

Ohio Al-A-Notes

April 2024

www.ohioal-anon.org

What Piece of literature has Impacted our Recovery



From our Delegate

My favorite CAL (Conference Approved Literature) changes as my life situation changes! Right now, with WSC (World Service Conference) approaching, I'm leaning towards the workbook, **Reaching for Personal Freedom**. This piece of literature is important to me because I can relate to the Steps, Traditions and Concepts in the way they are presented.

The Steps have always been a big part of my recovery journey and I know how important it is to keep the Traditions alive in my life and our groups. However, the Concepts were always foreign to me. This workbook explains them clearly so that I can understand how to apply them to my daily life and my service journey. If I am completely honest, I still have a lot of reading and study to complete with this workbook, but the answers are there and as I read and answer the questions, I find a multitude of knowledge.

As I study the Concepts, I'm learning how they can aid me in knowing when to step out of the way when things are not my concern and when I need to participate in things when they do concern me. How to delegate without controlling, to listen to others and not force my opinions when I don't agree. Keeping an open mind is so very important when working with others who don't know me and how I handle things. These are the kinds of experiences I didn't have the opportunity to have in my home growing up just like many of the people in the rooms of Al-Anon and Alateen.

As always, our literature holds so much experience, strength, and hope for us all and it's there waiting to be picked up. The love and hope that is written in our literature by all our members allows us to heal in our own time and space. No one tells us what we must read and if it needs to be done in a certain way. We also have an opportunity to contribute to this wellspring of knowledge. How fortunate we all are!!

A few years ago, the Literature Committee began discussion on a new piece of Literature on sponsorship and service sponsorship. In order for this to be accomplished, we need input from members. Please consider contributing your experience, strength and hope on this important topic.

The attached Writing Guide is also posted on the "[Send Your Sharing](#)" page of the Al-Anon website.

Sharings may be submitted online at al-anon.org/sharing, via email to wso@al-anon.org with "Sponsorship Piece" in the subject line, by fax to 757-563-1656, or by postal mail to Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. Sharings submitted in Spanish or French should be accompanied by an English translation.

With love and gratitude, Rose, Delegate, Panel 64

From our Alternate Delegate

CAL for me is the Best Al-Anon Pal.

It helps increase my program moral.

The four daily readers help me to start my day out right.

And the **Blueprint for Progress** helps me to sleep better at night.

The **How Al-Anon Works** book gives a general overview of the program,

And, **The Forum**, although not CAL, can provide serenity when stuck in a traffic jam.

Reaching for Personal Freedom provides questions that allow one to look very deep.

It uses the 12 Steps, Traditions, and Concepts and is helping take my program to another leap.

The **Paths to Recovery** is an in-depth study of our 3 Legacies with real life member shares.

...In All Our Affairs Making Crises Work for You has led me to forgiveness and has changed my prayers.

The **Just for Today (M-12)** bookmark helps keep me centered at work and at school.

And the **Just for Tonight (M-81)** bookmark helps the negative itty bitty committee in my head run out of fuel.

The newest daily reader **A Little Time for Myself** has truly been a light in my life.

It speaks of issues that validate Al-Anon's Declaration that anyone who reaches for help can get it without strife.

As we understood helped many of us find a God of our understanding or change the one that we had.

I am sorry that this poem only touched a few of the pieces of CAL, but hopefully it made you smile just a tad.

Love, Merri G, Alternate Delegate, Panel 64

From our Ohio Chairperson

I don't think I can choose a favorite piece of CAL (Conference Approved Literature). At different stages of my Al-Anon journey, they have all been my favorite. Over the past two years I've had an opportunity to reacquaint myself with ***The Dilemma of the Alcoholic Marriage (B-4)***. First published in 1967, (back as I was starting high school), it was frequently used in meetings in the 1990's when I first reached Al-Anon. This book was the first place I read, "Say what you mean, mean what you say, but don't be mean when you say it." Because this book brought up sensitive topics like communication, anger, and sex, many of us referred to it as that DAM book!

