritable and unreasonable. Then it dawned on me why I was feeling so angry at him: I wanted him to fulfill my every dream in life. How selfish of me, expecting this man to give me the world.

In AlAnon I learned not to expect others to make me happy. I was encouraged to start loving myself first. I needed to take care of myself and not expect others to bring me joy. I started doing what made me happy. If I decided to do crafts, then I would do it. If I wanted to do a yoga class, then I'd do it. It was my choice. Taking care of myself is my top priority. No one can make me happy, lonely, angry, or depressed. It is *my* choice if I want to feel these emotions.

My husband and I began having a better relationship once I came to believe that I was the one responsible for my happiness. I'm thankful I became a member of AlAnon and that I stayed with this program that is working on me. We are much happier since AlAnon is a part of my life.

*By Mary C., Wisconsin*

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## In Bonds of Healing

In rooms where hearts come bare and free,  
We gather, souls in search of harmony.  
With words unspoken, the stories unfold,  
In a circle of warmth, where courage is bold.

Each voice a whisper, each tear a light,  
Reflecting the journey through day and night.  
We share our struggles, the weight of the past,  
In the strength of our numbers, our spirits hold fast.

Letting go of the storms that once raged,  
Finding peace in the bonds that we've made.  
We learn to stand tall through the tremors of pain,  
With hope as our anchor, we rise once again.

Together we flourish, through laughter and tears,  
In Al-Anon's embrace, we face our true fears.  
Resilience is forged in the warmth of connection,  
With love as our guide, we find our direction.  
So here's to the journey, both tender and true,  
In the heart of support, I find strength anew.

We carry each other, no longer alone,  
In this family of healing, I have found my home.

Janet V



My group is the Brighter Tomorrow AFG in Sherwood Park, AB.  
I wrote this as a thank you for their unwavering support especially in my  
time of grieving the death of my grandson.

## **Al-Anon Alberta/N.W.T. Convention 2025** ***Together We Can...***

**Friday June 6 to Sunday June 8**

**Register at the door \$25 (excludes banquet)**

**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](mailto: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 <sup>th</sup> 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





# SAVE THE DATE

ACSOA, YOUR AL-ANON  
BOOKSTORE, IN  
COOPERATION WITH THE  
CALGARY DISTRICTS,  
ARE PLANNING AN  
AFTERNOON

## OPEN HOUSE AND WORKSHOP

SATURDAY, OCTOBER 25<sup>TH</sup>  
303 FORGE ROAD SE CALGARY  
TOPIC: SLOGANS

FURTHER DETAILS IN THE NEXT NEWSLETTERS  
AND EVENTS PAGE ON THE  
AREA WEBSITE: [WWW.AL-ANON.AB.CA](http://WWW.AL-ANON.AB.CA)

## Conference Approved Literature (CAL)

I am here to bring you some news from our World Service Office (WSO) about our wonderful **Conference Approved Literature (CAL)** and the **Forum**. The most recent booklet that has come out is on the topic of *Healing Within Our Alcoholic Relationships*. You may all have seen this new item already. It has questions on all of our Three Legacies, Steps, Traditions and Concepts. The questions on each of these legacies are so pertinent for our recovery.

Our WSO is asking for sharings now for two new pieces of literature. One is on *Your Relationship with Finances in Al-Anon Recovery* and the other is *Sponsorship and Service Sponsorship*.

If you feel the urge to write to either of these topics, please do so. There are writing Guidelines for both of them at [al-anon.org/sharing](http://al-anon.org/sharing). The Guidelines have questions and ideas that could help you get writing.

You may be interested in reading about the process for developing a new piece of Conference Approved Literature.

### The Process for Developing Conference Approved Literature (CAL)

Al-Anon's Conference Approved Literature originates with an idea, which can come from any Al-Anon member, group, or service arm. The Conference gives conceptual approval to ideas that meet the needs of the fellowship in a way not already covered in existing literature. After Conference approval, the WSO requests personal sharings from members around the world. The Literature Committee and WSO Staff coordinate the piece's development. Through this process, the literature reflects the views of our fellowship without being limited to one person's thoughts or ideas. Drafts are reviewed by the Literature Committee and members of the Policy Committee to assure they adhere to Al-Anon principles, policies, and Traditions. This process provides a series of "checks and balances" to the creation of our literature. The Conference does not evaluate or give approval to any literature produced outside of this process. (Taken from G-6)

Now for the Forum: it is a wonderful way to read sharings from people all over USA and Canada. It used to be referred to as "A Meeting in Your Pocket", and it really is!

Editors are always looking for new submissions to the Forum.

You can also send pictures of nature or wildlife. What they really like of pictures of members (their backs of course) looking at all the CAL in their meeting rooms. The Forum is also available digitally if that works better for you.

For Guidelines for submitting any sharing or picture, go to [Al-Anon.org/sharing](http://Al-Anon.org/sharing). All the links are there.

So, lets get reading and writing!

In Service,  
Norma F, [Literature/forum@al-anon.ab.ca](mailto:Literature/forum@al-anon.ab.ca)



## 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 Saturday June 28 and the following Saturdays.**

If you can volunteer or have questions, please feel free to contact Ric Z. at [public\\_outreach@al-anon.ab.ca](mailto: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



## 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 Al-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 Al-Anon program. The main focus is to direct them to meetings. Any Al-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 Al-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. Al-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 Al-Anon Declaration says "When anyone, anywhere reaches out for help let the hand of Al-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.

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## 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](mailto: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.



## “Our Common Welfare”—Notes from the WSO

### Carrying the Al-Anon Message Online

Whether we use social media to connect with friends and family or follow our favorite interests, it has become a large part of our lives. Social media is one way we can carry the AlAnon message, but it can be tricky.

The Social Media Policy found in the Public Outreach section of the “Digest of Al-Anon and Alateen Policies” in the *AlAnon/Alateen Service Manual* (P-24/27) provides guidance about using social media to spread our message of help and hope to those suffering as a result another person’s alcoholism.

The Policy provides carefully defined service authority, such as who can create Al-Anon or Alateen social media pages/profiles and what roles groups and members can take on, so that each member and service arm can understand the role they play in using this avenue for carrying the message.

While sharing the message of help and hope to families and friends of alcoholics on social media, members are encouraged to practice obedience to the unenforceable by adhering to AlAnon Traditions. Tradition Eleven states, in part, “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV.”

This applies to our online presence as well, as does Tradition Twelve, which states, “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.”

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

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