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Using the legacies in our recovery.



From our Delegate:

Stepping Through the Legacies was the theme of our 2022 Ohio Area Convention (OAC). I loved the art developed to convey footprints stepping through the three triangles, representing the Steps, Traditions and Concepts. And the message of taking those steps, which guide me on my path to recovery, was perfect.

When I think of stepping, it is a deliberate motion, made with intention. I am not jumping, or hopping, or skipping. For me that is what Al-Anon has been, an intentional journey, often slowly, occasionally with an insight or awareness, always moving toward recovery.

The OAC this year was especially joyful because we were back in person for the first time since 2019. Our Higher Power was definitely present, providing Plan B speakers and workshops, that were exactly what I needed to hear. A big thank you to the Districts of Toledo who stepped up and stepped out to make OAC possible.

So, what about those who were unable to attend? Or those of you who were there and would like to repeat the experience? Put the October 29, 2022, Road Trip on your calendar. This will be another day to gather in person and to meet our amazing Board of Trustees! The Trustees are Al-Anon volunteer members who work to carry the message of the Al-Anon fellowship worldwide.

Just another thought. Our Group Representatives (GR's) have not met in person since 2019. Our Fall Assembly 2022, (October 15 and 16) will again be via Zoom. Each group that is financially able has a responsibility to send their GR to the Spring and Fall Assembly. If your group is financially able, please consider supporting your GR to attend Road Trip, in place of Assembly this fall. Since Road Trip travels around the county, it may be years before our GR's would have this opportunity again.

Oh, and I could not end this without a huge shout out to our AAPP Coordinator, Carmen I, and all of our amazing Alateen sponsors and AMIAS volunteers who worked to get our Ohio Area certified to continue our Alateen programs. Thank you, lots and lots and whole bunches!

Yours, with love in service,

Ann F

Ohio Delegate, Panel 61.

Theresa M, Chair Panel 61

As it says in our Al-Anon/Alateen Service Manual (P24/27) “The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.”

I couldn't and can't think my way into serenity or recovery. It requires action, and all of our 36 legacies put me on the path of what action I can take. Recovery through the Steps – I begin to discover who I am. Unity through the Traditions – I begin to discover how to participate in a healthy manner in any group. Service through the Concepts – from 1 on 1 sharing to participating in worldwide Al-Anon through the links of service to participating in the society and world I live in.

I appreciate how much members practice of Step 12, Tradition 7 and Concept 4 contributed to my recovery early on:

- I came to Al-Anon 33 years ago at a counselor's suggestion who gave me a copy of the meetings directory. She had the directory because there was Public Outreach from a local information service that provided one to her.
- When I got to the meetings, there was both free literature for me to take home and other literature available for purchase. That literature was there at those meetings because they had purchased it at the local Literature Distribution Center (LDC) which was purchased from the World Service Office (WSO).
- The WSO could provide literature to groups and LDCs because members had written in to share their experiences, strength, and hope and others had volunteered to become involved in the publication process. I subscribed to the Forum in those first few months of recovery, because the groups I went to used it in their meetings.
- I went to my first Special Event Workshop in the first 6 months of my recovery – because there was an active special events committee as the result of groups active participation in Intergroup (AIS=Area Information Services).

As I continue on this journey of recovery, I continue to discover new meanings in each of our Legacies and how to apply the different spiritual principles that I have found there:

Honesty, Hope, Commitment, Willingness, Integrity, Humility, Compassion, Love, Perseverance, Awareness, Open-Mindedness, Spiritual Service, Unity, Autonomy, Respect, Courtesy, Boundaries, Humility, Anonymity, Responsibility, Accountability, Mutual Trust, Participation, Acceptance

The Warranties pretty much sum up the whole program for me. From our Al-Anon/Alateen Service Manual on page 215 “All the Warranties counsel prudence—prudence in personal relations, prudence in money matters, and prudence in our contacts with the world around us. For Al-Anon, prudence is a middle ground, a channel between fear on the one hand and recklessness on the other. Prudence creates a climate of harmony, effectiveness, and consistent spiritual progress.”

