

# OHIO AL-A-NOTES

Volume 40, Issue 3

Al-Anon Family Groups of Ohio, Inc.  
PO Box 54, Springfield, OH 45501-0054

“How has study of the Warranties led to realizing your spiritual potential?”

## From your Delegate

### General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member shall be placed in unqualified authority over other members;
3. that all decisions be reached by discussion, vote, and whenever possible, by unanimity;
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

The first time I heard about the General Warranties was watching a skit about a game “You want to be an Al-Anaire?” One of the questions was about the Concepts and another was about the Warranties. I saw others in the audience pull out their books for reference. Flash forward several years to the first time I sat as a Delegate at the World Service Conference. I had a spiritual experience when I realized the Concepts and General Warranties were written as guidelines for this very conference. Here I sat at the World Service Conference. It gave me goosebumps.

Whenever we are making decisions at the Group, District, Area level or at the World Service Conference, I need to especially keep the warranties in mind. This past World Service Conference, we were especially reminded of why an ample reserve is needed as Al-Anon Family Groups, Inc. had to take a considerable amount out of their reserve to balance the books. In my personal life, I am constantly reminded of the same. My income fluctuates from month to month, so setting money aside is important.

While some in service have greater experience, they are not in unqualified authority over other members. During Assemblies, or at the World Service Conference, it is especially important for me to remember this. We are all in this together and everybody’s voice counts. I try to keep an open mind even when I do not agree with someone’s point of view. Along those lines, all decisions should be reached by discussion and vote. Hearing other’s points of view can help us make a decision. Someone may voice something I did not consider. If possible, a significant majority (unanimity) should agree to those decisions. As we have to live with our decisions, the more who agree to it the better for us to get along.

Our actions at the group, District and Area level as well as the World Service Conference should not be punishing anyone personally nor should stir up public controversy. The World Service Conference itself is the largest group conscience in existence. I’m very mindful to keep it democratic in thought and action.

These guidelines were written because we are human and some leaders can become too powerful and dominating without such guidance. The General Warranties as well as the Concepts are our spiritual principles by which we can conduct the business of Al-Anon.

Ginny C, Panel 55

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### 2017 Dates to remember:

- **Spring AWSC - Columbus**  
March 11, 2017
- **WSC April 24-28, 2017**  
Wyndham Virginia Beach  
Resort Hotel  
5700 Atlantic Ave  
Virginia Beach, VA
- **Spring Assembly - Columbus**  
May 20, 2017
- **Ohio TEAM Event - Akron**  
July 7, 2017
- **Ohio Area Convention - Akron**  
July 7-9, 2017
- **Ohio AA Convention with Al-Anon Participation**  
July 21-23, 2017  
Columbus

[www.ohioal-anon.org/calendar.htm](http://www.ohioal-anon.org/calendar.htm)

# From your Alternate Delegate

For me the Warranties of the General Conference actually sum up the entire program.

*"sufficient operating funds"* remind me that I don't need to hoard money (or love) out of fear, but that I need to be mindful of both my finances and "generosity" to be prudent and be aware of what an ample reserve is. I can't give away what I don't have.

Though I have experience after multiple years in program and multiple service positions, I am only A voice in Al-Anon, not THE voice or an authority. The same goes with life experiences and remembering that I can only share my own and offer hope and suggestions - not advice.

Learning to listen with an open mind and hear all voices before making decisions has been the gift of service that I strive to apply to life outside the rooms with friends and family. From deciding where to eat or vacation, to when to turn off life support for beloved family members, learning how to find substantial unanimity has been the greatest gift.

The fourth warranty reminds me of the wrongs I can cause with gossip when I feel that others may have behaved inappropriately - whether inside or outside of our rooms. I have no right to (and can do great harm myself by seeking to) punish those who I believe have harmed others when I air my displeasure to anyone other than my sponsor. She is the person who listens and loves me no matter what, and helps to get me back into acceptance of life on life's terms.

I need to remember that all of us in service positions are here because we love this program and want it to continue.

*"remaining democratic in thought and action"* once again emphasizes that I need to keep an open mind and look for the similarities while honoring the differences.