Due to being published in 1967 it generally refers to the "Alcoholic Husband" and the "Al-Anon Wife". Since 1967, Al-Anon has grown to realize that the alcoholic relationship is much broader than just a husband and wife. However, because of the wisdom and insight in the DAM book, it is still published and widely sold today, with a Foreword to place it in historical context.

The motion to include the Foreword was approved at the 2021 World Service Conference, along with approval to extract some of the gems of wisdom from the original book, bringing it more up to date. I am so excited to know that the new booklet, ***Healing within Our Alcoholic Relationships--A Collection of Insights from Our Shared Journey (P-95)***, is expected to be available this fall at the price of \$4.00!

Thank you to our WSC for remembering our past, while leading us into the future. Now if I could just think of a good acronym for the new booklet. LOL

Ann F, Ohio Chairperson, Panel 64

From our Treasurer

My favorite CAL literature is the daily reader ***Hope for Today***. Growing up with the family disease of alcoholism, the daily readings help me to identify character defects as well as solutions to resolve them. The index provides multiple categories to assist me in understanding my feelings as well as helping me to identify why I have these feelings.

Carol R, Panel 64 Treasurer

From our Past Delegates

It is difficult for me to single out one piece of literature as a favorite. Usually, whichever one I am reading at the moment is my favorite. When situations come up, I turn to different books or pamphlets which coincide with the situation.

Recently, I have been focusing on ***Many Voices, One Journey (B-31)*** as I prepared for a sharing for an event in Bloomington, Illinois. This book is about the historical journey of our fellowship from the viewpoint of members. It includes a part Dr. Bob's Wife, Annie, had at the beginning of the fellowship.

Sharing's from members about the journey of the fellowship from the early pre-fellowship days to when it was published are included, even the part Ohio Area played in the beginning of Al-Anon Members Involved In Alateen Service. I especially like the questions throughout the book which make me think about my own recovery journey.

Sandra F. Past Delegate

So, what is my favorite piece of CAL – Conference Approved Literature?

Since all of our CAL (with the exception of ***P-3, Alcoholism, a Merry-Go Round Named Denial***) have been compiled from individual sharings of Al-Anon members, I have not read a piece that hasn't become a favorite at some time. Our process involves multiple steps starting with requests from members for a piece of literature on a topic. This has insured that it touches some part of my experience which continues to give me insight on who I am. Lasting favorites – those that I return to frequently - include ***Alcoholism, the Family Disease (P-4)***, ***Living with Sobriety, Another beginning (P-49)***, ***...In All Our Affairs, Making Crises Work for You (B-15)***, ***The Forum*** – ever since 1989 when I started, and on and on and on! I am currently going through ***P-92, Reaching for Personal***

Freedom in my home group. Referencing the spiritual principles addressed on each page with our other books and pamphlets has been an enriching experience. If I were ever isolated on a deserted island (or whenever my disease activates with isolating again!), **Courage to Change (B-16)** helps me make the choice to re-engage with the rest of the world.

I look forward to other shares on this topic as I am sure it will remind me of other and future visits back to almost any of OUR literature.

Theresa M, Past Delegate Panel 58

From our District Representatives

Recovery within Al-Anon is, and always has been, an individual choice.

Thankfully, because of and with Al-Anon tools, it is clear recovery is happening within me. Were it not for Al-Anon, not engaging in mindless arguments wouldn't occur to me. It's as though I was coached to always have the last word. Truthfully, I was coached that way...by bad example.

Now I know better. And now I choose to do better. Relapse does raise its ugly head, at times. It's then I'm quickly reminded, without the supernatural influence my Higher Power (God) offers, recovery takes a backseat to my stubborn, broken ways.

Weekly Al-Anon Meetings and daily disciplines have proven to be the way out of the insanity for me. The wisdom and "raw" feelings exposed via shares at meetings, is refreshing on many levels. For one, the "realness" of honesty reminds me I'm not alone in my sickness.