From our Secretary:

Let It Begin with Me

I am writing this on the twenty-first anniversary of my first Al Anon meeting at Church in the Woods. I arrived for the beginners' meeting and Joann S. was there. I will never forget her kind face. I don't remember the words she spoke, but they were nice the way they sounded. I was at the end of my

rope. I had just come back from a vacation in North Carolina where every night was spent dealing with black out drinking and I was worn out. I am not sure what I was really looking for that night, but I think one word sums it

up: respite. I was deep in isolation—I needed the fellowship. My denial was choking me—I needed awareness and acceptance. I was carrying unearned guilt and shame—I needed loving detachment. I thought I brought the drinking on and was causing it to continue and worsen—I needed information about the family disease of alcoholism. I had tried talking to family members—I needed a place where people would simply listen, not give advice. I was an emotional basket case—I needed peace of mind and some serenity. Twenty one years ago, I didn't know I needed any of that stuff! All I knew is that I had just made it to that meeting and I might find some help. Now, when a tortured newcomer drags themselves through the door and I am sitting in the meeting, may my body mind spirit be flooded with all these memories and please God, let it begin with me.

Mary Jo M.

Forgiveness is a choice I make, to release someone from a debt they owe that they cannot repay.
Joanna C. SC, September.

Forum pg. 6

From our Group Records Coordinator:

I am so excited to report that we were finally able to hold an in-person convention this year. Since we didn't start to plan as early as we wanted, the date we had to choose coincided with Founders Day. I wish we could have avoided this conflict as I think we may have had more attendees. The OAC was held June 10, 11, and 12 at the Findlay Inn and Convention Center in Findlay Ohio. I had the privilege of co-chairing this event with Rose R and the most amazing people stepped forward to chair the many committees it takes to make an event like this happen.

Our hard-working registration committee, chaired by Vicky W, reported 98 people attended, traveling from all over the state of Ohio and Michigan. Many lodged at the very pleasant and accommodating Findlay Inn. This facility is a hidden gem. It's locally owned and managed. Our meeting rooms were so pleasant and met all our needs. Sleeping rooms were recently updated and were comfortable and inviting. I didn't hear one complaint about the food, which was amazing. Our banquet was held Saturday night and was well attended.

Terry N and her committee put together a perfect program even though a few of the planned events were actually not what she originally planned. I'm grateful to have learned about Plan B, C etc!! Our higher power was definitely the one in control. The theme was Stepping Into the Legacies. Friday

night we opened with an AA/Al-Anon lead by Sally and Tom S. that truly inspired and made us eager to continue exploring our amazing legacies.

Saturday started bright and early with a workshop presented by Sandra and Stephen F. The topic was using the legacies in our relationship with our spouse/significant other. This workshop was followed by a panel and skit on sponsorship presented by our friends from Fremont Ohio.

The hospitality room was a very friendly and relaxing room to gather and enjoy a light lunch or some snacks during the day. Kristin B. and her committee did a great job.

Our afternoon was filled with a Round Robin organized by Diane N and her ladies from the Findlay area. Jane S hosted a lively, competitive crowd as she tested our knowledge on the steps, traditions and concepts of service. I heard lots of laughing coming from them.

Nancy S and Betty H did a phenomenal job in the Ways and Means room. There were Al-Anon/Al-Ateen literature and small items for sale. Many groups from the area provided baskets filled with lots of goodies for us to raffle. What a lot of fun we had ending our day Saturday with the raffle. The hospitality room donations and ways and means profits helped defray the costs of the convention.

Dinner was enjoyed in the very comfortable atrium with a run on the dessert table for the chocolate mousse!! After dinner we gathered to hear our speakers,

Mary Jo G and her son Conner. Our hearts were filled with gratitude for our wonderful fellowship and its legacies as they shared their journeys.

