

Open Lines

Ontario South Assembly Newsletter

<http://al-anon.alateen.on.ca/>

August 2015

Volume 37 Issue 2

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:

In Canada \$4.50 (1 year) \$8.00 (2 years)

Send NEW SUBSCRIPTIONS / RENEWALS to:

Open Lines Coordinator, Address on last page.

All ADDRESS CHANGES please send to Group Records Coordinator address on last page

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Quick Links for Ontario South

There are some common forms that groups and members are asked to fill out all the time. I have made the following links available for you. To access these forms hold your control key and click on the underlined words. A new window will open and your document will be there. Be sure to click ok to the warning you will get about unsafe documents.

[Group Records Change Form](#)

[Donation form](#)

[Form C for SAMS](#)

[Literature Order Form](#)

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.

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	Hamilton
District 16.....	Mississauga, Oakville
District 17.....	Upper Peel-Halton
District 18.....	Dufferin, York,. Simcoe
District 19.....	Toronto North
District 20.....	Toronto West
District 21.....	Toronto Central
District 22.....	Scarborough
District 23.....	Lakeshore
District 24.....	Kawartha
District 25.....	Quinte
District 26.....	St Lawrence Region
District 27.....	Seaway Valley
District 28	Ottawa
District 30.....	...Upper Ottawa Valley
District 31.....	Loyalist
District 32.....	Kawartha South

[Ontario South Website](#)

Delegate Report for Open Lines

Hello!

I honestly do not have the words to express my Gratitude and Appreciation to YOU the members of ONTARIO SOUTH for your ongoing support and encouragement. The first few months of this term were at times, very intense and overwhelming but I have never felt alone as I tried to navigate this position and represent Ontario South.

I attended the 2015 World Service Conference in April as the Delegate from Ontario South. It was an honor to represent you. I was overwhelmed by the amount of information support I received from our members and it continues!

At our recent Area World Service Committee (AWSC) Meeting in May in Oshawa I presented the highlights in my report to our District Representatives and Area Coordinators. This report has now been posted on our Ontario South Website in the Delegate's Corner. Hopefully some of the highlights have been passed to your Group Representatives and to the members. Thank you to our Area Website Coordinator who is working on reformatting the "Delegates Corner" on our website. www.al-anon.alateen.on.ca

In this edition of Open Lines I have included a handout from the Conference titled "Healthy Thriving Groups" as a taste of what we were given and what will be included in the Ontario South Delegates Corner for our members to utilize. The complete report of the "2015 World Service Conference" is available electronically at www.al-anon.org/members . Hard copies will be available from our Ontario South Literature Distribution Centre. Each AWSC member will receive a complimentary copy in the mail later this summer.

At all times through this term I really want to be available and accessible to all of our members. Do not hesitate to contact me through phone or email. I want to get to know as many of you as possible. If you have any questions and/or concerns we can work it out together. I appreciate the invitations I have received so far and look forward to meeting you. Regretfully there have already been a couple of times that I have had to decline due to scheduling but please invite me again!

I would love to visit your Group, District, Al-Anon Day, Workshop, or any other Al-Anon event.

With much Gratitude
Debbie P.

**Cobourg New Beginnings AFG
is celebrating our 28th anniversary on
Thursday, September 24, 2015, at
9:30am
Trinity United Church Parlor
284 Division Street, corner Chapel
Street
Speakers, refreshment, fellowship
Celebrating 28 years of service in our
community.**

**District # 2 Al-Anon Day
September 26, 2015
8:45 am to 3:30 pm
1723—8th Avenue East
Owen Sound, Ontario
Speakers, Pot-Luck lunch, Fundraiser
and lots and lots of fellowship.**

Alternate Delegate's Report

Greetings Area 86 Al-Anon/Alateen Members

As your Area 86 Alternate Delegate, I also have the privilege of being your Area Forum Coordinator.

