

OPEN LINES

Ontario South Assembly Newsletter

Quick Links for Ontario South

[Group Records Change Form](#)

[Donation Form](#) or [E-transfers](#) can be sent to osatreasurer3@gmail.com. There is no need for a security question and answer. Please note your [district #](#), [group #](#) and [group name](#) in the memo section of the transfer.

[Form C for SAMS \(Supportive Al-Anon Member\)](#)

[Literature Order Forms](#) (Printable and Fillable)

[Area Policy Manual](#)

[Upcoming Events](#)

Districts in Ontario South

- District 1..... Muskoka
- District 2.....Georgian Bay
- District 3.....Bruce County
- [District 4](#).....Waterloo Region
- District 5..... Huron Perth
- [District 6](#).....London Region
- District 7..... Sarnia Region
- [District 8](#)..... Windsor/Essex
- District 9..... Chatham Region
- District 10.....Elgin Region
- District 11..... Brantford
- District 12.....Niagara Region
- District 13.....St. Catharines
- [District 14 & 15](#).....Hamilton-Burlington
- District 16..... Mississauga, Oakville
- District 17..... Upper Peel-Halton
- District 18.....Dufferin, York, Simcoe
- District 19.....Toronto North
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- District 24.....Kawartha
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- District 27.....Seaway Valley
- [District 28 & 29](#).... Ottawa
- District 30.....Upper Ottawa Valley
- District 31.....Kingston Region
- District 32.....Kawartha South

Al-Anon Declaration

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.*

Statement of Purpose

Open Lines is published three times a year by Ontario South Assembly. This newsletter presents service-related news and information to Al-Anon groups in Ontario South to help keep them informed. Personal sharings of recovery should be sent to the Forum.

Subscription Rates: If you wish to receive a copy in the mail, subscription rates for copies mailed in Canada are \$15.00 for 1 year. Please send a request for NEW SUBSCRIPTIONS / RENEWALS to: openlinesosa@gmail.com.

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[Ontario South Website](#) (Al-anon.alateen.on.ca)

From the Ontario South Delegate

A huge *Hello* and an even bigger *Thank You* to all Al-Anon members of Ontario South. We've made it through what for most of us is our first year in our current Service Role. Not only have we made it, we have thrived as an area. Thank you for showing up at meetings, and for welcoming Newcomers. Thank you for continuing to have Al-Anon days and for stepping out of your comfort zones. We have all been on this journey together. I want to share with you a little bit about what my last few months have looked like and what I have been doing.

As your Delegate to World Service, I have attended a lot of meetings. The Thought Force I am assigned to is: *Maintaining a Sustainable Future Using Abundant Thinking*. We are a group of Delegates and a Trustee that have been tasked with Thinking. We have met every other Sunday for 1.5 hours. During crunch times we have met weekly. I have learned so much about how to really listen and learn. I love it! Our work will be presented to the WSC Members next April.

I am also part of a group made up of Panel 61 Delegates. This is so helpful. We are all newbies and we reason things out with each other. We share the struggles and the triumphs taking place in our areas.

It is so important for me to let you know that Al-Anon meetings throughout the world are facing the very same obstacles as we are in Ontario South. What is really exciting is that they, like us, are working together. We are finding ways to implement conflict resolutions tools provided through our Literature Distribution Center.

I attended the *Chairperson of the Board (COB)* letter meeting. Soon it will be released to members in French, Spanish & English. What I can share now is that financial contributions are trending downward by approximately \$200.00 per month. Our gross literature sales are trending up but we are hitting some snags. The pandemic has slowed the production of printing books so that is a concern as we move forward. We talked about the member survey that was taken earlier this past summer. The information is still be processed so we should know the outcome soon.

The Executive had multiple meetings after AWSC and leading up to Assembly.

Thank you to the Assembly team who kept us logged in and always feeling like we all were a part of – WE ALL BELONGED!

I want to **thank each of you who has reached out to me**. I am grateful for the emails, the phone calls and the invitations to speak at your events. Admittedly, I miss seeing your faces in person but I feel so deeply blessed to part of this amazing fellowship. We have pivoted to continue to meet the needs of people whose lives have been profoundly affected by the disease of alcoholism. We welcome them to our online meetings and we deliver books and pamphlets to newcomers. I know that over the next few months we will all start to find ways to

navigate back to in-person meetings (or not). As we move forward, I would like to share with each of you that there are many ways we can move forward. Now more than ever, passion needs to be on an equal footing with compassion. Remember our Legacies, and listen for the small quiet nervous voice. I have so much Faith in Al-Anon and especially the members of Ontario South Area 86.

I don't have the answers for your groups. What I can do is visit. Please invite one of our Executive to speak at a regular meeting, an Al-Anon day, or a winter workshop. We are only limited by our imaginations. Our Coordinators would also be willing to come and share their experience, strength and hope with your groups. Invite them, and ask them what they do.

Thank you to Kingston for inviting me to be with you for you Day of Al-Anon. I loved it.

We have just come off of Assembly 2021. It was a great success. We heard district reports and coordinator reports, and we took part in some incredible workshops and shared experiences.

Thank you, Members, for making every Al-Anon meeting, business meeting and district meeting a safe place to be. I am grateful for the examples of encouragement and kindness I see at every meeting I attend.

Watch for more information to be revealed from the COB's letter.

Yours in Service,

Gwen D. OSA Delegate, ontariosouthdelegate@hotmail.com

Moving Forward with Unity, Courage, and Perseverance; Avancemos con unidad, valor y perseverancia; Allons de l'avant avec unité, courage et persévérance

From the Ontario South Alternate Delegate

Dear Members,

I was at a meeting recently where a member was sharing their Experience, Strength and Hope, and the member had read an article from the Forum that truly helped her to know that she was not alone. The encouragement the member received from the article, especially how Al-Anon had helped a member, was the hope that was needed and that there was help in Al-Anon. Please consider that **your story will help someone in need.**

God does have a sense of humour as writing is my least favourite thing to do! I have been asked by a couple of Districts to put together a workshop on how to write for the Forum. Together, and with God's help, we can write something that will speak to someone else. Please **contact me and we can work together to submit an article to the Forum.**

Love in service of Al-Anon and Alateen,

Kristine B ontariosouthaltdelegate@cogeco.ca

From the Ontario South Area Chairperson

Hello Ontario South. I can't believe that I am nearing the end of year one as your chairperson. I am getting to the end of the very long list (3 pages!) of annual duties that I inherited. I am learning the yearly flow of work to be done. The highlight of my position is when I hear from members by either email or phone, and get to be of assistance.