Even though our days were long, Friday and Saturday nights found a group of folks who had a great time playing dominoes.

Sunday morning we wrapped up our weekend with a very stirring spiritual closing by Jan M.

Irene B and Tamara H designed our printed and electronic documents. Their creativity and professionalism really shone. Robin R has kept track of all the financial transactions and expenses. Chris E is our secretary and has done a wonderful job of providing minutes and scheduling our meetings. This weekend would not have happened without all these great people who provide their service generously.

Respectfully submitted,

Shelly Cassidy

From our Treasurer:

The 3 Legacies provided a cornerstone where I could begin living happy, joyous, and free. I no longer had to wish death or diarrhea on people that had hurt me.

The 4th and 5th steps allowed me to share my pain and shame with another person who cared. The 1st step was easy to admit but the 2nd and 3rd steps had me running scared.

However, after several years, I realized that my higher power ran me down to get me into these rooms.

Today, he is my best friend who not only loves me but likes me and will help me through any struggle that blooms.

Over the years, Tradition 1 taught me how important unity is in every aspect of my life. For example, financial problems in our marriage improved as communication and boundaries replaced strife.

The group conscience in meetings many times can reduce conflict over time. I have witnessed the passion that members display when a change for them will not be sublime.

I was amazed in the last 2 years how Al-Anon Family Groups Inc. stuck to true Tradition 10 when it came to not having an

NO opinion on outside issues.

They allowed the autonomy of each group and its members to decide how to deal with world problems which for some led to a box of tissues.

The last legacy involves service which my sponsor encouraged me to get involved in right away. Thankfully, you did not have to have a degree or be a professional which may have caused some to stray.

Lastly, service has taught me to put principals over personalities everywhere I go.

And to step aside and allow others to take on service positions, so others self-image may have an opportunity to grow.

Love, Merri G, your Treasurer

Let it begin with me

When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.

This declaration tells me all I need to know about my responsibility as a member of this wonderful program. In order to do this I need to use my recovery through the steps, traditions and concepts along with the spirit of the traditions which are the warranties.

How I do this is up to me and I will get better as I attend meetings, read literature daily, meditate, sponsor and be sponsored, and serve in the fellowship.

Each item listed above is as difficult as I choose to make it and as easy as I commit myself to do it.

Every day I can be content and serene as I desire to be. Some days are better than others but I thank my HP that I can look at my life that way now because in the past it wasn't that way.

In using the Steps I learn to put my will aside and be guided through the day with no expectations. If I come across any "bumps" I can sort them out and figure out whose responsibility it is to fix them. I can make amends where they are needed and continue to strengthen my contact with my HP by prayer and meditation daily.

By using the Traditions I have a comfortable and unified family atmosphere in which we all have participation in the way our lives flow. I teach my young adult children and grandchildren the art of listening to each other and not being judgmental. Being humble (teachable) with others and being aware that there are different opinions and options to most issues.

The Concepts and Warranties help me to focus on how to have discussions and work out problems with others. Understanding that they can help me in all areas of my life, including personal relationships and finances has been a tremendous asset to me.

The more I study the service manual and the Legacies, the more I'm able to spread the message of hope. For that, I am eternally grateful.

Rose R.

Alternate Delegate

I want to thank David D. and Mikey P. for all their help with creating this version of the Al-A-Notes! Without their assistance along with Nina R. it wouldn't look as good as it does! Alateen is truly a large part of Al-Anon. I am a very grateful Sponsor! ♡ ♡

UPCOMING EVENTS:

8/20/22 AWSC via Zoom / DR orientation session @11AM

10/8/22 Alateen Fall Rally / Akron More details will follow

10/15 & 10/16/22 Fall Assembly via Zoom / Agenda and registration available 10/1

10/29/22 Road Trip / Cleveland

All above information can be found on our website @ ohioal-anon.org