

# OHIO AL-A-NOTES

Volume 40, Issue 2

Al-Anon Family Groups of Ohio, Inc.  
PO Box 54, Springfield, OH 45501-0054

“How has service at the Area level helped your spiritual growth?”

## From your Delegate

The past three World Service Conference have really made me think about this. Their themes have been: Our Spiritual Principles in Action, Living Our Spiritual Principles and Realizing Our Spiritual Principles. Working with others at this level has made me look at myself and examine my strengths and weaknesses. My sponsor puts it well: “If you want to work on your defects of character, get into service.” Sometimes I wish I were a different kind of leader, but I have accepted that I can only become the best version of myself.

A year and a half into my term as Delegate, I continue to grow as a leader. Whenever I respond to someone's request for an opinion, I try to keep the spiritual principles of the program in mind. Just because I can do something, does not mean I should do it. I constantly have to ask myself whose job is this or would it be better to encourage someone else to do it for their growth and the growth of the program. Principles above personalities. Spiritual principles should be guiding or behind our procedures.

As Delegate, I try to stay in touch daily with issues and information from other Areas and WSO through the AFGCONNECTS. As a member and secretary for the WSC Task Force on Spiritual Principles in Group Money Discussions, I truly appreciate the various talents of the other members of the WSC and enjoy working with them via conference call and GOTOMEETINGS. This summer I have been busier due to helping the committees for the 2016 Two Day Fall Assembly and the 2017 Ohio Area Convention.

In addition, I have been involved in planning the Al-Anon program at the Ohio AA State Convention on August 19-21 at the Westlake DoubleTree by Hilton. The theme is “Working with Others through Sponsorship.” We will be offering several panels on topics such as Parent/Grandparents of Alcoholics and Adult Children of Alcoholics. A workshop I will be coordinating is “Everything You Wanted to Know about Sponsorship but Were Afraid to Ask.” Please make plans to join us.

Ginny C. Delegate

## From your Alternate Delegate

I continue to “peel off the layers of the onion,” learning more about both my assets and defects of character as I work on each new edition of this newsletter. I have learned that I can be creative and learn new things – even with the frustrations that come from new programs, new editions of programs, and web browsers!

I have learned to tone down my need for perfection though it regularly tries to exert itself. H.A.L.T. was one of the first acronyms I learned and continues to be the most useful one. That and the Easy Does It slogan help me to recharge so that I can hold off the paired defects of procrastination and perfection.

I have continued to learn that it is okay to ask for help and that my sponsor loves me no matter what!! I am ever more appreciative that I become a happier person when I can listen with an open mind and use her constructive criticism to live a more spiritually healthy life.

I remain extremely grateful for the Al-Anon program and the opportunity that service gives me a chance to give back.

Theresa M. Alternate Delegate

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### 2016 Dates to remember:

- **Ohio AA Convention with Al-Anon Participation** August 19-21 2016  
Double Tree Inn  
Westlake, Ohio
- **Fall AWSC** August 13  
North Congregational United  
Church of Christ  
2040 W Henderson Rd,  
Columbus, Oh
- **Fall Alateen Rally** October 22  
Clague Cabin at Clague Park  
1400 Clague Rd  
Westlake, OH 44145-2742
- **Fall Assembly** November 5&6  
Canton Holiday Inn  
(Belden Village)  
4520 Everhart Rd. NW  
Canton, OH 44718
- **Al-Anon's 6th International Convention** July 5-8, 2018

[www.ohioal-anon.org/calendar.htm](http://www.ohioal-anon.org/calendar.htm)

## From Past Delegates

I am a member of the Public Outreach Action Committee. During our last meeting we talked about how and why do we do Public Outreach personally—not just at the group, district, and Area.

For me, I take the statement in the AI-Anon Declaration, LET IT BEGIN WITH ME, seriously. It means to me I carry the message wherever I am. I carry copies of AI-Anon Faces Alcoholism in my car. I just never know when I might need one or more. That way when someone talks about being concerned about someone else's drinking I am prepared. In a conversation, if I am asked about my interests, hobbies, etc, I usually talk about AFG and how I have changed since I became a member.

Why do I do public outreach? Because I want others to find help and hope like I did.

Sandra F. Past Delegate

## From your Secretary

I'm now in my third service position for the Area. Aside from "Progress, not Perfection", one of the things I've been reminded of is to "Keep An Open Mind". Though I have a fair amount of experience working with other non-profit organizations and corporations, those were all in the "TBP" (Time Before Program!) era. "Before Program", I felt I had to do my job and the job of several people around me to make sure it was done correctly, and that MY way was the ONLY way! It's difficult to see that when you're wearing horse blinders that produce tunnel vision. Old habits are extremely difficult to break. As my first sponsor so "gently" reminded me, "It will take you as long to unlearn those bad habits as it did to learn them." When I stay open to new ways of doing things, I allow myself to benefit from the experience, strength and hope of others in the same manner that I do in the regular meetings. But, I must stay active in Service, the third Legacy. I'll keep moving forward when I do that. I'm certainly not going back to where I was before!