ASSEMBLY 2021, October 15 & 16, virtual. This was a huge learning opportunity for me and a long day (14 hours on Saturday). I was asked how I managed to appear patient and alert the whole day. Every break I was "Turning It Over" to my Higher Power. Thank you to the Host Committee, workshop leaders, other volunteers and to everyone present for "suiting up and showing up" and participating. I am always amazed at how Al-Anon works and at how a large group gets things done.

I have an additional privilege of being a member of the **LITERATURE OPERATING COMMITTEE**. I am impressed by the amount of work that we get done in only two meetings a year to run the Literature Distribution Centre. I can't imagine any other small business running well in this way. Once again, I get to witness Al-Anon at work.

ASSEMBLY 2022, October 14,15,16. Will be held in **Ottawa**. We were able to move our reservation and deposit from 2021 to 2022. The Host Committee has stepped up to serve our area again. They showed great resilience in changing from face to face to virtual quickly.

ROAD TRIP! YOU AND YOUR BOARD CONNECT, October 2022. Our area has put in a bid to host this event. The winning area will be drawn by lot and announced in January 2022. Thank you to the committee members for their hard work in doing this service for us all.

ASSEMBLY 2023, October. This will be held in **Mississauga**. We were able to move our reservation and deposit that we were unable to use in 2020, due to COVID-19 restrictions, to 2023. Districts 17 and 16 and volunteers have stepped up to form a host committee. Thank you all. I look forward to assisting you.

TRILLIUM – Our Assembly has voted to allow this Area Al-Anon/Alateen convention to be held in any city or virtually, any time of year, for any length of time. Now it is up to us. All we need is a committee. **I encourage districts and groups to put this on the agenda of their next business meeting**. All of the information you need is found at <http://al-anon.alateen.on.ca/wp-content/uploads/2019/11/section-7-Trillium-Positions-and-Guidelines-aug2014.pdf> . If you have any questions I would love to help. This event is a personal favorite of mine.

DID YOU KNOW?

- Our area executive meets in January, July and November.
- Any member can send an item for consideration to any member of the executive at any time.
- You will receive a response to your item following the executive meeting that it was discussed at.
- All members have access to our area policy and guidelines manual on our area website <http://al-anon.alateen.on.ca/area-policy-manual/> .

Thank you all for your continuing support.

Gratefully Yours,

Sandy O. Chairperson, Ontario South Assembly chairons86@gmail.com

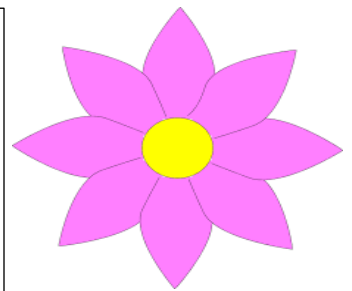
SAVE the DATE!

Virtual Ontario Regional Conference March 18 - 20, 2022

The Ontario Regional Conference is an Alcoholics Anonymous conference, with Al-Anon and Alateen participation. There will be Al-Anon and AA speakers from all over North America. More details can be found here <https://aaorc.ca/>

Needed: Virtual Al-Anon Shadow Chair for ORC March, 2022

This is a wonderful opportunity for anyone wishing to perform service with programming, events and speaker coordination. If you would like to assist with the Virtual 2022 ORC event, please contact the ORC Al-Anon Chair at orcalannon22@gmail.com More information can be found here <http://al-anon.alateen.on.ca/requests-for-service/>



From the Ontario South Treasurer

I can't believe I have almost completed my first year as your treasurer. Time sure flies when you're having fun.

Donations to the area can be made either by **e-transfer** or by **cheque**.

E-transfers can be sent to osatreasurer3@gmail.com. There is no need for a security question and answer.

IMPORTANT Please note your district #, group # and group name in the memo section of the transfer. I recently received an e-transfer with only the group name. Ontario South has 8 groups with the name New Beginnings and I have no way to contact the sender to verify which group to credit.

Or, if you prefer, make your cheque payable to "Ontario South Assembly" and mail to **P.O. Box 1151, Station Main, Guelph, ON N1H 6N3**. For proper accounting please use the donation form

found in the area manual. Go to al-anon.alateen.on.ca, member section, area policy manual, Section 10, Form D – donation form.

The budgeted amount required from each group for **2021 is \$133.55.**

The budgeted amount required for **2022 is \$110.62**

Thanks again for putting your trust in me.

Janet B Treasurer osatreasurer3@gmail.com

From the Literature Office Committee (LOC) Chairperson & Area Advisor
Greetings Ontario South

- ❖ Thank you to the many members that were involved in the 2021 Assembly this year. I have heard many positive comments about the event.
- ❖ Your **Literature Distribution Center** is now **open Monday-Thursday 10:00-1:00**. Check out the new order form on-line. There are 46 items that have been reduced in price.
- ❖ Your Ontario South Archives are now securely housed in the “Squirrel Storage Unit” in Mount Albert. Our Archive Coordinator, Valerie, is busily going through many of the boxes to see what we have.
- ❖ Some of you have noticed the acronym AMIAS in some of your literature. It is short for Al-Anon Member Involved in Alateen Service. AMIAS is used by all other Areas in Al-Anon except for Ontario South - we use SAM (Supportive Al-Anon Member)
- ❖ Your Ontario South Alateen Guidelines Committee is continuing to review Section 11 of the Ontario South Policy and Guidelines Manual.

Sue G. Area Advisor & Literature Office Committee Chairperson butterfly8849@hotmail.com

From the Area Alateen Process Person (AAPP)

Hello everyone. I process the following for Area 86:

- New Alateen group forms
 - Alateen group change forms
 - New Supportive Al-Anon Member (SAM) certification applications
 - SAM Recertifications
 - SAM change forms
 - Answer your questions
-

Notice to all SAMs and District Representatives:

- All SAMs must recertify every year
- **2022 is the year for all SAMs to obtain a criminal record check including vulnerable sector**
- All recertifications need to be completed processing by **early June**

- All recertifications form and Police Record Checks need to be sent to me by the **middle of April**, latest, to allow time for processing
-

Should you wish to become a Supportive Al-Anon Member (an Al-Anon member certified to work with Alateens) please refer to the applicable section of the Al-Anon Ontario South, Area 86 website. www.al-anon.alateen.on.ca

Briefly, you will obtain a police record check including vulnerable sector screening from your local police station, in person or on-line. You will seal this in an envelope and give it to your District Representative (DR) along with the completed Area form (also found on the Area website). Your DR will complete the form and send it to me for processing.

