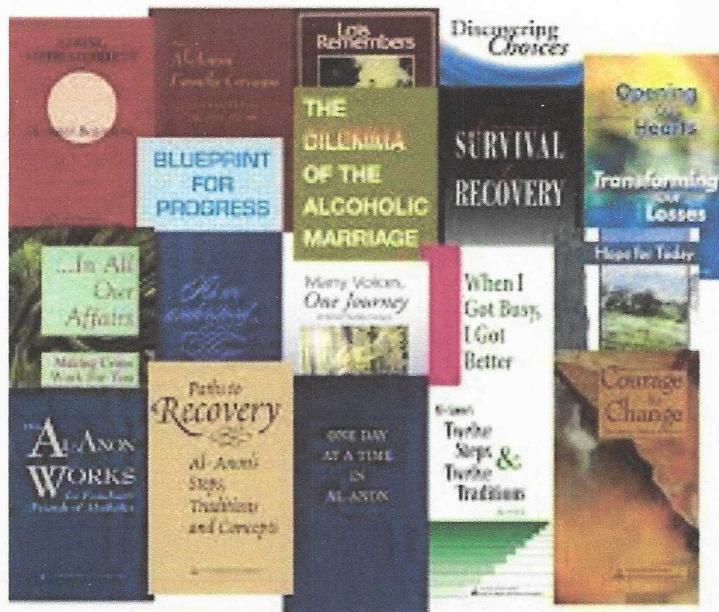


www.ohioal-anon.org

How Do I use the Al-Anon Tools in a Crisis?



How do I use the Concepts in my daily life and in a crisis?

Using Steps and Traditions is a bit easier for me as I move forward in my recovery. However, The Concepts of Service are much more interesting to me since I've gotten involved in service. Mainly because I have to look at them and study them in order to work on the service part of my program, so I can answer questions from members and so I am prepared when I attend the World Service Conference (WSC). I find if I put the principles toward each one, it's not as difficult to understand. In my life regarding my latest crisis, Concept One tells me I have a "responsibility" to my family and I'm also responsible to take care of the normal running of the house and finances unless, of course, that task has been handed to someone else. If a crisis occurs, I may have to step in and re-assign duties or take care of them myself. Concept Two tells me that although I have authority to make decisions, I need to have "reliance" that other members of my family or medical staff have opinions and listen for guidance from my Higher Power. Concept Three lets me know I can "trust" the process. It may not look like the path I wanted but it may be the way that I need to be guided. Concept's Four and Five tell me to allow "participation" and "democracy" in order for me to communicate my needs and concerns and listen to others express theirs as well. Concept Six is about taking "accountability" for my decisions and admitting when I may have been wrong. Concept Seven is about "balance" between what I think needs to be the next step and what actually has to occur. Concept Eight is having "consistency" in what I will do moving forward with my family members' health issues. What am I willing to do to help and what I'm not willing to do and stick to my plan. If there's room for a change, I have to be willing to make that change. Concept Nine is about my "vision" for

recovery both in my Al-Anon program and my family members' health. Concept Ten tells me to have "clarity" regarding what I can expect from myself and from my family member that I'm caring for. Concept Eleven lets me know we all need "respect" for one another's wants and needs during this process. Concept Twelve tells me that "spirituality" lies in the General Warranties meaning that, as a family unit, asking for help and accepting the help we receive is monumental in the healing process. Decisions that are made must be a group effort and not just one person is in charge of everything. My family depends on me for some things but not for everything. My pride can put people off and then I am not helping anyone so I must be open to other options and ideas. I must remember above all else, that when I use compassion and acceptance in a crisis situation, I can use The Concepts, my program, and my Higher Power to help me get through and to help my loved ones recover too!

Grateful to be in Service,
Rose R - Delegate Panel 64 "In Service We Soar!"

From our Alternate Delegate

Dear Al-Anon Family,

Recently a member of our 5 am meeting came on and shared that his brother's house where he also lived was burning down as he spoke but that he was safe. He had so much gratitude that morning that his Al-Anon family was there to listen. Unfortunately, I could not reach through the phone and give this fella a hug and did not have his phone number to call him and check up on him nor did I have his address to send a card or see if he was going to set up a go-fund me account, but thankfully, I was able to pray for him believing that my higher power could and would take care of him and his brother.

