

Central Ohio Al-Anon Family Groups

www.coafg.org

1415 E. Dublin-Granville Road, Suite 107, Columbus, Ohio 43229 • 614-547-1550

Central Office Hours...

Monday	9 to 5
Wednesday	10 to 1
2d & 4 th Thurs.	1:30 to 3:30
Friday	9:30 to 11:30
Saturday	9:00 to Noon

The office is staffed by volunteers; please call (614-547-1550) before going.

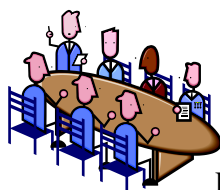
Website: www.coafg.org

In this issue...

An Informed Group Conscience	1-2
An Alateen Shares	1
Local Service Directory: the "Let It Begin with Me" Page	3
Calendar	4
Current Podcasts	4

COAFG News is distributed primarily by e-mail. Group Representatives can pass one around or make copies for meetings. (Asking for a group conscience about reimbursement would be reasonable.) If you want to receive this newsletter via U.S. mail, send your request and mailing address to: COAFG News / 1415 E. Dublin-Granville Road / Suite 107 / Columbus, Ohio 43229. To contribute news or articles, or to be added to or removed from the News e-mail list, please write to Editor: wadiha66@aol.com or contact Central Office with your request.

Focus: Using "KBDM" to make an Informed Group Conscience



You go to a meeting, hoping for a bit of serenity after a rough week.

During the business part of the meeting, Joe suggests buying an air conditioner for the room the group uses. Someone else says, "Why not just a cheap fan?" Someone else says, "We pay enough rent to this church, let them buy it." The topic jumps to the amount of rent that gets paid...some say it's too much, some say it's not much. The conversation soon mushrooms from one person's innocent suggestion into a heated discussion (pun intended) over air conditioning. You're now hot because there's no air conditioning, and you're also hot under the collar because something about all the arguing and wasted time reminds you of poor communication at home.

But wait! Something wonderful happens. Karen, the GR (Group Representative), speaks in her usual melodious voice: "I'd like to suggest we schedule a group conscience three weeks from now using knowledge-based decision making."

Cool! (OK, no more air conditioning puns.)

Knowledge-based decision making (KBDM) honors our steps, traditions, and concepts. To prepare (cont., p. 2)

An Alateen Shares...

The maturity I've gotten from Alateen wasn't always obvious, but it was definitely there. It crept up on me at times, went away, and came back. As I've grown up with the program and gradually applied the Alateen mentality to everything, I started looking at myself, what I could change and what things were out of my control. I didn't truly grasp the significance of what I was learning, either, until I saw others in similar situations and thought of how, without Alateen, I might have dealt with life in a similarly frustrating manner.

Despite this growth, I think I had to reach an emotional rock bottom before I really got it. This came with the end of my first big relationship, when I took the person for granted, then tried to get them back after they had moved on. I was also trying to constantly find answers to the world. I was really concerned with being right rather than happy. At my all-time low, feeling miserable about the world, was when I finally came to realize that I (cont., p. 4)

THE KBDM FORM

www.ohioal-anon.org/documents.htm

Topic:

Background Information – What We Know:

Historical perspective

- Existing motions that pertain to this topic
- What do we know about our membership's needs, wants and preferences?
- What do we know about our capacity (resources)?

What are the implications of our choices? (pros and cons):

What we wish we knew, but don't:

Questions and Clarification:

(Decide: will comments have time limits?)

Is there a need for a motion?

Presented by: _____

“Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time.”

—From the *2010-2013 Al-Anon/Alateen Service Manual*, copyright 2010 by Al-Anon Family Group Headquarters, Inc. Reprinted by permission of Al-Anon Family Group Headquarters, Inc.

