



Calgary AIS Bulletin

December 2025

Dates to Remember:

Mon Dec 8 8:00 pm	Gratitude Meeting—One Day At A Time Zoom Meeting link: https://us05web.zoom.us/j/82722090113?pwd=AHHYFtb5TZ3wC8WTcayl7veYTAabtW.1 Meeting ID: 827 2209 0113 Passcode: yMf7tg
Wed Dec 10 12:00 pm	Gratitude Meeting—Serenity Seekers NEW Zoom Meeting ID: Meeting ID: 810 7311 9324 NEW Meeting Password: 756291
Wed Dec 10 7:30 pm	Gratitude Meeting—Calgary Westside AFG See below.
Thurs Dec 11 10:00 am	Gratitude Meeting—Living the Legacies AFG Edgemont Community Centre 33 Edgevalley Circle NW Calgary. Everyone is welcome. Refreshments provided.
Thurs Dec 11 7:30 pm	Gratitude Meeting—Let it Begin with Me AFG Centennial Presbyterian Church
Tues Dec 16 7:30 pm	Gratitude Meeting—Paths to Recovery West Springs Church 816 78th Street SW
Wed Dec 17 7:30 pm	Gratitude Meeting—Northern Hills Trailblazers Harvest Hills Alliance Church 100 99 Harvest Hills Blvd. NE
Dec 24 Dec 31 7:30 pm	Gratitude Meeting—Calgary Westside AFG See below.
Thurs 10:00 am	Study of Al-Anon's Workbook— Living the Legacies AFG Edgemont Community Centre 33 Edgevalley Circle NW (see January AIS Newsletter)
Tues 7:30 pm Sun 7:00 pm	Alateen Meetings—see poster in November Newsletter.

Calgary West Side AFG December Meetings

Gratitude Meeting on Wednesday December 10:

Wednesday 7:30 pm Calgary West Side AFG – Hybrid meeting – In person: West Springs Church 816 78 St SW (door is at the back of the church facing 78th St.) – Zoom ID is 880 0094 3794 no password is required, but there is a waiting room.

Zoom only meetings on December 24 and 31:

Everyone is welcome. Zoom ID is 880 0094 3794 no password is required, but there is a waiting room.

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.

Deadline for submissions for the next newsletter is **Jan 8**.

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
vacant	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
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 on zoom on Feb 2.

Email calgarychairperson@al-anon.ab.ca to learn more or volunteer.

On Zoom:

ID: 471 384 6072

Passcode: 987654

In Person:

Church of Our Saviour
8831 Fairmont Drive, SE





Looking for Support for Spiritual Awakenings AFG

The Spiritual Awakenings AGF in NW Calgary is looking for support as our attendance dwindles.

Since Covid, the number of people attending our meetings has dropped from over 20 to usually about four. We worry about our sustainability. Our strength is that in the NW, we are one of only two daytime groups, which we find valuable.

Our format is generally a continuous cycling through the Steps. This group has found it beneficial to visit the Steps frequently throughout the year. We also add the Tradition or Concept to the Steps during the month. One meeting a month is dedicated to a topic.

We are looking for a way forward and would ideally like to keep the group going. We are therefore appealing to the wider Al-anon family. If any members are looking for an additional meeting during the day, please join us at Royal Oak Victory Church Mondays at 1:30.

Thank you,
Sherri D. and Betty S.



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

As of January, 2026 the Courage To Change Beginner’s weekly meeting, Monday, 7:00 PM at the Peter Lougheed Center, 3500-26 Avenue, NE Calgary, AB will be closed due to shortage of volunteers and having to pay for parking. The LAST MEETING is Monday, December 29, 2025 chaired by Thursday’s meeting “Let It Begin With Me” from District 6. A special Thank You to all the volunteers from District 6 as well as other groups from other Districts in Calgary for chairing this meeting over the years.

In Gratitude For Al-Anon Service,
Corinne H.
Interim District 6 Rep

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*.

Date	Group Name
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



NEWS FROM YOUR AL-ANON BOOKSTORE

OUR STORE WILL BE CLOSED

WEDNESDAY, DECEMBER 24 AT 12 NOON UNTIL
THURSDAY, JANUARY 1ST, 2026

WE WILL RETURN TO REGULAR HOURS
WEDNESDAY, JANUARY 7th, 2026

THANK YOU FOR YOUR CONTINUED SUPPORT
WE LOOK FORWARD
TO SERVING YOU IN 2026
HAVE A SAFE AND HAPPY HOLIDAY SEASON

REGULAR HOURS

WEDNESDAY AND THURSDAY 9:30 a.m. - 4:00 p.m.

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