

OHIO AL-A-NOTES

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AFG of Ohio

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I think it is safe to say that Spring is here, or almost! As the new Alternate Delegate I wanted to take a moment to share one of most recent experiences in Service. I recently attended the North Central Regional Delegates Meeting and while I could tell you all the wonderful things I learned there, I decided instead to share what I learned about myself and how it relates to service. When given a chance, I like to do things the comfortable way, for example, sitting by people I know vs sitting by a stranger. Much to my surprise, when I arrived at this meeting last month, there was assigned seating! Even though I had come with two people I know well, I was not sitting with either of them. This felt really strange to me the 1st night, but by Sunday, as what always happens when I let go :) I no longer was in a room of strangers; instead I had just added to my Al-Anon family! The different service roles I have had in Al-Anon have helped me to grow and grow past my comfort zone. And allowed me to learn new skills like putting together this newsletter! This has never been a me program but a WE program.

Having said that, I would like for this newsletter to be about you. In order for that to happen, I need to hear from you! The next edition of Al-A-Notes will be going out in August. Participation is the key to harmony (and to my own growth!

Happy Spring!

Jo S

Alternate Delegate



• Coming Soon!!

It's like one of those great 'ah ha' meetings, but for the entire weekend! Come join us in Dublin OH to experience a new perception of IN TO ME I SEE (intimacy).

This year's ALL Ohio Al-Anon Convention is ready to WOW you from Friday, June 14 through Sunday, June 16th .

This year's theme is Intimacy, or as we see it, IN TO ME I SEE! We hope you will join us for fun, fellowship and a variety of personal growth experiences
Flyer attached with more information.

Registration form is available online at www.ohioal-anon.org/calendar. See you there!!!



Spring 2019 AI-A-Notes
How has service helped my recovery?

That is hard to describe in just a few paragraphs. I have been doing service for a lot of 24 hours. So, I will relate to you about one of service opportunity I do which helps my recovery grow.

I am a Volunteer at our local AI-Anon Information Service/Literature Distribution Center. While in the office, I have the opportunity to chat with prospective members on the phone, give assistance to professionals, talk to members about the literature, chat with members who just drop in to say hello, sell literature to groups... well the list goes on. Doing these tasks helps remind me to always do the next right thing, live the legacies every day not just at meetings, and to have a closer relationship with my Higher Power.

Talking with a member about a Step, Tradition, or Concept makes me continually study each of the legacies and always use them in my everyday life.

Yours
in Service, Sandy F, Past Delegate

From Your Delegate

Action is Attraction – There is No Growth in the Comfort Zone

I recognize that I have used Step Three to help me move out of my comfort zone in deciding on actions that might further my recovery.

Taking time to gather all the needed information without falling into the paralysis of analysis can be a challenge.

Though deciding that it is not the time to act can also be a good decision. For me, making the decision really doesn't carry as much weight or deliver as much growth or self-esteem as carrying out the action.

When I think back as to how I ended up coming into the rooms of AI-Anon, reaching bottom (becoming sick and tired of being sick and tired, hearing that voice that said "I am going insane"), I had made the decision to call the EAP (employment assistance program) and ask for help. Making that decision brought a bit of further clarity. Making the appointment to see the counselor, coming clean at the appointment about what was going on in our house and in my head, and then with reluctant determination finding and attending that first meeting – in other words, acting on the initial and following decisions is what started my journey of recovery. Considering each of those steps and then taking all of them was moving out of my comfort zone.

When I think back on those first few years in recovery, I think my showing up at all those meetings (minimum 5 AFG/wk) attracted attention and caused longer time members to "offer" me service positions! Accepting was always uncomfortable, but certainly helped me grow in un-

derstanding of the program!!

The paragraph before the Twelve Concepts of Service in our P24 and P24/27 talks about our third legacy - Service, striving to do as well as to be. I like the word striving. Definitions of strive include: to struggle or fight vigorously, to make great efforts to achieve or obtain something. If things were easy, if there was no discomfort, there would not necessarily be any striving on my part.

The things I have to "fight vigorously" in order to receive that priceless gift of serenity are my learned patterns of thoughts and behavior. Even today after 30 years in these rooms of recovery, stepping out of my self-imposed isolation and asking for help still remains uncomfortable many times.

So, I fight on by having a home group, sponsors, reading and studying our literature, doing service in all the ways mentioned in that paragraph, taking on service when asked after thoughtful reflection and discussion with my sponsor.

Experiencing the loving support and encouragement I have received from the Trusted Servants I have personally interacted with from the privilege of my position as Delegate, as well as being involved any service position from the group to the AREA level has both gotten me out of my comfort zone and provided me with a deeper comfort and trust in this program. I can only hope that the gratitude and enthusiasm I feel for this program is attractive to others.

