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## OHIO AL-A-NOTES

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From our Delegate:

Looking back with Gratitude - WOW! 2021 was a year of many highs and lows. Attending the 61st Annual World Service Conference (WSC) was definitely one of the highs. The older I get the faster life seems to change around me. So, while I started 2021 thinking I had three years as your Alternate Delegate, to plan and prepare to attend my first WSC, in reality I had less than three months!! Gratitude? There is no way to express the love and fellowship surrounding WSC. As the Alternate Ohio Delegate, I was welcomed with virtual open arms as I stumbled my way through the conference proceedings. I am so extremely grateful to my fellow Ohio Area Assembly members who allowed me to attend on your behalf. It was very humbling to be with Al-Anon members from around the world, continuing the conversation that Lois Wilson began 61 years ago. And I am forever grateful to my Higher Power who led me down this path. Looking forward with Hope - As I write this, I am looking forward to the 2022 WSC meeting in person in April. This year's conference also plans a visit to Stepping Stones, which would be a first for me. Our Toledo Districts are planning a live Ohio Area Convention (OAC) in Findlay, Ohio, June 10-12, 2022. So, I am extremely hopeful that 2022 will be a year when we can again gather safely in person and maybe I can gather some of those hugs I have been missing the past two years.

Forever grateful and hopeful,

Ann F.

Ohio Delegate Panel 61

From our Chairman:

“Looking back with gratitude and looking forward with hope”

As frustrating as this past two years have been with lockdowns and restrictions for our collective health and now continuing with even more supply chain issues, I can still find many things for which to be grateful.

· We are gradually learning our way around a bit in this new part of Ohio after 40 years in Cincinnati.

- My husband and I had the chance to move into a retirement community of our choice and got the house sold without having to be in person for the closing thanks to the help of a resident who is still a notary republic here!
- We have made new friends as well as many new acquaintances here on campus as well as having phone conversations, email, zoom, FaceTime to keep up with the old – even a visit from Cincinnati folks this summer. Through other apps, we have “met” a new great-nephew and now a new great-niece.
- Even with small numbers of participants, the Area Meetings continued to meet with good participation and discussions. The Ohio Area Convention was successful on Zoom in 2021. We participated in the Ohio State AA Convention also on Zoom.
- I will always be grateful that I married an alcoholic because it brought me to our program to realize that I had been born into a family that had been affected by problem drinking. I discovered that (1) my misery was from the family disease and (2) there is effective treatment for it!
- I continued to learn more about how Al-Anon works for both me and our entire fellowship. That includes watching and participating in how my regular electronic AFG (now) Group has developed. Seeing newcomers who had never attended a meeting before COVID have stepped up into service positions further increase my feelings of gratitude and hope for the future.
- Because Al-Anon members have demonstrated their resilience with finding ways to hold meetings during lockdown, I am hopeful and confident that the fellowship will survive with both our important face-to-face meetings and through whichever electronic platforms the meeting chooses. Intimate one-on-one sharings have taken place since the telephone was invented. And now we have the possibility of seeing each other’s faces while we share our E.S.H. electronically.

Overall, your constitutionally pessimistic Chairperson is feeling pretty hopeful that we will once again return to face-to-face Area meetings in the not-too-distant future, and that we will gradually find our way to having hybrid meetings that could encourage greater participation and attendance for AFG of Ohio, Inc.

In grateful service, Theresa M Panel 61 Chair

From our Treasurer:

Looking back with gratitude, I am grateful that my hubby’s AA Sponsor said

“If you are going to continue to date this guy, you belong in those other rooms instead”

35 years later, we are still married with two adult sons, a daughter-in-law, and a little boy in the womb.

There is nothing I can do to pay this wonderful program back, but I will humbly serve till the tomb.

I will continue to use the tools of this program to help me in every area of my life.

The anger, bitterness, and resentment that I once had is no longer causing me inner strife.

The Concepts and Traditions have been a wonderful guide in teaching me how to work as a team.

Service continues to play a huge part in helping me build healthy boundaries and self-esteem.

I am most grateful to my higher power, Jesus, whose love brought me to recovery.

He graciously led so many of you in my life that have helped steer me toward self-discovery.

My hope for the future is that I continue to grow, so I can influence others in a positive way.

I never want to forget where I came from so, I pray the Lord always gives me the right words to say.

