

# OHIO AL-A-NOTES

## Sharings from Panel 55

Volume 41, Issue 3  
Fall/Winter

A.F.G. of Ohio, Inc.  
PO Box 54,  
Springfield OH 45501-0054

### Ginny C, Delegate

When I first came into the program I was told to try to say “yes” to any opportunities in Al-Anon. This simple principle has served me well and truly enriched my life and my program. Thanks to Rex, our Past Delegate, I took some chances when he suggested I might consider becoming a District Representative, then a Literature Coordinator, then Alternate Delegate and finally Delegate. Had I not been willing, I know I would not have grown as much as I have. Thank you also to the Assembly for putting their trust in me.

All the years I attended the World Service Conference I was immersed in thinking about the fundamental spiritual principles of the program with the themes *Realizing Our Spiritual Principles*, *Living Our Spiritual Principles*, and *Our Spiritual Principles in Action*. First, I learned to *Listen* and be *open minded*, with *mutual respect*, in the *largest group conscience*. Coming from all over the U.S. and Canada in *unity*, with a *common bond* and *singleness of purpose*. I developed *courage* to go to the mic and be *willing* to express my opinion or the opinion of members in Ohio. I have learned to conquer fear and think *abundantly*.

In working with others, I have learned to have *patience*, *presume goodwill*, and to be *accepting*, and *tolerant* of others differences. *Principles above personalities* and *mutual respect* guide me when there are differences of opinions. I try to have *compassion*, *understanding* and *kindness* toward others as best I can. One valuable lesson I have had along the way is to *know my role* as Delegate and *balance autonomy with responsibility*. I know I am not perfect and need to grow more in all these areas. Most of all I need to *Let It Begin with Me* by setting a good example. In the end, I am reminded to *Trust my Higher Power* and say the Serenity Prayer more often.

In my personal and professional life, these spiritual principles have guided me well in navigating a variety of difficult circumstances. For all these spiritual gifts I have developed through being a Delegate, I have an everlasting *gratitude* to Al-Anon Family Groups and to the Ohio Assembly.

Thank You.

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### Theresa M, Alternate Delegate

Well, this last year of service has been a busy one. Trying to think of what I wanted to share as I get ready to transition from Alternate Delegate to Delegate, I was struck by an Alateen’s sharing in the November 2018 Forum about discovering “true hope” – actionable and self-focused hope. It has been finding the courage to take action *and* to ask for help that has nourished my hope and my growth in this program.

My first bits of service were very safe (coming early to open the literature closet, stamping our LDC address on pamphlets at our Information Service Office). It was participating in local workshops that led to the my various service positions at the information service, district and state levels which have truly helped me uncover those things that block me from “Good Orderly Direction.” I discovered that I wasn’t as good a listener as I thought I was and that my need to help and offer advice was disrespectful and rarely empowering!

Learning to open up and share about my “concerns” with my sponsors through the years has increased my trust in the ability of our program to bring about changes in my outlook on life. I am continuing to move from a fearful, people pleasing, and negative person to a more grateful and generally positive one.

Though still actually preferring to be more of a follower than a leader, I have a better understanding about what constitutes good leadership (Concept 9). And, I know that I will be learning even more during this next three years! I am so grateful that you have allowed me to participate in the Ohio Area Assembly and look forward to representing Ohio at the World Service Conferences these next three years.

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### 2018 Dates to remember:

As the Church were we meet is undergoing renovations, dates have not yet been set for AWSC and Spring OAA meetings.

Information will be available on the website and through your District Representatives.as it becomes available

**Fall OAA October 13-14,**  
Double Tree Independence,  
6200 Quarry Ln,  
Independence, OH 44131-2218

**July 5 – 8, 2018**  
Al-Anon International  
Convention –  
Baltimore, MD

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

## Phil H, Secretary

I've been racking my brain, trying to come up with a "topic for sharing". I finally let my HP take over and the answer was, literally, right in front of me.