Theresa M., Alternate Delegate

# From your Secretary

In thinking about the topic for this edition, the Third Warranty keeps coming to mind – "That all decisions be reached by discussion, vote, and whenever possible, by unanimity."

It reminds me that I don't "have to be right all of the time", wear a "God cape" or try to impose my will on anyone else. In our Groups, Districts, Intergroups and Areas, everyone has an equal voice in a discussion, each person is entitled to have his/her vote count (but only one vote per person). And, if the vote is so close that it's a 50-50 split, then perhaps more discussion is needed. Maybe the discussion needs to be postponed, so I can reflect on what I'm being asked to vote on. Perhaps I need to ask my Higher Power for the "knowledge of His will for us and the power to carry that out".

Once differences are resolved, the decision is supported by everyone and "personal progress for the greatest number depends upon unity."

Phil H., Secretary

# From Past Delegates

I began attending Ohio Area Assembly in the mid 90's. Sessions were long and tiring, emotionally grueling and troubling. Members made repeated trips to the microphone, repeated their earlier message or the message of another member already stated. There were no time limitations and the negative viewpoint left me feeling depleted and defeated. If a motion did not pass, it was brought up again and again until personal agendas were satisfied. I called this "motion madness."

A decade later, with the implementation of Knowledge Based Decision Making, our assembly made a turn that lifted the cloud of despair from the meeting room. Minority voices were heard as we all returned to the foundation and grass roots of our program: reasoning things out with one another. Our minds were opened to the possibilities and fresh creative voices and ideas were heard and embraced. In depth discussions occurred before the motion and the number of motions decreased drastically and passed with ease and unanimity. Although we did not always agree, we did achieve a sense of harmony that grew directly from our open minded participation and willingness to listen.

Al-Anon gave me a voice. Service gave me the courage to speak. Stay in service and we'll meet again.

Barbara W. Panel 46

We are coming into a highly emotional time of the year. I have to remember to treat each day as if it were just any other day and not place seasonal expectations on any specific day.

During the holiday season, I read a piece of CAL I have not read for a while. This year I plan on reading AL-ANON FAMILY GROUPS Classic.

Sandy F. Panel 49

**AWSC March 11, 2017**  
**2040 W. Henderson Road,**  
**Columbus, OH 43220**  
*See ohioal-anon.org/calendar for details*

\*\*\*\*\*  
 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.*  
 \*\*\*\*\*

WSO website — **www.al-anon.alateen.org/members**  
 Toll free number **1-888-4ALANON**

# Sharings from Districts

## Districts of Toledo

The Districts of Toledo hosted an Al-Anon Picnic Saturday, August 6th at Sidecut Park in Maumee, Ohio at the Maumee Rotary Outdoor Pavilion. There was a pre-picnic walk on the Riverview Trail along the Maumee River and around the lagoon. The district provided Sloppy Joes and Hot Dogs and the members brought many delicious dishes to share! There were adults and children playing Badminton, Cornhole, and other family games. It turned out to be a warm sunny day filled with lots of fun and fellowship for all who attended and the districts want to continue doing this in future years.

Currently, the Districts of Toledo are planning their annual Al-Anon Children's Christmas Party, which will be held Saturday, December 10th, 2016 at the First Presbyterian Church, 2nd and Elm Sts, in Perrysburg, Ohio. The entertainment committee passed out packets at the district meeting, to be handed out at group meetings to members planning to bring their children or grandchildren, giving their names and ages, so appropriate gifts can be purchased. This enables Santa to come and visit, bringing a gift for each child. The members donate white elephant items in advance and volunteers set up tables to display the items. The kids take turns shopping and pick out an item for a family member. They can then go to another table that has stickers, gift bags, wrapping paper and gift tags to wrap their gifts. After they've all gone through the line once, we let them shop a second or third time. The kids love being able to get some really nice items for their loved ones and can experience the gift of giving as well as receiving! The adults enjoy this special event as much as the children.

Betty H. District 30

## District 19

We are a small district in southern Ohio made up of 4 small groups. In the past our area has had little participation with assembly. We are making an effort to become more relevant in our community including spreading information about the many benefits Al-Anon provides.

First of all, we have distributed 50 copies of Al-Anon Faces Alcoholism to local professionals including Health Recovery System.