Recently, I contacted WSO to ask if The Forum is available electronically. The reply from the Communications Secretary, was as follows:

"Unfortunately there is limited availability of the electronic version of *The Forum* in Canada, where it is accessible only on computer systems running the Windows 8 operating system. We are working on finding a solution. When a solution is found, announcements will be made in WSO publications and on WSO Web sites."

I would appreciate hearing from you in response to any or all of the following questions. My email address is on back page of this Open Lines

1. How does your group use The Forum they receive free from WSO?
2. How have you used The Forum to help when you study the Concepts?
3. What is your favourite section of The Forum?
4. Do you have your own personal subscription to The Forum?
5. Have you ever sent a sharing into The Forum? If so, was your sharing published? When?

Even though it is a few months away, I hope many of you are already making plans to attend Assembly in Cornwall on October 23, 24, 25. Looking forward to see you there.

Blessings in Service

Sue G.

Area 86 Alternate Delegate

WSC *"Living our Spiritual Principles: Expanding our Vision"*

OSA Chair's Message

Hello fellow Al-Anon Members. It seems like a very short time since the term began. I am still learning my role as Area Chairperson. I had the pleasure to attend and Chair AWSC and had the opportunity to meet many of our members. It was a productive and enjoyable weekend. The planning of Assembly has begun. I am beginning to get excited as it gets closer. Lots of things to learn that are continuing to stretch my comfort levels. I think that is a good thing. I don't grow when I'm too comfortable. I am looking forward to meeting more of my family and want to thank you again for your gift of the opportunity and support to serve and grow.

Yours in Service

Deb C. OSA Chairperson

Would it be possible to write a little note in "Open Lines" that when sending out flyers for publication, to make sure that the complete address is marked. We just recently received a flyer from our District Rep and the city that the event was happening in was not included on the flyer. Our District Rep said she will keep an eye open for addresses when she forwards on the info, but I just thought I would mention this problem to you as you have a way of reaching out to a large group. Thanks.

Area Secretary Report for Open Lines

Well, I must say that 6 months into my new position, I have learned a lot and am grateful to have taken on this service! It has been wonderful getting to know so many of the other members involved at Area service in Ontario South. During the first few months I was busy adapting to my new Mac laptop which challenged my learning curve a bit. However, I am happy to report that I have mostly mastered it. Thanks to the AWSC members for their patience, tolerance and support during this time. My first task was compiling a list of all of the members of AWSC (the executive, District Reps, AIS, LDC, & Coordinators) so that I could communicate and correspond with them. The district representatives then take this information back to their district GRs, who pass it to the members at our group business meetings.

To date, I have attended two executive meetings in Guelph, where the area executive comes together to plan and set the agenda for AWSC and Assembly, as well as take care of other business and items of consideration that comes up. I have taken minutes for these meetings and emailed them out to the executive.

I attended and served at the May AWSC at Durham College, which included taking registrations Friday evening, and taking the minutes all weekend. Within two weeks I was able to finalize these minutes and send a copy to our AWSC members as well as to Jason to post on our website. As well, I created a document for the "ask it basket" question and answers provided to me by our AWSC meeting volunteers and sent them to our Open Lines coordinator for posting. My new position is challenging me in the area of record keeping, organization and communication. These are all skills that I strive to improve on in my personal life. My recovery in Al-Anon avails growth in every area of my life; so again, I am very grateful.

I have attained a service sponsor who has great experience and is skilled at record keeping and maintaining an impeccable filing system. She is mentoring me with her experience and also with kindness and encouragement; always willing to answer my multitude of questions. How great is that! I love this program and the tools it provides to help us grow in all areas of our lives. I look forward to our July executive meeting and then-on to our Ontario South Assembly where I will be seeing our group representatives as well.

Sincerely;

Mary Ellen B. Area 86 Secretary

Public Outreach Coordinator Report

Hello Members of Area 86 Al-anon Family Groups.

