

# Calgary AIS Newsletter

September 2025

## Dates to Remember:

|                   |                                                                                                                                        |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Sept 20 & 21      | Assembly in Red Deer                                                                                                                   |
| Sept 21           | Alberta Recovery Day Street festival—visit Al-Anon Public Outreach's table—see poster on p. 3                                          |
| October 18        | Pioneer's Round Up—see poster on p. 4                                                                                                  |
| October 25        | Book Store Open House and Workshop—see poster on p. 5                                                                                  |
| Thursday 10:00 am | Study of Al-Anon's Workbook— Living the Legacies AFG<br>Edgemont Community Centre 33 Edgevalley Circle NW (see January AIS Newsletter) |
| Tuesday 7:30 pm   | Alateen Meetings—see poster on p. 10                                                                                                   |
| Sunday 7:00 pm    |                                                                                                                                        |

Greetings Al-Anon Fellowship,

I love the change of seasons in Canada. I love the comfort of getting back into a routine and for many of us that means attending meetings and practising our Al-Anon Program. You will find details of upcoming events in this newsletter including Fall Assembly, Recovery Day and the ASCOA Workshop.

Thank you to all of our incredible members involved in service, who give so much time and love to our fellowship to make these events open to all.

Wishing us all recovery.

Shellie O.  
AIS Calgary Chairperson



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 for upcoming newsletters are **Oct 8**, **Nov 5**, and **Dec 3**.



## 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      |
| Jasmine           | Alateen Coordinator              | aapp@al-anon.ab.ca                  |
| Randy H.          | Monitoring Coordinator           | aiscalgarymonitoring@gmail.com      |
| Anne C. & Dave 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/>

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/>

Calgary AIS meetings are held every other month at 7:00 pm and are virtual or hybrid.

**Next AIS Meeting is zoom on 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





Calgary AIS September 2025

**FREE FESTIVAL**

**WILD 95.3**  
Calgary's Hit Country

**RECOVERY DAY ALBERTA**  
CELEBRATING MENTAL HEALTH  
AND ADDICTION RECOVERY

**CAMERON WHITCOMB**

**AARON GOODVIN**

AND MORE AMAZING PERFORMERS!

HEALTH INFORMATION BOOTHS | ARTISANS | FOOD TRUCKS  
FREE KIDS ZONE | LIVE MUSIC | FUN FOR THE WHOLE FAMILY

[www.RecoveryDayAlberta.com](http://www.RecoveryDayAlberta.com)

**SUNDAY, SEPTEMBER 21<sup>ST</sup> • CALGARY, AB • 12 PM TO 5 PM**  
**4<sup>TH</sup> ST SW BETWEEN 12<sup>TH</sup> AVE SW AND 17<sup>TH</sup> AVE SW**

**LAST  
DANCE**

Alberta  
Government

FRESH Start  
RECOVERY  
Providing Solutions To Save Lives

**W. Brett  
WILSON**

CORE  
Canadian Centre of  
Recovery Excellence

Calgary

Canadian Mental  
Health Association  
Calgary  
Mental health for all

RECOVERY ACRES  
RACS  
CALGARY SOCIETY

Recovery Alberta  
MENTAL HEALTH AND ADDICTION SERVICES

Calgary Homeless  
FOUNDATION

THE MOSA FACTORY



# HOTEL YORK

## CALGARY'S NEWEST HOTEL

### Pioneers Round Up 2025

Saturday October  
18<sup>th</sup> 2025

2:00-8:00 P.M.

5511 Baroc RD. N.W.

Tickets \$40 each  
scan below:



Val D - AA  
Andy C - AA  
Darrell D - AA  
Carla T - AA  
Dave C - Al-Anon

IN THE SPIRIT OF TRADITION 6 AA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.