Some cities, towns etc. may reduce or eliminate the processing fee. If this applies to you, you may request a letter from the Area Chair, Sandy O at chairons862gmail.com. You will need to provide Sandy with your full legal name for the letter.

Your District may reimburse you for any expenses, if not, the Area will. The Area expense form is also found on the Area website. The address is on the form.

Wishing you a wonderful and safe Holiday Season.

Jean McS,
aapp.ontariosouth@gmail.com

From the Alateen Coordinator

Hello, Ontario South members. This is my first Open Lines report ever, and my first as your Alateen Coordinator.

There is stuff happening in the world of Alateen. We held a workshop last June to have a discussion with group Sponsors/SAMs and Alateens about the safety and behavioural guidelines laid out in the Area Policy Manual in sections 11. We have been asked by WSO to send the most recent version of these guidelines to them and have taken the opportunity to see what needs revision prior to doing so. The Revision History of that document shows that this process has been a regular one since May 2006. The committee that has been undertaking this current process has met several times before and after the June workshop and will meet again in a week to continue the revision process.

I am exploring the possibility of having an **Alateen presence at the virtual 2022 Ontario Regional Conference (ORC)** and have put out feelers to any potential interested SAMs and Alateens who might be interested in organizing this effort. So far, nobody has stepped forward although I have had some discussion with the members who organized it last year. I feel like

we might have a main Alateen speaker and leave it at that. **If anyone is interested in doing more, please let me know.**

I am also working on organizing **ongoing training for Sponsors/SAMs and people interested in becoming a SAM** and have sent some modules on this topic to an Alateen and the AAPP person for their input in updating and using them in this effort. This was one of the items to come out of the workshop in June.

Another thing that was expressed at the June workshop was the need for more fellowship and general sharing of experience, strength and hope between SAMs. Currently, there are only a handful of operating meetings, most being on zoom and 2 in-person, in Ont. South. There are a bunch which are currently not operating. I feel this is due to the pandemic but also due to lack of teens (of course). Without the teens, there isn't an Alateen meeting, right? After a couple of hours of talking about guidelines, members were happy to stay on the zoom call and talk, which tells me we need to connect, particularly around our feelings about Alateen, or more importantly, the lack thereof.

How can we grow Alateen? Teens don't seem to want to do yet more digital connecting – they need to have physical contact. This is the message that seems to be coming through. That thing that is sometimes expressed at the end of an in-person meeting, when we gather in a big circle, and say “I put my hand in yours because I love you and I care”. Remember that? It chokes me up thinking about it actually.

So ... my next project ... a **Unity Conference!** Conferences are a prime opportunity for Alateens to gather together. We would normally have Area Alateen Service meetings several times a year; at Assembly and conferences such as ORC, Trillium and Unity. The last Unity was in 2009. It is a one-two day conference, for Alateens, by Alateens. We have a potential spot; it's outside, on major transportation lines with lots of parking, and we have the funds in the OSAAC account to do it. (FYI, OSAAC is Ontario South Alateen Advisory Committee and was formerly known as the Alateen Unity Committee.) And we could **CONNECT IN PERSON**. How exciting would that be?!? **If you're at all interested in this idea and wish to jump into the parade with me, then shoot me an email and let's get it going.** Of course, **you must be a SAM to participate in Alateen meetings and/or conferences.** Part of my role as Ontario South Alateen Coordinator is to sit on the OSAAC Committee and act as the liaison to the OSA Executive. There currently is no standing committee due to lack of interested members. Normally, there is to be one planning meeting per year in March/April or prior to AWSC. We had one at Assembly. If we hold another in the Spring, prior to AWSC, we could talk about Unity and the potential for having an actual OSAAC Committee. Please talk about this with the other SAMs and your Alateen members. I will be sending out an email to plan the next meeting. Look for it and please consider getting involved with it.

Alateen members are being asked to share their Experience, Strength and Hope for a New Alateen Bookmark called *Just for Tonight*. There is a post on the Alateen Coordinator page on the Ontario South Al-Anon website. Deadline for submission is December 31, 2021. There are instructions on how to submit. Please let your Alateens know about it.

The Ontario South Alateen Coordinator email is os.alateen.coordinator@gmail.com I check it frequently and will always answer any queries you may have.

Yours in service,

Carrie Earl Ontario South Alateen Coordinator os.alateen.coordinator@gmail.com

We love you, lots and lots, and more and more, and then some. And whole bunches baby.

From the Archives Coordinator

As many of you know there was a lot of discussion at Assembly about archives. I am new to this position but have loved archives for many years - I am part of it! There is so much for me learn.

We are currently going through the boxes to determine if in fact it is: "Ontario South" history. This will take some time but is well worth the effort. Our committee is scattered so get-togethers are difficult, especially with winter coming. I am thankful for zoom and all social media. I hope to hear from many of you with stories of what is going on in your district and any questions that you have about what is already in the archives about your district. Hope you all have a safe and happy holiday season.

Questions for information email: ontsoutharchives@gmail.com

Valerie P. Archivist

From the Group Records Coordinator

Hello everyone,

I truly enjoyed Assembly and really look forward to being able to give folks hugs in the future.

I enjoy this service position and am still learning the ropes even as I am going into year two when I am not supposed to be as confused 😊.

I was emailing with our website coordinator and I happened to recall an Assembly when I first entered service as a GR, and the group records keeper kept saying **PLEASE MAKE SURE ALL COMMUNICATIONS INCLUDE YOUR GROUP NUMBER**, I thought at the time, wow, this is important, so I made it a point to find my group's information out.

