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## OHIO AL-A-NOTES

ISSUE TWO  
AFG of Ohio

SUMMER/ FALL 2019  
[www.ohioal-anon.org](http://www.ohioal-anon.org)

VOLUME 43-02

It seems as if the summer has just flown by— as I was preparing the last edition of this, we were hoping for the end of winter and spring! And now it will soon be Fall! As I look back over the summer, there are many events I think about, one of the high points of my summer was the Ohio Area Convention. It was exactly what I needed— an entire weekend of Al-Anon love and fellowship.

I also had a loss this summer when my mom passed away at the end of July and the spiritual principles of this program helped me more than I can explain.

Only in a program like Al-Anon, can we learn to let go of the past and learn to have a relationship with those we once could not even forgive. I have often said that my Higher Power has a sense of Humor and I thought of that in the past weeks. That I, the child who was never around her mom as a child, was the one who was with her the entire last week of her life. I call that a miracle and one that would not be possible without this program.

Life will always have ups and downs , but when I choose to live on day at a time, today my life IS manageable.

We never know when things will change, so just for today, I choose to be happy



### • Coming Soon!!

2019 Fall Assembly— October  
19th– 20th in Cincinnati Ohio  
Registration Flyer is enclosed

Save the Date for the 2020 Ohio  
Area Convention, being held the  
weekend of June 19th in Fair-  
born Ohio



Summer/Fall 2019 AI-A-Notes

**What is my favorite piece of CAL and why?**

From Therese M- Delegate

This is a hard one to pick- Overall I would have to say P-24, Groups at Work, which may sound a bit strange. However our suggested Welcome and Closing are extremely comforting and relevant to me even after several decades in the program. If they are all I hear in an Al-Anon meeting, it is enough. Our welcome reminds me that I am not alone in being affected by this family disease. The closing does not promise me a magic answer to my problem but assures and continues to reassure me that "there is no situation too difficult to be bettered and no unhappiness too great to be lessened." On pages 24 and 25, I can find my needed reminders about how the disease affects me with my obsessions, denials, anger and feelings of guilt- and not just with the interactions with the alcoholics in my life!

I am so appreciative of all our members who have sent in their shares and who work with the Literature Committee so that all of us can benefit from our collective wisdom.

With Gratitude Theresa M

## More CAL Sharings

From Sandy F- Past Delegate

A favorite piece of literature is a book that is only available electronically now is called **Having Had a Spiritual Awakening**. The reason I like the book is because it is filled with sharings from around the world looking at topics through spirituality focusing on recovery, Each of the readings ends with a question for me to reflect on. A favorite is : "In what ways have I found Al-Anon's spiritual principals work in my daily life?" (page 81)

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What is your favorite piece of literature? We are so fortunate to have so much literature to choose from in Al-Anon. With Fall right around the corner, this would be a great time to read something new! Maybe share at your meeting!

### DISTRICT SHARINGS!

Anita D from District 48- We will be hosting a conference September 27th- 29th called Fall into Serenity. Some of the packages are already sold out. It is a wonderful conference-really- just ask anyone who has attended. Our e-mail is fallintoserenity@neo.rr.com. There is a flyer attached, but you will need to contact is for what is still available.

District 12 AFG

34th annual weekend of sharing at a new location, Camp Fitch. There is a flyer enclosed.

District of Columbus- As we are wrapping up hosting the 2019 Ohio Area Convention we are gearing up to host the 2020 Two Day Fall

Assembly which is the election of our Panel 61 officers and coordinators. Plans for this event are incomplete at this time.

District 25 by Micki G

Hello to all in service- in big ways or in small ways- as a chair for your meeting or a Group Rep- you are necessary to keep Al-Anon alive and thriving- Keep up the good work.

The Akron Area Districts contributed to the celebration of the 84th AA Founders Day in June. By getting gifts for the Al-Anon speakers and also gave a special bookmark to all Al-anon and Alateens who in any way participated in service to make this weekend a wonderful event in our "own backyard". We hosted the AA- Al-Anon double lead speakers from Connecticut and enjoyed hearing the 12-step music by a band from Columbus Ohio called "the twelve Steppers." The Alateen kids once again did a wonderful program and helped make the weekend a great success!

Districts 25 and 51 will be hosting our annual Gratitude Night November 16th at the Tallmadge United Methodist Church., located at 207 North Munroe road, Tallmadge, Ohio 44278. There will be 4 speakers, AA, Al-Anon, Alateen and ACOA.. They will be sharing their experience, strength and hope and that's not all! This is a pot luck affair with door prizes, beautiful baskets will be raffled off and best of all- LOTS of fun and fellowship to hold you through the holidays- Hope to see you there,

## MORE DISTRICT NEWS, submitted by Merri G, District 7

- The Districts of Cleveland had a successful Spring Al-Anon conference named “ Our Program in Practice.” Sydney and Sara did a remarkable job in organizing the event.

