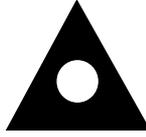


Winter/2003



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

Need sharings for following new literature...

- FACING GRIEF AND LOSS WITH THE HELP OF AL-ANON.
and
- RELATIONSHIPS IN RECOVERY

send sharings to:

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
Fax 757-563-1655
email: wso@al-anon.org

For sharing on Grief & Loss, keep the following in mind:

- Share an experience from the heart, focusing on yourself, not the alcoholic or others.
- Relate your personal experience with grief and loss, giving an instance of how you used the tools of Al-Anon to help, and the changes you noticed as a result.
- Write in the first person singular — “I”. Please avoid the use of the pronoun “you”.
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- Al-Anon members in other Twelve Steps programs, including Alcoholics Anonymous, are asked to write only of their experience in the Al-Anon program.
- Kindly observe Al-Anon’s Twelve Traditions when sharing.

INFO SOURCES: _____

Al-Anon Wired

Central Ohio Internet

<http://www.ohioal-anon.org>

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

Awakenings Newsletter

To get information into the newsletter: **email** 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:

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

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

NEW MEETINGS

Mountview Al-Anon

Tuesday, 12:10 pm, Mountview Baptist ChurchΩ

Healing Words

Tuesday, 7:30 pm, Jackson Chapel United Methodist Church

Heal-Anon Alateen

Tuesday, 8 pm, Hilliard Church of Christ

CANCELLED MEETINGS

One Day at a Time Al-Anon, Ascension Lutheran Church

Tuesday, 8 pm

CHANGES

Friday Morning Al-Anon

Friday, 10 am, New-Birth Ministries Church

changes to:

Drexel Avenue Al-Anon

Friday, 10 am, St. Albans Episcopal Church, 333 S. Drexel Ave

CALENDAR OF EVENTS

January

10 Intergroup Meeting, 10:00 am, Central Office

25 First planning meeting for 2004 KOMIAK Conference. Dean's Custom Fixtures in Columbus. Adult sponsors, drivers, nurses are needed.

March

13 Intergroup Meeting, 10:00 am, Central Office

GROUP RECORDS

From Marilyn P: The number of groups that now have Group Representatives (GRs) and Current Mailing Addresses (CMAs) is steadily increasing. A goal for our District Representatives (DRs) is to educate the groups on the importance of service and the need for GRs and CMAs.

We still need a DR for District 32

SERVICE IN ACTION

A letter from Robin M

I have held a lot of service positions since being in Al-Anon. For the past year I have been the treasurer of the Women's Choice Group on Saturday morning. It is a very large group. We average between 50 and 70 women every week. This meant I was handling large amounts of money each week, mostly one-dollar bills. I got to know the people at Fifth Third Bank very well, and they didn't even cringe when they saw me coming with my stack of ones every week.

Some of the moneymaking things that we did over the last year as a group have been:

- \$50.00 given to start a new Alateen group in Whitehall. Since then the group has decided to set aside \$200.00 per year to be used specifically for Alateen at their request. If the money is not used it will be donated to KOMIAC.
- In December, we collected "spare change". Our grand total was \$128.36. This was given to Central Office along with the group's quarterly donation.

Thank you all for letting me serve you.
On to my next adventure!

PUBLIC INFORMATION REPORT

From Susan H., Public Information Coordinator: A sincere thanks to each and every person who is involved in Public Information. This is NOT a one-person job and I appreciate EVERYONE who is doing PI work. ANYONE and/o ANY GROUP who has ideas/ energy/funds to put toward PI projects are WELCOME to do so. I only ask that you call and let me know to avoid duplication of effort and so that I can report to the Intergroup.

Mailings

- Quarterly mailings of schedule and fliers to local newspapers

Institutions

- Rita M. continues to coordinate PI activities at Parkside

Health Fairs/Public Venues

October NBC-4 Health Fair
 Ohio Women's Show

November International Festival

LITERATURE COORDINATOR REPORT

From Sandra F.: If your group or district would like to hold a Literature Study Saturday, contact me through Central Office and I will be there to help.

Upcoming changes to Conference Approved literature:

- AI-Anon's 12 Steps and 12 Traditions will undergo a major revision. Sharings on Steps four, six, seven, eight and nine, and Tradition six are under consideration for revision.
- How AI-Anon Works for Families and Friends of Alcoholics will add a section about the Twelve Concepts of Service.

Literature Coordinator Report, continued

Already revised Conference Approved literature:

- Some pamphlets and posters
- New insert sheets for Group Binders of legacies will be mailed to each group. This includes the original wording and revised Suggested Al-Anon/Alateen Welcome.

In development:

- Facing Grief and Loss with the Help of Al-Anon.
- Relationships in Recovery.

ALATEEN

From Brenda D

If you would like to experience an Alateen meeting to see if this is something you would be interested in, please contact Brenda through Central Office.

Schools wanting Alateen meetings:

- Buckeye Middle School
- Dublin Coffman High School
- Brookhaven 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.
- There are two new Alateen meetings, Hilliard and Whitehall.