

OHIO AL-A-NOTES

Volume 41, Issue 1

A.F.G. of Ohio, Inc.

PO Box 54,

Springfield OH 45501-0054

Sharings on Sponsorship

What have I gained through sponsorship? The biggest thing has been learning to trust – regaining trust in myself and in my relationships and trusting the process of recovery. This has led to an increased ability to give and receive love and compassion. The dishonesty of this family disease is that when I arrived at my first meeting, I believed I was a total failure in life; there was no hope for me. If I had truly believed there was no hope, I would have never called the counseling service which directed me to the meeting or gone to the meeting or continued coming to meetings! Through the understanding, love and acceptance that is shared in our meetings, I began to be able to hear possible solutions. I began to take responsibility for my past choices, realizing that I was always doing the best I could with the information that I could access at the time. So, my home group has always been and, in many ways remains, my sponsor. As I risked opening up in the meetings, I finally had the courage to ask individual members (different ones at different times in my program life) to sponsor me. Though I still have trouble opening up at times and making full use of my personal and service sponsors, I have never been shamed for my silence. I had my first service sponsors without knowing that is what they were! The wonderful people who have trusted me to be their sponsor also help me understand myself and my motives. I often feel that I get more out of the relationship than they do. Sponsorship remains an important and essential tool of our program which is mine to use whenever I am willing to do so.

Theresa M., Panel 55, Alternate Delegate Ohio

Sponsorship is Service – I found that reading the introduction to the Twelve Concepts of Service in the Service Manual. Of course, back in the early times, I didn't have time to worry about service – I just wanted "you" to make me better by "telling me how to get the alcoholic to stop drinking".

I'm sure many of us have heard this at meetings, and probably said the same thing at one time. Who helped guide us to "changing our attitudes"? Was it a sponsor, or just a caring member of a group? Whoever it was, that person was following the Twelve Concepts of Service. For me, it was my sponsor.

It took me a while to realize that I couldn't "do this on my own", but that committee in my head sure had me convinced otherwise. It took a gentle nudge from a member of my home group to get me started in service. That gentle nudge was a kick-start for my recovery.

My expanded family of choice circle brought me to my first sponsor. Just like admitting I was powerless over people, places and things and admitting that my life was unmanageable, it was very humbling to, once again, ask for help. Fortunately, my sponsor understood that.

We drank a lot of coffee, had a lot of lunches together and countless phone calls at all hours of the day and night, most of them starting with me saying, "I don't know what to do". Then, I would relate the problem to my sponsor and instead of saying, "Well, figure it out", my sponsor would reverse the roles – I became the "sponsor" and my sponsor became the "sponsee" – and I'd hear, "Okay, what would you tell me?" It forced me to take a step back and look at the entire situation (the forest), instead of just looking at the problem (which was just the tree). By the time we were done, I'd come up with a solution, with my sponsor's guidance! Over the years, we shared much laughter and shed many tears together, and I truly began to understand what service and sponsorship truly were.

The recent death of my sponsor also reinforced the idea that it truly is "principles above personalities". Still, for me, it was a great loss. On the positive side, though, we had a wonderful dinner and visit before that. My sponsor's emphasis on "work the Steps", but "practice and live your program every day" will stay with me.

I now have a new sponsor. I have come to understand that Al-Anon is not a temporary fix – it is a life commitment. I owe that dedication to my sponsor and I intend to "pay it forward", just as my sponsor did for me.

Phil H., Secretary

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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

Sharing on sponsorship

The following is the group input from the workshop "Everything you wanted to know about Sponsorship but were Afraid to Ask." This was a workshop that was offered at the Ohio AA State Convention in 2016.

How do I know I'm ready to be a Sponsor?

- Someone who works on their recovery
- Goes to meetings regularly
- Not a rescuer
- Not judgmental
- Has time to do it
- Able to accept someone where they are at
- Can just be there
- Be someone who just listens, not gives advice
- Has a personal sponsor
- Sponsorship is a we thing, equal partners in recovery
- Your Higher Power will guide you
- Practice at listening

How do I find and get a Sponsor?

- At a meeting, wanted what she had
- Trusted them
- Kept saying get a sponsor
- Consistency in getting to that meeting so they know you will be there
- Listened to her
- Higher Power guided
- Approached by that person at a meeting
- Can ask someone to be a temporary sponsor
- Someone who reminded me of my Mom

What if I need to end or change the Sponsor relationship?

