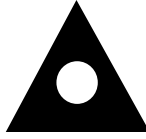


Spring/2004



# AWAKENINGS

Central Ohio Al-Anon/Alateen Newsletter  
Central Ohio Al-Anon/Alateen  
1561 Old Leonard Ave.  
Columbus, OH 43219  
614-253-2701  
Awakenings@columbus.rr.com

## Central Office - Hours

8:30 am.–2:30 pm.	Mon
9:00 am.–3:00 pm.	Tues-Fri
9:00 am.–12:30 pm.	2nd Sat. of each month

## 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**

## **Guidelines for starting an Al-Anon group**

Starting and building a healthy group is a spiritual undertaking. It takes time and commitment. Before you start or decide to disband a group — ask for help!! The district, the central office, the area and the WSO are available to offer information, support and encouragement. Al-Anon is a “we” program — you don’t need to go it alone! Additional information for starting and maintaining a healthy group can be found in the Al-Anon/Alateen Service Manual (P24/27).

### **Who Can Start a Group?**

- Any two or more (experience says five) relatives or friends of alcoholics who meet to solve their common problem may call themselves an Al-Anon group, provided that, as a group, they have no other affiliations.
- Professionals or AA members may *initiate the formation* of an Al-Anon/Alateen group provided that the meetings are then *conducted* by Al-Anon/Alateen members.

### **Where Do We Begin?**

- Contact your district representative or Central Office for guidance and possible assistance.
- With Central Office’s assistance, determine the kind of group you want to start
- Decide on a day and time; consider other meetings in your vicinity when making this decision.
- Find a location to hold the meeting (such as: religious facilities, schools, hospitals and other public facilities).
- Set a date for the first meeting and make flyers for distribution at the Al-Anon Central Office, other groups and to post in public places.
- Select a name for the group. Central Office can assist you with this.
- Register with the WSO, the area assembly and your local Al-Anon Central Office. You can call Central Office to obtain forms and instructions for this task.

## **GROUP ANNIVERSARIES**

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**Wednesday Night AI-Anon** 4/1/70

Wednesday, 8:15 pm  
Shepherd Hill Hospital Hospital, 200 Messimer Dr.

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**AI-Anon at Collingwood** 4/1/87

Monday, 8 pm  
Faith Lutheran Ch, 730 Collingwood Ave, Whitehall

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**Friday Night AFG** 4/1/89

Friday, 830 pm, Stratford St. Paul United Methodist Ch,  
1701 Columbus Pike (US 23), Delaware

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**Women's Choice AI-Anon** 4/1/93

Saturday, 10 am  
Old Sharon Township Hall, Corner Hartford & Rt 161

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**Reynoldsburg Saturday Night AI-Anon** 4/5/96

Saturday 7:00 pm  
Church of the Redeemer, 235 McNaughten Rd.

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**Monday Night Women's Group AI-Anon** 4/11/96

Monday 7:00 pm  
St. Timothy Lutheran Ch, 1000 Demorest Rd.

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**Lavendar Triangle AI-Anon** 4/15/84

Friday, 8 pm  
Women's Outreach for Women, 1950 N. 4th St.

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**Canal Winchester Your Path to Peace AI-Anon** 4/16/01

Monday, 7:30 pm  
David's United Church of Christ, 80 W. Columbus St.

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**Newark Alateen** 4/21/01

Wednesday, 8:15 pm  
Shepherd Hill Hospital Hospital, 200 Messimer Dr.

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**Linden AI-Anon** 5/1/65

Tuesday, 8 pm  
Christ United Presbyterian Ch, 4220 Cleveland Ave.

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**Pickerington Self-Improvement AI-Anon** 5/1/79

Friday, 8 pm  
Epiphany Lutheran Ch, 268 Hill Rd., N (SR 256)

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**Friendship AI-Anon** 5/2/81

Friday, 8 pm  
E. Cols. Christian Church, 1055 McNaughten Rd.

