



Dates to Remember:

February 14	AA District 77 Roundup. More information on p. 6.
March 7	First Street Recovery AFG Family Recovery Spaghetti Dinner. See poster on p. 7.
April 10-12	Banff Roundup. More information on p.8
June 5-7	Gratitude Roundup. See poster on p. 9.
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	Alateen Meetings—see poster in November Newsletter.
Sun 7:00 pm	

Hello Al-Anon Fellowship,

Please take a look at the many events in this newsletter over the next few months. We are so blessed with opportunities to attend and feel "a part of" Al-Anon. I feel so good and so inspired when I attend. Thank you to those involved for all the hard work that goes into these events.

Al-Anon Information Services (AIS) needs a Treasurer! It is not time consuming. Our previous Treasurer David is happy to walk you through the service position. You don't need to be a long term member. This is a great way to get involved. Please email me if this calls you: calgarychairperson@al-anon.ab.ca

Wishing you Serenity,
Shellie O.
AIS Calgary Chairperson

Check out news from Al-Anon's World Service Office (WSO):
<https://al-anon.org/for-members/wso/news-from-the-wso/>

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 **March 5**.



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. 68 of the [Al-Anon/Alateen Service Manual, 2026- 2029](#)

<https://al-anon.org/pdf/P2427.pdf>

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 April 13.

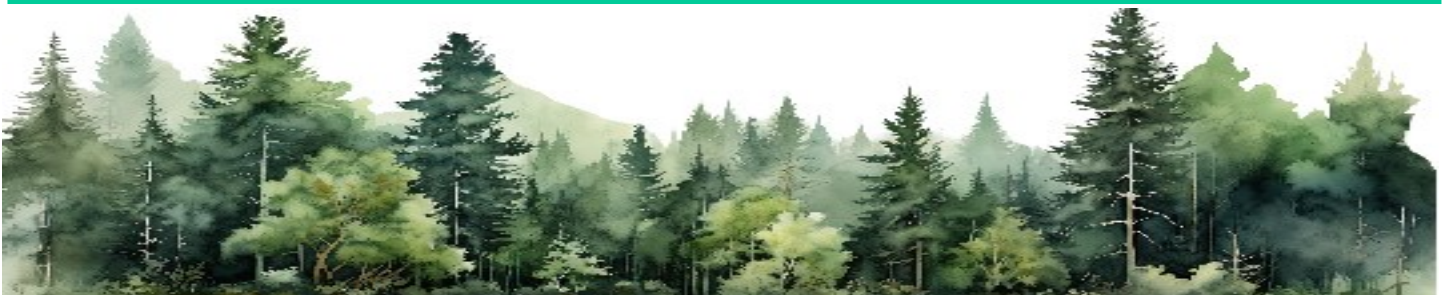
Email calgarychairperson@al-anon.ab.ca to learn more or volunteer.

In Person:

Church of Our Saviour
8831 Fairmont Drive, SE

On Zoom:

ID: 471 384 6072
Passcode: 987654





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 AI-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.

Sunrise Healing Lodge

AIS Calgary will be taking over support for Sunrise Healing Lodge from District 6. We'd like to thank them for their hard work over the last 10+ years supporting this public outreach effort.

We are given an hour once every four weeks at the Sunrise Lodge's Family Support Circle to share about AI-Anon and a little about our personal experience. We will be looking to the fellowship to provide support and two volunteers to share their stories and one to help facilitate and share about AI-Anon as a whole. We're hoping groups across all districts will help support this effort.

The time commitment would be up to 2 hours from 6:00 pm to about 8:00 pm the night of the meeting.

The dates we require three volunteers are as follows.

February 19, March 19, April 23, May 14, June 11, July 09, August 06, September 03, October 01, October 29, November 26 and December 17.

Sunrise Healing Lodge
1231 34 Avenue NE
Calgary, AB T2E 6N4

Please feel free to contact with any questions or to sign up.

Raman
Public Outreach Coordinator





Group Contributions Information

Member financial contributions are an important part of supporting the World-Wide fellowship of Al-Anon. Keeping the Al-Anon program available to help families and friends of alcoholics relies on financial support to our service arms at local, Area and World Service Levels. Contributions to each service arm are determined by a Group Conscience, after considering relevant information. See G-41 Guideline.

Suggested Order of Financial Responsibilities (Tradition Seven disbursement by Group)

1. Group
2. District
3. AIS (Al-Anon Information Services where present)
4. ACSOA (Literature Distribution Centre/ Bookstore)
5. AB/N.W.T. Area Assembly
6. AFG Headquarters, Inc.

Your Group can make contributions to our Service Arms as follows:

1. **Group** (your Group's Treasurer passes the Seventh Tradition basket to members)
2. **District** (Check with your own District Representative)

3. AIS Calgary

e-transfer to: calgarytreasurer@al-anon.ab.ca

OR

Mail cheque to:

Al-Anon Information Services

PO Box 512, Station M

Calgary AB T2P 2J2

4. ACSOA (Al-Anon Central Service Office Alberta aka Book Store)

e-transfer to: order@al-anonbookstore.ca

Automatic deposit - No security question required.