- Be okay when sponsee said they needed a change
- Suggest sponsee talk to someone else when we have no experience
- Suggest professional help if needed
- When relationship is not working, try setting conditions to work toward making it healthier.
- If still not working, end the relationship
- Some have dropped the relationship without talking about it
- Sponsor asked out of relationship due to health reasons
- Talked to sponsor about need to move on

What are the commitments of the Sponsor and sponsored?

- Anonymity even if married
- Trust that nothing will be shared with anyone (even spouse)
- Verbalize parameters of sponsor/sponsee relationship
- Don't impose expectations
- Take what you like, leave the rest
- Suggestions not prescriptions
- Mutual respect
- Don't compare stories
- Spirituality not religion

Ginny C., Panel 55, Delegate Ohio

57th World Service Conference
April 24-27, 2017

"Our Members; Our Hope for the Future"

Spread the love of Al-Anon all over North America by sending love gifts for our Delegate to distribute to other members of the World Service Conference to take home to their areas.

Cards and letters of encouragement would also be very much appreciated

Plan to have mail arrive after April 20th.

Ginny C (Hold for WSC 4/24-4/28, 2017)
Wyndham Virginia Beach Oceanfront Hotel
5700 Atlantic Ave.
Virginia Beach, VA 23451

Use Ginny's home address (available in the printed Al-A-Notes) for the return address.



In 1957, the World Service Office (WSO) registered the first Alateen group and within a year there were 45 groups registered. Alateen adopted the Twelve Steps and adapted the Twelve Traditions of Al-Anon to fit the needs of teenaged children of alcoholics. Today there are almost 900 Alateen groups in the World Service Conference (WSC) structure which includes US, Puerto Rico, Bermuda and Canada. There are also approximately 700 Alateen groups in other countries.

How will you, your group, your District, and/or your Area celebrate Alateen's 60th Anniversary? We invite Alateen members, Al-Anon Members Involved in Alateen Service (AMIAS), and Al-Anon members in general to celebrate this milestone by supporting Alateen. Contact your District Representative, your Area Alateen Coordinator or other Area trusted servant to start the conversation!

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

Happenings in District 19

About 8 months ago a group of women, most of whom are in recovery and work a 12 Step Program, decided to try and do something about a need that has been obvious in our Athens, Ohio area for a long time. **Women for Recovery**, decided to get the ball rolling on establishing a sober living home where women who are in early recovery from addiction to drugs and alcohol can benefit from the safety of transitional living. The home is envisioned as a place where Southeastern Ohio women can live communally in a safe, secure and sober environment using 12 step principals. Local AI-Anon members are working with AA members and others to make the home a reality. When the facility is open, AI-Anon members hope to take meetings to residents and family members and contribute in other ways in which we can be of service.

In our Serenity Hour group we revamped our book and our format to read both Steps and Traditions. There has been a lot of sickness and injuries in our small group and attendance has been spotty related to those issues. Several members have also decided to get together outside of meetings to study traditions together using CAL.

Notes from District 25 and 51

Summer will be here before you know it and along with the warmer weather, the Ohio Area Convention will be coming to Akron, Ohio.

Mark your calendars now for July 7th, 8th and 9th! Registration information will be coming out in March. The committee has been hard at work planning a great program with something for everyone. Our theme this year is, "Together we can Make it"

There will be AI-Anon, Alateen and AA speakers. We are also planning a raffle with donated baskets as part of our ways and means. If your group would like to donate a basket, please e-mail me so that we have some idea of how many baskets may be arriving.

So, where do I get more information? On our website of course. The Save the Date flyers are already available on the area website.

If you have questions, or if you want to let me know about a basket, you can e-mail me, Jo S at district51afg@gmail.com

We look forward to seeing you there!

Jo S DR District 51

AWSC March 11, 2017
2040 W. Henderson Road,
Columbus, OH 43220

See ohioal-anon.org/calendar for details

Attitude of Gratitude

District 6, 10 and 30 News

At our December district meeting our committees were formed for 2017. Chairman were picked and new information was passed on to any new people participating. January started out with our Alateen anniversary on January 5. We are very fortunate to have to have such strong Alateen in Northwest Ohio. The speaker was a young gal from Cleveland, Mackenzie. Our AI-Anon groups support Alateen strongly and brought great snacks for everyone to munch on. We did have our District 10 representative Diane P step down due to personal reasons. So we are putting the word out to try to find a new district rep.