There were not the tools we have now, so the hunt was a bit of a challenge. Now we are very fortunate in that Nicky (website coordinator) has made the process easier. I am including the link for your reference http://al-anon.alateen.on.ca/wp-content/uploads/2021/10/GroupID_list_2021_10_15_1648.pdf

I am positive that everyone can now find their group numbers and save time for everyone.

There are now over 300 meetings, and we are slowly returning to face-to-face which is so exciting. Remember though, if you made your meeting electronic you need to submit a form so that I can change the information on the WSO website.

Thank you everyone for prompt replies to my emails and the kind comments. Your patience is always appreciated.

Happy Holidays,

Sharon R, Group Records Coordinator grprec@hotmail.com

From the Literature Coordinator

Hello folks, I hope everyone is well and was able to enjoy summer and fall wherever you are. When I last communicated, I alluded to a “sense of normalcy” that we hoped was on the horizon. It looks like a very slow process but things seem to be moving in that direction. In the last 18 months we have definitely been able to put our program to the test. “This too shall pass”.

More communication is starting to flow from WSO as they have by now all returned to working from the office. One of the topics was the need for sharing from our Alateens for publication of the new bookmark “**Alateen Just for Tonight**”. I found the similar Al-Anon bookmark very helpful and they are soliciting help from our Alateens to make it a similar success. Sharing can be emailed to “wso@al-anon.org” with “Alateen Just for Tonight” in the subject line.

Also, WSO is asking Al-Anon members to write a sharing for the Member’s Blog found at <https://al-anon.org/for-members/members-resources/member-blog/>. Each month has a different topic and November’s is “**What aspect of your recovery are you grateful for?**” It is a great venue to expand our horizons.

On the local front, the Ontario South Literature Distribution Centre (LDC) and the Literature Office Committee (LOC) announced some very exciting news at Assembly. As you are aware, the LOC has been working tirelessly for 3 years to come up with a pricing structure for Conference Approved Literature (CAL) that would hopefully satisfy the expectations of the membership as well as uphold the mandate given the LOC by the 2016 Assembly, that being, “operate the LDC in a fiscally responsible manner.”

After overcoming software issues as well as a very unstable CDN dollar, the LOC put forward a new pricing structure that hopefully will fulfill the needs of all involved. This price list is a bold move during still uncertain times and will only work with the full support of groups and members by purchasing from the Ontario South LDC in Smith Falls. **High sales volume is the key.**

When asked the question as to how extensive are the changes, the answer is 78.72% of all products historically shipped from the LDC are lower in price and the ones that went up only account for 1.28% of the products shipped. This coupled with the expanded hours of operation at the LDC, **we look forward to your support.**

As we slowly move out of the current effects of the pandemic and get back to face-to-face meetings in conjunction with hybrids, I am excited about the future and am here for you.

Jim M., Area Literature Coordinator 86literature@gmail.com

From the Open Lines Coordinator

Service: I learn new skills and I learn how to use my program in new ways by participating in this role as Open Lines Coordinator. I learn different things in each position that I serve in.

Things you need to know: Submission dates for 2022: **March 11, July 11 & Nov. 11th.**

Slogan: Together we can make it! It takes all of us to make each issue of Open Lines come together. Members in area service positions submit their sharings for all of the area members to read, and the Open Lines Coordinator puts those sharings together to send out to the membership.

Sue M-S, Open Lines Coordinator openlinesosa@gmail.com

From the Public Outreach Coordinator

By the time you see this report in Open Lines we will have had a Public Outreach workshop on zoom, November 20th, 1-4 pm. No worries if you missed it as there will be another zoom workshop in the Spring of 2022. As I write this report, I am in the process of finishing the slides.

I want to thank everyone who forwards their district's committee minutes. Please identify your district in the subject line of the email. I am always amazed at the amount of projects the various districts are doing. If you are working on Public Outreach projects but don't know where to forward your minutes, please send them to the email address indicated below. I would love to hear from you!

It is with great sadness, I announce that a Public Outreach committee, Al-Anon/Alateen Public Outreach (APO) has disbanded as of April 2021. They worked with 8 districts (D16-23). They will be transferring the remaining funds of approximately \$650.00 to Ontario South Assembly Public Outreach. These funds are to be spread as evenly as possible to all Ontario South Assembly Public Outreach committees in the various districts. If your district requires assistance with some seed money for a project, please email me and funds can be transferred to your committee.

Blessings of the season. Stay safe and healthy,

Geraldine R., Public Outreach Coordinator ontariosouthpo@gmail.com

From “In The Loop” News from Your WSO

<https://al-anon.org/for-members/wso/news-from-the-wso/>

Alateen Members—We Need Your Experience, Strength, and Hope for a New Alateen Bookmark! The 2021 World Service Conference has given conceptual approval for a new *Just for Tonight* Alateen Bookmark. Please encourage all Alateen members to submit sharings for this project by December 31, 2021.

ALATEEN MEMBERS

Please Provide Your Sharings for a Just for Tonight Alateen Bookmark
Based on the suggestions of Alateen groups, the 2021 World Service Conference gave conceptual approval for a new Just for Tonight Alateen bookmark.

Starting with the phrase “Just for tonight,” please provide some short statements (between 10 to 50 words) about the ways you help prepare your mind, body, and spirit for a good night’s sleep by using Alateen ideas and principles.

· *Just for tonight* _____

· *Just for tonight* _____

· *Just for tonight* _____

(Feel free to include as many statements as you want.)

Please help make this bookmark a reality by submitting your sharing online at al-anon.org/sharing, by emailing it to wso@al-anon.org (with “Alateen Just for Tonight” in the subject line), or by mailing it to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; Attn: “Alateen Just for Tonight.”

In order for us to acknowledge receipt, please include your name and postal or e-mail address with your sharing.

Name or Pseudonym: _____

Address or e-mail: _____

If printed, your sharing will remain anonymous. If your sharing is not used for the bookmark, it will be considered for use in *The Forum* magazine or the *Alateen Talk* newsletter.

Thank you for sharing! Please note that all sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole, or in part, to develop Al-Anon/Alateen printed or electronic material.

Deadline for submission: December 31, 2021. • Please photocopy and distribute locally.

Alateen Just for Tonight Writing Guide:

<https://al-anon.org/pdf/AlateenWritingGuideline.pdf>

For more details, see the writing guide and either submit sharings online, email wso@al-anon.org (with “Alateen Just for Tonight” in the subject line), or mail to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attn: “Alateen Just for Tonight.”

