


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 & 4th Thursday 1:30 to 3:30
Friday 9:30 to 11:30
Saturday 9:00 to Noon

 The office is staffed by volunteers, please call before going.

Website: www.coafg.org

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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.

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

Next GR Meeting:

March 12, 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, at 614-216-6534 or JHutchinson@calgoncarbon-us.com
All are welcome!

This Issue: A Focus on Service

"Everyone Has a Talent...."

My wife Cathy and I spent an afternoon watching a movie at the dollar theater. Towards the end of the movie, a lead character said words to the effect of "I realize that I have spent more time dwelling on what I have lost rather than being thankful for what I have been given." It was a poignant reminder of what Al-Anon service has done for me.

In my recovery, I have come to recognize that I have two choices: I can reflect and dwell on the past and all of the disappointments, damage, and pain that has been done by the disease of alcoholism, or I can open my eyes and look around me and see the many beautiful gifts that have been given to me through the same disease.

Many of these gifts have come through service. Service in Al-Anon is defined as anything that is done to help a friend or relative of an alcoholic. This can include but is not limited to a telephone call to a despairing member or sponsoring a newcomer, telling or listening to one's story at meetings, being a District Representative, forming and supporting groups, being a Group Representative, volunteering at the Central Office, arranging for public information, distributing literature, writing articles for the Forum, and financially supporting groups, local and state services, and the World Service Office through voluntary donations. Everyone has a talent that can be put into use in Al-Anon service to help spread the news of our experience, strength and hope. —John H.

Service Provides a Circle of Hope

COAFG (Central Ohio AFG):

GR's from Central Ohio attend GR Intergroup meetings 6x per year to discuss local efforts at public outreach, speaking at institutions, maintaining Central Office*, printing schedules, telephone helpline, selling literature, Alateen, intergroup communications such as newsletter and GR reports, web site, and more. GRs elect DRs (District Representatives), who attend Ohio's Area World Service Conference and assist GRs within a geographical district.

*(a.k.a. AIS/LDC: Area Information Service and Literature Distribution Center)

Your Home Group:

- Recovery and healing
- Welcomes newcomers
- A place of hope and understanding
- Passes basket to support AFG Structure
- Elects a GR (Group Representative), and/or provides a Current Mailing Address to stay in touch with city/district (central Ohio), area (Ohio), and WSO

Anyone, Anywhere:

The family member who could benefit from the rooms of Al-Anon...



Ohio Area Assembly:

Attended by District and Group Representatives, Area officers, and our Area Delegate to the World Service Conference. The Ohio Area GRs meet twice yearly to vote on pertinent motions relating to public outreach, maintaining group records and an Ohio web site, communications, and Area-wide coordinators (Alateen, Archives, Treasurer, etc.). The Area World Service Committee (AWSC), comprised of District Representatives and Area officers, also meets twice yearly and reports to Ohio Spring and Fall Assemblies, when GRs convene.

Our Ohio Area Delegate keeps GRs, DRs, and officers informed of WSO news.

World Service Conference (WSC)

Elected Delegates from the U.S. and Canada meet yearly to "look out for the fellowship." They provide, by vote, suggestions and direction to the Board of Trustees—the legal administrator of Al-Anon Family Groups. Through deliberation and discussion, the Delegates represent the voice of Al-Anon members on world service matters. According to the Concepts, Delegates are *entrusted* to make necessary decisions for the fellowship.

World Service Office (WSO):

Maintains an office with paid staff in Virginia Beach, VA, and is the principal service center of the fellowship, acting in conformity with the wishes of the WSC. Publishes and distributes Conference-Approved Literature. Assists new groups, handles correspondence, and gives assistance to Lone Members in the Al-Anon fellowship.

Note: For more information about Al-Anon's service structure, see pamphlet S-28, "Links of Service," as well as the *Al-Anon/Alateen Service Manual*.

—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

John H., 614-216-6534
JHutchinson@calgoncarbon-us.com

▲ 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

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

Secretary

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

Alateen

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

Newsletter

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

OPEN POSITION

This position takes Al-Anon “to the streets” through health fairs, public media spots, schools, etc.

▲ 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

▲ Current Need:

A volunteer to coordinate the Columbus area’s hosting of the Ohio Area 2-day Fall Assembly, when Ohio GRs will convene from October 8–9 at the Embassy Suites. (Note: The agenda is set and the hotel is reserved.)

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: *To be voted on at 3/12/11 Intergroup meeting, Susan W., GR of Women’s Choice AFG (Saturday morning) is nominated*

District 28

part of Franklin and all of Licking Co.
 Rep: Kay B.
cburland@mohun.org

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 Al-Anon.

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

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

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

2011 Calendar

March 5: Area World Service Committee (AWSC): Spring meeting, 12:30 p.m. (Action committees meet at 11 a.m.) DRs have voting privileges and should attend. North Church of Christ, 2040 Henderson Rd., Columbus 43220. Bring a peanut-free lunch.

March 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.

March 18–19: 31st Annual Akron Al-Anon Conference, “Treat Yourself to a Wonderful Life,” Sheraton Suites Akron/Cuyahoga Falls. Conference costs \$110, includes panel discussions, workshops, leads and 4 gourmet meals (excludes hotel). For more info call Ben R., 330-980-0230. No walk-ins.

March 19: Alateen Sponsor Workshop, Ascension Lutheran Church, 1479 Morse Road, Columbus 43229. 9:30 a.m.–3:00 p.m.

April 16: Alateen Spring Rally, Ascension Lutheran Church, 1479 Morse Road, Columbus 43229. 9:30 a.m.–4:00 p.m.

May 2: Monday Keystone Al-Anon Family Group, first anniversary. Check www.coafg.org for time. There will be food and a dual AA & Al-Anon lead.

May 14: 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.

May 14: Spring Assembly, 12:30 p.m. (Action committees meet at 11 a.m.) North Church of Christ, 2040 W. Henderson Rd., Columbus 43220. GRs have voting privileges and should attend.

June 3–5: Ohio Area Convention, hosted by the Dayton area. Line dance, leads, workshops. Holiday Inn (across from Wright State), 2800 Presidential Drive, Fairborn, Ohio 45324. Hotel/banquet registration cut-off: 5/13/11. For more information call Ed W., 937-426-7800.

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 Michigan this year.

August 18–20: 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 27: 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. No food please.

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. *A volunteer is needed to coordinate the hosting of this event, please contact John H. at 614-286-6534.*

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.

Delegate’s News

As your Delegate to the World Service Conference (WSC), Sandy will represent Ohio at WSC this April 11–15. The theme for 2011 is “Embracing our community of hope by embracing: Yesterday’s foundations, Today’s successes, and Tomorrow’s possibilities.” If you or your home group would like to send her “love gifts” (e.g., handmade bookmarks, notes, etc.) to share, please mail them to Sandra F. Panel 49 Ohio (hold for WSC 4/11–4/15 2011); c/o Wyndham Virginia Beach Oceanfront; 5700 Atlantic Avenue; Virginia Beach, VA 23451. Put your name and then 3223 Cranston Drive, Dublin, Ohio 43017 as the return address. Do not mail before April 7th. Anytime you have concerns or questions regarding the fellowship of Al-Anon, contact:

Sandy F.
614-717-9044 (home)
614-205-2871 (cell)
sandyf44ohafg@yahoo.com (e-mail)