While the disease of alcoholism remains a challenge to the alcoholic, my "sick" relational skills also require intentionality by me to battle. And...no one can "recover" for me. "...but I know if I keep doing what I've always done, I'll get what I've always gotten." **Hope for Today**, p. 90

Karen P. DR #30

Al-Anon meetings are medicine for me. When I first came to Al-Anon many years ago, I attended one meeting per week. At the time my life was filled with my family which included young children, their many after school activities, work, and maintaining a home. I believed I didn't have time for more meetings. My focus was on the happiness and well-being of those around me. I was numb to how miserable and sick I was.

I have vivid memories of driving to the next obligation, appointment, event crying out to God for help. My sister, who was in recovery in AA, would listen to my anger and frustration and then encourage me to attend more meetings.

I resisted attending meetings because everyone's needs came before mine.

As my state of misery increased, I finally gave in and added another meeting to my week. Something happened inside me. I felt relief. I felt somewhat better. I met new members with different perspectives. I discovered new methods of coping and recovery. I learned the sicker I feel the more meetings I need.

Now, after many years in Al-Anon, I usually attend two meetings a week to maintain my serenity. But if I sense that I'm trying to control the uncontrollable or suffering self-pity attacks or focused on others business, I know what I need to feel better.

The medicine is a safe group of people who come together with one common purpose: to willingly share their experience, strength and hope to help others affected by the disease of alcoholism.

Anonymous from the Spring AWSC

My favorite CAL

When I came to Al-Anon 51 years ago, my knowledge of the English language was very poor, so I did not understand many things said at the meetings. Also, I could not read the Al-Anon literature.

In 1973 there were a lot of brochures and few books. As time went by, many more books and brochures were published, especially in the 1980s. The group I've attended did not talk about the brochures but concentrated mostly on the 2 daily readers. The brochures were displayed but seldom talked about in detail.

Once I've learned to read English, I've started to bring-out some of the brochures and encouraged other members to read and give 5 minute presentations, with emphasis on what parts of the particular brochure they identified with.

My favorite CAL still is **Alcoholism – Merry-Go-Around Named Denial**. I try to read it at least once every year. It helps me to understand the dynamics of the "unhealthy" relationships, no matter who are the persons involved.

Initially it was my relationship with my "alcoholic" and his children and previous family members (former wife).

Eventually, I carried the wisdom of the brochure to my Al-Anon group, my workplace and private social encounters.

Irena H. DR #51, Forum Coordinator

I just wanted to write and let you know that **How Al-Anon Works** is my favorite CAL book. It is such a source of wisdom for me, and the topics make for great meeting conversations and using this book is so convenient because so many of us have it. I also love **The Forum**. It's fresh and current and when I chair a meeting I always try to plug an article into my agenda and encourage everyone to subscribe. All the great topics shared in these CAL places help me share my experience, strength, and hope.

Terri N DR #6, Budget Chair

My favorite CAL is **One Day at A Time**. When I first came to Al-Anon, this was the only daily reader. I remember when I was having a rough time, I would pick up that little book and just open it and read whatever page it opened to, and it would help to calm me down. Now we have other daily readers available, so we do not use the ODAT as much, but when we do, it is like welcoming a beloved old friend for me. I have many parts underlined and notes written to myself all through the book. My very favorite page in the ODAT is July 1, p183.

Janet P. DR #39

The New daily reader is my favorite. I read each morning and journal the question of the day.

Kim R

Hi, my name is Susan H, and I am a very grateful member of Al-Anon Family Groups. I have been "around the rooms" of AFG for 40-plus years. I "stumbled into AFG and stayed" and I am glad I did. AFG helped me to learn about the family disease of alcoholism and make sense of the confusion I experienced as a wee one growing up with a WONDERFUL sober day and a less-than-stellar inebriated dad. Over the years I have discovered several lesser-known CAL that have become my favorites

The monthly magazine of Al-Anon Family Groups, **The Forum**. This is a FABULOUS adjunct to my "regular" fare from the daily readers. The Forum contains stories from individual members of AFG from all over the world. I have subscribed for years and every month when it arrives, I park my derriere in my favorite recliner, get a diet ginger ale (on ice) put up my feet and DO NOT MOVE until I have finished the latest edition. I wish more folks received this wonderful "meeting in my pocket." I then pass it on to other folks either directly or I bring it to a Public Outreach function.