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

OR

Mail cheque to:

ACSOA Literature Distribution Center (LDC)

McCaig Building

303 Forge Road SE

Calgary AB T2H 0S9

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5. Alberta/N.W.T. Area Assembly

e-transfer to: treasurer@al-anon.ab.ca

Question can be anything but password must be Serenity.

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

OR

Cheques payable to: Alberta/N.W.T. Area Assembly

Mail to:

Sharon Prevost

3306, 81 Legacy Blvd SE

Calgary, Alberta

T2X 2B9

*Please do **not** make a reference to Al-Anon on the envelope.*

6. WSO - AFG Headquarters (Canada) Inc. (Make cheques payable to AFG Canada Inc.)

Contribute online at www.al-anon.org

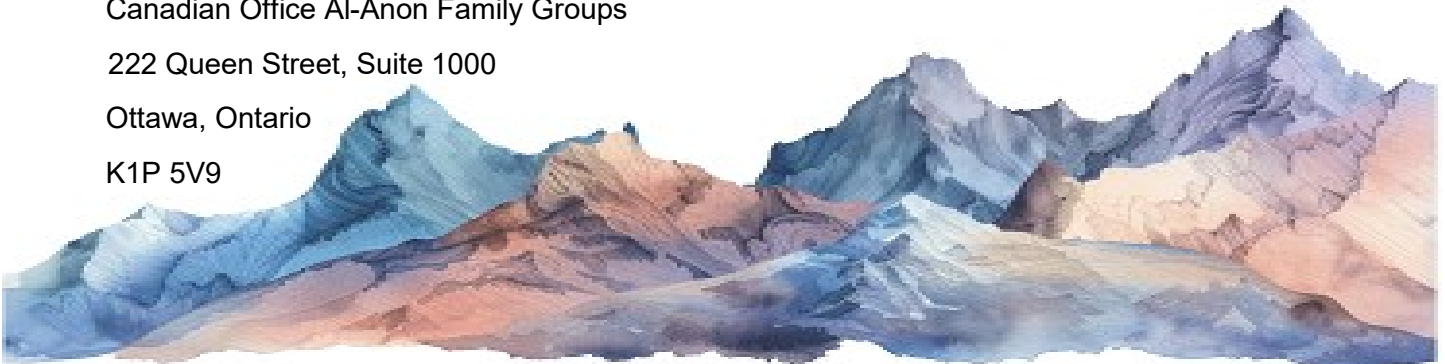
OR

Canadian Office Al-Anon Family Groups

222 Queen Street, Suite 1000

Ottawa, Ontario

K1P 5V9



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.



2026
DISTRICT 77 ROUND UP
(AN AA AND AL-ANON EVENT)

**RELATIONSHIPS
IN SOBRIETY**



**SATURDAY, FEBRUARY 14, 2026
1:00 PM – 8:00 PM**

**EDGEMONT COMMUNITY ASSOCIATION
33 EDGEVALLEY CIR NW
CALGARY, AB T3A 4X1**

**Exploring healthy connections
and growth in sobriety.**

TICKETS \$40 - DINNER INCLUDED

AVAILABLE AT THE DOOR OR BY CALLING 867 446 3198 OR 403 815 3719



FAMILY RECOVERY SPAGHETTI DINNER

AA, Al-Anon, and Alateen participation
AA, Al-Anon, Alateen speakers
Bring family and friends!

Saturday, March 7, 2026

Doors: 5:30pm

Dinner: 6-8:30pm

1703 1st St NW, Calgary
Calgary Unitarian Church

Admission: 7th Tradition;
suggested donation of \$20/Family
ETransfer in advance,
ETransfer at the door,
Or use cash at the door

RSVP Here!
RSVP by February 27





Calgary Intergroup 53rd Annual Banff Roundup
A Design for Living
April 10,11 & 12

The Banff Park Lodge

222- Lynx Street Banff, AB

403-762-4433/ 1-800-661-9266

Plus: Workshops, Entertainment, Meditations, Meetings and more...

In the spirit of tradition 6, A.A. is not allied with any sect denomination, political organization, or institution.

See this website for more information and tickets:

<https://www.banffroundup.com/>





Calgary Gratitude Roundup 2026

June 5–7, 2026

The Glenmore Inn & Convention Centre,
1000 Glenmore Ct SE, Calgary, AB T2C 2E6

Martin A
Hamilton
ON Canada

Patt O
Redlands
CA USA

Andy C
Calgary
AB Canada

Nancy C
Los Angeles
CA USA

Mark C - AI-Anon
Saskatoon
SK Canada



Group Conscience

You asked, we listened
Lower cost - Buffet Dinner

Early Bird Pricing

Registration + Buffet— \$95

Registration Only — \$45

gratituderoundup.com