



**Dates to Remember:**

Wednesday 12:00 pm	Serenity Seekers meeting has a new Zoom link: <a href="https://us06web.zoom.us/j/81073119324?pwd=CUTzSEYebHxvrdH2pYWQjfKV4fsj7L.1">https://us06web.zoom.us/j/81073119324?pwd=CUTzSEYebHxvrdH2pYWQjfKV4fsj7L.1</a>
March 7	First Street Recovery AFG Family Recovery Spaghetti Dinner. See poster on p. 4.
April 10-12	Banff Roundup. More information on p.5.
May 23	Assembly in Red Deer. See poster p. 6 to pre-order literature.
June 5-7	Gratitude Roundup. See poster on p. 7.
Thurs 10:00 am	Study of AI-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 AIS Newsletter).

**Gratitude**

Often I have to search for it:

- ◆ when I have a different opinion than someone else I am close to.
- ◆ when the weather is cold and cloudy for more than 3 days.
- ◆ when I have taken on more tasks than I have energy for.
- ◆ when I wonder how I will pay the bills and buy groceries.
- ◆ when I hear that so many others are facing many other problems...

But then, there are times when the gratitude is just there first:

- ◆ when I open my eyes and have had a good sleep and the sun is shining.
- ◆ when I see the beauty of a sunrise, sunset or day covered in hoarfrost.
- ◆ when I am challenged by technology and get it figured it.
- ◆ when a friend calls and we just chat or go for coffee.

When I can just know my Higher Power is around me and I am not alone, I smile.

Rosemarie



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 AI-Anon program. Deadline for submissions for the next newsletter is **April 15**.



## 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.**

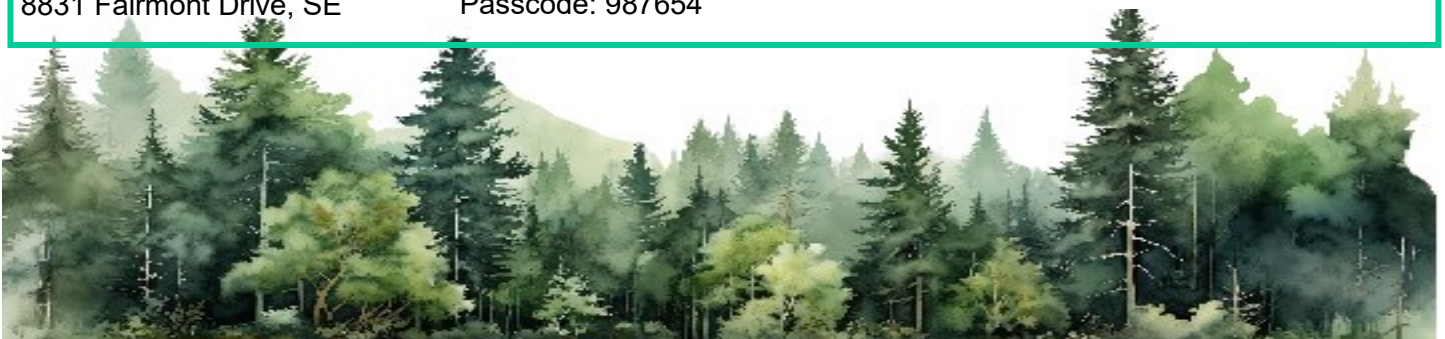
Email [calgarychairperson@al-anon.ab.ca](mailto:calgarychairperson@al-anon.ab.ca) to learn more or volunteer.

**In Person:**

Church of Our Saviour  
8831 Fairmont Drive, SE

**On Zoom:**

ID: 471 384 6072  
Passcode: 987654

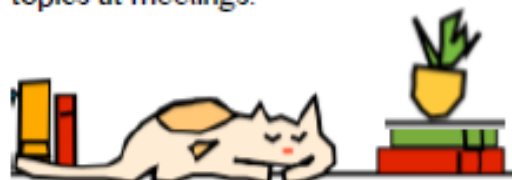




## Wondering How To Celebrate Al-Anon's 75th Anniversary?

Want to honor Al-Anon for the help it provided you and others, but not sure how? Here are suggestions from the **Al-Anon Bookstore**:

- Listen to a "First Steps to Al-Anon Recovery" podcast (free on the WSO site).
- Add Al-Anon literature to mini-libraries in your neighborhood.
- Use Al-Anon pamphlets you've never read before for topics at meetings.
- Read about Al-Anon's history and founders:
  - Lois Remembers
  - Many Voices, One Journey
  - The Al-Anon Family Groups - Classic Edition
  - First Steps: Al-Anon...35 years of beginnings (check your archives for this one)
  - Al-Anon's Cofounders (pamphlet about Anne & Lois)
- Use a Forum article (from a current or past edition) for a topic when you are chairing.
- Visit the online Al-Anon WSO Members Page and explore these:
  - Lois W. and the Pioneers Audio Interview: DVD-(22 mins) or Original-(110 mins)
  - Lois -Tribute (PDF)
  - Al-Anon. Then and Now (a brief history) (AR-2)
  - FAQ about Al-Anon's history - eg. Where can I find the history of Al-Anon in CAL
- Donate \$75 to the Al-Anon Bookstore to help keep literature prices low for everyone.
- Make a motion to offer pamphlets and bookmarks for free at your Group.
- Subscribe to The Forum as a Group or individual member.
- Make a motion to start a lending library of CAL in your Group.
- Shop for Al-Anon literature at thrift stores and garage sales for your Group lending library.
- Write an article for your Al-Anon newsletter or the WSO Member Blog.
- Use "My favorite memory about Al-Anon is ..." for a meeting topic.
- Host a movie night to stream "Lois's Story" or "Lois W. & the Pioneers" (both at WSO site).
- Use Alateen literature for a fresh perspective and topics at Al-Anon meetings.
- Field trip (!! ) to the Al-Anon bookstore in Calgary to say hi and check out the newest books.
- Use CAL you haven't read for new topics at meetings.
- Display the Bookstore Table Card during meetings. Need one? Call 1-403-287-3397.
- Use Al-Anon and Alateen bookmarks for inspiration at meetings.
- Meet an Al-Anon friend to study "Reaching For Personal Freedom" together.
- Display literature at meetings & tell newcomers about your favorites.
- Bring unexpected snacks to share at a meeting.
- Tour and visit Groups you have never attended.
- ... be creative & find a way to express your gratitude for Al-Anon this year!





# 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/>





## Going to Assembly in Red Deer on May 23rd in 2026?



### Pre-order Al-Anon literature for free pickup.

**Deadline** for pre-orders is **Wed. May 6th** 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](http://www.al-anonbookstore.ca)

**Email:** [order@al-anonbookstore.ca](mailto: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](mailto: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 e-transferred 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).



In honor of **Al-Anon's 75th Anniversary**, the Bookstore is featuring "Lois Remembers" and "Many Voices, One Journey", which detail about Al-Anon's cofounder Lois, and our interesting history!



# 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](http://gratituderoundup.com)