<b>Thursday Night Step AI-Anon</b>	<b>5/1/2003</b>
Thursday, 8 pm First Presbyterian Church, 110 W. Broadview, Granville	
<b>Mountview AI-Anon</b>	<b>5/1/2003</b>
<b>Hilliard Serenity AI-Anon</b>	<b>5/4/99</b>
Thursday, 12:10 pm Scioto Ridge United Methodist Ch, 4343 Dublin Rd.	
<b>Winner's AI-Anon</b>	<b>5/19/80</b>
Monday, 7 pm Gates-Fourth United Methodist Ch, 1234 S. 4th St.	
<b>Hope AI-Anon</b>	<b>6/1/78</b>
Sunday, 7 pm Christ Presbyterian Ch, 4220 Cleveland Ave.	
<b>Men's Saturday AI-Anon Step Meeting</b>	<b>6/1/78</b>
Saturday, 10 am, Upper Arlington Lutheran Ch, 2300 Lytham Rd, Rear entrance	
<b>Leap Road AI-Anon Adult Child</b>	<b>6/1/86</b>
Saturday, 11 am Hilliard Presbyterian Ch, 3600 Leap Rd, Hilliard	
<b>Saturday Morning Men's AI-Anon</b>	<b>6/1/71</b>
Saturday, 8 am, Outpatient Care Bldg, Riverside Hospital 500 Thomas Lane, Lower Level	
<b>Westerville Way of Life AI-Anon</b>	<b>6/1/83</b>
Wednesday, 8:30 pm St. Matthew's Episcopal Church, 233 S. State St. Westerville	
<b>Wednesday Lit-erally AI-Anon</b>	<b>6/1/97</b>
Wednesday, 7:00 pm Covenant Presbyterian Church, 2070 Ridgecliff Road	
<b>Gahanna Saturday Alateen</b>	<b>6/1/2003</b>

## **NEW MEETINGS**

Alateen, Parkside Lodge  
Saturday, 11:15 am, 349 Old Ridenour Road, Gahanna

## **OFFICE MANAGER'S REPORT**

- We were recently audited by Worker's Compensation, because we are a non-profit. End result, we are getting a little money back.
- Spring 2004 schedules are now available. This schedule is kept current on the web site [www.ohioal-anon.org](http://www.ohioal-anon.org)

## **PUBLIC INFORMATION REPORT**

Susan H, Coordinator: A sincere thanks to everyone involved in Public Information. Reported here are activities I am aware of, but I suspect there may be more projects being conducted by groups. Great — this is how it is supposed to be — please continue any service projects. I would greatly appreciate the GRs letting me know what your group is working on so that I can report it to The Intergroup.

## **INSTITUTIONS**

Rita M. continues to coordinate PI activities at Parkside. Available months are Aug-Dec.

## **BUSINESS CARD**

Saturday Women's Group sponsored the AI-Anon "business card", available at meetings for all to take and leave in public places. It could be just the help someone needs.

## **UPCOMING EVENTS**

May 22            South Side Community Safety Fest,  
10-12. Volunteers needed.

## GROUP RECORDS REPORT

From Marilyn P: An up-to-date list of all central Ohio groups has been mailed to Ohio Area Assembly and World Service Organization. Central Office now has a good working procedure in place for processing Groups Records information.

We still need a DR for District 32

We still need a DR for District 28

We must remember the responsibility for electing a DR lies with the GRs in each District.

## WAYS AND MEANS

From Marla: Thanks to everyone who helped make the 2003 AFG Annual Bazaar a big success. It was truly a learning experience and a joy to work with everyone who participated. The ideas, the decorations, the spirit of the event truly makes me glad to be a part of this wonderful fellowship.

The 2003 Annual Bazaar made \$2,28

Thank you Marla!

### Personal Note from June Leshner

Thank you, my friends, for the cards, kind loving words and prayers for me and my daughter, Susan, who died on Thanksgiving Day, 2003.

AI-Anon is always there for me.

*June is an employee of Central Office.*

## ALATEEN

### UPCOMING EVENTS

\*The All Ohio Spring Rally, Saturday April 17, 2004 at Ascension Lutheran Church, 1479 Morse Rd., Columbus, OH. Doors open at 9 am and the rally starts at 10 am. Alateens and sponsors from all over the state will be there. Warm fuzzies will be provided. Please bring money for lunch.