The other MAGNIFICENT CAL is the ***Al-Anon/Alateen Service Manual, P24-27***. I consider this the "best kept secret" in AFG. It is not intentional, I know, that many folks do not utilize this gem. I think it is just "out of sight/out of mind." I became aware of this "tool" probably when I took on the role of GR. I LOVE the idea that if there is a problem or a question about meetings, I can go to the Service Manual for an idea/answer. That way when I answer a query, it is not ME who is answering the question, it is WE.....the collective wisdom of the groups down through our history. I also LOVE that it gives me a "starting place" to FIND the answer to problems that DO ARISE in meetings. Recently, I was asked about why "couples" meetings are not listed on our local AFG meeting list. I KNOW the reasons in my head, but to assist this person, I will go first to the service manual and then to the WSO website.

Anyway, I could go on and on.....and I will. (ha ha) Another SIGNIFICANT CAL are the ***Guidelines***. Guidelines are available to download from the WSO website. At our LDC/AIS we have an entire display with many of the guidelines. Such helpful documents.....and also not well known.

Susan H/GR/DR #26 Greater Columbus Area

District News/Workshops/Conferences

District 48

September 20-22, 2024

"FALL INTO SERENITY" DISTRICT 48 CONFERENCE

Amish Door Inn

Wilmot, OH

FLYER https://www.ohioal-anon.org/documents/2024_Fall_Into_Serenity.pdf

For more information

fallintoserenity@neo.rr.com

District 51

From DR 51, Irena H. from Akron, Firestone Park AFG

AKRON AREA AL-ANON ZOOM WORKSHOPS FOR 2024

2nd Saturday of the months, at 9 am, log in time 8:45.

Meeting ID: 813 5635 1017

Passcode: 010355

April 13...only one purpose... (Tradition 3 & 5)

May 11 Anonymity - ...a spiritual foundation...

Sep 14 Anger – defense, offense?? (Dilemma of the Alcoholic Marriage)

Oct 12 Double-Headed Management - of my life

Nov 9 Steps 1, 2, 3 – “The Al-Anon Waltz”

Dec14 Focus on the “Safe Port “ – transition from Step 4 to Step 5

These workshops are a form of the fundraiser and awareness for the Akron Area Al-Anon (AAA) Intergroup

Ohio Area Calendar of Events:

May 4, 2024, Saturday, 10am-3pm

OHIO AREA ALATEEN RALLY / SPONSOR WORKSHOP

Faith Lutheran Church

2726 W Market St

Fairlawn, Oh 44333

FUN, FELLOWSHIP, DISCUSSION, GAMES

SNACKS & LUNCH ARE PROVIDED

Any questions, contact Gary J: res(440)835-8807, cell(440)666-0836, g.jokela@att.net

THERE WILL BE A SPONSORSHIP WORKSHOP AT THIS RALLY!

I will be holding an Alateen sponsor workshop in tandem with this. If there are any special requests/questions you'd like addressed in this workshop, please email or text me so I can add it to the agenda.

Lauren B. OH Area Alateen Coordinator
ohiostatealateencoordinator@gmail.com
567-288-4061

May 18, 2024

Spring Ohio Area Assembly (hybrid)
North UCC
2040 West Henderson Rd
Columbus, OH 43220

July (TBD)

KOMIAC 2024
Date and location to be determined.