Alateen members can find the writing guide and/or submit sharings online at al-anon.org/sharing.

Al-Anon Mobile App Information: <https://al-anon.org/for-members/members-resources/mobile-app/>



Al-Anon on social media

[Instagram](#), [Facebook](#), [LinkedIn](#), [YouTube](#) & [Twitter](#)

From the Website Coordinator



Overview of 2 recent changes to the website

To better help members find their way on the Ontario South website, the following changes have been made since the previous edition of Open Lines.

1. Explanation and quick links on the meeting-listings page
2. New information in the Group Records Registration and Change form for Al-Anon and Alateen (separate forms)
3. Staying informed about membership news

1. Covid Update on Meeting Listings page:

The different categories of meeting are listed in the header with clickable* blue links to quickly find all meetings in these categories:

Covid update Al-Anon and Alateen meetings

Click on the numbered category title in the list below for direct access to the described meetings category.

Or use the filter boxes below to find meetings manually for a specific keyword, region, day, time or program type.

1 - Temporarily inactive meeting

Meetings that are suspended until Covid restrictions are significantly reduced or lifted completely.

These meetings are marked with the prefix '(TC)' and show a red tag 'Temporarily inactive'

2 - Online meeting only (elec)

Groups that have replaced their in-person meeting with an online meeting.

These meetings are marked with the prefix '(elec)' and show a green tag 'Online'

3 - In-person meeting

Groups that have re-opened their doors for in-person meetings.

These meetings are marked with the suffix 're-opened'.

They only show a green tag if there is a concurrent (hybrid) online meeting as well: 'In-person and Online'.

4 - Hybrid meeting

Groups that offer an in-person meeting, that is also accessible online at the same time.

These meetings show the prefix '(elec)' and the suffix 're-opened'; they also show a green tag 'In-person and Online'

5 - Status unknown

Meetings for which Ontario South has not received recent updates.

These meetings are listed with the suffix "open status unknown" in their name and show a red tag 'Temporarily inactive'

**Clickable on the website page, but not in the above Open Lines screenshot*

2. Group Records Registration & Change Form

Responding to feedback at Assembly 2021, this online form has been changed to hopefully improve and add clarity to the process of sending notifications of change about groups and meetings. The header of the form now shows the following new blocks of information:

How to find your WSO ID / Group ID

Before you start: if you do not know your WSO ID (also known as your Group ID or Group number) please click the link below to find it on the Ontario South website.

This will open a document that you can browse or search in your browser or you can download it for future reference. After you have found your ID, use your browser's back arrow or button to return to this form.

[Group name list with district # and WSO #](#)

What you need to know about this form...

Submitting changes to existing groups or details for a new group on this form means that you inform 3 layers of member service at the same time:

1. The Ontario Group Records
2. The WSO (World Service Office) Group Records
3. The Ontario South website

Please enter your own details first, so that we can contact you if the information you entered needs clarification.

This form has 6 sections of information that each show a radio button box. This box is by default set to 'not applicable', to minimise irrelevant information on your computer screen. See example screenshot below.

Group Representative Not applicable
 Enter information for 'Group Representative'

If you need to make a change or enter something new in any section, simply click on the second radio button choice 'Enter more information for...'. This reveals which information we need from you. See example screenshot below.

Group Representative Not applicable
 Enter information for 'Group Representative'

Any boxes marked with a red asterix * should not be left empty. They represent required information.

If you have something to report that is not found in the existing sections, use the free text field at the bottom of the form to inform us.

Thank you for your cooperation!

Group Names with District # and Group # quick link

For the convenience of digital Open Lines readers, below is the link to the current downloadable list with group names, district and group numbers on the webpage. It should be clickable until an update is posted, which will then have a date stamp to distinguish between old and new - so it's best to click it on the website for the latest version that includes new group and omits groups that have been disbanded:

[Group name and WSO / District ID list](#)

Where to access the online Group Records Registration & Change Form?

The online form for **Al-Anon groups only** (see further below for the Alateen forms) can be accessed by clicking the red button that is present on any of the following webpages:

About Meetings	For Members
About Meetings home page	For Members home page
Bottom of page	Top of page
http://al-anon.alateen.on.ca/meeting-frontpage/	http://al-anon.alateen.on.ca/membership/
About Meetings > PDF Meeting Lists per District	For Members > Coordinator Corners > Group Records Corner
Top of page	Top of page
http://al-anon.alateen.on.ca/meeting-frontpage/meeting-prints/	http://al-anon.alateen.on.ca/group-records-corner/
	For Members > Coordinator Corners > Website Corner
	Top of page
	http://al-anon.alateen.on.ca/group-records-corner/
	For Members > About electronic and virtual meetings
	Bottom of page
	http://al-anon.alateen.on.ca/membership/how-to-organise-a-virtual-meeting/

Note: Alateen registration and changes: separate forms!

Please note that Alateen groups have their own WSO registration and change process. You can choose to communicate your changes using the original PDF forms here:

- For Members > Area Policy Manual
- Section 10, Alateen forms
- Middle of page
- <http://al-anon.alateen.on.ca/area-policy-manual/>

Or you can submit your changes to our Area Alateen Process Person (AAPP) Coordinator using our new Ontario South online forms:

New group registrations:

- [Alateen New Group Registrations Online Form](#)

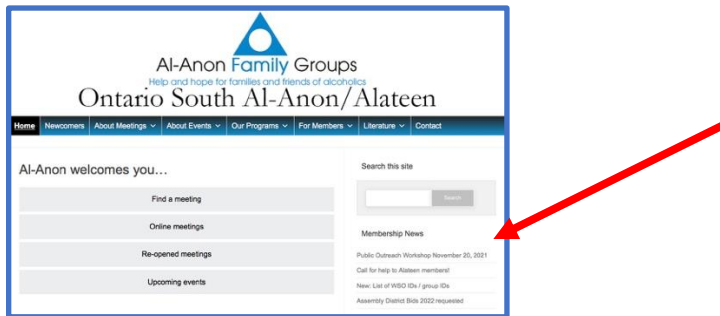
Existing group changes:

- [Alateen Existing Group Change Online Form](#)

3. Staying informed about membership news

Check the For Members and Coordinators pages regularly; this will help you stay informed about the latest initiatives and notifications.