Unfortunately, I did not have this confidence in my higher power 38 years ago when I came to my first Al-Anon meeting, but today my relationship with my higher power whom I call Jesus, is stronger and unshakable and today I realize that circumstances come and go, but today I have a higher power who can help me through anything that comes my way and today, I do not expect my life to go without trials and tribulations, but I also do not look for the other shoe to drop.

Today, my goal is to practice gratitude through the storms of life and thank Him for bringing me to the doors of Al-Anon where troubling circumstances can be managed by continually living out the steps and traditions of this life-changing program.

Lastly, today I understand that I cannot give someone a higher power to believe in, and I do not believe anymore that it is my responsibility, but I do know that when I completely surrendered my life back over to the God of my understanding, I have not had a reason to look back. I have seen how God has worked out everything in time according to His will and not Merri's will which often was distorted by trying to force solutions or thinking that bad things should not happen to me because I had a God of my understanding.

I thank God for the service part of the program, but I can see how much growth I need in this area especially when there are strong differences of opinion in areas that may or may not be understood by the majority, or the minority, or by be. My service sponsor used to use a phrase called Motion Madness which prompted her to create: a form called "Knowledge based Decision" which can help people like me thoroughly think through an issue in writing before presenting it to a body for consideration. I have seen how crises have been created when I have not taken the time to consider completing this thought-provoking form.

Sincerely,

Merri G.

Alternate Delegate, Panel 64

From our Ohio Chairperson

How have I used Al-Anon in a crisis situation?

Page 209 in *Hope for Today* spoke to me regarding this question. "I instinctively want to fix problems, and they don't necessarily have to be mine. In fact, most of the time they're not."

As I sat here contemplating this question, I realized that when I look back over my life, most events that I thought were crises at the time were actually things happening to those around me. And while my family and friends are certainly important to me, and I care deeply about their lives, they are outside of my hula-hoop.

When I use the AI-Anon tool of detachment and keep the focus on myself, I can allow those around me to make their own decisions and solve their own problems. Because of AI-Anon, I no longer feel the urgent need to give someone advice or take over their responsibilities. This allows me the freedom to relax and enjoy this one beautiful life I've been given.

Ann F
Ohio Chairperson

From our Past Delegates

"How have I used AI-Anon program to get through a crisis in life?"

I view fewer incidents as crises and more of them as opportunities to grow closer to my HP by putting tools of AI-Anon to work. I "tend" to overthink in trying to find the perfect solutions to anything my brain or emotions want to classify as a problem. The slogans have become easier to remember and apply. TRUST (Try really using Step Three), Easy Does It, Listen and Learn, One Day at a Time all remind me of my true responsibilities.

In the past few months, a beloved niece developed new concerns/ problems with her ongoing evolving autoimmune disease. This on top of some of the family decisions which looked to be resulting in potentially dire financial problems. AI-Anon reminded me that I have choices in how I respond. It reminded me that I have boundaries – and that I needed to stay on my side of the street for all of us. As much as I love my niece and her family, I am not her physician or knowledgeable about her particular illness. I listened to and supported her and her husband as they went through this latest diagnostic and financial challenge. My spouse and I could and can still offer money for immediate needs. Program let us offer support by giving our experience with how we have approached our finances. We showed our respect by letting them know that we believe that they have the ability and strength to find their way through these challenges. While the challenges will continue with both, there is now light at the end of the tunnel.

It still amazes me how just being a listening ear without judgement (or offering the perfect solution!) provides encouragement and allows others to find the solutions that work for them. I can celebrate with them the improvement in her medical situation and how the financial problems are being addressed. AND, it has allowed me to remain calm while the process works its way through to their solutions. Thank you, AI-Anon!!

Theresa M, Past Delegate Panel 58

Two Day Fall / OAC Liaison

The last 2 years have been very challenging and provided me almost daily opportunities to use my program "in all my affairs". Step 3 has helped me turn my attention to my higher power, who I recognize as God, and remember that I have placed my will and my life in his care and he is more than able to handle the toughest situations. My trust and faith have been tested but keeping my focus on him has kept me from straying too far into insanity.

