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Ohio AI-A-Notes

“The Experience I’ve gained from those who have served before me.”

This topic really caused me to think. My first thought was to all of the lessons I’ve learned from members who were in the rooms before me. Then I looked again and the topic said, “served” before me. My mind immediately went to those who were in service positions when I was new or early in the program. I saw people who were active and enjoying life, as well as AI-Anon activities. And when I got to hear their stories, I realized their stories were no different from my own, and in many cases they had dealt with tragedies I had not yet encountered.

So what experience have I gained from witnessing those who have been in service over the years. What I have seen are examples of love, tolerance, patience, understanding, compassion and kindness. When I see those attributes being acted out in everyday life, it shows me a path that I want to follow. I trip and stumble and sometimes even fall but I am held up and carried along by those who have gone before. For that I am eternally grateful.

Ann F

Ohio Delegate Panel 61

It is with sincere gratitude that I share what others before me have given to AI-Anon and to me. Most of the wonderful members that “nudged” me into service have passed. That’s the sad part of this journey we call life. Believing, as I was guided to do, helps tremendously in knowing that they all see where I’ve been and where I’m going. Janice R., Betty T., Nancy O., Phil and Rex. So many have paved the road for me and given me the encouragement I needed to persevere. Currently, everyone that has shared their stories in this last issue of AI-A-Notes have been my friends and teachers also.

Service has made so many positive contributions to my recovery and it’s also shown me one of my many character defects; FEAR - false evidence appearing real. Fear that I won’t be good enough or won’t do it as good as the person before me. Fear that I’m not smart enough or that something will happen and I won’t be able to make good on my commitment. Most of the experience I’ve received in the past 30+ years is that no matter what happens, or doesn’t happen, I can always reach out and ask for help and also encouragement from all of you beautiful AI-Anon family members. As one of my dear friends calls you all, Angels.

I have been blessed to serve District 6 as District Representative for the past 3 years and am extremely grateful for the Alternate District Representative, Terri N. who will follow me. I pray she gains the encouragement from us to move forward as I have.

I am also blessed to have been your Alternate Delegate and to have had the experience to grow beside all of our officers although I was pretty nervous with this position. As you can see not all of my obligations were met entirely.

Instead of 3 issues of AI-A-Notes per year I only had 2 per year. To date, no one has mentioned this inaccuracy nor have I been fired!!

I have been able to travel and attend the US North Regional Delegate meetings, been introduced to what it's going to be like to serve this Assembly for the next 3 years as your Delegate, and to be reminded to be careful and grateful for what I've prayed for.

I wish everyone a blessed and healthy holiday and coming year. I pray I can meet the challenges before me. I will strive to meet them One Day at a Time putting First Things First and above all to educate myself more about the Traditions and Concepts so as to serve this Assembly to the best of my ability. Below is one of the first tasks of my service to you all as Delegate. Please take a moment and discuss with your groups. Are there any issues you'd like to see brought up at the conference when I attend? Maybe your group's idea will be chosen. I have a deadline of the middle of January to submit items. Please respond to me with any concerns or ideas.

What Are Chosen Agenda Items?

Chosen Agenda Items are topics and issues of concern affecting AI-Anon groups and members worldwide that have been submitted for possible discussion at the World Service Conference (WSC). In some Areas, the Delegates choose a topic or two to submit, while in other Areas, the Delegates ask their Area members for topics. In addition, each year, the Conference Leadership Team (CLT) invites *all* voting Conference members (Delegates, members of the Board of Trustees and Executive Committee, and voting members of the World Service Office administrative Staff) to submit topics for discussion at Conference.

After all topics have been submitted, the CLT then invites Conference members to vote on which topics are most important to them. The Conference discusses the two topics with the most votes—these are the Chosen Agenda Items. These discussions have been taking place at AI-Anon's annual WSC since 1976. Through the years, the process for submitting questions or topics and the name and format of the sessions have changed.

The Forum, December 2023

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Rose Rollins
Alternate Delegate Panel 61

“The experience I’ve gained from those who have served before me”.

Service sponsorship has been important to my growth in “the understanding, love, and peace of the program.” I have gained an ever-deeper understanding of how our service structure allows our message of hope and help to work for our members as well as for those who have not yet found us.

I have been privileged in my various service positions during my time in program to experience the patience and compassion shown to me as I have stumbled to learn my responsibilities and the LIMITS of those responsibilities. I am continuing to learn how to set reasonable boundaries – ones both clear and flexible – with my family and fellow members in service.