The day began with a panel of three speakers. Betty ( Cleveland Intergroup Chair) Sara ( Ohio Alateen Coordinator and Ginny ( Ohio Areas Chairperson).

Each were asked to speak on their experience, strength and hope in service in Al-Anon. They were asked to answer questions such as: What is it like to do the kind of service you do? How has it helped you grow more healthy in Al-Anon and in your life? What exactly do you do? ( responsibilities?

Explain the “organization” - GR’s, DR’s, and so on.. And how many hours a week do you commit to this service?

There was another panel of three who spoke on the Cleveland Office, financial matters and on Public Outreach. This panel focused on how Al-anon members can help/volunteer. Julie spoke about the Cleveland office and answered questions such as: Where it is? What are the hours? What do you do? If someone wants to volunteer what is required? Is there a form to fill out? What are typical phone calls and how do you respond.

Merri who is the Intergroup Treasurer spoke on all financial issues. She also answered questions like, What is Intergroup? And What happens at an Intergroup Meeting. Regina who is the Cleveland Public Outreach Coordinator spoke on Public Outreach and addressed the following questions: where do you go? How do you get invitations? Does anyone go with you : and How can people help?

We ended with a great skit on service and had a wonderful lunch. In July, we had our annual Intergroup Picnic and had great speakers! Our Cleveland Alateen Coordinator bought and cooked all the hamburgers and hot dogs and many people brought food to share. We had a homemade raffle gift that was the 2nd prize after the 50/50 raffle winner. The surprise of the night was when the 50/50 winner gave ALL the money back to the Cleveland Office.

We are looking forward to our Cleveland Office Fundraiser on September 14th and Gratitude Night on November 1st.

## IMPORTANT DATES

- Fall AWSC Meeting  
August 24, 2019  
North Congregational United  
Church of Christ  
2040 W Henderson Road  
Columbus, Ohio  
10:30 am—5:00 p.m

- Two-Day Fall Assembly  
October 19-20th, 2019  
Cincinnati, Ohio  
Clarion Hotel  
3855 Hauck Road  
Cincinnati, Ohio 45241

Fall Alateen Rally  
October 26th 2019  
Location TBA

Fall Alateen Sponsor’s Workshop  
November 9, 2019  
2040 W Henderson Road  
Columbus Ohio 43220  
10:00—3:30

## What to Bring to Assembly

- Your love of Al-Anon
- Your Higher Power
- An Open Mind
- Presume Good Will
- Service Manual

Did you know that you can get e-mails from WSO with all of the updates? Join In the Loop!

All you have to do is go to the WSO website, click on the Members page and in the middle of the screen, you will see

Subscribe to the Loop and follow the directions. This takes less than 2 minutes and you will start getting news from WSO.

Here is an example of news that was released on April 3rd:

The Just for Tonight Bookmark (M-81) is Here!! You can either order online (right from the e-mail) or you can download the order form.

This is just a small part of what is available!

## FROM THE LOOP– WSO August 7, 2019

### New way to Designate “Closed” and Open” Meetings

The Al-Anon Meeting Type designation, which previously referred to whether the meeting was open to visitors or closed to attendance by members only, often confused members and newcomers.

It has been replaced by the term Meeting Attendees, and the options have been changed to “Families and Friends Only” and Families, Friends and Observers Welcome” on the WSO Group Records Form.

These New Descriptions match the wording approved by the Board of Trustees at their April 2019 meeting. The language is consistent with the Al-Anon spiritual principals of confidentiality and anonymity. The new terms were designed to be clearer to new members and more welcoming to both new and potential new members and professionals seeking to understand our Program.

One more way to stay in touch– On the members page ( WSO) under Members Resources , there is a Member Blog. Every month, there is a topic ( this month is Spiritual Principles) where you can share your experience, strength and hope and read what others are saying.

The link below ( when put into your browser ) will take you right to the Blog.

<https://al-anon.org/for-members/members-resources/member-blog/>

## OHIO AL-A-NOTES

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

## OHIO AL-A-NOTES

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

PLEASE  
PLACE  
STAMP  
HERE

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5



# AFG, Inc. - Board of Trustee Opportunity

The Al-Anon Family Groups Board of Trustees is actively seeking diverse, dedicated, and energetic Board members to help guide the organization as it continues to grow.