(cont.) *KBDM for an Informed Group Conscience...*

for it, Joe and Karen download a KBDM form listing questions from the Ohio Area website (www.ohioal-anon.org), do some research on pricing, talk to someone at the church, and then present basic facts to the group:

- the church would also like to install a room air conditioner
- room air conditioners cost from \$99 to \$199
- the pastor said he would love it if the group could kick in “whatever they could” towards the deal
- the group treasury balance, after making donations and paying rent, was \$75

A motion was formulated that read: “Shall we contribute \$40 from group funds to the church towards the purchase of a room air conditioner?” After discussion, the group votes “yes,” adding a request that the church purchase a *quiet* A/C unit.

That is how KBDM assists in making an informed group conscience. It is also how we put into practice our Al-Anon lessons on respectful listening and talking. Everyone gets the courtesy of being heard, and others' time and opinions are valued. ▲

Motion Results from 2011 Spring Assembly

1. “Add the following step to our By-Laws, under the AMIAS process: All Al-Anon Members Involved in Alateen Service [AMIAS] will provide a set of fingerprinting impressions for the purpose of securing a criminal records check.”

PASSED

2. To establish a Special Permanent Standing Committee for Registration [to assist with registering GR's and other participants at Ohio Area Assemblies].

PASSED

—Your Central Ohio Service Directory—

...The “Let It Begin with Me” Page

COAFG Officers & Committee Chairs

▲ = OPEN POSITION

If interested in serving, contact John H., Chairperson, or the person indicated. You can also come to the next intergroup (GR) meeting to learn what responsibilities that service position entails. Working with a committee is also a possibility, with one person reporting to Intergroup.

Chairperson (until Jan. 2012)

John H., c/o 614-547-1550
chair@coafg.org

▲ Office Volunteer Coordinator

OPEN POSITION

Contact Sue E. R. (Interim coordinator) for more information
 c/o 614-547-1550
Essie858@yahoo.com

Helpline Coordinator

Linda C., 614-560-9347
lconway@telhio.org

Treasurer (until Jan. 2012)

Audrey N., c/o 614-547-1550
treasurer@coafg.org

Secretary (until Jan. 2012)

Lori L., 614-353-7754
lorileel@gmail.com

Alateen

Steve A., 614-486-5423
mainelover8191966@hotmail.com

Newsletter (until Jan. 2012)

Cheryl C., 614-785-5199
wadiha66@aol.com

Website

Matthew L.
web@coafg.org

Office Committee

Cathy W., 614-866-2007
cjwheeler56@yahoo.com

▲ Institutions

OPEN POSITION

This position coordinates volunteers speaking at hospitals, treatment centers, prisons, etc.

Public Outreach

Matthew L.
web@coafg.org

▲ Bazaar

▲ Ways and Means

OPEN POSITIONS: Anyone, any home group, can do *anything* creative to help support our Central Office, e.g., a one-time spaghetti dinner or garage sale

Group Records

Vikki S.
vikrayspohn@aol.com

OAA 2-day Fall Hospitality

Cathy W., 614-866-2007
cjwheeler56@yahoo.com
 Group Representatives will convene from around Ohio to vote and learn. Please contact Cathy to donate coffee, food, or volunteer.

Districts of Central Ohio

District 26

part of Franklin and all of Delaware Co.
 Rep: Cheryl C., 614-785-5199
Wadiha66@aol.com

Alt Rep: Susan W., 614-822-6649
Susankwashburn@yahoo.com

▲ District 28 **OPEN POSITION***

part of Franklin and all of Licking Co.

Alt Rep: Ronnie S., 614-863-1809
vesowell@aol.com

▲ District 31 **OPEN POSITION***

part of Franklin and all of Union Co.

▲ District 32 **OPEN POSITION***

part of Franklin and all of Madison Co.

District 33

part of Franklin and all of Fairfield and Pickaway Counties; Buckeye Lake
 Louise W., 614-861-3204
bat3371@wowway.com

▲ District 33 Alt Rep

OPEN POSITION*

*** Note:** To serve as a District Representative or Alternative, you must be a current or past GR (Group Representative) familiar with AI-Anon.

To find out which district your group is in, check the COAFG weekly schedule.