Delegating and not micromanaging afterward remains a challenge as my perfectionistic and pessimistic nature has not and probably will not ever be completely removed. My sponsors have helped me to recognize double-headed management while remembering that together we can make it.

I have gained a bit more humility and have come to truly appreciate that I can’t destroy Al-Anon any more than I can “save” it. The friendships I have made during my service journey have added valued and appreciated members to my family of choice.

Thank you Ohio Al-Anon for letting me serve you as a District Representative, Treasurer, Alternate Delegate, Delegate and now Panel 61 Chair. It has been an always interesting, informative and joyful experience and has strengthened my faith and trust in our program.

From Theresa M. - Chairman and past Delegate

The experience I have gained from those who have served before **Me**.

Is that the Al-Anon Service works best when I do not forget about the **We**.

Years ago, I was asked to read the Concepts of Service at the Spring **Assembly**

The acceptance that I felt that day I hope I can pass on to others by being kind and **friendly**.

The officers and budget committee taught me that there is humility in asking for **Help**.

Which turned out to be as valuable as the nutritious value that one receives by digesting **Kelp**.

Circumstances came into my life that gave me the confidence to stand for the treasurer

Position.

It has been an honor to serve and to see the power that comes in working the first **Tradition**.

I learned how to do things that I thought could only be completed by a **CPA**.

Such as filing the taxes and the Attorney General report which boosted my self-esteem I will **say**.

My sponsor encouraged me to go back to school and my service sponsor proofread my **papers**.

My gratitude is endless for the benefits that I have learned from both the movers and the **shakers**.

I am grateful for the principle of rotation even though I have been a GR and a DR for too many **years**.

I am thankful for those who step down because it has given me a chance to work through my **fears**.

My goal in service is to familiarize myself with what is in our service manual, handbook, and **bylaws**.

Understanding these resources will help me answer emails and calls and give me inward **applause**.

With Love,

Your OAA Panel 61 Treasurer, Merri G.

In May 2022 I rented a house a mile away from the Albuquerque convention center. I intentionally rented the house a full year and a half ahead of time to have an entire house with a yard, two bedrooms, washer, dryer and kitchen. Even the host misunderstood that I was paying for the following year! I was thinking of two sponsees whom I'd never met in person, hoping that international convention might be a way for us to connect. It ended up that I flew to Houston and stayed with a sponsee for a day before heading out together to Albuquerque. We signed up for Thursday's "Day of Connecting" - a one day add on all about service that included lunch. That very first day the first person who greeted us was a wonderful member named Lisa (more on this later). I know my sponsee was touched by her warm welcome! Neither of us had any idea we were seeing less than half of the members who would be there the following day! On Friday, the opening event was a "Language of Love Parade", an enthusiastic display of representative members from all over the world. My sponsee had only ever recovered online, so just imagine that her first face to face meeting was the "big meeting" that followed! It was like any lead you've ever heard times ten and then you might come close to what was shared that morning from the three speakers: one each from India, Lesoto, and New Zealand. We were crying and hugging almost the whole time because this essentially was my sponsee's first in-person meeting and we were hearing what can only be called pinnacle stories of Al-Anon recovery. That afternoon we saw a panel of professionals that work with the family disease; this

2023 convention was the first time ever that professionals had been invited to speak and present. One of the panelists was Native American and works with various tribes. It was eye-opening to hear them share their years of collective experience helping families! We also heard a session on working through conflict. We stayed to watch Al-Anon movies like *Lois Remembers* and *Early Pioneers* (with popcorn, of course!) On Saturday morning, we heard a session on boundaries and another on intimacy. During the meeting on intimacy I received a “nudge” from my HP to share. Believe me, I did not want to because it was personal and there were many people in that meeting. The nudge got too strong, and I got up there barely able to get the words out. At the end of that session one of the other speakers came up to me and she’s like “Do you know me?” and literally she was from an international video meeting I’ve attended for three years! That night while doing my daily 10th, I checked in (as I always do) to see first and foremost if I owe any amends to myself. I asked my HP: “Did I embarrass myself today by sharing such personal information?” I didn’t “get” an answer but was literally too tired to care. Saturday afternoon we heard a session on humor. I honestly still don’t know how this happened, but, in between speakers I left a session for a bathroom break. A local member from Albuquerque saw my last initial, city and state and waited for me to emerge. It turns out she knows a relative in the program and has been trying to connect with them! Out of 4500 people, how she picked me out I’ll never know!