I try to also include links to new articles on the frontpage sidebar menu. This menu is shown on the side of the page when working on a desktop or laptop computer. It may move to the bottom of the page on smaller devices such as tablets and phones. See red arrow in screenshot below for the computer/desktop location:



That's it for now! If there are any questions or if you would like more clarity about this information, feel free to contact me at: Os.website.a86@gmail.com

I wish you all a healthy, safe and warm winter!

Nicky D., Website Coordinator Ontario South os.website.a86@gmail.com



District Representative Updates

District 1 (Muskoka) Update

Our district stretches from Burk's Falls, Parry Sound, Huntsville, Midland, Orillia, Barrie and down to the most southerly group held on Base Borden (Angus). A few of our groups have opened up to face-to-face meetings, while others are offering a hybrid meeting and still others are working on getting new meeting spaces to open within the next couple of months. Internet connections, using zoom, have kept most of our groups together over the last twenty months, but sadly one of our Barrie groups has closed.

We have several groups with a 40+ history in the district. One of our members, with a background in Information/records management, is working with the district's archives person to go through the contents of several 'totes' of group's history. She reaches out to each group

to discuss the contents and then she is electronically scanning and saving relevant group records and history. The elimination of duplicates (shredded or returned to the group) will reduce the physical volume as well as build a great foundation for future record keeping. Hopefully there will be an Al-Anon day or one-day round up one day soon to see these treasures in person.

Our District meetings have continued to be held on zoom. We've missed our potluck lunches given by the hosting group and seeing each other in one room, but the convenience of no travelling time or winter driving has been a bonus for many. We have a terrific group of GRs and all other service positions filled at the moment.

With gratitude,

Nora P, DR for District 1

District 2 (Georgian Bay) Update

Our District is rural and runs from the tip of Tobermory on the beautiful Bruce Peninsula, south to Sauble Beach, Owen Sound, Meaford, Thornbury, Collingwood and Dundalk.

We meet every other month on the first Tuesday (with the exception of July and August). We have 7 registered Groups.

Collingwood AFG Mon. 7:30 pm- Meeting via zoom since March 2020. Average 17-19 people/meeting. Using KBDM their group conscience, will decide whether to go back to F2F, Hybrid or remain doing zoom only.

Collingwood ACOA Wed. 11:30 am- Meeting via zoom since March 2020. On Nov. 3 back in hybrid at their home venue the New Life Church Collingwood. Average 9 on zoom and 4-6 in person.

Dundalk AFG Sun. 8:00 pm- Continue to meet in person since March 2020 at the Community Health Care Centre Erskine Dundalk. Three regular members and 2-3 occasional. Winter weather is a challenge and the Group is considering bi-weekly meetings.

Thornbury AFG Wed. 7:30pm- Meeting via zoom since March 2020. Average 9-14 people/mtg including a few newcomers during the summer. Their group conscience is considering going hybrid as their home church Grace United Church Thornbury is opening up.

Owen Sound ACOA Wed. 7:30pm- Have been hybrid since Aug. 21 at Riverforest Montessori School, Owen Sound. Average 9-12 in-person and 2-3 on zoom. One newcomer returned for 5 weeks and chaired once. The first Wed. of the month they do a Step Study using *Reaching for Personal Freedom*.

Owen Sound AFG Thurs. 7:30pm- This group had not met in person since March 2020. Three of the 5 regular members are from 'out of town'. 4/5 have been attending other zoom meetings. A current group conscience is discussing the future of this group.

Lions Head AFG Thurs. 8pm- This group has not met in person since March 2020 and most of the 3-4 regular members are unable to use zoom. They are looking for a new meeting venue. The future of this group rests on finding a new location.

At our June 2021 District meeting, one GR volunteered to serve as our District Outreach Coordinator. She is creatively 'getting the word out' in keeping with Tradition 11.

A TRIBUTE TO JUNE T

In October 2021 our District lost June, a very special member of 53 years. During June's 53 years in Al-Anon she helped countless people. June was a founding member of the Thornbury Love & Service Wednesday night group and as well as the Mary Lake Retreat. She was our 211-contact person at the time of her death. Below is a sharing from her long time District 2 AFG friend.

'June T's passing was a great shock to all of us that knew her. I met June in Dundalk at the Al-Anon meeting I attended in January 1982. At that time, I only wanted to get someone to stop drinking. June was so happy and cheerful I was sure she was maybe a drinker herself. She shared some of her experiences with the group in her own way and I could identify with her. We became friends and her mother became my sponsor. After a few years we started going to meetings all over Ontario with June and Reg. June was on the answering committee that took calls for people looking for Al-Anon meetings or help. She got Don and I involved with the answering service. June was a goer. She took part in anything with Al-Anon, A.A. and Alateen. She did outreach delivering program literature to doctors, hospitals and schools. She also spoke at schools. June was an exceptional person that we had the privilege to know. She will be missed in our District and surrounding areas'. – Brenda V. Dundalk Come and Share AFG

Rosemary P. District 2 DR

District 3 (Bruce County) Update

3 of the 5 groups in our district have been using zoom to meet with members for the past 20 months. Members from the other 2 groups have joined in when the day and time of meetings within the district worked for them. Some also practice their recovery by joining in with other Al-Anon groups outside of our district, and in some cases outside of Ontario South. Attendance has not grown but has been steady.

We have all reached out to churches, libraries, local radio stations and other community information sources to get the word out about Al-Anon meetings in our area.

We continue to hold district meetings quarterly where we update each other on activities in our group and in the broader community where we meet, and to help one another sort out the concerns raised by COVID including, but not limited to: Tradition 7, hybrid meeting protocol, engaging the wider community, and attracting new members.

Our membership of approximately 40 people is grateful for the technology that has let us continue to share our experience, strength and hope during the pandemic.

Cheryl K – District 3 DR

District 23 (Lakeshore) Update

Lakeshore District 23 is comprised of 10 groups. Meetings stretch from Pickering (in the west) to Bowmanville (in the east) and Port Perry (in the north). Sadly, one group has permanently closed their doors in the second half of 2021. Another group remains temporarily closed until they can return face-to-face. Two meetings have reopened face-to-face and they are enjoying the hugs and fellowship, and the other 7 are still ongoing via the Zoom platform. There is also a new Alateen meeting on Saturdays at 10 AM (also virtual) with 3 Supportive Al-Anon Members available to support the teens.