If you read the District sharing for MVAIS, there is a reference to a very substantial donation of Al-Anon materials made to MVAIS. I had met the AA member several years ago when I had just "gotten busy in service". He just could not fathom that someone would drive from Springfield to Wapakoneta, on more than one occasion, to attend a regular meeting, or a speaker meeting, or some special function. As I explained to him, service comes in many forms. The introduction to "The Twelve Concepts of Service" sums it up very nicely, "Carrying the message, as suggested in the Twelfth Step, is Service, Al-Anon's Third Legacy". For me, service has been major part of my recovery. Without service, I would not have found a sponsor. Without service, I wouldn't have this wonderful "family of choice" that I now have. The caveat, as my first temporary sponsored told me, is that it's going to take me as long to recover as it did to crawl into that first meeting. I'm not going to "graduate" from this program – I keep discovering character defects that I must deal with. The words of my sponsor keep reminding me, "You work the steps, but you practice the program every day". I'll keep coming back – I truly need this program, and I'm eternally grateful to it.

## MARK YOUR CALENDARS!

**January 10 – February 27, 2018**

2018 Al-Anon Membership Triennial Survey is done to provide professionals with evidence based information about our program and to encourage and increase referrals to us.

Go to the Al-Anon member site at [www.al-anon.org](http://www.al-anon.org) and click on members and then surveys

<https://al-anon.org/members/individuals/surveys>

For a long time I would hope for things that I knew wouldn't come true. Hope for me was like a wishing well that I tossed a nickel into whenever I needed motivation or a happy place to daydream in. I would hope for change, for a lack of change, for girls to like me or to be picked first in dodgeball.

Alateen has helped me to redefine hope in my life. As I learn more about only being able to change myself, I am discovering what I think is "true" hope—a very actionable, self-focused hope. One that gives me the deeper inspiration to make change instead of just resting on my laurels and arbitrarily wishing my problems away.

As I learn about the most inspirational and prolific people in history, I am discovering that the "good Samaritans" who change the world for the better all have one thing in common—they are doers. They don't just wait around for things to improve. They plant their feet firmly in their own sides of the street and see what they can do to turn their hopes into reality. These doers give me courage in the right ways, and I hope to use the tools in my Alateen toolbox to improve myself and leave a lasting mark in this world.

By Anonymous

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## NEWS FROM 2017 FALL OAA

We are moving further into the electronic age.

The only mailings will now be for exchange and paid subscriptions to Al-A-Notes and the twice a year plea letters (how *individuals as well as groups* can support carrying the message of help and hope to all of Ohio).

Minutes and Al-A-Notes will be sent electronically. All information, including Al-A-Notes will be on our Ohio Website [www.ohio-al-anon.org](http://www.ohio-al-anon.org)

### New AWSC members for Panel 58 (2018-2020)

Delegate – Theresa M  
 Alternate Delegate – Position vacant  
 Area Chairman – Karen P  
 Area Secretary – Ginny C

### \*Vacant Positions\*

**Area Treasurer** – (current Area Treasurer Judy A will stay on until the Spring 2018 assembly)

**Alateen Coordinator** – (current Alateen Coordinator Tina will stay on until the Spring 2018 assembly)

Archives Coordinator – Phil H

Forum Coordinator – Kelly M

Group Records Coordinator – Carmen I

Literature Coordinator – Jo S

Public Outreach Coordinator – Kay J

## Al-Anon 2018 Intenational Convention

*Celebrating One Day at a Time*  
 Al-Anon's International Convention 2018

**Friday July 6 – Sunday July 8, 2018**

**Baltimore Convention Center**

**1 W. Pratt Street  
 Baltimore, MD 21201**

The registration fee is

\$130.00 U.S. if received by December 31, 2017;

\$165.00 U.S. if received between January 1 and May 31, 2018; and

\$195.00 U.S. June 1 through the event.

<https://al-anon.org/al-anon-international-conventions/>

### **Day of Connecting Thursday July 5, 2017**

There is a separate registration fee

\$40.00 U.S. if received by May 31, 2018

\$45.00 U.S. if received June 1 through the event

<https://al-anon.org/day-of-connecting/>

# Sharings from Districts

## Notes from District 25 and 51

Districts 51 and 25 just completed our annual fundraiser for our districts. For 22 years now, we have had an annual Gratitude Night in the Akron area. This year's event was held on November 18<sup>th</sup> and over 175 grateful members of Al-Anon, Alateen and AA attended. Although most of those attending were from the Akron area, we had visitors from Cleveland and even Toledo!

