



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
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.
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
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 on p. 5

Greetings Al-Anon Fellowship,

“Let it begin with me...”, our Al-Anon Declaration, has been in full action over the last few months. Participation in Recovery Day, Bowden Institute Information Fair and Districts Bookstore Workshop were all a success.

And Alateen is growing roots again!

I wish us all a cozy fall and a good Al-Anon Program to guide us through Christmas!!

Grateful in service,
Shellie O.

We Need an AIS Treasurer!

Can you help by volunteering? This does not require a lot of work—it’s set up to be straight forward. Contact aiscalgaryinformation@gmail.com

Thank you for your service, David P.

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. Deadlines for submissions for upcoming newsletters are **Dec 3** and **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
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 on zoom on Feb 2.

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





2026 Monitoring Schedule December 29, 2025 – January 4, 2027

Dec. 29, 2025 – Jan. 4, 2026 Serenity Plus Adult Children

Jan. 5 – 11 West Side AFG

Jan. 12-18 Macleod Trail AFG

Jan. 19-25 Airdrie Open Door

Jan. 26- Feb.1 Saturday Early Risers

Feb. 2-8 Starting with Serenity

Feb. 9-15 Tuesday Afternoon AFG

Feb. 16-22 Wednesday Morning Serenity

Feb. 23-Mar. 1 Pal Anon

Mar. 2-8 Letting Go AFG

Mar. 9-15 South Elbow Dr

Mar. 16-22 Let it Begin with Me

Mar. 23-29 Paths to Recovery

Mar.30-Apr. 5 Northern Hills Trailblazers

Apr.6-12 Spiritual Awakening

Apr.13-19 Inner Peace

Apr. 20-26 Southwest AFG

Apr. 27-May. 3 Living the Legacies

May 4-10 McKenzie Circle AFG

May 11-17 Chinook Monday Afternoons

May 18-24 West Side AFG

May 25-May 31 Pal-Anon

June 1-7 Serenity Plus Adult Children

June 8-14 Macleod Trail AFG

June 15-21 Airdrie Open Door

June 22-28 Saturday Early Risers

June 29-July. 5 Tuesday Afternoons

July 6-12 Wednesday Morning Serenity

July 13-19 Letting Go AFG

July 20-26 South Elbow Dr

July 27-Aug. 2 Let it Begin with Me

Aug 3-9 Paths to Recovery

Aug.10-16 Spiritual Awakening

Aug. 17-23 Inner Peace AFG

Aug. 24-30 Southwest AFG

Aug 31-Sept. 6 Living the Legacies

Sept. 7-13 Bowmont AFG

Sept. 14-20 McKenzie Circle AFG

Sept. 21-27 Chinook Monday Afternoons

Sept. 28- Oct. 4 Westside AFG

Oct 5-11 Pal-Anon

Oct. 12-18 Serenity Plus Adult Children

Oct. 19-25 Macleod Tr. AFG

Oct 26-Nov. 1 Airdrie Open Door

Nov. 2-8 Saturday Early Risers

Nov. 9-15 Tuesday Afternoons AFG

Nov. 16-22 Wednesday Morning Serenity

Nov. 23-29 Letting Go AFG

Nov 30- Dec. 6 South Elbow Dr.

Dec. 7-13 Let it Begin with Me

Dec. 14-20 Northern Hills Trailblazers

Dec. 21-27 Spiritual Awakening

Dec 28- Jan. 3, 2026 Inner Peace



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.

AIS Calgary Financial Report

Bank Balance as of Nov. 3, 2025	\$2,803.04
Estimated Budget for 2026:	
Alateen	\$600.00 (\$200.00 quarterly)
AREA Public Outreach Zoom Account	\$107.00 (Immediate)
Banff Round Up	\$300.00 (March)
Calgary Public Outreach	\$1,000.00 (over the next 12 months)
Answering System & Bank Fees	\$510.00 (\$42.50/month)

Thank you for your quarterly contributions to AIS Calgary!

Courage to Change Beginner's Meeting Monday 7:00 pm Peter Loughheed 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*.

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



ALATEEN

HOPE FOR CHILDREN OF ALCOHOLICS



More about
Alateen:
al-anon.org/teen-info

For more information, email 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**



Public Outreach News

Hi There, Ric from Public Outreach. Just thought I would share some of the Public Outreach/AIS 12th step work that has been happening around the Area.

The Public Outreach Info kit is being put to great use! By the end of this month it will have been at 15 events (at least) around the Area. Below are two event summaries. Everything you see in the picture on p. 4 is available for your use in any event you are able to attend. Please see pages 7 and 8 for WSO Guidelines for sharing when volunteering for Public Outreach.