One of our groups is in the process of starting an Al-Anon group in the prison located in our area.

We have also talked with our local sheriff's office about the possibility of providing them with literature that they could distribute to the public on an as needed basis.

Nancy C. District 19

## Districts of Columbus

COAFG will hold an Open House on Saturday, March 9th at the Intergroup Office on Wilson Bridge Road. Noon to 2pm, refreshments will be provided. CAL will be featured and archives displayed. All are welcome to attend.

## Districts of Cleveland

The Cleveland Meetings of Districts on Friday November 4<sup>th</sup> 2016 hosted the annual Gratitude Night at Saint Malachi's. Attendance was down compared to last year as two other functions that weekend deterred members away from this fundraising event. Unfortunately, I budgeted this year's budget based on last year's donations which resulted in a surplus of \$2.71 which did not afford us the ability to donate to the three arms of service, but at least our expenses were paid, and as my sponsor says, "my mistakes are my best teachers." Therefore, next year's committee have an opportunity to do things differently which may increase donations and attendance and may result in a substantial gift to the 3 arms of service. On a positive note, Patty, Ron, and the Alateen speaker blessed the hearts of all those in attendance. I pray that others will volunteer next year so that they can experience the growth that I and others have received over the years by saying YES to this historical fundraising event.

Respectfully,

Merri G. District 7 DR

## Districts of Miami Valley

The districts of Miami Valley have been busy "carrying the message" as suggested in Step 12. We've participated in several health fairs in our six district region - the largest being this past spring, with approximately 5,000 people attending. Our location was excellent (we were right next to the dental display set up, where they were handing out free toothbrushes & toothpaste!). We distributed literature for some smaller employee health fairs and, most recently, we participated at a health fair at the Ford plant in Lima. We hosted a Round-Up this fall with about 100 people in attendance - an evening of good food, program fellowship and inspiring messages from the speakers. Our web site is continually updated to provide the most current meeting schedule available and upcoming events in our region. We're looking forward to another busy year next year!

## Districts of Cincinnati

At our September meeting, we ratified the new, simplified guidelines that will be in effect for the next two years. We want to use it as a tool to help recruit more volunteers.

We had elections for next year's officers and filled those positions as well as for Alateen Coordinator, Historian and a Budget Committee.

We still have many other positions open and hope that we can be more productive in our mission of Public Outreach to both our members and the community.

We may be getting District and Alternate District Representatives for one of our three Districts (15), and are hoping that that will inspire more participation at both the Group, Information Service and Area level for all of Cincinnati.

The feedback has been positive for changing to a bimonthly meeting schedule. We had a discussion about using Google Hangouts or other internet services for electronic meetings. There was some strong concern about anonymity and internet video, so we decided to only use audio on the net on a trial basis in the future.

## District 56

District 56 held its second annual Gratitude Meeting and Potluck at the Tuesday Noon meeting site with plenty of inspirational sharing and delicious food.

Kay, DR 56

## Ask-It-Basket Question:

### *How can we encourage service?*

Several of us in District 45 are ending our term as GR and finding it difficult to line up replacements and getting people to step up in our home groups to take on service positions within the group.

So, we have been putting our heads together on strategies. Talking with other District 45 GRs has helped me get past just *hoping* for someone! One of the other "retiring" GRs invited me + our DR to her group to do a program on GR/DR/Assembly and explain the links of service importance to the group.

Jan S - GR Mentor Plains Serenity

*Send replies or comments or other questions for members/groups to share Experience, Strength and Hope to*

*Theresa M, Alt Del & Newsletter Editor*

**Public Outreach Action Committee**

March 4th is our Cofounder's Birthday. To honor her, plan to "Remember To Forget" a piece of Outreach literature somewhere. Al-Anon Faces Alcoholism 2017 can be ordered now for this occasion. The Public Outreach Bookmark M-76 is another idea to "Remember to Forget."

## Public Outreach Coordinator

There is lots of help on line to get you started!!

