

OHIO AL-A-NOTES

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Greetings from your Al-A-Notes newsletter editor. This year, Spring AWSC was held on March 13, 2021. Last year, March 13, 2020, was a Friday the 13th. Along with being my sister's birthday, it was the day that I personally put myself into quarantine at the start of the COVID-19 pandemic.

It has been year of many changes. The word unprecedented has been used repeatedly. So this issue of Al-A-Notes highlights some ways we have used Al-Anon during a global pandemic.

Save the Dates

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**MARCH 21, 2021 - ZOOM
AMIAS Training**

**APRIL 10 and MAY 1,
ZOOM, Group
Representative Training**

**MAY 15, 2021 -Spring OAA
via ZOOM**

**JUNE 25-26, 2021 - OAC ,
tentative dates, via ZOOM**

JULY 31, 2021 - KOMIAC,

From Sandra F., Past Delegate and Two Day Fall-OAC Liaison

The past twelve months have been as challenging for me as they have been for everyone. Seems as if nearly everything in my life either changed or came to a halt.

On a positive note, I lost 30 pounds; not because I was trying but because my loved one had to do diet changes and I only cook one meal. Guess I needed the change too.

One of the coping mechanisms I use was to rely on the slogans. It was like early recovery all over again. Back then when everything changed so rapidly and drastically. Slogans like: One Day at a Time; Easy Does It; THINK; This Too Shall Pass; well, the list goes on. Seems like each day was uncharted waters until finally there was some familiarity to each day. I will say, last summer my yard was pristine, as I spent as much time outside as I could, after being cooped up inside all those weeks.

My biggest challenge was witnessing my loved one's mood swings. It was like early recovery once again. The saying it is alcoholism and not "alcoholwazum" was so true. Everything I had learned over all the years in recovery proved to be useful as each day something else popped up. You all told me to take care of myself and to keep coming back, which I did, along with painting 17 gallons of paint. Doing something physical always keeps me in recovery and not living in the disease.

Electronic meetings were a game changer at our house. The isolation did not seem as confining as we discovered others were experiencing similar situations. That daily, somethings twice daily check in was a gift.

More, Save the Dates

AUGUST 20-22, 2021 - Ohio AA Convention, via ZOOM

AUGUST 28, 2021 TBD - AWSC probably via Zoom

FALL OAA - probably OCT 16 and virtual

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

Reminder

Area Alateen Process Person (AAPP) Report

There are 68 active AMIAS in Area 44 (Ohio)

- 65 AMIAS are pending re-certification.
- 20 AMIAS need new FBI background checks

All re-certifications should be submitted by June 1, 2021. There is no grace period. WSO is firm on their date for re-certification. Questions: Contact Area Process Person 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

The growth I have gained in the past several months has been through applying the Traditions and Concepts more to everyday situations. Figuring out how to use them to get along better with my loved one and others.

I am not so sure I learned anything new, but rather reaffirmed things and dusted off a few things too. One of the biggest AH HA moments was when I realized service kept me busy, kept me focused, and kept my old self in the past.

From Theresa M., Chairman and Past Delegate

This past year has been one of many challenges. Not the least among them was moving after 41 years from our home in Cincinnati to a group living situation in Oberlin and then being quarantined in place with no or only extremely limited visitations with the world outside our campus!

At the 2019 World Service Conference we had long discussions about how to transition some of the WSC business into electronic correspondence. Well, the pandemic caused that to occur quickly as the first virtual WSC was put together in a couple of months for 2020. We also managed to hold our Area meetings via the Zoom platform for 2020. (Many thanks to those who helped with the tech challenges!)

I believe Al-Anon as a whole has risen to the challenge with the growth of registered electronic meetings as well as members learning how to connect with their groups and each other better via phone and the internet meetings. Many newcomers have found help and hope through these means. I know for myself that the Zoom meetings have been a lifeline, though I look forward to visiting new meetings face to face in my new part of Ohio as it becomes safe to do so.

At the Area level we will still be virtual most of the year for our business meetings and our Convention.

