

THIS ISSUE OF AL-A-NOTES IS THE FIRST OF THE NEXT THREE WHERE THE CURRENT OFFICERS AND COORDINATORS WILL BE TALKING ABOUT THEIR POSITION . THEY WILL BE SHARING WHAT THEIR POSITION IS LIKE, HOW MUCH TIME IT TAKES AND OTHER INFORMATION THAT MAY BE HELPFUL TO SOMEONE THAT MAY BE CONSIDERING RUNNING FOR THAT POSITION. ELECTIONS FOR THE NEW PANEL WILL BE HELD AT FALL ASSEMBLY IN 2020. WITH THAT IN MIND, NOW IS TIME TO START THINKING ABOUT YOUR NEXT SERVICE POSITION! THIS ISSUE FEATURES THE DELEGATE AS WELL AS THE AREA SECRETARY POSITION.



From Our Delegate

Job Description for Delegate

How long have you had this position? How much time does it take?

I moved from Alternate Delegate for Panel 55 (2015-2017) to Delegate for Panel 58 which runs from 2018 through 2020.

This job involves keeping up to date with things happening at the WSO as well as sharing and asking for experience, strength and hope from all the other Delegates— both past Delegates and those serving in the current year. Next year I hope to again be assigned to the Literature Committee as we will be reviewing all possible sharings for the new daily reader provided by the newly hired editor. I will also possibly be mentoring a new Delegate for Panel 60 who will begin their term in 2020 as I just filled out a form stating my willingness to do so.

Most of the “work” in this position comes from participating via e-mail in the AFG Connects Communities as well as web conferencing with the Literature Committee. There are also many phone calls to and from WSO (World Service Office) Volunteers (Trustees and Staff) fellow Delegates, and Ohio AWSC (Area World Service Committee) members about ideas, problems and suggestions for solutions. Being a member (ex-officio or otherwise) of various Committees (including helping to arrange for the Al-Anon Participation at the AA Ohio Area Convention each year) and participating as well as helping develop ideas with the other Officers about possible Thought and Task Forces is also a rewarding use of time.

As it says in our Handbook, I do my best to prepare interesting and informative reports to the two AWSC and two Assembly meetings each year. I am continually learning how to provide power points that are readable at the meetings. I check my e-mail once every day, but do my best to limit my Delegate work to no more than 2-3 hours a day, and most of the time, limit my work to just one or two days a week. E-mails and phone calls: I try to reply within 48 hours— though this may vary if I am traveling or out of town for a meeting.

What did you learn from doing this position? What surprised you the most about this position?

I am continuing to learn about myself— my strengths and my weaknesses, Growing in both humility and self-confidence is occurring. I am learning better boundaries and time management— not perfect, just better! Asking for help has always been hard for me. I was brought up to think that I was intelligent enough to find answers on my own! I continue to be amazed at the vast wealth of experience, strength and hope that exists in our fellowship. And, I amaze myself when I find that I really do have something to offer..

Once again, thank you Ohio Al-Anon again for allowing me this opportunity to serve our Fellowship.

Theresa M Panel 58

Area Secretary Position

At the end of my term (December 31, 2020) I will have been the Secretary for the Area for approximately 18 months which really is not enough to learn the job fully. I started the job mid-term when the position became vacant. Along the way, I have made mistakes (not many) but there has always been someone there to lend a hand and help me correct the errors that I have made. The job of secretary is much more than taking minutes at the meetings, although that is a really big part of it. It is also keeping records, and making sure that things run smoothly with visual aids during the Assembly and AWSC meetings. It is also doing the tasks that are asked of me by the Delegate and the Chairperson.

The job of Secretary does not take much time. I spend about four hours a week doing the job except directly before and after the Assembly and AWSC meetings when it takes about ten hours a week. I spend twice a much time translating the meetings from my tape recorder as it does to attend the meetings. I have to rewind frequently to catch important information from the tape that I did not get on my notes. I like everything in the minutes that I possibly can get from the tapes which, in my humble opinion. Makes the minutes more complete and easier to understand.

I have learned many things about the computer programs like Word, Excel and PowerPoint. I thought I knew all there was to know about Word but doing the Secretary position taught me there is always something new you can learn to make your job easier.

Caption describing picture or graphic

PowerPoint was new to me, so that was a learning curve for me when I had to present them on the screen for presentations. Although I have used Excel before, my experience was limited. Excel is a powerful program which I am not the best at, but I have learned many of the basics.

More important than learning about computers and programs, I learned that the fellowship around me in Al-Anon is a wealth of knowledge by people who are more than willing to lend a hand and not judge when I do not know how to do something. Being Secretary has taught me to ask for help. I was not very good at asking for help previously, but now know I can ask and not be ridiculed. Asking for help is not a sign of weakness, but of strength.

During my time as Secretary, I was and still am surprised at the genuine willingness of the fellowship of Al-Anon to want me to succeed. The words of encouragement from members and officers alike still astounds me. Without the help of the fellowship of Al-Anon, this Secretary position would just be a "job" instead of an exciting adventure!