## Core Purpose

Helping families and friends of alcoholics find hope and encouragement to live joyful, serene lives.

## Core Values

Spiritually based: adhering to our Legacies

Honest: treating all equally, with integrity and respect

Transparent: sharing process, content, and information

Self-supporting: refusing outside funding

## Mission Statement

Al-Anon Family Group Headquarters, Inc. is a spiritually based organization that helps the families and friends of alcoholics connect and support each other through meetings, information, and shared experiences.

## Goal: Members

AFG, Inc. provides universal access to tools for recovery from the family disease of alcoholism.

## Goal: Public

Both the public and professionals recognize alcoholism as a family disease, and Al-Anon as the universally available, effective, and sustainable resource for those affected.

## Goal: Organization

AFG, Inc. has one global structure, increasing access to knowledge, resources, and the program.

## Our Personal Characteristics

**Integrity:** doing what we say and taking responsibility

**Willingness:** undertaking roles and responsibilities as assigned

**Reliability:** earnestly participating, which is the key to harmony

**Compassion:** treating other members with respect and accepting them as they are

**Organization:** managing thought force, task force, work group, and other assignments, along with email, conference calls, and meetings

**Confidentiality:** keeping information within the Board room until it is ready for release

## Al-Anon Family Groups, Inc. Needs You if You Are...

- an active member for a least ten years and have done service at the Area level
- passionate about the Twelve Traditions, the Twelve Concepts, and Al-Anon policies
- knowledgeable in finance, business, accounting, law, or technology
- eligible to become an Al-Anon Member Involved in Alateen Service
- fluent in written and spoken English
- able to attend Trustee meetings quarterly or even monthly, depending on assignment
- able to enjoy working collaboratively with others
- able to complete tasks in a timely manner
- willing to share a room with another Trustee
- competent in using basic computer programs
- able to attend Board meetings by phone or email
- able to speak to large groups, both inside and outside of Al-Anon Family Groups
- able to respect confidentiality
- able to serve Al-Anon Family Groups as an ambassador and understand the responsibility that comes with that role
- willing to support the Board's Mission statement

## Are You Interested?

- The Regional Trustee and Trustee at Large Résumé Forms are posted on the website: <https://al-anon.org/for-members/board-of-trustees/wso-volunteers/>
- The Trustee candidate ***need not be*** a past Delegate.
- The Area Assembly ***or*** the Area World Service Committee can put forth a Regional Trustee candidate. You will need to know your own Area's process to meet the August 15 deadline.
- Candidates for Trustee at Large should submit their résumés directly to the World Service Office by **August 15**.



**2020**  
**A VISION FOR RECOVERY**

WEEKEND OF JUNE 19, 2020

HOPE HOTEL IN FAIRBORN, OHIO

Please mark the date for the 2020 Ohio Area Convention

Want to gain some knowledge, have fun and more? Then pencil us in!

The hotel is close to the Air Force Museum if you'd like to come a day early or stay a day more.

The museum is free and has a lot of interactive activities for the whole family.

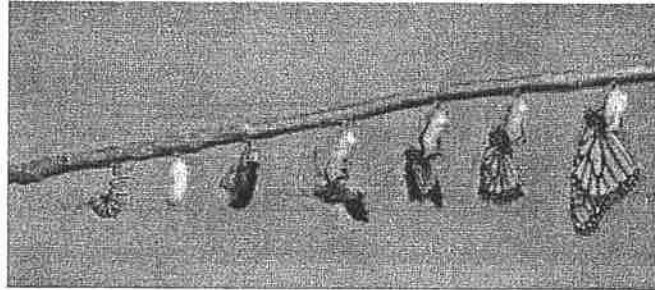


District 12 AFG – 34<sup>th</sup> ANNUAL WEEKEND OF SHARING

September 6 – 8, 2019

\* NEW PLACE: Camp Fitch \*

IF  
NOTHING  
CHANGES



NOTHING  
CHANGES

**WEEKEND PACKAGE: \$95 OR \$135**

- \* Registration: Any time after 3:00 pm in the Dining Hall.
- \* Friday dinner
- \* Saturday 3 meals, and Sunday breakfast.

**SATURDAY ONLY: \$40.00**

- \* Registration: 8:00 – 8:30 am in the Dining Hall.
- \* Breakfast, Lunch, and Dinner
- \* 3 Workshops and Fellowship.