Your elected trusted servants and the other volunteers willing to participate above the group level at AFG of Ohio, Inc. are needing assistance in helping to host the meetings and to train GR's and others in how to participate in the Ohio Area Assembly.

Please contact me at chairman@ohioal-anon.org if you are available to train or co-host for any of the GR training session, Assembly (OAA) or Area World Service (AWSC) meetings.

Yours in grateful service
Theresa

From Rose R., Districts of Toledo

As spring approaches hope for more in person meetings and gatherings are in our thoughts. Toledo Districts are focusing on getting people involved actively on virtual venues but it is difficult. The POC is working on letting professionals in recovery facilities, EAP, court and hospitals know who Al-Anon is and what our program can offer. As a community we feel there are tremendous needs out there and we are just scratching the surface. We are hopeful that our Workshop that was postponed from 2020 will be able to move forward for 2021 in September. It's been very difficult to motivate myself after over a year of not being able to see and hug people that are so near and dear to my heart. I am a firm believer in gratitude though and as I submit this I am profoundly grateful for my program and my involvement in service. It helps to keep communication open and gives me an opportunity to read, study and learn more about my recovery and how to place principles above personalities. Hope to see you all and be able to give and receive hugs in the near future.

From Carol R., DR District 48

I would love to share about our 2020 Holiday Party held on zoom by District 48. Our Host groups were two groups, Courage and Hope in the Woods. Our district is blessed with several very technical persons. In late summer another of our groups did their Anniversary on Zoom with great success. Our Holiday Committee for 2020 picked up on that idea and planned a zoom party that included games, songs, and speakers and even prizes for the games. The attendance was well over 100 and included local Al-Anons and out of state Al-Anons. Our leads were a couple that one of the women had met on a zoom meeting and were from Connecticut if memory serves me correctly. It was a wonderful evening. Some small groups did gather in homes, wearing masks and social distancing and enjoyed the evening together. It was certainly a positive look at how we always have choices even when they are out of our comfort zone. A big thank you to our host groups for passing on our program in a new and innovative way. District 48 has also discovered that even when we return to in person meetings, zoom is a wonderful resource to continue with some zoom meetings directed at those who can no longer get out or do not drive. It would be wonderful if a member was ill or had surgery and could not get to meetings to still have a meeting to go to. It is great to learn something positive in what seems like a real problem.



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>

This is from Jo's recent post on the Caring Bridge,

“ I am dealing with a cancer that can be very aggressive. I have an incredibly great medical team and sometime in the next couple of weeks I will be starting a very aggressive treatment for this cancer.

This is just the next piece of my journey. My understanding is fatigue will be pretty constant through this treatment, so I asked for your patience as my focus will be on making sure that I stay strong for the treatment and get sufficient rest. Other than that nothing really changes I need prayers as much as ever. Your prayers and your love and your comments have carried me the last two weeks please keep them coming” Jo S. , Delegate

The Luckiest Person in Al-Anon by Mary Jo M, Area Secretary

The luckiest person in Al-Anon is the one who came in broken and crying and was asked to try six meetings and to “keep coming back”. That person received a hug (or more than one) and someone talked quietly with them after the meeting. Relief from the burden of isolation began to lift. That fortunate individual was given a newcomers' packet, maybe even a How Al-Anon Works book, and was able to find brief moments of serenity while reading daily literature. Such sense it made! Words like this were healing to a tortured beaten soul. In the packet a phone list was found – so this individual could stay in Al-Anon contact between meetings. The opportune moment came when a “long timer” offered to be a temporary sponsor. This was like a lost ship finding direction. Finally, someone to talk over the details of a complicated situation exasperated by the family disease of alcoholism! This was extremely beneficial and many suggestions were made; some were taken. The most blessed moment came when a Higher Power seemed to connect with this favored creature and the serenity and peace was like a golden hopefulness seeping into all areas of life. The timely message of “Keep the focus on you” was heard and applied on a daily basis. This person was on a streak – hitting it big on the road to recovery! Who is the luckiest person in Al-Anon? You.