Respectfully submitted,

Carmen Irvin
Area Secretary

DISTRICT NEWS

Districts 25 and 51 had their annual fundraiser, "Gratitude Night" and it was a huge success! The food was wonderful, thank you to ALL who contributed to all of that food! The speakers did a wonderful job, Elaine and her husband Jerry from Copley spoke for Al-Anon and AA. Mary Ellen from Hubbard spoke for ACOA (Adult Child of Alcoholic) and Cassiel spoke well for Alateen.

The baskets that were donated by groups in the two districts were just beautiful, thank you so much for your donations. This year, Al-Anon literature was given out as door prize, which was very well received.

The two districts have begun to make plans for 2020 by asking groups for suggestions and ideas on how to "get the word out" and how the Districts can help.

That is all for now, Have Blessed Holiday!

Submitted by Mickie G, District 25

CAL for me is the Best Al-Anon Pal
Submitted by Merri G District 7

Cal for me is the Best Al-Anon Pal
It helps increase my program moral

The three daily readers help me to start my day out right
And a daily 4th step inventory helps me sleep better at night.

The "How Al-Anon Works" book gives a general overview of the program;
And, the "Forum" although not CAL, can provide serenity when stuck in a traffic jam.

Reaching for Personal Freedom provides questions that allow one to look very deep
It uses the 12 Steps, Traditions and Concepts and is helping take my program to another leap.

The "Just for Today Bookmark" helps keep me centered at work and at school
And the "Just for Tonight" bookmark helps the negative itty bitty committee in my head run out of fuel.

"As We Understood" helped many either find a God of our understanding or change the one we had
I am sorry that this poem only touched a few of the pieces of CAL, but hopefully it made you smile just a tad.



Come one...Come all ~ to our 40th Annual Spring Banquet hosted by Youngstown Districts #4 & #9 on **Saturday, February 29, 2020 at Mahoning Country Club in Girard, OH.** There's no better way to celebrate the Leap Year! Tickets are \$19.00 per person and must be purchased in advance. Checks should be payable to Youngstown Information Services - Carmen I. and mailed to P.O. Box 610, Cortland, OH 44410. Doors will open at 6:00 p.m., with a delicious buffet to be served at 6:30. Our Al-Anon and AA double leads will begin at 7:30 followed by a fabulous basket auction, a 50/50 raffle, and dancing to a DJ from 9-11:00. Visit our Youngstown Districts website at www.al-anonohiodist4-9.org for more information on how to purchase tickets. This is an **open meeting**, so all are welcome. The annual Banquet is our Districts' primary fundraiser for the year, so be sure to come and join us for lots of good food, good fun, and great fellowship. Hope to see you there!

Also mark your calendars!! Our Spring Day of Sharing will be held **April 25, 2020 at Grace Lutheran Church in Hubbard, OH.** The theme for the day is "**COURAGE**" and will include a Continental breakfast, lots of sharing, workshops and lunch, as well as loads of fun and fellowship. Watch the Spring Al-A-Notes for more info or visit our Districts' website www.al-anonohiodist4-9.org in the coming months for further details & registration forms. This is truly an Al-Anon best buy at just **\$5.00 for pre-registrations or \$7.00 for walk-ins** that day!! We're just a short drive away. Please bring a side dish or dessert to share or maybe an item for our raffle table if you wish. Hope you can join us!!

Good news!! We are excited to announce that **District #4** in the Youngstown area **elected a new District Rep and Alt. District Rep.** DR is Sarah C. and Alt DR is Susan R. Visit our Districts' website to check out our Bulletin each month for details on any upcoming events or topics of interest. We welcome you to come join us anytime, anywhere in recovery!!

Submitted by

Cheryl B

bloom where you are planted



See our web site www.al-anonohiodist4-9.org for more information.

Al-Anon Districts 4 and 9 present the
40th Annual Spring Banquet

tickets \$19.00, please make all checks payable to
Youngstown Information Service

AA and Al-Anon Lead

Basket Raffle, 50/50, DJ, Dancing, Dinner, Desserts

February 29, 2020

DOORS OPEN AT 6:00PM

Mahoning Country Club 710 E. Liberty St, Girard OH

Dinner at 6:30pm

AA and Al-Anon Lead 7:30pm

Raffles 8:30pm

Dancing 9:00-11:00

TOLEDO AL-ANON FIRST ONE-DAY WORKSHOP



March 28, 2020 • 9am - 4pm

Holy Trinity Lutheran Church

(handicapped accessible)

1825 Glendale Ave., Toledo, Ohio 43614

**Continental breakfast and Lunch Provided
Out of Town Lead, Panel, Workshops,
Round Robin, Fun and Fellowship**

Program contact: Sharon Feeley - 567-970-5977

*Please register in advance as this will help with the planning and the food.
But Walk-ins for the workshop are welcome and can pay at the door.*

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Workshop Registration & Fees:

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____

Registration Fees:

Early Bird Registration Fee:\$10 _____
Alateens Free, when accompanied by a parent or sponsor.....\$0 _____
Total:\$ _____
Walk-ins are welcome: Fee:\$12 _____

Make Checks Payable to:
Districts of Toledo

Mail to:
Vicky Woods
2321 N. Watercrest
Toledo, Ohio 43614
Phone: 419-944-3648

- Al-Anon
- Alateen
- AA

Registration deadline: March 18, 2020