Phil H.

## From your Treasurer

My Higher Power has definitely been with me on my journey as the Ohio Area Assembly Treasurer. At the 2014 Two Day Fall Assembly I had no intention of applying for the position. As the election process continued, I learned that the Assembly is a Corporation, and I knew that a corporation needs a treasurer. I was getting a nudge from my HP. My stomach was churning and the room lights were even blinking. I had a lot of fear and self-doubt thinking what am I doing? I filled out a profile and as I looked at my qualifications and spoke with another AI-Anon, I made the decision to follow my gut.

I have gained so much as a result of my decision. My Higher Power has definitely been with me on this journey. He helped me to learn Microsoft Excel and gave me a purpose in my retirement. Today I know that I am blessed with spiritual growth and confidence. I am truly grateful to my Higher Power for this program.

Judy A

## Time to Grow!

### Wrap-up report on the 2016 OAC

For many of us on the committee, we measured our growth in terms of rising to the challenges of 2 plus years of planning. It was the biggest service project I have ever done in AI-Anon. I learned leadership skills. At the Early Bird Discussion on Friday of the convention, the moderator Rita M. offered a container of artificial roses to which she had attached various quotes about growth from Paths to Recovery. At random, guided by HP, I drew the rose with the following quote from page 301:

*"In AI-Anon, our fellowship grows when we choose, teach and encourage leaders on a continuous basis. We choose our leaders carefully and recognize their talents and values. In every way we encourage our leaders, knowing that with each new role, they are growing – 'One Day at a Time.'"*

We had a committee of over 2 dozen AI-Anon members **working well together** – an astounding number when you look at the attendance for our regular local service meetings

It has been a pleasure to serve as 2016 OAC Chair. I am especially pleased that we were able, with the very eager help of our wonderful dual program members, to increase the dialogue between AI-Anon and AA and help build the bridge between our two programs. Thanks everyone for your prayers and support – you were generous with your praise, sparse with criticism.

Sincerely,

Jan S. – 2016 OAC Chair

## From your Chairman

Service for me has always been part of my AI-Anon program. It is as essential to my growth in the program as when I began my AI-Anon journey. Sometimes it is to lead a meeting, make a phone call, or most recently to serve as Area Chairperson. I've learned to be flexible, to listen and to be part of a group. Most of all I've learned to "Let Go and Let God."

Buff N Chairman

## Keep It Simple

# Sharings from Districts

## Districts of Miami Valley

Miami Valley Al-Anon Information Service (MVAIS, aka "Intergroup") participated in its largest public outreach event in April at the Levine Family Health Fair in Dayton. This annual event was attended by 3,000 – 4,000 people and featured a variety of "health wellness check" stations. Our display (two 8-foot tables) was set up, along with plenty of literature, including Al-Anon Faces Alcoholism 2016 and local meeting schedules. Our volunteers talked with many people about "What is Al-Anon"?

We also provided public outreach literature and schedules to several smaller health fairs around the Miami Valley region. That can be attributed to getting our message out to the public. We had billboards in the Lima area at the first of the year and we keep our web site updated regularly.

Intergroup sponsored a workshop in May, featuring round-robin discussion groups, followed up by a presentation of "Lois's Story". That was set up movie theater style, and popcorn was provided! Again, there was a lot of positive feedback from those who attended.

We sent letters to all of the radio and television stations earlier this year, urging them to run Al-Anon & Alateen PSA's. We received one report of a PSA during the "afternoon drive time" on a local radio station! More letters will be sent out in September.

There will be a "Recovery March" in Springfield in September, in observance of Recovery Month. Volunteers from Intergroup will be participating in that. Also in September, Sinclair College will host its staff & faculty health fair event, and Intergroup will have pamphlets and schedules available.

Finally, we'll be hosting a Round-Up on October 15 in Troy. There is a flyer up on our web site –

<http://www.al-anondaytonoh.org/index2.htm>. Everyone is invited!

## Public Outreach News

I will be going to Columbus with Cindy T. For the Addiction Studies July 20 - 22, 2016 at the Greater Columbus Convention Center. We are attending the Addiction Studies Institute which will give Al-Anon information to the professionals. I have helped out with information on Public Outreach in Cleveland. I have order 500 Al-Anon Faces Alcoholism for the Two Day Fall Assembly.