80 years of AA in Calgary





Al-Anon Central Service Office Alberta (Bookstore)

## Favorite Al-Anon Slogans!

### Open House and Workshop

When: 12:30 - 4:30 pm

Sat., Oct 25th, 2025

Where: Al-Anon Bookstore

McCaig Building, 303 Forge Road SE

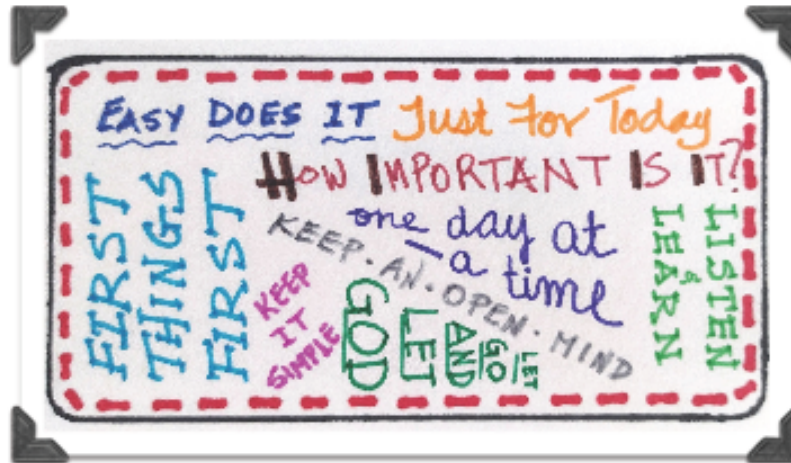
Calgary, AB. (403) 287-3397

Who: All Al-Anon Members Welcome

Program facilitated by Calgary Districts 3, 4, 5, and 6

Shopping \*\*\* Fun And Fellowship \*\*\* Prizes \*\*\* More

*Please Bring Snacks to Share*



**Purchase CALiterature and tour the Bookstore!**



## **Courage to Change Beginner's Meeting Monday 7:00 pm** **Peter Lougheed Centre, 3500-26th Ave NE**

Location: Reserved Dining Room Level 0 (one floor down from the main level) behind the cafeteria). From the cafeteria on level 0, walk towards the windows and the door will be on your left. Go through the door, through the first room and through the next set of doors to our meeting room. For more detailed information about the location of the meeting room, see the *Calgary AIS April 2025 Newsletter*.

| <b>Date</b> | <b>Group Name</b>                |
|-------------|----------------------------------|
| Sept 22     | Let it Begin with Me             |
| Sept 29     | Corinne – Finding Our Way        |
| Oct 6       | Northern Hills Trailblazers      |
| Oct 13      | Let it Begin with Me             |
| Oct 20      | Dina & Lynne – One Day at a Time |
| Oct 27      | Serenity Seekers                 |
| Nov 3       | Northern Hills Trailblazers      |
| Nov 10      | Let it Begin with Me             |
| Nov 17      | Cheryle – Let it Begin with Me   |
| Nov 24      | Northern Hills Trailblazers      |
| Dec 1       | Let it Begin with Me             |
| Dec 8       | Corinne – Finding Our Way        |
| Dec 15      | Serenity Seekers                 |
| Dec 22      | Northern Hills Trailblazers      |
| Dec 29      | Let it Begin with Me             |



### **AIS Treasurer's Report**

The current AIS bank balance is \$3364.73.

Our prudent reserve is approximately \$1500.00. Funds will be distributed at our next AIS Meeting according to needs from Public Outreach, Alateen, and all of our service arms.

Regards,  
 Shellie O. on behalf of David P., Treasurer



### **Public Outreach Just Got Easier!**

People need to hear about Al-Anon, so ideas to make it easy are always welcome. A guest speaker from Omaha, NE recently made a suggestion at our Public Outreach (PO) meeting, and it is now available here in Alberta/N.W.T. as well.

Rather than each Group gathering pamphlets for public events, they can now simply contact the PO Coordinator (Ric Z.), and he ships a **Public Outreach Kit** with all needed CAL materials and even an Al-Anon tablecloth. Afterward, the Group simply replaces the pamphlets given away (or makes a donation to PO for them) and returns the kit. And shipping is very affordable.