I wrote this in March 2014. Much has changed since then, If you are a “longtimer” who may be patiently waiting for a future safer time to be able to go back to in person meetings, I ask you to please consider phone meetings or using the dial in number for Zoom meetings (totally possible without internet or a smartphone). There are many newcomers now due to the increase of alcohol use and isolation from “sheltering in” that have never had the benefit of an in person meeting. They may not for some time to come! These newcomers need your experience, strength and hope. Due to this “twelfth Step work in action” our program will be invigorated because of your efforts and ‘our’ recovery (even now) will proceed.

Important Changes - New PO Boxes

[Area Secretary
secretary@ohioal-anon.org](mailto:secretary@ohioal-anon.org)
AFG of Ohio Inc.
P.O. Box 30383
Cleveland, Ohio
44130-0383

[Area Treasurer
treasurer@ohioal-anon.org](mailto:treasurer@ohioal-anon.org)
AFG of Ohio, Inc.
P.O. Box 42084
Brook Park, Ohio 44142-0084

Dear Group Representative

RE: Regional Trustee Candidate

Each Area Assembly in the US North Central, US Northeast, and US Southeast is invited to name a Regional Trustee Candidate every third Panel. This year is Panel 61's turn. Your Group will want to participate, and here is the way it can:

Candidates do not have to have been Delegates!

Minimum requirements:

- Be an active member of Al-Anon Family groups, with at least ten (10) year of continuous membership
- Be eligible to become an Al-Anon Member Involved in Alateen Service (AMIAS) & pass a national background check
- Have service experience beyond the group level
- Not be a present or past member of Alcoholics Anonymous (A.A.)
- Be able to speak and write proficiently in the English language

If your group has a member who is qualified (<https://al-anon.org/for-members/board-of-trustees/wso-volunteers/board-of-trustees>) and has the available time required, please encourage them to apply via Ohio's (our Area Assembly) selection process as listed in the Ohio Handbook <https://ohioal-anon.org/documents/HANDBOOK-OAA.pdf> (p.17/47).

SECTION XIII – PROCESS FOR SELECTING A CANDIDATE FOR REGIONAL TRUSTEE

Every three years, the Ohio Area has the opportunity to select a candidate for Regional Trustee. Interested members will present the World Service Office (WSO) current application (available on the WSO web site or from the Delegate) at the Assembly which is prior to the WSO deadline for submission, currently the Spring Assembly of that year's deadline. It is the responsibility of current and past AWSC members to contact suitable candidates to stand for this position. (motion 2019/10 - # 1)

This means that any member who wishes to be a candidate for the US North Central Region will need to present himself or herself for approval of the GR's at this Spring Assembly May15, 2021. The deadline for Submission to the WSO is August 15, 2021.

Our Delegate will be involved in the completely confidential evaluation of all candidates who have been selected to stand for the position of US North Central Regional Delegate.

Yours in grateful service,
Theresa, Ohio Chairman, Panel 61



The Ohio Area Convention (OAC) could use your help. The tentative dates are June 25 and 26. This will be a virtual event and any technical help would be appreciated. Contact Cheryl B at 2021ohioareaconvention@al-anonohiodist4-9.org

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

From Greater Cleveland Intergroup Council, March, Al-Anon HILite



“Now It’s Spring” Workshop



Dear Sponsor/Sponsee Pairs, Temporary Sponsors & Newcomers who participated in the February 20, 2021 Steps 1-5 Workshop, now we can sign up for April 17, 2021 Steps 6-12 Workshop!

Click [here](#) to register

This lovely event would not have been possible without you. Thank you so much for sharing your experience, strength & hope!

🎀 If you wish to participate in the second workshop, but did not participate in the first, please contact Mary Jo at hilites.clev.ais@gmail.com! If you do not have internet call (216) 621-1381 and leave a message for Mary Jo.

Thank you 🎀

If the Click here does not work,

Copy and paste this link to register: <https://docs.google.com/forms/d/e/1FAIpQLSdYrhhpnceJnzoY3CuDDPN237vMcM3KErFdJXjb-7Q6vw74NQ/viewform>