

OHIO AL-A-NOTES

Fall!

Fall Back - Fall In - Fall Down
This is always my favorite season of the year. Fall Back reminds me to “Keep Coming Back” and when I do, I realize that as life changes, it is my attitude towards those changes that make the difference in how I handle each day.

Fall In reminds me of a time early on when I was told to “Suit Up, Shut Up, and Show Up”. It may have seemed harsh at the time, but I have often found that I hear what I need.

And Fall Down helps me to stay humble, because as I do stumble I need to ask for help in regaining my Steps.

So Happy Fall from your Al-A-Notes Editor,
Ann F.
Alternate Delegate
Panel 61

From Theresa M., Chairman and Past Delegate

Why do I keep coming back?

It is certainly more than fun and fellowship – though those are the icing on the cake! I continue to come back because I have this chronic family disease of alcoholism, and it takes more than routine maintenance to keep it in check.

Our primary service to one another is to show up. With the pandemic restrictions (a bit extra for me because of our recent move into a senior community), I haven’t been able to attend in-person meetings on any sort of a regular basis. In fact, only two in the last 18 months. Finding an electronic group that is fully dedicated to our program (with rotating service positions, with regular business meetings, making group decisions after informed group consciences) has helped to keep me on track. This whole year and the one preceding it has been an exercise in “Moving Forward with Unity, Courage, and Perseverance” as I struggle to stay within my hula hoop and find some balance in my life.

I have found that taking the risk of failing by volunteering for service positions has led to the joy of experiencing success from the loving help of others who have gone before me. I continue to learn about the principles behind our 36 Legacies – how to apply them in my personal life. I continue to experience deeper understandings of myself and how old learned behavior no longer works. I have gained self-confidence and self-esteem. Seeing that happen to others in our service journeys inspires me to continue.

I remain profoundly grateful for the technology the pandemic has inspired which increases our ability to connect with one another. I look forward to being able to keep coming back in all kinds of weather and as my body ages.

In grateful service

Theresa M, Ohio Chair, Panel 61

Save the Dates

OCT 2, New GR (Group Representative) Training

Saturday, 10 am - noon.

Register in advance for this meeting:

<https://us02web.zoom.us/j/8446121222?pwd=OWpDdHdMb28LZzZlOAA6bWp1IgrnzWwv>

If you are unable to attend and would like a mini individual session, please email

alternatedelegate@ohioal-anon.org

70th Anniversary Virtual Celebration Replay

- Tuesday, September 21, 2021 @ 8 am EDT
- Saturday, October 9, 2021 @ 2 pm EDT
- Wednesday, November 17, 2021 @ 8 pm EST

Find out how to get

the *Al-Anon Family Groups Mobile App* at al-anon.org/mobileapp

OCT 16 and 17, Ohio Area Assembly (OAA) via ZOOM.

All GR's are expected to attend or send a proxy.

Register at ohioalanon.org

OCT 23 - Road Trip! You and Your Board Connect, Cleveland

From Phil H. District 24

“Fall Back, Why do I Keep Coming Back?”

The first thought that came to mind when I saw this topic was, “I keep coming back because I’m not **“GOING BACK”!** So, what does that mean?”

My “introduction” to Al-Anon was a recommendation from a counselor at the treatment center where my ex-wife was for her alcoholism (and I would later learn, prescription drug abuse). He witnessed a literal “blow up” by her during a break after a family session. I think he saw the look of “utter defeat” in my eyes. He knew I was done – that there was nothing left for me to live for. Once they got her back inside, he came over and casually mentioned, “There’s an Al-Anon meeting here tonight – it might do you some good.” The date was July 20, 2005 – I remember it very clearly.

Well, long story short, there was something left to live for and I got the first “hint” of it at that meeting that night. I’ve been “coming back” ever since. Much to the chagrin of my first sponsor, I also carry an Al-Anon token (this one has the Roman numerals “XVI”, for sixteen years. My sponsor chided me that, “You didn’t get sober – why do you carry that?” I answered her, “For two reasons: (1) A reminder of just where I was in my life that many years ago, and (2) The token is thin enough to remind of where the “edge” is – the edge I was going over 16 years ago. The only difference now is that I can see it and I’m staying back away from it.”

It’s not enough to learn that there was nothing I could do to cure the alcoholic – I had to learn that there was a LOT to do to “cure” me. Not a meeting goes by that I don’t pick up something new – something to keep my head grounded where my feet are – something to keep my “stinkin’ thinkin” straight and “not stinkin”. THAT’S why I keep coming back.

It was a dark period in my life and I got a second chance through Al-Anon. I’m learning to enjoy life now – on MY (and Al-Anon) terms. Life isn’t perfect, but it IS better.

And that’s why I “Keep Coming Back”.

Phil H
DR 24

From Rose R., Districts of Toledo

As I look back on the year it's amazing how fast it's gone. It makes me realize how quickly my life is traveling by and that makes me realize just how important it is to keep coming back to my program tools: Meetings, reading and meditation, service and talking with my Sponsor(s). Yes, I have more than one. In my later years I've realized that no one person can be my help and support. If I surround myself with many healthy people it helps me to live serenely and to treat those close to me with courtesy and kindness. My acceptance levels are much better when I keep coming back to the 12 Steps, traditions and concepts.

With the world events and the health of our communities today, acceptance of those around me is very key to my well being. My frame of mind is not always in the best state but my program can always put the focus back on me and help me to realize that there are others out there reaching out to offer me help and reaching out for our help too! Let the hand of Al-Anon and Alateen always be there!