<http://al-anon.org/members/public-outreach/some-helpful-public-outreach-tools>

Jane E. Public Outreach Coordinator

### Group Resources Available

<http://al-anon.org/members/groups/group-resources>

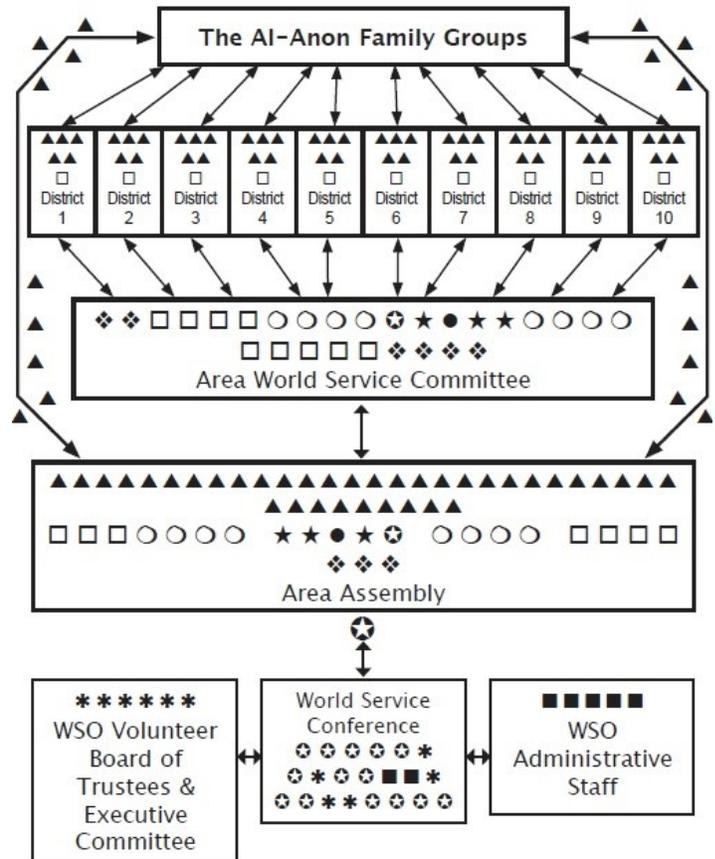
### District Resources Available

<http://al-anon.org/members/service-structure/district-resources>

**WSC April 24-28, 2017**

**Wyndham Virginia Beach Oceanfront**  
**5700 Atlantic Avenue**  
**Virginia Beach, Virginia 23451**

### WORLD SERVICE CONFERENCE STRUCTURE



- ▲ Group Representative
- District Representative
- ★ Assembly Officer
- Chairman
- ◆ Delegate
- Area Coordinator
- ◇ Al-Anon Information Service Liaison

The Area World Service Committee may also include Coordinators of special services such as Alateen, Archives, Public Outreach (PI, CPC, and Institutions), Newsletter Editors, The Forum, etc., and liaison members (from local Information Service centers or Intergroups)

**Love gifts** instructions regarding mail for WSC.

Conference members receive a large number of letters and packages. Hotel storage space is limited and packages will NOT be accepted before April 24th. **Mail it no earlier than the 22th.** include the following information on the address label:

Ginny C (Hold for WSC April 24-28, 2017)  
 Wyndham Virginia Beach Oceanfront  
 5700 Atlantic Avenue  
 Virginia Beach, Virginia 23451

There is much information to be gleaned from accessing the **WSO Al-Anon website for members**.

Go to <http://www.al-anon.org/>

Click the Member's Site tab on the left hand side of the address bar.

In the password slot, enter anything followed by afg and you will be at

<http://www.al-anon.org/members-site>

Click on Home and you will be at <http://www.al-anon.org/members/>

Examples of information include:

- ◆ Sign up to get Al-Anon announcements direct from WSO.

**AFG Announcements!**

Receive a free subscription—all that is needed is your email address

<http://al-anon.org/members/item/491-be-informed>

- ◆ Learn about TEAM Events -

Ohio will be having its first one before our Convention this summer!

TEAM events were created to replace the old Regional Service Seminars (RSS) due to lack of attendance at those events. The aim of the new TEAM event is for the Area(s) and WSO to partner together to develop an agenda to provide Area Al-Anon members the opportunity to learn more about service and the Al-Anon program. While some of the format of the old RSSs appears to remain- such as presentations, workshops, and WSO speakers- the focus and content of those agenda items has evolved and become more versatile. TEAM events strive to link the spirituality of the Al-Anon program and service.