The AI-Anon Declaration: *Let It Begin With Me*

When anyone, anywhere, reaches out for help, let the hand of AI-Anon and Alateen always be there, and—*Let It Begin With Me.*

2011 Calendar

July 9: Central Ohio AFG Intergroup Meeting, 9:15–11:30 a.m. Church of the Good Shepherd United Methodist, 6176 Sharon Woods Blvd., Columbus 43229. GRs have voting privileges and should attend. No food please.

July 29–31: KOMIAC (Kentucky, Ohio, Michigan, Indiana Alateen Convention)—in Adrian, Michigan this year.

August 17–19: Addiction Studies Institute Convention, Convention Center in downtown Columbus; sponsored by Garrison Associates. Please contact Sandy F., sandyf44ohafg@yahoo.com, to assist in public outreach to professionals at the Al-Anon table.

August 13: Area World Service Committee (AWSC), Fall meeting, 12:30 p.m. (Action committees meet at 11 a.m.) DRs have voting privileges and should attend. North Church of Christ, 2040 W. Henderson Rd, Columbus 43220. Bring a peanut-free lunch.

September 10: Central Ohio AFG Intergroup Meeting, 9:15–11:30 a.m. Church of the Good Shepherd United Methodist, 6176 Sharon Woods Blvd, Columbus 43229. GRs have voting privileges and should attend. *Followed by...*

September 10: District 26 “Lunch ‘N’ Lead” following Intergroup Meeting, 11:30 a.m. Church of the Good Shepherd United Methodist, 6176 Sharon Woods Blvd, Columbus 43229. Bring your own lunch and beverage. Open to all.

October 8-9: Fall 2-day Assembly, Columbus is hosting. Embassy Suites Hotel near I-270 and Cleveland Avenue. GRs have voting privileges and should attend. To volunteer, contact Cathy W., 614-866-2007, or cjwheeler56@yahoo.com

November 12: Central Ohio AFG Intergroup Meeting, 9:15–11:30 a.m. Church of the Good Shepherd United Methodist, 6176 Sharon Woods Blvd., Columbus 43229. GRs have voting privileges and should attend. No food please.

Next GR Meeting:

July 9, 2011

9:15 a.m.–approx. 11:30 a.m.

The Church of the Good Shepherd
United Methodist
6176 Sharon Woods Blvd,
Columbus, Ohio 43229
(please: no food)

GR's have voting privileges and should attend. Questions? Contact John H., the intergroup Chair, c/o 614-547-1550, or e-mail chair@coafg.org

All are welcome!

ALATEEN sharing...

(*cont.*) could try and try to be right all the time, but it would eventually just make me depressed and hopeless. I finally saw that all I really wanted was to be happy, and gave up the mentality that I couldn't be satisfied if it wasn't right. I found serenity.

I still work at it every day. It's not easy giving up old habits of thinking, but it feels good to at least be trying and seeing how it slowly lightens the burdens of the world.

It's nice to know that I'm not in control of things now, and to know that I am the only person I can control. I took the powerlessness that I hated and made it into the thing that set me free in a sense from having to control everything.

And today that's where I am, thanks to Alateen.—*Marcos*

Some Current Podcasts:

- Is it hard to trust people?
- Have you experienced danger?
- Al-Anon helps during the holidays
- Al-Anon helps parents of problem drinkers
- Al-Anon helps us deal with relapse
- Anonymity in Al-Anon
- How do you deal with unacceptable behavior?
- One day at a time in Al-Anon

These and others are available by visiting the following website:

[http://al-anonfamilygroups.org/
Podcasts/FirstSteps/](http://al-anonfamilygroups.org/Podcasts/FirstSteps/)

Got News?

Call 614-785-5199 or e-mail
wadiha66@aol.com

To report anniversaries, group news or meeting changes, write to web@coafg.org

WANTED

Sharings on the following topic:
“*Serenity Is a Choice*”

Please send to wadiha66@aol.com