The hard knocks of life have taught me not to spread myself too thin when it comes to volunteering.

Plus, staying in one position too long comes across to some as being domineering.

Today, I have more peace and contentment in my life than I have ever had before.

I will continue to serve as your AFG of OHIO Treasurer with gratitude galore!!!

Submitted with an AI-A-Hug,

By Merri G.

From our Secretary Mary Jo:

Characteristics of the Family Disease: Alcoholism

### **“The Elephant In The Room”**

Alcoholism has been declared an illness by the American Medical Association (since 1970), including identifiable symptoms and prognosis. What was once hidden, secret, and considered shameful by past generations has, (through organizations like AI-Anon), brought light and hope

to millions of families affected by this disease. One out of six people is intimately affected by another's drinking or using. Our culture is rampant with problems of alcohol and drug use. Our loved ones are affected but really the entire family suffers the effects of this disease. Even the youngest members can begin to model the behaviors & examples of the older members and the progressive generational cycle can, sadly, continue. In order not to pass on these effects, it is necessary to identify the problems that others who have come before us, have seen through their experience. Through the strength & hope of the recovery process in Al-Anon, we can help each other lift the veil of denial and bring healthy attitudes to improve the family situation. We can change our conditioned attitudes through awareness, acceptance, and finally action. Today, we have choices. Let's not pass this on to the next generation! Our families have suffered enough: "Let the family disease of alcoholism end with me".

- Lack of Communication (HFT 6 & 203)
  - Isolation (CTC 363, HTF 203, 194)
- Lack of Intimacy - reluctance to get close (CTC 363)
- Unrealistic Expectations (ODAT 363) (CTC 153)
  - Over Responsibility (CTC 214)
  - Overestimate of our Capabilities (ODAT 363)
- Martyrdom, Managing, Manipulating and Mothering pg. (HFT 313)
  - All or Nothing at All (HFT 141)
- Chaotic Thinking & Behavior (HFT 220, 351)
  - Obsessive Activity (HFT 94)
  - Criticism (ODAT 20, ODAT 92, HFT 305)
    - Judgement (ODAT 290)
    - Fear of Authority ( HFT 217)
- Suppression of Feelings (HFT 102, HFT 217)
  - Denial & Dishonesty (HFT 323)
- Negative Thoughts (CTC 105 & HFT 81)
  - People Pleasing (HFT 337)
  - Resentment (CTC 178 & 218)
- "Have To" Syndrome (HFT page 330)
  - Perfectionism (HTF 22)
  - Controlling Behavior (HFT 142)

From Terri N. / Program Chair for OAA:

Hello, have you ever agreed to do something that you totally don't know anything about? Then, you realize you totally don't know anything about it and panic starts to settle in. That's kind of the way I felt as I've been trying to process doing the program committee for the Ohio Area Convention. I never need to worry because Al-Anon folks are always willing to share their experience, strength and hope. As I've been walking through this new adventure, I've met so many wonderful Al-Anon members willing to give me the help that I need. Instead of panicking, I am actually looking forward to seeing how this all plays out. I owe it all to Al-Anon – Thank you! If you wanna grow, don't say no!

That being said, I'm looking for volunteers for our program committee to make this the best convention ever! We need help with all aspect of the program such as round robins, workshops, ideas for panels and speakers, etc.

Contact me @ [swinkey56@hotmail.com](mailto:swinkey56@hotmail.com) with comments and ideas!

From your Alternate Delegate:

As long as I'm still in the race I have gratitude. My family, home and ability to live life to the fullest I am deeply grateful for. Dealing with a family member that is limited in their ability to get places and take care of themselves helps me to stay in the moment and be very grateful that I am able to assist with their care. That being said, I can still find myself in the "poor me" room. The only difference today is I don't close the door and I definitely don't stay there very long. As long as I read, study, make phone calls and attend meetings I can keep my positive attitude. I've also discovered that if I stay busy in service I can feed my recovery and get excited about the things that are happening. As I write this sharing, I have procrastinated to the point of making myself miserable. This new position is very scary as I have new responsibilities that I have no clue how to accomplish.