- ◆ Learn how to send in sharings to create our Conference Approved Literature (CAL)

<http://al-anon.org/members/component/k2/item/120-writing-guidelines>

<http://al-anon.org/members/feature-publication-send-your-sharing>

- ◇ **Sharings still needed:** At this point, the WSO has received over 1,272 sharings for the intimacy piece, about 230 sharings for the parents/grandparents pamphlet, and 882 sharings for the new daily reader. We continue to accept sharings for all three projects. We are close to selecting two freelance writers/editors who are Al-Anon members. One will compile the intimacy piece and the other will compile the parents/grandparents pamphlet. The daily reader does not have enough sharings yet for us to proceed in selecting a writer/editor.
- ◇ **The Forum needs more sharings!** We are very short on sharings about the three Legacies-- especially about Steps Five through Twelve, and all Twelve Traditions and Concepts of Service. Also needed are sharings from Alateen members, our Twelve Concepts of Service, and the Al-Anon World Service Conference Charter.
- ◇ **Sharings needed for "CAL Corner":** We always need more sharings about how CAL has helped members with their recovery. Please urge members to write. We could especially use articles about *From Survival to Recovery* (B-21), *A Guide for the Family of the Alcoholic* (P-7), *The Al-Anon Focus* (P-45), *Opening Our Hearts, Transforming Our Losses* (B-29), *Alateens Speak to the Adults in Their Lives* (formerly *Dear Mom & Dad*) (P-67), and *Hope for Today* (B-27).

<p>Delegate:</p> <p>Ginny C delegate@ohioal-anon.org</p>	<p>Alternate Delegate / Newsletter Editor:</p> <p>Theresa M alternatedelegate@ohioal-anon.org</p>	<p>Area Chair:</p> <p>Buff N chairman@ohioal-anon.org</p>
<p>Area Secretary:</p> <p>Phillip H secretary@ohioal-anon.org</p>	<p>Area Treasurer:</p> <p>Judith A treasurer@ohioal-anon.org</p>	<p>Alateen Coordinator:</p> <p>Tina L alateen@ohioal-anon.org</p>
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<p>Literature Coordinator:</p> <p>Karen McK literature@ohioal-anon.org</p>	<p>Public Outreach Coordinator:</p> <p>Jane E publicoutreach@ohioal-anon.org</p>	<p>Budget Committee Chair</p> <p>Donna K budget@ohioal-anon.org</p>
<p>Compliance / AAPP::</p> <p>Karen P compliance@ohioa-anon.org</p>	<p>Handbook Committee Chair:</p> <p>Sandra F bylaws@ohioal-anon.org</p>	<p>Registration Committee Chair:</p> <p>Karen S registration@ohioal-anon.org</p>
<p>Review Committee Chair:</p> <p>Laura B review@ohioal-anon.org</p>	<p>Two Day Fall / OAC Committee Chair:</p> <p>OPEN twodayfall@ohioal-anon.org</p>	<p>Website Committee Chair:</p> <p>Michael K website@ohioal-anon.org</p>

**IN KEEPING WITH THE TRADITIONS, PLEASE RESPECT THE ANONYMITY OF THESE INDIVIDUALS**

The AI-A-Notes, voice of the Ohio Area Assembly, is published three times a year. All groups registered with Assembly receive a free subscription, mailed to the Current Mailing Address. The World Service Office, Ohio AIS offices, District Representatives, Assembly Officers and Coordinators also receive complimentary subscriptions. Please direct any comments or questions regarding AI-A-Notes to the Alternate Delegate. Please send group information changes to your local AIS, District Representative, the Ohio Group Records Coordinator, and the World Service Office.

EDITOR'S NOTE:

Send all **GROUP DONATIONS** to:  
 AFG OF OHIO  
 PO Box 524  
 Columbiana, OH 44408-0524

Every Registered group in Ohio will receive a free copy of the Al-A-Notes at their current mailing address. Paid subscriptions are for individuals or for extra group copies. If you are not receiving a copy three times a year, check with Group Records or the Alternate Delegate.

Please include your **Group's ID number**, including the District number, on the check and whether a "plea donation" or "group donation"



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