The slogan, One Day at a Time, is especially helpful to me. It reminds me not to project the future and just stay in today. It's been very hard to do that as I'm impatient and just want to know "how is this all going to turn out"? Minding my own business is my favorite slogan and has helped keep me out of trouble. The hardships the folks in my life are struggling with are really not my business and I have no control anyway. The job of fixing them and solving their problems has not been given to me. Which then leads me back to focusing on my higher power. I'm working hard to keep my hands out from under them to cushion the fall. Sometimes I need duct tape to keep my mouth shut and sitting on my hands helps too.

A loving friend once told me to "get a life" and I'm doing that daily. I have plenty to keep me busy and a hobby that almost consumes me. If you know me at all you know that "if I'm sitting, I'm knitting". The calming benefits are much cheaper than therapy and the results give me much satisfaction. Denial has been a coping tool I've used all my life and sometimes I worry that knitting, reading and living my own life are ways I'm denying all that is going on around me. But AI-Anon has taught me that it's not denial, it's healthy detachment from things that rob me of my serenity.

I will ever be grateful for this program and all the loving people who keep me coming back and walking with me through life.

One Day at a Time
Shelly C

From our District Representatives

I use my AI-Anon program in dealing with a crisis by attending meetings and talking to the members I sponsor who have been there for me.

I also was able to attend the AA international in Vancouver that had AI-Anon participation. Me and my husband had been planning this for over a year. It was an awesome experience. It was around 40,000 people from all over the world. I attended an AA meeting that talked about the issue that people who live in the Middle East and Africa have to meet in secret. There was also a meeting concerning the problem that Blacks have in meetings. These issues are sometimes not recognized or talked about, but they do exist. I'm also person of color in AI-Anon involved in service. I do try and encourage people of color to attend AI-Anon and attend conferences and workshops. This disease doesn't discriminate against.

Thanks for letting me share.

Betty M

My spouse and I moved to Columbus in 1997. We bought a house. We had bought and sold two homes; one in Maine and one in W Virginia without any problems. Well, I guess things had changed at that time.....I did NOT have a buyer's realtor. I figured everyone had to follow the laws. Well, it turns out our house was the restaurant-de-jour for TERMITES!! My husband found a funky looking place in wall.....poked it a bit.....viola.....termite "grand central station". The first thing I did after having a good cry with my husband was to call the "Central AFG Office".....it was on Leonard Avenue at that time. This lovely teddy-bear of a man, Don P, was working the phones that date. I called and simply said to him "Can I have a good cry" and he was completely not rattled, said "sure" and off I went. It was one of the first times I actually "reached out" in the fellowship. From there we reached out to in-laws in town, and they "just happened to know" a realtor whose son-in-law "just happened" to be a lawyer. It all worked out (mostly) but it was very stressful. I stayed close to the fellowship as the lawsuit went on for a couple of years. It was just so great to have someone on the other end of the phone for whom tears were not a big deal. My home of origin was fairly stressed with my dad's alcoholic drinking and both parents came from pretty reticent homes. Of course, that was also generational, "children can be seen but not heard". Emotions were to be kept to ourselves. Makes sense. My father's father died of an accidental electrocution working on the train lines in Connecticut, when my dad was 12. That was probably an intense episode of tears for my father.

I am so very grateful to have "stumbled and stayed" in the program over the past several decades and in three different states. It has truly been a lifesaver for me.

Yours,
Susan "H"

From AI-Anon Members Involved in Service:

I haven't used the AI-Anon program to get through a crisis yet because I'm still in the crisis. I came to the program in February of this year with no coping skills for alcoholism within my family. I gained a community of people with similar struggles. Just going to a meeting and listening to others - to hear I'm not alone - is enough sometimes. When I do share within a meeting, it's enough just to be heard. There's such a relief in speaking in the group without judgement. I've become calmer when navigating chaos. I can care without being consumed. I can focus on today without becoming overwhelmed. I'm realizing what's in my control (me) and what's out of my control (literally everything else). The readings have helped me tackle my emotions and responses. I'm learning to hold back my knee jerk reactions and regain my perspective in order to make better decisions. There have been many times in my home life when I didn't know what to do or where to go but when I couldn't be alone with my thoughts, I opened my phone and found a meeting that day. It's somewhere safe where I don't feel so alone. I can hear how others are handling situations in their life. I can share what is happening in mine. And for an hour I'm not alone. I've started to take care of myself in a way I never have before. I've always set myself on fire to keep my family warm. It never occurred to me to take care of myself. It's so selfish, but I've come to understand that I

need to break the cycle of codependency and my own emotional exhaustion. The Al-Anon program continues to help me during this crisis.