Yours in Service,

Janie Public Outreach Coordinator

## Districts of Toledo

Districts of Toledo, which include Districts 6, 10, and 30 in north-west Ohio, are excited about their annual Al-Anon Picnic to be held on August 6th, 2016 from 12:00PM to 4:00PM at Sidecut Park in Maumee, Ohio in the Maumee Rotary Outdoor Pavilion.

There will be a Pre-Picnic Walk at 10:00AM to walk the Riverview Trail along the Maumee River and around the lagoon. Members are being asked to bring badminton sets, corn hole, and other family games for everyone to enjoy. There's also a playground nearby for the children.

The districts will provide hamburgers and hot dogs and members are bringing dishes to share.

What a wonderful opportunity for Al-Anon members and their families to get together for a day of games, fun, good food and fellowship!

Betty H District 30 Representative

## District 56 News

Spring was a busy season for District 56. The Mansfield "Winners" group in March and the Wooster "Hand in Hand" group in April held anniversary observance meetings, both of which featured an Open Lead Speaker and a potluck meal.

Also during March the Mansfield "Tuesday Noon AFG" had their fourth annual Lois W Birthday Observance, the purpose being to honor Lois, read some of her writings, and learn more about one of our Al-Anon founders. This year's observance included a potluck dinner as well.

Good news from Millersburg in Holmes County is that Al-Anon folks there are working toward re-opening an Al-Anon meeting which had gone inactive!

District 56 has been updating our meeting list brochure. Besides including the meeting information for our own district's Ashland, Holmes, Richland, and Wayne counties, we publish meeting information for remote meetings in adjoining counties such as Crawford, Huron and Knox. Several of these remote meetings are attended by District 56 folks in addition to their own local meetings.

As a new DR, I have been visiting meetings throughout the district and encouraging groups to elect a GR so that each group will have both representation in Area 44 and more fully become part of the greater whole of Al-Anon.

Kay J, DR District 56

## Attitude of Gratitude

- ⇒ Want to work in Virginia Beach or need a job? Check out the job postings on the member's website. WSO is hiring a Digital Strategy Manager and Associate Director of Member Services—Groups.
- ⇒ Also new this year on the member's site is a button for you to directly donate to WSO and to even make that contribution a regular amount on your credit card. Remember every group is fully self-supporting, declining outside contributions. That especially includes WSO. If Al-Anon has helped your life, please contribute in gratitude to make sure that WSO can continue to provide the various services it does. Even a dollar can help! If every Al-Anon gave a dollar this year, we would make up the projected deficit.

Ginny C Delegate

**A.F.G. of Ohio**  
**25th Anniversary**  
**2016 Fall Assembly (OAA)**  
**November 5-6, 2016**

*Canton Holiday Inn (Belden Village)*  
4520 Everhart Rd. NW, Canton, OH 44718 (330) 494 2770

**Saturday Night Speaker: Ric B., Virginia Beach, VA**

**Please make your Hotel reservations by October 6, 2016**

- Room rate is \$109.00 plus tax per night (12.5%) 1–4 guests 2 queen beds or 1 king.
- \*\*Rooms not cancelled by November 1, 2016 noon are charged one night's room rate.
- Studio suite is \$149.00 plus tax per night (12.5%)
- Call for reservations: (330) 494 2770.
- Be sure to use code **AFG 2016** for guaranteed room rate.

GR Registration: \$5.00/day  
Hospitality room open when there are no meetings  
Banquet: \$32.00

Registration: Begins @ 9:30 A.M.  
New GR Orientation @ 10:00 A.M.  
Assembly meeting @ 12:30 - Sun.TBD  
Banquet Saturday @ 6:00 P.M. RSVP only  
Evening Program 7:00 P.M.  
Action Committee @ 8:00 P.M.

**For more information, contact Jo S. or Ginny C. or call Akron area Intergroup 330.645.1165**

-----**Banquet Reservation Form**-----

\*\*\*\*\*Cut off for Banquet registration by October 24, 2016.\*\*\*\*\*

Name\_\_\_\_\_

Address\_\_\_\_\_City/State\_\_\_\_\_Zip\_\_\_\_\_

Email Address\_\_\_\_\_

Phone\_\_\_\_\_Cell Phone\_\_\_\_\_

Meal selection: Place an X by your selection. Each meal ordered is \$32.00.

Tuscan Chicken\_\_\_\_\_Asiago Pork Chop\_\_\_\_\_Vegetarian Lasagna\_\_\_\_\_Gluten free\_\_\_\_\_

List Medical Food Allergies\_\_\_\_\_Amount enclosed\_\_\_\_\_

Please enclose this lower portion with your banquet reservation. One form per reservation please.