Theresa M
Panel 58, Ohio Delegate

NEWS FROM DISTRICTS 4 & 9

SAVE THE DATE!! Mark your calendar for the Youngstown Districts 2019 Spring Day of Sharing on Saturday, April 27th, at Grace Lutheran Church, 111 Hall Avenue, Hubbard, OH. Doors open at 8:30 a.m. with speakers and group sharing from 9:00-3:00. Our special program will help you focus on "New Beginnings" ... no matter what stage of recovery or life you're in. We have a fantastic lead, Nick P. and his wife Joyce, from Pittsburgh, PA. Continental Breakfast and Lunch will be provided. Raffle items are most welcome. Come celebrate spring and get to know more of your Al-Anon family members. Remember ~ Together We Get Better! Registration flyer is available on the Districts website al-anono@al-anonohiodist4-9.org under the link for Spring Day and directions are provided. For more details and extra registration forms, email SpringDay@al-anonohiodist4-9.org to contact either Cheryl B. or Pat D. with any questions or special needs. Note: The church is very handicap accessible. Hope to see you there!

On February 23, we celebrated our 39th annual Spring Banquet at the Mahoning Country Club. This event is our Districts' primary fundraiser each year. A fantastic buffet dinner was followed by a double lead by a couple of long-time members from Al-Anon and AA. A lively DJ wrapped up the evening as she got us in the dancing mood. Our traditional basket raffle and 50/50 raffle were a success as well. We traditionally hold our annual Spring Banquet on the last Saturday in February, so watch for more information in 2020 and plan to join us for a fun-filled evening of good food, good fun, and great fellowship.

SAVE THESE DATES

Alateen Sponsor's Workshop— April 13, 2019, 10-3
Westlake Porter Public Library, 27333 Center Ridge Rd,
Westlake, OH 44145

Spring Alateen Rally— North Congregational UCC
April 27, 2019 10-3

Spring Assembly— May 18, 2019, 2040 W Henderson Road,
Columbus Ohio 43220
New GR 10:00 A.M; Action Committees—11:15
Assembly begins at 12:30 P.M.

Ohio Area Convention— See Flyer
Fall AWSC— August 24, 2019 12:30 p.m

Love gifts for Delegates and WSC. Please send letters of support to your Delegate. Please include (Hold for WSC 4/13-4/17, 2019) in the address and to put the designee's name and address in the return address section of the envelope or box in the event that mail delivery is delayed. Please plan to have mail arrive **after April 10.**

Sheraton Virginia
Beach Oceanfront
3501 Atlantic Avenue
Virginia Beach, Virginia 23451



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 ASK- IT BASKET AT SPRING AWSC

Question—Why is the policy on page 86-87 about not letting members who are also members of AA serve in positions in our service structure?

Response: This is a topic that is brought up at almost every WSC, including last years.

The answer that resonated with our delegate, Theresa, was this, "how do you think AA's would respond if we Al-Anon's asked to be one of their Delegates or Chairmen or on their Policy Committee in their service structure." AA and AFG have different primary purposes.

Denny, a past delegate shared his experience as follows:

"When I was a delegate 82-84, Stephanie O Keefe was a past chairperson of the board of Trustees and still part of the Conference. She told me the following:

Stephanie: Lois W. and others met to work on the concepts of service. Bill W. drove Lois to it and came back later to pick her up. He

asked if he could see our concepts and after reading them he said they were better than AA's but he then said to keep the drunks out of it or they would take over our service structure.

He also said that an AA Member cannot devote full attention to an Al-Anon job because their primary purpose was to carry the message of AA to another drunk and not to serve Al-Anon.

Dennis: I feel fortunate that Stephanie and several others of our Pioneers who were still around when I was at conference so I could hear things like that from people who were there when it happened.

Dennis
Past Delegate, Panel 22

Ohio Area Convention with AA participation
June 14th - 16th, 2019
Crowne Plaza Dublin

600 Metro Place North, Dublin Ohio 43017

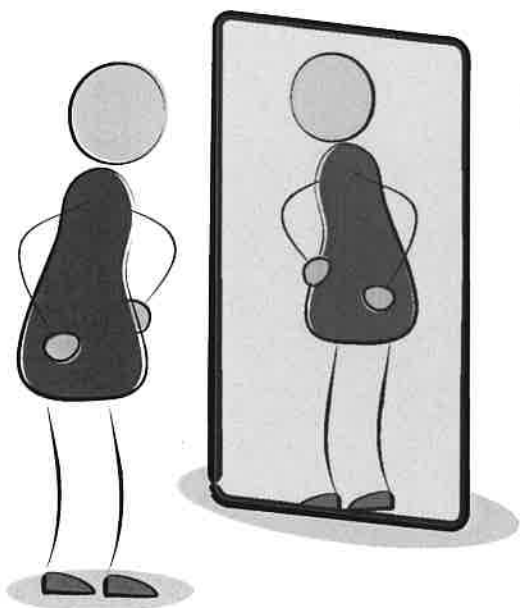


Alateen participation is welcome
Pre-registration by May 24, 2019 is \$30.00 (after the 24, \$40.00)

Optional Saturday Evening Banquet \$30.00 per meal

Early Bird Meeting Friday Afternoon

Workshops and Panels



Great Speakers

Music

Fellowship

Marketplace

IN TO ME I SEE