Whitney
Grateful Al-Anon member

I read Al-Anon books every day. I am with and care about an active alcoholic. He is 77 and we're actually in the hospital right now. He downplayed how much he drinks to the nurse. I don't know if his throwing up is alcohol related. I'm here to support him but first and foremost I will take care of myself. I will stay out of his business if he chooses to lie about his drinking. I will be here for him but won't forget that I must come first. If I am not healthy in mind and body, I can't be there for anyone else. I will pray for him and look for what God's will is for my life, not only in crises, but in all things throughout the day. I will find peace in this way with the help of Al-Anon.

Betty C.

First, let me just start by saying that for a long time I didn't. And that made the crisis so much more intense. Preprogram me would have ridden the emotional wave of empowerment to the ground, where I was usually left exhausted and embarrassed. When I reach out to other Alanon's and my sponsor, I am reminded of the tools that serve me best.

I use the slogans, the index in the back of the books, the phone list, and the meetings to get through crisis. Not to mention constant contact with my Higher Power allows me to remember that I am a Divine Goddess and my HP loves me just because I exist. Just knowing that can allow me to avoid the defeated feeling that used to accompany troubled times.

Some crises are over quickly and that's when I am able to apply the slogans or call a friend. However, when the crisis is extended or repeated, that's when I sit down with my books and I make it to as many meetings as I can get to. In the rooms, I feel the most understood and supported to live the life that I have chosen for me.

By using the tools in the program, the situations are no longer a crisis. Because of the work I have done I am able to change my perspective. Now, they are simply a situation which is allowing me the opportunity to practice my program and using the support of other Alanon's and my higher power.

Nicole S

**Motions that will be voted on at the 2-Day Fall Assembly:
(Group Representatives or Alternates, please read and discuss these motions with your
groups and come prepared to vote, the group conscience).**

- **motion to accept the WSO's minor recommended changes** to the Ohio Area 44 Alateen Safety and Behavior Requirements (ASBR), as revised by the ASBR Alateen task Force **[Motion 2025/10 - #2]**.
- **Motion to Update Bylaws Article IX** – Procedure for Approval and Amendment to reflect the current approved procedure for achieving Quorum for voting purposes. Under section B, ADD paragraph #1 to read: See the Handbook of General and Committee Working procedures for Al-Anon Family Groups Inc., Section III - Amendment procedures, Article B – Bylaws Amendments will require Substantial Unanimity vote, Item #1 for current quorum guidelines as follows: "On a five (5) year trial basis, a quorum shall be the number of voting members registered and present at the beginning of each Area Assembly meeting. Effective Immediately. (motion 2021/10 - # 3)" **[Motion 2025/10 - #3]**.
- **Motion to revise for clarity Section B, #1** (under Article III – Policy of the Bylaws) to read: "The Annual Meeting of the Corporation (hereinafter called the Two-Day Fall Assembly) will be held the second or

third week in October. Except for elections years, when it is to be held in the Districts of Columbus, the Two-Day Fall Assembly will rotate per the Handbook of General and Committee Working Procedures for AI-Anon Family Groups of Ohio, Inc.” [Motion 2025/10 - #4]