Districts of Miami Valley Districts 23, 24, 27, 37, 41 & 57

Miami Valley AIS continues to be busy with public outreach and support to the groups in our region. On Saturday, April 1, MVAIS will once again be participating in the annual Levine Family foundation health fair in Dayton. This event typically attracts 5,000 people or more and we have two large tables set up with AI-Anon literature, to include schedules, AI-Anon Faces Alcoholism 2017 and other items. Volunteers from our meetings help staff the tables to answer questions share about what AI-Anon is, and isn't. Last year, we were located right next to the dental check-up station and the year before, we were just around the corner from the free flu shots! The event is held at the Ponitz Center. If you're in the Dayton area that day, please stop by and say hello!

MVAIS is also hosting a **Spring Round-Up on Sunday, May 7**, at the Springfield Masonic Community Clubhouse. MVAIS will furnish the main meat dish, as well as coffee and tea. Everyone is asked to bring a covered dish to share. The doors will open at 4:30 PM, dinner will be a 5 and the first lead is at 6 PM. There will be an Alateen and an AI-Anon lead. There will not be a charge for admission – we will observe the 7th Tradition and pass the basket during the evening. Everyone is invited to attend. More information is available on the Miami Valley AIS website – www.alanondaytonoh.org. Hope to see you there!

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.

March 4th is our Cofounder's Birthday. To honor her, plan to "Remember To Forget" a piece of Outreach literature somewhere.

AI-Anon Faces Alcoholism and The Public Outreach Bookmark M-76 are great ideas to "Remember to Forget."

I have ordered 500 AI-Anon Face Alcoholism to give out at our May meeting for the GR's.

I will be giving an AI-Anon friend who works at a rehab facility some literature to pass out.

Cindy and I are looking forward to Addiction Studies in August 2-4 2017 in Columbus.

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



S.O.A.R.

In Ohio



Spirituality Of Action in
Recovery

a TEAM event in OHIO!

Friday July 7, 2017 8:30am-4:30pm

DoubleTree by Hilton Hotel Akron Fairlawn

3150 West Market Street, Akron, Ohio

Just Before the Ohio Area Convention (OAC) (separate registration)

Come to both and have a long weekend of recovery!

What is it?

This is a partnership between Al-Anon Family Groups of Ohio (AFG of Ohio) and the World Service Office (WSO)** which is designed to energize members' spiritual program into action and expand members' understanding of our worldwide fellowship. The day will consist of workshops and talks by WSO members teaming up with members of AFG of Ohio. **Spirituality, Action, and Recovery!**

Cost: **\$15 registration by June 15, \$17 Walk-In**

Send form and check payable to AFG of Ohio to:

OAC c/o AFG OF OHIO, Inc., PO Box 524, Columbiana, OH 44408-0524

Registration Form (one per person) Please enclose check for \$15

Please Print Clearly

Full Name: _____ Phone: _____

Address: _____

Address: _____

E-Mail _____

Event Accommodations:

DoubleTree by Hilton Hotel Akron Fairlawn
3150 West Market Street, Akron, Ohio

Please make your Hotel reservations by Thursday, June 15, 2017

- Room rate is \$119.00 plus tax per night (15.25%) 2 double beds or 1 king.
- **Rooms not cancelled by noon the day before arrival are charged one night's room rate plus tax
- Call for reservations: (330) 869-9000 or by website www.doubletreeakron.com/afgofohio
- Be sure to use code **afgohi** for guaranteed room rate.
- Hotel information can be found at <http://doubletree3.hilton.com/en/hotels/ohio/doubletree-by-hilton-hotel-akron-fairlawn-CAKFLDT/index.html>
- Located west of downtown Akron within walking distance of a shopping mall and restaurants
- Indoor swimming pool and fitness center

Nearby Attractions:

- Visit Stan Hywet Hall and Gardens Gatehouse where Dr. Bob and Bill met or Dr. Bob's House
- Cleveland's Rock N Roll Hall of Fame
- Canton's Football Hall of Fame

Directions:

From I-71

Take Route 18 – Medina Exit #218. Drive east on route 18 approximately 10 miles. The Doubletree Hotel Akron/Fairlawn will be located on the right side opposite the Summit Mall.

** The World Service Office is the headquarters for the entire AI-Anon fellowship, located in Virginia Beach, VA. The WSO answers inquiries, provides help to groups and members, guides public outreach worldwide, prepares and distributes AI-Anon literature, generates cooperation with the professional community, registers new groups, guides countries outside the U.S. and Canada in developing offices, and provides services to all AI-Anon Family Groups all over the world.