**SPEAKER**

- ONLY**
- \* \$5.00 for each

**Speakers:**

**Friday Night Long Timer Panel** (begins at 7:30 pm):

**Saturday Night** (begins at 7:00 pm) : Carol M. (OH)

**Sunday Morning:** (begins at 10:30 am) : Judy F (OH)

**REGISTRATION DEADLINE** is August 30, 2019. (NO EXCEPTIONS)

- \* Please complete the medical release form on the other side,
- \* Mitchell (\$135) has private rooms with double occupancy, in addition to individual bathrooms. CO-ED The building is air-conditioned and contains a working fireplace and kitchen area. 1<sup>st</sup> come 1<sup>st</sup> serve basis.
- \* Christman (\$95) has 2 wings of single beds with 2 community bathrooms (5 stalls and 4 showers in each) and is located away from main building. (walk or drive).
- \* ALL WILL NEED TO BRING bedding, pillows, towels, snacks, and items for the Chinese Auction.
- \* For further information, call or email: Marge B. at (814) 450 - 7933 or marjburb@gmail.com. Lee R. at (330) 507 – 3351 or itsmelee@sbcglobal.net.
- \* Registrations are TRANSFERABLE, but NOT REFUNDABLE.

PLEASE make checks payable to District 12 AFG and mail to:

Marge B.  
1110 West 6<sup>th</sup> Street  
Erie, PA 16505

**Registration:**

- Weekend \$135
- Weekend \$95
- Saturday ONLY \$40

Pay for each speaker at the door

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email \_\_\_\_\_ confirmation of registration.

Mail confirmation. Please enclose a self-addressed stamped envelope.

## DIRECTIONS to CAMP FITCH

12600 Abels Road  
North Springfield, PA 16430

From **I-90** take Exit 6 (Route 215).

Travel north on Rte. 215 for approximately four miles to the intersection of Rte. 215 and Rte 5.

Continue north on Rte 215, crossing the railroad tracks, past Peggy Gray's take a right before Pumpkin sales.

From **Route 20** (26<sup>th</sup> Street / West Ridge Road) or **Route 5** (12<sup>th</sup> Street – 8<sup>th</sup> Street – West Lake Road)

Travel North on Rte. 215.

**Following activities are included in weekend price and are optional for Saturday free time:**

- Rock Climbing (Indoor and Outdoor)
- Aquatic Recreation (Canoeing, Stand Up Paddle Boarding, Sea Kayaking)
- Bird Walks and Hobby Farm (goats, pigs, chickens, and rabbits)
- Scavenger Hunt
- Zip Lining

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### Medical Release:

I, \_\_\_\_\_, do hereby release the camp, committee, and Al-Anon from any responsibility from injuries, accidents, and any medical condition, that may arise while at Camp Fitch.

**Emergency Contact Info:** Name: \_\_\_\_\_

**Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Please check if you need a first floor assignment.

Additional requests: \_\_\_\_\_

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# The 6<sup>th</sup> Annual "Fall into Serenity" District 48 Conference

September 27, 28 & 29 2019

Amish Door Restaurant/Inn  
1210 Winesburg Street Wilmot, Ohio 44689

**YOU MUST REGISTER TO ATTEND  
NO WALK-INS OR CANCELLATIONS  
(Transfers permitted)**

## FRIDAY

3:00 p.m. Registration Opens  
8:00 p.m. Opening & Lead  
10:00 p.m. Meet & Greet

## SATURDAY

10:00 a.m. Panel Meeting  
Free Time or 3:00 Meeting  
8:00 p.m. Lead

## SUNDAY

10:00 a.m.  
Spiritual  
Meeting

Registration must be received no later than **SEPTEMBER 10, 2019**. First come, first served.

Payment in **FULL** for **entire** room must accompany your registration.

Please find your own roommates. All rooms are Non-Smoking.

Please choose from our Package List.

We have a **VERY** limited supply of Queen Bed Rooms.

It is best to reserve as soon as possible.

Confirmation will follow.

**Make checks payable to:  
Al-Anon District 48**

**Mail checks to:**

**District 48 / Conference  
P.O. Box 36086  
Canton, OH 44735**

Please bring snacks to be shared for our Hospitality Room.

All sessions will be recorded and available for purchase.

**FEATURES:** Hospitality Room – Indoor Pool – Refrigerators in every room – Continental Breakfast on Saturday and Sunday – Pizza available for Saturday afternoon, water, tea & coffee provided.

**We're listening!** – There will be available lots of additional rooms for group gatherings, socializing, additional meetings, as well as rooms to accommodate up to 6 people per room! (Breakfast area, benches situated around the property, as well as your own room.)

**Package Selections Inside**

If you have any questions please email Barbara P. at [bppearles@sssnet](mailto:bppearles@sssnet).