- **Motion - 2 Day Fall Rotation List delete:** Bylaws Article VIII. Delete – “ Handbook” from the title Two-Day Fall Assembly Section B – DELETE the Two-Day Fall Assembly list of Districts rotation following paragraph #1. Section B – ADD paragraph #2 –“See the Handbook of General and Committee Working Procedures for AI-Anon Family Groups of Ohio, Inc., for order of rotation.” [Motion 2025/10 - #5].
- **Motion - Bylaws Financing revisions:** Edit Bylaws Article III – policy, Section C – Financing Item #1 – DELETE “Assembly Expense Fund” and “the state of”. Revise Item #1 to read: “Financing of the Area Assembly shall be accomplished by the voluntary contributions of the AI-Anon and Alateen Groups in Ohio Area 44 to the AFG of Ohio Inc.” [Motion 2025/10 - #6]
- **Motion - Move from Bylaws to Handbook_Cost for Delegate Report to a District in person:** DELETE from Bylaws Article III – policy, Section B – Meetings, Item #3 – “If the districts request a report in person from the Delegate, the cost for the expense is borne by the metropolitan locale. (motion 2000/10 - #6).” MOVE to Handbook of General and Committee Workign Procedures for AFG of Ohio, Inc. under Section VII – Job Descriptions & Responsibilities – Area Officers, Article A – Delegate, ADD to list of Responsibilities: As Item #9 with this approved motion #. [Motion 2025/10 - #7]
- **Motion - Bylaws revise Alateen Service:** Bylaws Article X – Alateen Service, Section A. RETAIN paragraph #1 motion. ADD 2 additional motions re: AMIAS packet update & ASBR Requirements as follows: #2. “Motion passed Two-day Fall Assembly 2023: To update the AI-Anon Member Involved in Alateen Service (AMIAS) packet in the Handbook of General and Committee Working Procedures for AI-Anon Family Groups of Ohio, Inc. to reflect the current procedure and revised AMIAS certification forms (Motion 2023/10)”; #3. “Motion passed Two- day Fall Assembly 2024: To accept the Ohio Area 44 ASBR as revised by the ASBR Alateen Task Force (per WSO guidelines) and revised by Ohio Legal counsel (Motion 2024/10 - #8). REMOVE sections B, C, D, and E. Insert new Section B to read: “The complete ASBR guidelines for having Alateen in Ohio Area 44 is found in the APPENDIX of the Handbook of General and Committee Working Procedures for AI-Anon Family Groups of Ohio, Inc.” [Motion 2025/10 - #8]

Dates to Remember for 2025

- October 18-19, 2025: 2- Day Fall Assembly, Belden Village, Canton Ohio

Dates to Remember for 2026

March 28th for Spring AWSC

May 16th for Spring Assembly

August 7- 9, 2026: OAC 2026, Soaring Towards Serenity, Bergamo Center for Lifelong Learning, Beavercreek, OH

August 22nd for Fall AWSC

October 17-18th for 2-day Fall Assembly

Note: The date for the 2026 AA Convention is still unknown.

Ohio Area 2-Day Fall Assembly October 18-19, 2025

Great way to meet others and represent your groups in Al-Anon!
**All DRs please encourage all groups to send someone to Assembly
and attend the Saturday night Banquet and Lead.**

Groups without a GR, can send someone
with a proxy letter to vote for them.

Looking forward to seeing many GR's in Canton!

Holiday Inn in Canton Ohio

4520 Everhard Rd. NW, Canton, OH 44718

Room Reservation: Call Holiday Inn Canton, Ohio directly at **330-494-2770**. Be sure
to ask for the **AFG Ohio block of rooms**. All reservations are due by **October 10, 2025**.
Please make your reservation NOW.

Group Room Rate:

\$129 plus taxes, per night

Room Amenities: Free internet. Free parking

Banquet: sliced sirloin of beef, chicken marsala, vegetarian pasta primavera,
oven roasted red skin potatoes, green beans almondine, salad, roll and butter,
and a variety of pies for dessert. Coffee, tea and water are included.

The dinner includes options for vegan needs.

Banquet reservations are due by **October 10, 2025**.

Any questions, please email Colleen F. at cflanaga@neo.rr.com

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Banquet Fees : *transferable, no refund*

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Make Checks

Payable to:

District #48 AFG

Mail to:

District 48 AFG

PO Box 35113

Canton OH 44735

Banquet Fees: \$47/pp. Deadline to register for banquet is October 10, 2025.

Saturday Evening Banquet by OCT 10 \$47 _____