Family, Community Support Services

On Sept. 23, 2025 we had two members set up the public outreach table at a FCSS (Family, Community Support Services) information event. We had the beautiful AI-Anon tablecloth with the useable QR code symbol on it. There were bookmarks and pamphlets to share with folks as well. There were over 10 community services representatives attending the event. It was a good feeling to represent the AI-anon program at this event. We will be considering further opportunities in the future. Our new Public Outreach kit is a good investment. In friendship and fellowship, Ponoka AFG.

Concordia University of Edmonton's Wellness Fair

AI-Anon had the opportunity to participate in Concordia University of Edmonton's Wellness Fair in October. This was a 4 hour event in the main lobby of the Concordia campus. Students were welcome to visit tables hosted by various companies, mental health practitioners, and organizations dedicated to helping students in many areas of their life. We had a great set-up (see pic attached). I'm so grateful we had the tablecloth and banner - it set us up in similar style to the tables around us and made us look official! We had good engagement and conversation with the students that stopped by and a few took pamphlets or business cards. Even though not a high percentage of students overall took literature or stopped to talk, it still felt very worthwhile for the ones that did stop and also to just raise general awareness of the program. It was also a nice way to spend a few hours - chatting with another AI-Anon member in between students!

After the event, the organizer sent an email and said "We have received such great feedback from our students saying that they didn't know how much support was available for them and how that made them so proud to be part of Edmonton's community."

I'm sure we will be invited back if CUE hosts another event like this!

Grateful member of AI-Anon,
 Ric Zinkiew
 Public Outreach Ab./NWT
public_outreach@al-anon.ab.ca



Check out *In the Loop*, News from Your WSO:

<https://al-anon.org/for-members/wso/news-from-the-wso/>



Public Outreach News, continued





AL-ANON FACES ALCOHOLISM

Writing Guideline



Al-Anon Faces Alcoholism is Al-Anon's public outreach magazine, created to attract and inform those affected by someone else's drinking. It is a vital resource members can provide professionals—such as counselors, educators, and healthcare providers—to help them refer clients, patients, or students to Al-Anon or Alateen. Members also share *Al-Anon Faces Alcoholism* directly with others who may not be familiar with Al-Anon to attract them to our program.

Each year, Al-Anon members distribute hundreds of thousands of copies of *Al-Anon Faces Alcoholism* across the US (including Puerto Rico), Bermuda, and Canada.

The goals of *Al-Anon Faces Alcoholism* are to:

- **Show understanding:** Let people affected by someone else's drinking know that they're not alone—and that we truly get what they're going through.
- **Offer comfort and hope:** Provide reassurance and share that there is a path forward, even if things feel overwhelming right now.
- **Share who we are:** Explain what Al-Anon and Alateen are all about and let people know we're here whenever they're ready to reach out.
- **Break down barriers:** Help people move past common roadblocks like denial, shame, resentment, or the misconception that Al-Anon is religious.

Al-Anon Faces Alcoholism is a powerful outreach tool that is only possible because of the personal sharings of our members.

We invite you to reflect on one of the following questions and share your story in 100 to 300 words. Your voice may be the one that helps someone take that first step toward healing.

- **Before you ever considered attending Al-Anon, what were your thoughts or beliefs about needing help?**

Share what life was like before you recognized the impact of someone else's drinking—and what began to shift your thinking.



- **What helped you move from thinking about attending a meeting to actually showing up?**
Was there a moment, conversation, or feeling that gave you the courage to take that first step?
- **What did you experience in your first few meetings that made you feel seen, heard, or hopeful?**
Reflect on what kept you coming back and how those early experiences helped you begin to heal.
- **What message would you share with someone who's unsure if Al-Anon is for them?**
Imagine speaking to someone at the very beginning of their journey—what words of hope or encouragement would you offer?

Please keep the following guidelines in mind:

- Share your personal experience from the heart, focusing on yourself. Avoid giving advice.
- Please write in the first-person singular, using "I" or "me" statements. Avoid the pronoun "you."
- Avoid generalities, outside issues, treatment-center language, religious philosophy or doctrine, or professional terms and labels.
- Kindly observe Al-Anon's Twelve Traditions when sharing.
- If printed, your sharing will include your first name, last initial, and state or province for credit—unless you choose to sign as Anonymous. However, please include your full name and postal or email address so we can acknowledge receipt.

The deadline for the 2026 issue is **November 21, 2025**. Submissions received after that date, or not selected, may be considered for future issues of *Al-Anon Faces Alcoholism*, *The Forum*, or other Al-Anon/Alateen materials, whether printed or digital. Publication is not guaranteed.

All submissions become the property of Al-Anon Family Group Headquarters, Inc.

Please share this opportunity with Al-Anon/Alateen members.

Please submit your sharing to:	online: al-anon.org/sharing
	email: wso@al-anon.org (Please put "Al-Anon Faces Alcoholism" in the subject line.)
	mail: AFG, Inc., Attn: Al-Anon Faces Alcoholism
	1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617