On Sunday morning two members came and sat behind us. I turned around and the woman said “Oh! Your share yesterday touched me!” She grabbed and hugged me and we both started crying. The man with her looked at me intensely and said, “Your share touched me to my core.” Then we were all crying! We shared contact information and hope to visit someday!

Some bits of wisdom to future international convention goers:

- if you think you want to go, you should - the 2028 location will be announced in 2025 at AA International in Vancouver, BC
- sign up right away to get best discount
- think about alternative housing vs hotel rooms
- have groceries delivered to make yourself breakfast and pack lunch sandwiches - save \$
- have a refillable water bottle - maybe bring those flavor drink packets - again save!
- no matter how tired you might get, please do not miss the Friday opening, the Saturday night, or Sunday morning speakers!!

Oh! Remember Lisa, who greeted us on the very first day? After we called for a ride and left the last session, who was also walking out and warmly wishes us good-bye & a safe trip?

Mary Jo M.



How did members with longer time in recovery encourage us to do Al-Anon Service?

This topic goes back to the beginning for me. March 1987. I had been in recovery about two weeks when my sponsor came to me after the meeting and said to me “Sandy, Next week you need to come early and dust the chairs.” I replied, “and why do I need to do that?” She said, “I think you are ready for group responsibilities, and this is West Virginia Al-Anon and everyone is in service and your job will be to dust the chairs.” So, the next week I showed up early and dusted the chairs. It was my first service position.

As I gained time in recovery my service position changed within that group. I became the Group Representative but never actually got to attend any of the Assembly meetings as my spouse was transferred to Upstate New York.

I found a home group near the town I lived in. The group’s members asked me to think about becoming the GR for the group. They all told me they thought I would be a good representative for the group because I knew about recovery, the literature, and I shared information about events around our location.

That began my service journey of service beyond the group level. My service sponsors along the way encouraged me to broaden my experiences and try new things. These sponsors played a key role in my Al-Anon Service Journey.

I want to thank AFG of Ohio for giving me the opportunity to serve Ohio Area as a trusted servant. You all are my family of choice.

Sandra F.

Past Delegate

District 39 Sharing

Summer seems to be coming to an end, and we in District 39 are beginning to plan our Winter Workshop that is held in January. We are happy to let everyone know that we do not have to limit the attendance this time and will be able to welcome walk-ins! For several years, our district held a summer picnic, however it became less and less attended, so we pretty much discontinued it. This summer it was suggested that we meet at the Lighthouse in Marblehead once a month, bringing our own chair, lunch, and beverage. We met in July and August and will meet again in September (weather permitting), and possibly in October. We have a regular Al-Anon Meeting, then just sit and visit for a bit. We have had 7-10 people attend. It’s such a

peaceful setting, and no one bothers us except the occasional black bird hoping to be fed. We welcome all members, not just from District 39.

Janet Provenzale

D.R. District 39

Upcoming events

January 26, 27 & 28, 2024

Serenity Weekend

Sponsored by

Wednesday Night Amherst

Westside Serenity

WSO ID 500555

LOCATION:

DoubleTree by Hilton

1100 Crocker Rd, Westlake, OH 44145

<https://www.ohioal-anon.org/documents/2024-Serenity-Weekend.pdf>

March 23, 2024

Spring AWSC

North UCC

2040 West Henderson Rd

Columbus, OH 43220

May 18, 2024

Spring Ohio Area Assembly

North UCC

2040 West Henderson Rd

Columbus, OH 43220

July (TBD)

KOMIAC 2024

Date and location to be determined.

MORE INFORMATION COMING

August 10, 2024

Fall AWSC

North UCC

2040 West Henderson Rd

Columbus, OH 43220

August 16-18

Ohio Area Convention

Holiday Inn & Suites Cincinnati Eastgate

4501 Eastgate Blvd

Cincinnati, OH 45245

Copy link below for Hotel reservations.

<http://ichotelsgroup.com/redirect?path=rates&brandCode=HI®ionCode=1&localeCode=en&GPC=AFG&hotelCode=CVGEM&PMID=99801505>

August 23-25, 2024

68th Ohio State AA Convention with Al-Anon Participation

MORE INFORMATION COMING

October 12-13, 2024

2-Day Fall OAA

Findlay Inn and Conference Center

200 East Main Cross Street

Findlay Ohio 45840