Here's an update from a Group that tried the new kit:

*"At the suggestion of one of our group members, and after a group conscience, Westside AFG decided to set out Al Anon literature and information at the annual pancake breakfast held by the church that hosts our weekly meetings.*

*For reasons of anonymity we decided not to have anyone "man" the table. We did have some concerns about people making assumptions that Al-Anon is affiliated with the church.*

*Our Group Rep reached out to Ric who handles Public Outreach and we came up with a plan to get public outreach materials to the event. That process was efficient and smooth!*

*We did have two members at the pancake breakfast, though not minding the table. They indicated that people picked up pamphlets and stopped to scan the bar codes. According to the event organizers, there were over 600 people at the pancake breakfast, many of them community members that are not members of the church.*

*From my inventory after the event, I learned that not much literature was taken. The pamphlets that did get picked up include:*

*8 copies of Alcoholism, The Family Disease*

*4 copies of Detachment*

*6 copies of Information for the Newcomer*

*Now that we know the public outreach materials that are available and how to access them, we will be alert to other outreach opportunities in our community.*

*\*Note: Our group purchased a few additional pamphlets to keep on hand for newcomers and for our members to distribute to doctor's offices etc.*

*Thanks!"*

To use the **Public Outreach Kit** at your next event, contact:  
1-403-550-1050 (call or text to Ric Z.)  
or email [public\\_outreach@Al-Anon.ab.ca](mailto:public_outreach@Al-Anon.ab.ca)



## Where to Send Contributions

**Your Group can make contributions to our Service Arms in this suggested order:**

**Group** (your Group's 7th Tradition).

**District** (check with your District Representative).

**AIS** (AI-Anon Information Services) if your District is in Calgary or Edmonton:

|                                                                                                                                                                                                                                                         |           |                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AIS Calgary</b><br><b>Cheques payable to:</b><br><b>AI-Anon Information Services</b><br><b>Mail to:</b><br><b>PO Box 512, Station M</b><br><b>Calgary, AB T2P 2J2</b><br><b>OR</b><br><b>E-transfer to:</b><br><b>calgarytreasurer@al-anon.ab.ca</b> | <b>OR</b> | <b>AIS Edmonton</b><br><b>Cheques payable to:</b><br><b>AI-Anon Information Services</b><br><b>Mail to:</b><br><b>PO Box 1375</b><br><b>Edmonton, AB T5J 2N2</b><br><b>OR</b><br><b>E-transfer to:</b><br><b>edmontontreasurer@al-anon.ab.ca</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**ACSOA** (AI-Anon Central Service Office Alberta) Bookstore

Cheques payable to:

ACSOA

Mail cheque to:

Distribution Center (LDC)

McCaig Building

303 Forge Road SE

Calgary, AB T2H 0S9

**OR**

E-transfer to:

***order@al-anonbookstore.ca*** ***mailto:order@al-anonbookstore.ca*** ***h***

(automatic deposit - no security question required)

Include Group name and District in the e-transfer message box.

**AB/NWT Area Assembly**

Cheques payable to:

AB/NWT Area Assembly

Mailing address (*please do not reference AI-Anon on the envelope*):

Sharon Prevost

3306, 81 Legacy Blvd SE

Calgary, Alberta 2X 2B9

**OR**

e-transfer to:

***treasurer@al-anon.ab.ca*** (include Group name and District in the e-transfer message box)

Security question can be anything, but password must be Serenity.

*continued*



*continued*

**AFG Headquarters, Inc.**

Cheques payable to:

WSO - AFG Headquarters (Canada) Inc.

Mail to:

Canadian Office Al-Anon Family Groups

222 Queen Street, Suite 1000

Ottawa, Ontario K1P 5V9

OR

Cheques payable to:

WSO - AFG Headquarters Inc.

Mail to (requires postage to U.S.):

AFG Headquarters, Inc.

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

OR

Contribute online at [www.al-anon.org](http://www.al-anon.org)

OR

Apply for personal automatic contributions from your bank account  
(see WSO website: [www.al-anon.org](http://www.al-anon.org)).



**One Day at a Time AFG—Zoom Link Change**

Time: This is a recurring meeting—meet anytime.

Join Zoom Meeting:

<https://us05web.zoom.us/j/82722090113?pwd=AHHYFtb5TZ3wC8WTcayl7veYTAabtW.1>

Meeting ID: 827 2209 0113

Passcode: yMf7tg



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



# ALATEEN

## HOPE FOR CHILDREN OF ALCOHOLICS



More about  
Alateen:  
[al-anon.org/teen-info](http://al-anon.org/teen-info)

For more information, email [calgaryalateen@al-anon.ab.ca](mailto: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**