Morning Glory AFG hosted a successful Al-Anon Day in September with excellent speakers and some talented musical entertainment. The district had 7 groups participate in Interchange meetings over the course of the year. Our Public Outreach Committee will be providing pamphlets to the local Paramedic Services, and the local school board will be receiving posters.

At our last District Meeting, the GRs shared on their growth in service and how they're doing on the spectrum of Confused, Capable, or Comfortable; and we reviewed the District Meeting Guideline, G-15, for future topic ideas. In 2022, one GR each month will do a presentation on their topic of choice.

Slogan: Keep It Simple. I don't need to have all the answers, and I don't need to anticipate and prepare for every possible question, conversation or outcome.

Happy Holidays to all!

Hope, Unity, GratITUDE, Service

Deborah F, DR District 23

District 31 (Kingston) Update

Our District is a community that I am very proud to be a part of. It is a community that helps each other out, accepts each other in all our flaws, and a place that I am grateful to belong to. With all that has happened in the last year and a half, District 31 succeeded in working together. We were able to get Zoom meetings running, keep committees going, reach out to each other, and help one another by continuing to communicate and believe that this too shall pass!

We held our Day of Al-Anon event on October 2nd this year online. What a learning curve for the committee that worked hard putting together the format, the flyer and getting the speakers for that day. One of the unexpected gifts that the pandemic brought, is that we had the

opportunity to reach out and hear speakers from all over the world. The Alateen speaker at our event was from Scotland.

There are seven on-line meetings within our District. Six Al-Anon meetings on Zoom and one on Messenger. One of our Groups, **The Co-Op Al-Anon Family Group began on January 23, 1963, celebrating 59 years of hope soon.** Our youngest Group will be opening soon in an area that will provide easier access for those in need of a meeting. We have an Adult Children of Alcoholics Al-Anon Family Group that will be celebrating 28 years this month, so [watch for the flyer!](#)

An in-person Alateen meeting has just started up on the second Thursday of the month from 6-7 pm. Watching Alateens grasp this program is amazing. As adults we complicate everything, Alateens absorb the tools and show us how it works. Being a SAM is truly a rewarding position that can teach us to have patience and trust in letting go.

Our District also has a monthly on-line Sunday Morning Speaker Meeting that is held on the second Sunday of the month at 10:30 am. This Speaker meeting has been hosted by the Al-Anon Groups in District 31 for over fifteen years, and although the pandemic influenced it in 2020, it started running again this year on Zoom. Each Group takes a turn hosting the Speaker meeting and this year both the Alateen and the Public Outreach committees have pledged to host one of the Speaker meetings. This gives members the opportunity to hear the gifts that come from service work.

Our District's Public Outreach Committee is still meeting and have sent electronic Alateen literature out to the school systems. The phonenumber is still operational for the newcomer and for members looking for more information at 613-384-2134. They are still getting calls from organizations looking for more Al-Anon literature and updated meeting lists. Public Outreach invited Groups to pick up **Al-Anon Faces Alcoholism pamphlets** to be distributed to **Little Neighbourhood Library boxes** or any other place to reach out to our community. It is with the help from many, many hands of our members that packages are put together for churches, schools, libraries, health clinics, mental health organizations, first responders, and many more places. It is because, when a cry for help goes out, it is answered by the members of District 31.

Sue H., District 31 District Representative

Literature Distribution Center (LDC) Update

I am excited that the office is open more hours to serve our membership. We are now open **Monday to Thursday 10-1.** We would love to be open our pre-covid hours and hope that soon, as groups begin to meet again that may happen. In the meantime, many individuals, groups and districts have been ordering and doing distance drop off and pickups. It is a way to get the literature into the hands of those who need it. I will share that I got a call not long ago from a newer member who has only ever gone to zoom meetings, as she joined during the pandemic.

One of the group members drove to her house and dropped off some literature. She said it gave her such a warm feeling that someone would do that, and the literature brought her so much hope and connection that she asked the group for more suggestions of what literature to get. She ordered and has expressed her gratitude for what Conference Approved Literature (CAL) offers.

If you haven't heard, **46 items have been reduced in price**, 22 of the pamphlets went up 5-15 cents and the rest remained the same. **The items you order the most HAVE DROPPED!** In order to keep the LDC viable with these reductions we need all our groups to **continue your support by ordering from your LDC**. WSO encourages groups to not order from them but through your own LDC to keep the costs at their level down. Typically, if stock is not on backorder for me to get, your literature arrives at your door (or at the local post office for collection) within 2-4 business days from the date it is ordered and paid for.

The updated price lists are available on the Ontario South Al-Anon website (<http://al-anon.alateen.on.ca/literature/>) or you can contact me and I will email them to you.

As I write this, I need to sadly inform you that WSO has been thrown a curve ball this year with the printers having issues getting material to them. In turn if they don't have it, I can't order it. I still have a lot of CAL on the shelves but there are a few items that we are without. I will continue to check daily and promise as soon as they have stock it will be ordered so it is here. Any backorders will be filled first and then the rest will be here for when you order.

Finally, did you know that the **LDC has a list of members willing to speak** at your group and functions? It has been requested much more this past year and a half as speakers can now come to your groups that are temporarily on-line without leaving their home. If you wish to be added let me know and I'll send the form to you to complete. If you'd like to find a speaker, reach out for that too.

In service, Linda LDC Office Manager os.literature.distribution@gmail.com

2021 ASSEMBLY ASK-IT-BASKET QUESTIONS AND RESPONSES

QUESTION: We want to open a bank account for our group for greater transparency and accountability. However, the TD bank is asking for a government registration number for us to register as a not-for-profit, which we have been told Al-Anon does not have. What we would like to know is what type of accounts are people opening for their groups, and with which banks, and how they are doing this? FROM: Kerrie P., District 12

ANSWER: We suggest you begin by reaching out to the other groups in your District, as well as to neighbouring Districts (e.g., Districts 11, 13 and 14), to see what they are doing and if they can offer a solution. The Area Secretary has the contact information for the DRs in Ontario South, for Al-Anon business purposes.