The evening started with a wonderful potluck meal. I know that I was very grateful for all the wonderful dishes that were prepared and there was more than enough food. After dinner we had 4 mini-leads on gratitude. These were given by members of Al-Anon, AA, Alateen with the 4<sup>th</sup> speaker being an Adult Child. After our leads, we had an "Open Mike" where anyone could come up and share for a few minutes on gratitude.

We concluded our evening with a Chinese auction. We had almost 20 baskets donated by local groups as well as drawings for a 50/50 and one silent auction item that was donated.

I cannot think of a better way to start the holiday season than spending this evening with my family of choice.

**Jo S, DR District 51**

## District 6, 10 and 30 News

Districts of Toledo are pleased that we have been able to fill all three district with DR's. We had elections in October. District 30's new DR is Mary K, district 6's new DR is Shelly C, and for the first time in almost 3 years district 10 has a DR, Lindsay B. Betty H and I feel that we are leaving the district in very good hands.

Our entertainment chair, Donna H, came up with a great idea. In addition to the yearly Children's Christmas party, we will be having a holiday luncheon for all Al-Anon members on December 30. We think it's a great way for people to get together after the holiday hubbub is almost over. People get to see each other in the summer at our Al-Anon picnic, but this will be a great way to connect in the middle of the year!

I've learned so much over the last 3 years and enjoyed being district representative for district 6.

**Kathleen S, DR District 6**

## District of Central Ohio

Our hours of operation for our AIS/LDC office have expanded due to the addition of volunteers. Additional hours of operations will be added as more volunteers join our office staff.

The Office Committee is planning a **fall open house** on **December 8<sup>th</sup> between 11 am and 1 pm** at the AIS/LDC office located at

500 W. Wilson Bridge Road, Suite 035,  
Worthington, Ohio 43085.

Everyone is welcome.

## Miami Valley AIS - Districts of Miami Valley 23, 24, 27, 37, 41 and 57

Miami Valley AIS (a.k.a. "Districts of Dayton, Springfield & Lima) just held its Fall Roundup. It was a very good turnout, with an outstanding message of recovery from the speaker.

MVAIS participated in two Health Fairs this fall – the Sinclair College Staff & Faculty Health Fair and the Community Health Partners Health Fair in Springfield, both in early October. We had our large public outreach display, along with pamphlets and volunteers available to spread the message of Al-Anon. There was a very good turnout for both events.

Our next big event will be the Levine Family Foundation Health Fair in Dayton in the spring. This health fair typically attracts over 5,000 people and, with better locations, there has been an increase in the number of people stopping by our display.

One final note – MVAIS received a very large donation of Al-Anon materials from a longtime AA member who passed away recently. This was possible only by the use of Tradition 6, "...although a separate entity, we should always cooperate with Alcoholics Anonymous". We are extremely grateful for this AA member's thoughtfulness!

## District 39

District 39 will be having its 19th annual Winter Workshop on Saturday, January 13, 2018, from 8:30 a.m. to 3:30 p.m. at St. John's Lutheran Church Fellowship Hall, 212 N. Clover St., Fremont OH 43420. This year's theme is "The Al-Ann Alphabet." Registration & breakfast will be at 8:30 a.m. with the program starting at 9:30 a.m. Guest speaker is Jean J. from Clyde, OH. Also 2 mini-leads, round robins, skit, potluck lunch, door prizes, drawings & raffle. Registration is \$8 by Dec. 16; \$10 for walk-ins. Contact Lynn W., 440-933-3363.

Thank you!

**JoAnn Smith, District 39**

Let It Begin With Me	
When anyone, anywhere, reaches out for help—	
let the hand of Al-Anon and Alateen always be there, and—	
<i>Let It Begin With Me.</i>	
*****	
WSO website —	<b>www.al-anon.alateen.org/members</b>
Toll free number	<b>1-888-4ALANON</b>

**Sandy F. Handbook Committee Chairman**

What can I say about the Handbook or By-Laws for AFG of Ohio, Inc. the membership does not know? Most likely, either everything or nothing.

As I come to the end of this service position I have learned to read each entry carefully to understand it in order to be able to give direction to members when asked.

These documents are to be used as a guide for the operations of AFG of Ohio. Just as the Steps, Traditions, and Concepts of Service are a guide for living in recovery.