AFG of Ohio, Inc. Presents:
The ● hio ▲ rea Convention



AA

Akron - Fairlawn Doubletree
3150 W. Market Street,
Akron, OH 44333

JULY 7, 8, 9, 2017

Leads! Panels! Skits! AA Participation!
Fellowship, Growth, And Recovery!

Save Money! Register and Reserve Buffet by June 15th, 2017 (Walk-in's always welcome! \$35 at door)
Make checks payable to AFG of Ohio— Send to: OAC/AAIS - 3614 Manchester Rd. (suite 103) Akron, OH 44319
Contact Betsy 330-645-1165 or Jo - district51afg@gmail.com- Reserve rooms directly with hotel (see back)

Name: _____ \$30 Pre-Registration (Before June 15)
Address: _____ \$35 Buffet Style Banquet
City: _____ State: _____ Zip: _____ \$25 Saturday Only Pre-Registration
Email: _____ Phone: _____ - TOTAL
 Al-Anon AA Alateen - Free Registration



S.O.A.R. into the OAC!!!

**Come early on Friday to kickstart your RECOVERY WEEKEND
and enhance your spiritual program with action!**

8:30 am to 4:30 pm-TEAM event workshops by WSO staff and AFG of Ohio



Reserve Directly with Hotel by Thursday, June 15, 2017 for discounted rate!

Room rate is \$119.00 plus tax per night (15.25%) 2 double beds or 1 king.

**Rooms not cancelled by noon the day before arrival are charged one night's room rate plus tax

Call for reservations: (330) 869-9000 or by website www.doubletreeakron.com/afgofohio

Be sure to use code **afgohi** for guaranteed room rate.

Wi-Fi, Indoor swimming pool, and fitness center!

Nearby Attractions:

Visit Stan Hywet Hall and Gardens Gatehouse where Dr. Bob and Bill met or Dr. Bob's House!

Cleveland's Rock N Roll Hall of Fame

Canton's Football Hall of Fame

GIFTS * CRAFTS * MOMENTOS * LITERATURE (bring cash/check)

Directions From I-71:Take Route 18 – Medina Exit #218. Drive east on route 18 approximately 10 miles.

The Doubletree Hotel Akron/Fairlawn will be located on the right side opposite the Summit Mall.

**For more information about the convention and itinerary
visit: <http://www.ohioal-anon.org/calendar.htm>**

Reserve Banquet Style Buffet (optional) by Thursday, June 15, 2017 (on front)

Penne Pasta with Vegetables in Garlic & Olive Oil

London Broil with Roasted Garlic Cabernet Demi

Pesto Rubbed & Grilled Chicken Breast with an Aged Balsamic Drizzle.

Oven Roasted Red Skin Potatoes, Fresh Broccoli Florets

Served with a Garden Salad with choice of Dressing.

New York style Cheesecake with Fresh Berries

***Hotel is located within walking distance of a large shopping mall and numerous restaurants**

<p>Delegate: Ginny C delegate@ohioal-anon.org</p>	<p>Alternate Delegate / Newsletter Editor: Theresa M alternatedelegate@ohioal-anon.org</p>	<p>Area Chair: Buff N chairman@ohioal-anon.org</p>
<p>Area Secretary: Phillip H secretary@ohioal-anon.org</p>	<p>Area Treasurer: Judith A treasurer@ohioal-anon.org</p>	<p>Alateen Coordinator: Tina L alateen@ohioal-anon.org</p>
<p>Archives: Judy C archives@ohioal-anon.org</p>	<p>Forum: Christine T forum@ohioal-anon.org</p>	<p>Group Records: Robin R grouprecords@ohioal-anon.org</p>
<p>Literature: Karen Mck literature@ohioal-anon.org</p>	<p>Public Outreach: Jane E publicoutreach@ohioal-anon.org</p>	<p>Review Committee Chair: Kathleen S review@ohioal-anon.org</p>
<p>Budget Committee Chair: Donna K budget@ohioal-anon.org</p>	<p>Handbook Committee Chair: Sandra F handbook@ohioal-anon.org</p>	<p>Compliance / AAPP: Karen P compliance@ohioal-anon.org</p>
<p>Registration Committee Chair: Karen S registration@ohioal-anon.org</p>	<p>Two Day Fall / OAC Committee Chair: OPEN</p>	<p>Website Committee Chair: Michael K webmaster@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"



We are on the Web
www.ohioal-anon.org

OHIO AL-A-NOTES ORDER FORM

One Year \$3.50

Two Years \$6.75

(circle one)

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Look on the address label for your subscription's season/year of expiration
 Al-A-Notes subscription information is also available at: www.ohioal-anon.org