You could also ask the bank you're currently dealing with if it offers other types of accounts for community organizations that would better meet your needs, without requiring the registration number you've mentioned. You could also try contacting other banks, as some members have found more knowledgeable help by contacting a bank's central contact centre, rather than an employee at their local branch.

Some banks require, not a registration number, but a signed letter stating that you are entitled to open bank accounts under the umbrella of Al-Anon, and in the past, these letters have been provided by the Area Chairperson.

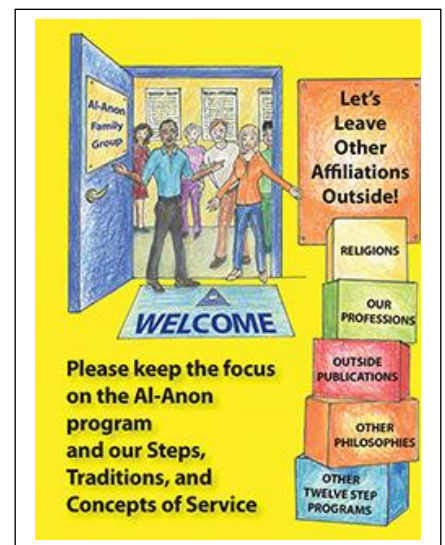
More general information on group bank accounts can be found on pages 57-58 of the *Al-Anon/Alateen Service Manual 2018-2021*. <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

QUESTION: Is Al-Anon only for those that have been affected by someone else's drinking? What if they have been affected by someone else's drug use, are they still welcome in Al-Anon? I know there have been great discussions on this matter, but I can't find anything in our literature regarding the issue. Alcohol is a drug, just as cocaine is. FROM: Susan H., District 31

ANSWER: Tradition Three states, in part, *"the only requirement for membership is that there be a problem of alcoholism in a relative or friend."* Tradition Five states, in part, *"Each Al-Anon Family Group has but one purpose: to help families of alcoholics."* Tradition Ten tells us that our groups *"have no opinion on outside issues;"* and our committee understands drugs and drug addiction to be outside issues. The *Focus/Declaration Table Card (S-24)* tells us to leave other affiliations outside of our meetings. <https://ecomm.al-anon.org/ItemDetail?iProductCode=S24&Category=OTHER&WebsiteKey=db6e68f1-b2fe-4aaa-baea-928d4e696dcc>

Being affected by someone else's drug use does not disqualify someone from Al-Anon membership (see *Paths to Recovery*, pg. 159), but the importance of Al-Anon/Alateen maintaining its focus on alcoholism is elaborated upon in *Al-Anon's Twelve Steps & Twelve Traditions*, pg. 107, as well as the *Al-Anon/Alateen Service Manual 2018-2021* (page 131, or page 132 in version two), under the heading of "Dilution of the Al-Anon Program," which reads:

"A symptom of alcoholism in the home may be the abuse of drugs by family members. Occasional discussion of this topic is acceptable at an Al-Anon or Alateen meeting as it may be one of the results of living with alcoholism. However, our responsibility is to ensure Al-Anon's survival as a resource for families and friends of alcoholics. By focusing on these drug-related problems, we risk being diverted from Al-Anon's primary aim. Referral to appropriate sources of help may be suggested to those in need."



Another twelve-step fellowship exists for families and friends of drug addicts, but publicizing other organizations' activities during our meeting time creates an appearance of affiliation or endorsement, which is contrary to Tradition Six.

ITEMS FOR CONSIDERATION

These are items that members have sent to the area executive for discussion and consideration.

Items can be sent to any member of the area executive at any time.

Our delegate's email is ontariosouthdelegate@hotmail.com.

(The only items that are published are from members who have provided their consent.)

A member suggests: "passing a motion that will restrict the 'executive' from further unilateral monetary decisions". Name: Wendy C., District 17 **Response:** Members of the previous executive report that much time, discussion, consideration and prayer was engaged in prior to making the decision to donate \$6,000 to World Service Office at the end of 2020. The principles of Al-Anon were followed. Area 86 had an excess of funds in a year affected by COVID-19. Less than half of the excess was donated. World Service Office officially requested financial support. This was after our Assembly met. In Al-Anon we are asked to support World Service Office with any excess funds. The money has stayed within our fellowship, donated by trusted servants, and reported in a timely fashion. The concern of some members has been heard.

A member suggests that Ontario South Area continue to use video meetings to conduct area business. Name: Tannis R, District 6 **Response:** Virtual meetings are being considered and discussed for all types of area business.

A member suggests that we not have District Representative reports at AWSC. Name: Joanne G., District 17 **Response:** District Representatives giving reports at Area World Service Committee (AWSC) meetings serves an important purpose of introducing the District Reps to the Assembly and AWSC. It also introduces the DRs to speaking to a large group. DRs can also learn from the experience of other DRs.

A member suggests that Ontario South Area 86 develop a Technology Replacement Policy, create a line in the budget and be budgeted for. Name: Tannis R, District 6 **Response:** We are not certain exactly what information goes into a Technology Replacement Policy. Our Area Treasurer is to consider budgeting an annual amount towards replacement of the one computer owned.

A member suggests that the Literature Office Committee develop a Technology Replacement Policy, create a line in the budget and be budgeted for. Name: Tannis R, District 6 **Response:** This comment was referred to the Literature Office Committee, and has been taken into consideration and is being acted on.

A member suggests that the name Supporting Al-Anon Member (SAM) be changed to Al-Anon Member In Alateen Service (AMIAS) as Ontario South is the only area to use the term SAM. Name: Wendy C., District 17 **Response:** This request has been taken into consideration and is being worked on.

THANK YOU! to the members who have submitted items and we look forward to receiving more of your ideas.

Gratefully Yours,

Sandy O Chairperson, Ontario South Assembly chairons86@gmail.com

Upcoming Events!!
Check out Ontario South Website for upcoming events
(Just click on the link on the first page) 😊

Day of Recovery with 12 speakers
AA with Al-Anon
and Alateen

ZOOM INTO RECOVERY
Celebrating Recovery Through the 12 Steps

Saturday, February 5, 2022
9:00 am to 3:00 pm EST
Meeting room opens
at 8:30 am

For further information or
7th Tradition please email:
crtts17@gmail.com

Zoom meeting ID: 895 8791 7142
Zoom meeting Passcode: 938285