Make checks payable to AFG of Ohio, Inc

Reservations due by October 24, 2016

Mail to Kent Friday Friendly AFG, Attn.: Kathy, P.O. Box 1082, Kent, Oh 44240

<p>Delegate:</p> <p>Ginny C delegate@ohioal-anon.org</p>	<p>Alternate Delegate / Newsletter Editor:</p> <p>Theresa M alternatedelegate@ohioal-anon.org</p>	<p>Area Chair:</p> <p>Buff N chairman@ohioal-anon.org</p>
<p>Area Secretary:</p> <p>Phillip H secretary@ohioal-anon.org</p>	<p>Area Treasurer:</p> <p>Judith A treasurer@ohioal-anon.org</p>	<p>Alateen Coordinator:</p> <p>Tina L alateen@ohioal-anon.org</p>
<p>Archives Coordinator:</p> <p>Judy C archives@ohioal-anon.org</p>	<p>Forum Coordinator:</p> <p>Christine T forum@ohioal-anon.org</p>	<p>Group Records Coordinator:</p> <p>Robin R grouprecords@ohioal-anon.org</p>
<p>Literature Coordinator:</p> <p>Karen M literature@ohioal-anon.org</p>	<p>Public Outreach Coordinator:</p> <p>Jane E publicoutreach@ohioal-anon.org</p>	<p>Review Committee Chair:</p> <p>OPEN</p>
<p>Compliance / AAPP:</p> <p>Karen P compliance@ohioal-anon.org</p>	<p>Handbook Committee:</p> <p>Sandra F bylaws@ohioal-anon.org</p>	<p>Registration Committee Chair:</p> <p>Karen S registration@ohioal-anon.org</p>
<p>Two Day Fall / OAC Committee Chair:</p> <p>Lee R twodayfall@ohioal-anon.org</p>	<p>Website Committee Chair:</p> <p>Michael K webmaster@ohioal-anon.org</p>	

**IN KEEPING WITH THE TRADITIONS, PLEASE RESPECT THE ANONYMITY OF THESE INDIVIDUALS**

The AI-A-Notes, voice of the Ohio Area Assembly, is published three times a year. All groups registered with Assembly receive a free subscription, mailed to the Current Mailing Address. The World Service Office, Ohio AIS offices, District Representatives, Assembly Officers and Coordinators also receive complimentary subscriptions. Please direct any comments or questions regarding AI-A-Notes to the Alternate Delegate. Please send group information changes to your local AIS, District Representative, the Ohio Group Records Coordinator, and the World Service Office.

Doing a repeat of this survey – PLEASE REPLY – either through your DR to AWSC, to your GR for Fall Area Assembly or directly to me at the email listed.

### AL-A-NOTES SURVEY

Please take this to your groups and send results to me at [theresabm44@gmail.com](mailto:theresabm44@gmail.com)

Does your group receive its copy three times a year?	Y	N
Do you usually read the Notes?	Y	N
Does your group make additional copies for members?	Y	N
Does your group encourage members to subscribe as individuals?	Y	N
Do you ever use the topics that are shared on as a topic for the meeting?	Y	N
Would your groups/members be willing to download the editions from our website and only pay for mailed copies?	Y	N
If so, would groups/members want/need a postcard to remind them that a new edition was on the website.	Y	N
Do members understand that no last name, personal addresses or phone numbers will be in the website edition?	Y	N
Would members like a “heard in a meeting” or “ask a question” section?	Y	N
What changes would you like to see in the AI-A-Notes?		

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The “Notes” currently contain sharings on a topic from Officers/Coordinators, ongoing new information from Committee Chairpersons, and happenings occurring in our different Districts.  
What would make this publication by your Ohio Area Assembly more useful to your groups/members?

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And one more question for you all – I saw this post on the AFGCONNECTS and thought it worthwhile to think about and discuss with my home group and Area Information Service:

If increased utilization of computers and technology could reduce the time and expense of attending AIS (Area Information Service “Intergroup”), District Meetings and/or Area Assembly while keeping your group connected, do you think we should move in that direction?

Thanks  
Theresa M Alternate Delegate

EDITOR'S NOTE:

Send all **GROUP DONATIONS** to:

AFG OF OHIO

PO Box 524

Columbiana, OH 44408-0524

Every *Registered* group in Ohio will receive a free copy of the Al-A-Notes at their current mailing address. Paid subscriptions are for individuals or for extra group copies. If you are not receiving a copy three times a year, check with Group Records or the Alternate Delegate.

Please include your **Group's ID number**, including the *District number*, on the check and whether a "plea donation" or "group donation"

We are on the Web

[www.ohioal-anon.org](http://www.ohioal-anon.org)



## OHIO AL-A-NOTES ORDER FORM

One Year \$3.50

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