August 10, 2024

Fall AWSC (hybrid)
North UCC
2040 West Henderson Rd
Columbus, OH 43220

August 16-18, 2024

Ohio Area Convention
Holiday Inn & Suites Cincinnati Eastgate
4501 Eastgate Blvd
Cincinnati, OH 45245

August 23-25, 2024

68th Ohio State AA Convention with Al-Anon Participation

October 12-13, 2024

2-Day Fall OAA (hybrid)
Findlay Inn and Conference Center
200 East Main Cross Street
Findlay Ohio 45840

Other Area Conferences

July 26-27, 2024

West Virginia Area 60 Al-Anon 2024 Convention:
Loving the Gifts of Al-Anon
Oglebay Park, Wheeling, WV
<https://wvafg.org/afg-events>

June 7-9, 2024

51st Annual Pennsylvania AFG Convention with AA Participation
Progress not Perfection It's a Journey!
Susquehanna University
Selinsgrove, PA
For questions contact:

MOTIONS THAT WILL BE PROPOSED AT THE SPRING ASSEMBLY

The full motions can be found on the Ohio Area website (www.ohioal-anon.org) under calendar and documents pages)

Motion #1

MATTER UNDER CONSIDERATION: Delegate expenses for 2025 Stepping Stones visit, in conjunction with 2025 World Service Conference (WSC).

Historically the AFG of Ohio, Inc. (the Ohio Area) has fully funded the Delegate to attend the WSC, which every 3 years, has included a visit to Stepping Stones, the historic home of our Al-Anon co-founder, Lois Wilson. The 2025 WSC will include an opportunity to visit Stepping Stones, but this visit will not be funded as part of the Conference.

WORDING OF SPECIFIC MOTION TO BE MADE: Motion to approve AFG of Ohio, Inc. to fully fund the Delegate visit to Stepping Stones, in conjunction with the 2025 World Service Conference.

Motion #2

MATTER UNDER CONSIDERATION: Lawyer fees for Alateen Safety and Behavior Requirements review.

Motion to approve up to \$1,000 to be used for additional legal review of the proposed AMIAS packet changes submitted by AMIAS Packet Task Force.

Motion #3

MATTER UNDER CONSIDERATION: Motion for USNCRDM reimbursement changes: (Motion 2024/05 - #3)

The motion was made to increase the annual cap fund for the past delegates to attend the USNCRDM up to \$500 - subject to annual review by the Budget committee and the probable number of past delegates planning to attend- and to fully fund the Alternate Delegate's expenses each year of their 3-year term.

Motion #4

MATTER UNDER CONSIDERATION: Update the 2023 Handbook for the Registration Committee procedure to reflect the current need for 3 members at the Area Meetings

Motion #5

MATTER UNDER CONSIDERATION: Updating the budget procedure to reflect the actual procedure being used with best practices of our prudent financial principles (Warranty One)

Update the October 2023 - HANDBOOK OF General and Committee Working Procedures for Al-Anon Family Groups of Ohio, Inc., SECTION XIV – EXPENSES & MOTIONS, D. Budget (pages 19 & 21), to remove D.1, a. and b. on p. 19. Then to reword D. 9 on p. 21 to say, “Develop an Ample Reserve of approximately one year’s operating expense, to be securely invested by the Treasurer, with the approval of the Budget Committee. The Ample Reserve amount will be reviewed annually by the Budget Committee.”

(Motion 2013-10 - #16)

Motion #7

MATTER UNDER CONSIDERATION: Addition of the Technology Coordinator Position to the Ohio Handbook of General and Committee Working Procedures for Al-Anon Family Groups of Ohio, Inc. on a 3 year trial basis, while the job description is being developed.

Motion to add the position, Technology Coordinator, to Section IX, B. 7, of the Handbook on a 3 year trial basis.

MOTION APPROVED AT SPRING AWSC

Motion #6 passed by 2024 Spring AWSC –

The Ohio Area World Service Committee approved that the Cleveland Council of Districts, AIS and LDC, who are hosting the Ohio Al-Anon Convention (OAC) in 2025, be allowed to invite an Al-Anon Speaker who resides outside of Ohio. (This was per Handbook section XVI-Ohio Area Convention , J.4. All Speakers are to be from Ohio and/ or adjoining states, unless otherwise approved by the World Serve Committee. (motion 1996/10-#4).