KOMIAC (Kentucky, Michigan, Indian Alateen Conference) is August 6, 7, 8, 2004, at Kent State University in Ohio. This is a 3-night conference for Alateens, Sponsors and assisting adults in the fellowship. This is a great recovery weekend. For more information ask an Alateen sponsor.

\*The All Ohio Fall Rally will be Saturday, October 19, 2004 at John Knox Presbyterian Church, 25200 Lorain Road, North Olmsted, Ohio. Doors open at 9 am and the rally if from 10 am – 3 pm. alateens and sponsors from all over the state will be there. Please bring money for lunch.

\* Rallies are a smaller version of KOMIAC.

Schools wanting Alateen meetings:

- Buckeye Middle School
- Dublin Coffman High School
- Bishop Watterson High School

Please contact Brenda through Central Office.

- Symbiont Foster Care in Newark Ohio is requesting an Alateen meeting. Suggested time is Tuesday or Thursday evenings, one hour/week

## SHOW ME THE MONEY

Do you ever wonder where the money comes from to keep Central Office going? Since we are self-supporting, the money that keeps Al-Anon alive for us comes from donations, literature sales and events. In 2003, Central Ohio AFG took in \$42,550. Here is the breakout:

• Literature	64.23%
• Group donations	23.82%
• Bazaar	6.52%
• Individual Contributions	1.98%
• KOMIAC	1.73%
• Other	1.25%
• Alateen	41%
• Newsletter	07%

### Cryptogram:

Each letter stands for a different letter. Solve the puzzle and find an Al-Anon treasure.

t d m a f x r r d a t d t d h d  
k b t d h e d v v b u d h m e p b n b e  
— r n m r b g h e x u d v n m a  
i d p b f d g z f m z m l d m y e d



## **ACTION COMMITTEES**

Central Ohio InterGroup launched a new way to spread the message of hope — Action Committees.

### **Committee Purpose**

The committee purpose is to provide a time and place where Group Representatives and other members can work together to find ways to strengthen AI-Anon and alateen. The Action Committees are to be viewed as vehicles for increasing attendance at InterGroup, Assemblies and increasing participation by all groups and members in the central Ohio area. We learn from each other how to carry our message of hope.

### **Committee Member's Role**

All members of a Committee have equal voice and vote. Each committee member deserves to be heard even when his/her voice represents a minority view. Recommendations of the Action Committee will be presented to the InterGroup. Members originate ideas and provide assistance to carry out projects. They will communicate to district and/or Group, enthusiasm for and participation in, Action Committee assignment.

### **Committee Guidelines**

Participation is the key to harmony; therefore, all InterGroup Members will be involved with a Committee. The Action Committees will meet at each InterGroup meeting. The chairperson will be the Area Coordinators. This position may rotate annually. The Chairperson's duties include sharing information and projects received from Ohio Area Assembly, WSO and suggestions from Committee Members. The Chairperson will conduct the meetings and keep the group focused on the task at hand. The Recorder will record the notes for each meeting, maintain roster, report back to InterGroup and Newsletter editor..

### **The Committees**

Group Services  
Membership Outreach

Fellowship Communication  
Public Outreach

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## INFO SOURCES:

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### AI-Anon Wired

Central Ohio Internet <http://www.ohioal-anon.org>

### Awakenings Newsletter

To get information into the newsletter: email [awakenings@columbus.rr.com](mailto:awakenings@columbus.rr.com); or call Central Office, 614-253-2701

## AWAKENINGS Subscription Form

Please fill out this form and mail to Central Office with your contribution of \$5.00/year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Make checks payable to Central Ohio AFG and mail to:**

**AI-Anon/Alateen, 1561 Old Leonard Ave., Columbus, OH 43219**

Our subscriber mailing list starts anew the first of each year.

### SHARE SERVICE EXPERIENCE

Anyone interested in writing about their service experience(s). We would love to add a regular column to this newsletter devoted to people in service and their stories. If you are interested, please contact Central Office.

**Puzzle solution** (see puzzle on page 9)

We admitted we were powerless over alcohol —  
that our lives had become unmanageable.