Members may call me at any time for assistance with these documents.

**PLEASE NOTE:**

This is the last Al-A-Notes edition for Panel 55. All officers, chairpersons and coordinators will be different for Panel 58. The names and addresses in this edition are still Panel 55.

You will still always be able to contact the various officers, chairpersons and coordinators by their generic email (@ohioal-anon.org) from the www.ohioal-anon.org website.

Until a new treasurer is elected at the Spring Assembly, contributions may still be sent to the Columbiana address.



**Al-Anon is now on Instagram in Spanish & French**

Al-Anon is now on Instagram in Spanish and French. Members are invited to follow and 'like' our posts. Please remind members to protect their anonymity on social media by not making comments or using screen names that would reveal their Al-Anon membership, i.e. @alanonbob.

# Public Outreach

Public Outreach is the responsibility of each member not just the responsibility of the Public Outreach Coordinator or PO Committee. Here is a short list of items groups can have on hand for members to use for outreach:

- Are You Concerned About Someone's Drinking (M-1)
- Are you Troubled By Someone's Drinking (S-17)
- Al-Anon Family Groups Is and Is Not (M-44)
- Public Outreach bookmark { these are free} (M-76)
- Al-Anon Faces Alcoholism (ordered in July and February)

These items are available from a Literature Distribution Center near you or the WSO at a nominal fee.

Also remember, whenever a member carries the message or helps someone else that is Public Outreach.



<https://al-anon.org/newcomers/teen-corner-alateen/>

The WSO has further expanded its Social Media outreach by creating an Alateen\_WSO Instagram account. Please help us with our Public Outreach efforts by following and liking Alateen\_WSO posts on Instagram. You can help spread the word of the Al-Anon/Alateen message of hope to teenagers



In 1957, the World Service Office (WSO) registered the first Alateen group and within a year there were 45 groups registered. Alateen adopted the Twelve Steps and adapted the Twelve Traditions of Al-Anon to fit the needs of teenaged children of alcoholics. Today there are almost 900 Alateen groups in the World Service Conference (WSC) structure which includes US, Puerto Rico, Bermuda and Canada. There are also approximately 700 Alateen groups in other countries.

How will you, your group, your District, and/or your Area celebrate Alateen's 60th Anniversary? We invite Alateen members, Al-Anon Members Involved in Alateen Service (AMIAS), and Al-Anon members in general to celebrate this milestone by supporting Alateen. Contact your District Representative, your Area Alateen Coordinator or other Area trusted servant to start the conversation!

There is still time to send an anniversary card honoring 60 years of Alateen to the WSO. And one can always have a late anniversary celebration.



<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>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:</p> <p>Judy C archives@ohioal-anon.org</p>	<p>Forum:</p> <p>Christine T forum@ohioal-anon.org</p>	<p>Group Records:</p> <p>Robin R grouprecords@ohioal-anon.org</p>
<p>Literature:</p> <p>Karen McK literature@ohioal-anon.org</p>	<p>Public Outreach:</p> <p>Jane E publicoutreach@ohioal-anon.org</p>	<p>Review Committee Chair:</p> <p>Kathleen S. review@ohioal-anon.org</p>
<p>Budget Committee Chair:</p> <p>Donna K budget@ohioal-anon</p>	<p>Bylaws &amp; Handbook:</p> <p>Sandra F bylaws@ohioal-anon.org</p>	<p>Compliance / AAPP:</p> <p>Karen P afg.ohio.karen@gmail.com</p>
<p>Registration Committee Chair:</p> <p>Karen S registration@ohioal-anon</p>	<p>Two Day Fall / OAC Committee Chair:</p> <p style="text-align: center;"><b>OPEN</b></p> <p>twodayfall@ohioal-anon.org</p>	<p>Website Committee Chair:</p> <p>Michael K website@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.

EDITOR'S NOTE:

This will be the last free mailing for every registered group in Ohio. Future editions will be available for download from the documents page on [www.ohioal-anon.org](http://www.ohioal-anon.org). Current paid subscriptions will continue to be sent by USPS mail until the end of the subscription. Whether individuals will still be able to order printed copies will be decided at future assemblies.

Send all **GROUP DONATIONS** to:  
AFG OF OHIO  
PO Box 524  
Columbiana, OH 44408-0524

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



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