Hopefully as the rest of this year winds down and the new year begins, we can get back to more face to face meetings or if not we can educate more members on Zoom and have more participation in meetings if that's the way things progress. Either way it's so very important to keep coming back so we can keep Al-Anon and Alateen alive and thriving for all those out there still struggling with the effects of this disease.

Rosey-DR #6

From Darla H., Archives Coordinator

The reason why I have been coming back since Nov. 13, 1991 is because it has helped me to find who I am. Also it has helped me to reach out for help and know it's okay if I don't say every word right, I'm not judged. I love being able to help others with their recovery as well as it teaches me about myself more. We never stop learning, every meeting I learn more about me. I am very grateful for this program and I will keep coming back!

Poem

My sponsor:
 Fall back to Al-Anon
 use a slogan before you slip
 Fall back to Al-Anon
 "THINK" before it hits your lip!
 Me:
 Why do I keep coming back?
 No more irritable & discontent
 Why do I keep coming back?
 My boundaries now cost rent!
 My sponsor:
 Fall back to Al-Anon

Others see the change in you
 Fall back to Al-Anon
 Maybe you can give back, too
 Me:
 All the gifts I've been given
 It might be time to share...
 All the service opportunities
 I'm willing because I care!

By Mary Jo M.

Reminders

Questions regarding AMIAS recertification, or Alateen sponsorship, please contact our AAPP at aapp@ohioal-anon.org

Group Records

Make sure your group records are up to date. It is important to have a current email address for your group. Your mailing address is not the building where your meeting is located. It should be a member's address where your group can receive mail. The Group Records change form can be found at www.ohioal-anon.org

Questions: Contact Group Records at grouprecords@ohioal-anon.org

District Happenings

Toledo Districts

Our Alateens participated by speaking on a panel for the Ohio AA State Convention, hosted by AA Area 55, on August 20th-22nd. It was held virtually and went very well. Our Al-Anon speaker, Betty H. did an amazing job as well.

The Districts of Toledo are holding a Back to Basics workshop on September 25th, in person, from 9 AM to 4:00 PM. Our state Alateen Coordinator, Sara M. will be our main speaker and we will have workshops, round robins and a panel. As of now we have about 90 registered. It's looking like a good turnout as I'm sure everyone is ready to get out and have a little fun. As you all know, we do know how to have fun and eat well! A continental breakfast and lunch will be served all for the price of \$10. See the flyer below for registration information.

Prayers for our Delegate, Jo S.

Help us to remember that life can change quickly as we pray daily for Serenity, Courage and Wisdom . You can keep in touch with Jo through a link on the Caring Bridge, <https://www.caringbridge.org/visit/jos2>

Reminder: All Ohio Area Assembly Officers and Coordinators can be contacted on the ohioal-anon.org website, under the tab: Contact Us

Addresses - Donations to Area Treasurer

Area Secretary
secretary@ohioal-anon.org
AFG of Ohio Inc.
P.O. Box 30383
Cleveland, Ohio
44130-0383

Area Treasurer
treasurer@ohioal-anon.org
AFG of Ohio, Inc.
P.O. Box 42084
Brook Park, Ohio 44142-0084

Road Trip! October 23, 2021

The WSO Board of Trustees and Executive Committee are coming to Cleveland, Ohio! Bring your Sponsor, those you sponsor, and members from your group!

The “Road Trip! You and Your Board Connect” event is an opportunity for local Al-Anon members to meet and interact with the 13 Trustees and three Executive Committee members as they share their experience as World Service Volunteers serving the fellowship and worldwide Al-Anon Family Groups. Break out sessions will include:

- How is Your Hybrid?
What has been your experience with a hybrid format?
- How do you stay on the balance beam?
How do you balance your work, family, service commitments?
- Bridging the gap.
How do you encourage unity between face-to-face and electronic groups to support each other?
- Together we can make it.
How can we support Alateen and encourage their participation in Al-Anon.
- Let it begin with me.
What can I do to attract membership that is more diverse?
- Extended Warranty.
How can I use the warranties in my personal recovery?

The agenda can be found on the Ohio Al-Anon website, under Calendar, Fall AWSC, Agenda, Road Trip Report, or clicking on this link.

https://www.ohioal-anon.org/documents/2021_AWSC_Road_Trip_Report.pdf

Check out the websites listed below, or go to ohioal-anon.org, under the Calendar tab, for the latest info.

<https://www.ohioal-anon.org/documents/2021-Road-Trip-Registration-Form.pdf>

<https://al-anon.org/events/road-trip-you-and-your-board-connect/>

<https://www.ohioal-anon.org/documents/2021-ROAD-TRIP-OCTOBER-Information.pdf>

TOLEDO AL-ANON FIRST ONE-DAY WORKSHOP



September 25, 2021 • 9am - 4pm

Holy Trinity Lutheran Church

(handicapped accessible)

1825 Glendale Ave., Toledo, Ohio 43614

Continental breakfast and Lunch Provided
Out of Town Lead, Panel, Workshops,
Round Robin, Fun and Fellowship

Program contact: Sharon Feeley - 567-970-5977

WE ARE HONORING ALL THE REGISTRATIONS FROM LAST YEAR

Additional people, please register in advance as this will help with the planning and the food.

New registrations must be received by Sept. 15, 2021. Lunch Provided - No WALK-INS

Workshop Registration & Fees:

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____

Registration Fees:

Early Bird Registration Fee:\$10 _____
 Alateens Free, when accompanied by a parent or sponsor.....\$0 _____
 Total:\$ _____

Make Checks Payable to:
Districts of Toledo

Mail to:
Vicky Woods
2321 N. Watercrest
Toledo, Ohio 43614
Phone: 419-944-3648

- Al-Anon
- Alateen
- AA

Registration Received by: Sept 15, 2021