So if this issue of Al-A-Notes looks a little funny, it's my inability to use this newly acquired Mac computer. Have patience with me. I'll have it together before my 3-year term is completed - I hope. Then, there is that "hope" word. I continue to have hope for our future of Al-Anon and Alateen. Our group numbers are down right now, and it is sometimes difficult to arrange and monitor hybrid meetings, but it is so awesome to get set up for a meeting and see people from different states on the zoom link sharing their experience, strength and hope. I know it's a good thing and even though it's a great responsibility for those that have to set up the meetings and arrive early to make sure things are working, it continues to amaze me how the electronic meetings are growing.

In Toledo, our web committee members have worked hard to set up the website. The more we use it, the easier it gets.

I am grateful and hopeful for the future of Al-Anon and Alateen and I pray that I can stay open minded enough to never stop learning how to improve my skills for my tasks ahead of me. May I always ask when I need help and give help to whomever asks if I'm able. With gratitude for all of your trust in me to fulfill my position and hope that I don't mess it up too much!

Much love in service,

Rose R - Alt. Delegate

## **District Happenings**

### Districts of Miami Valley

Miami Valley Al-Anon Information Service has been holding their business meetings on Zoom for nearly two years now. It was a slow start at first, but more Intergroup Reps are joining us. With COVID still a major concern, MVAIS voted to continue the Zoom meetings indefinitely.

We also took another huge step and have gone to completely electronic communications with the groups in our service region. We sent our December minutes & reports by email, and only a very few by snail mail to advise those groups that we were switching to the electronic format. We received many positive comments about the changeover, and we'll continue to monitor that. We still have some groups that are 100% Zoom, some are holding hybrid meetings, and some have gone back to face-to-face meetings. There is more information on our website: [www.mvais.org](http://www.mvais.org)

### Districts of Toledo

Toledo Districts are beginning to plan the Ohio Area Convention. The time is flying by and June will be here before we know it. It is going to be held in Findlay, OH. Please see the

flyer attached for details. Costs and more information will be posted on the websites (both Toledo and Ohio) when the committee has determined the details.

Our District has new committee chairman and co-chairman to head up the new year. The only position we seem to be struggling with is Secretary. We have a huge need for one and if any GR in the Toledo-Findlay area feels the need to step up to service, please contact me via email and I'll be sure to give you all the info!

My email is: roseydago@yahoo.com

## **State Happenings / Meetings**

### **Alateen information**

**Deadline for 2022 AMIAS certification is May 15.** Please have your Forms 1 and 2 (3 if necessary) to Carmen by this date. Alateen information and forms can be found on the Ohio website.

**April 9, 2022** - Alateen Rally / TBD

**July 29-31, 2022** - KOMIAC / no information as of yet.

**Save the dates / all information below is also listed on the Ohio website under calendar**

**March 12, 2022** - AWSC (Area World Service Committee) / Must register to attend / Register on the Ohio website under Calendar.

**April 26-30, 2022** - WSC (World Service Conference) - New York / Our State Delegate Ann F. will be attending. Love gifts from the Areas are not allowed due to Covid so any notes or cards of encouragement for Ann can be sent to her home address.

**May 21, 2022** - Spring Assembly / Virtual or face to face will be decided at AWSC

**June 10-12, 2022** - Ohio Area Convention (OAC) - see attached flyer

**August 5-7, 2022** - Ohio AA Convention

**Fall AWSC and Assembly** will be announced later in the year.

**October 29, 2022** - Road Trip - Cleveland-More details to come!

Please remember to keep Jo S's family in your thought and prayers due to her passing.

“Our Al-Anon triangle has three sides: Recovery through the Steps, Unity through the Traditions, and Service through the Concepts. If you aren't taking advantage of all three sides of this triangle, you may be cheating yourself“ From When I Got Busy, I Got Better

△ △ △ SAVE THE DATE △ PLAN TO ATTEND △ LEND A HAND △ △ △

# Stepping into Legacies



## Ohio Area Convention June 10-12, 2022



### Findlay Inn and Conference Center

200 E Main Cross St, Findlay, OH 45840  
I-75 at exit 157

**Al-Anon and Alateen Speakers, Workshops and Banquet**  
with AA participation

FELLOWSHIP △ GROWTH △ FUN

*Conference registration and more information will be coming.*

Anyone wanting to help with Workshops,  
serve on a committee or speak, please email  
Shelly C. at [cmsss2@yahoo.com](mailto:cmsss2@yahoo.com)  
or Rose R. at [roseydago@yahoo.com](mailto:roseydago@yahoo.com)