It has been a quite summer. There have been some opportunities to communicate with World Service and that has been so exciting for me. What I have learned is that they are people serving people just like we are doing here in our districts and our groups. Imagine that!

I have also been blessed with the opportunity to swap emails and ideas with many public outreach coordinators across the area. Thank you so much for reaching out, for your questions and for your willingness to collaborate. I love this beautiful program and the people in it.

I am beginning to prepare for assembly and I am looking for some ideas for the Public Outreach display board. So I am putting it out to you, the members. What should be on the board, what do you think we could be displaying and sharing? I would like as many of you as possible to send me your ideas. Better yet, bring them with you to assembly and introduce yourself to me. If you are not attending ask your District Representative to bring your ideas, your posters and your input on behalf of your district. I am excited to see what we can create through collaboration and imagination.

Alateen continues to be low in numbers and that is a great concern. What are you doing in your areas to attract our youth? I know they're out there. How do we get them into our circle? Please forward your ideas and I promise to share them across the area. What is working and what can we tweak? I have faith that we can and will find ways to connect with teens and adults who need our love and our encouragement. We just have to find ways to let them know who we are and where we are.

Yours in Service Gwen D. Area 86 Public Outreach Coordinator

Literature Coordinator Report

Hello to all the members of Ontario South! My name is Bonnie R., your Literature Coordinator for Area 86 Ontario South.

I attended AWSC in May and Ann K., our Literature Distribution Manager helped me with updating the Literature display with the latest newly designed pamphlets as well as the new Conflict Resolution Kit. Another part of my role as Literature Coordinator is that I am a member of our Literature Office Committee and we had our first meeting together at AWSC. We are looking to update the Literature section of our website.

The World Service Office is still asking us to share our experience, strength and hope in written form for our literature. There are three projects currently on the go:

NEW DAILY READER (working title) "Your sharing will help assure that our new daily reader will reflect our fellowship as it is today. Please help us make this new daily reader a vital, rich, and multi-faceted expression of the Al Anon program of recovery."

<http://al-anon.org/members/new-daily-reader>

INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title) "The 2011 World Service Conference gave conceptual approval for "a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships." The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece. We hope to receive enough sharings from a wide range of members to make this new piece of literature a reality. Please share from your heart and help develop this exciting new addition to Al-Anon's Conference Approved Literature."

<http://al-anon.org/members/intimacy-in-alcoholic-relationships>

PARENTS AND GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title) "The 2013 World Service Conference gave conceptual approval for "a new pamphlet to address parents and grandparents whose children (teenagers and young adults) are problem drinkers." The Literature Committee is seeking sharings from Al Anon members for possible use in this piece. Please share your experience, strength, and hope regarding how you have been affected by a young person's drinking, and how Al Anon has helped you deal with it. Please share from your heart and help develop this exciting new addition to Al Anon's Conference Approved Literature.

<http://al-anon.org/members/parents-grandparents-pamphlet>

There are some areas and districts that have put on writing workshops to help support and encourage members in writing, as a part of their recovery, to share their experience, strength and hope. If your district is interested in having a writing workshop for the purpose of Al-Anon recovery, please feel free to contact me. (My contact information can be found on the last page of this newsletter).

Thank you for your support and encouragement. Bonnie R. Area 86 Literature Coordinator

At times I struggle with what to say to professionals about Al-Anon. In our September 2015 Forum, you will find members' comments about successful ways they have shared information with their professionals.

Advisor and LOC chair Report

I know that my Higher Power has a great sense of humour. For this term, I was asked by Debbie, our delegate, to serve as an advisor. I was honoured to be asked and with gratitude and some reservation I said yes.

Why the reservation? Prior to Al-Anon, I willingly gave out all sorts of advice (mostly unsolicited) to anyone nearby. It didn't matter to me whether I knew anything about the subject, I could always put in my two cents worth.

Through many learning circumstances, Al-Anon has brought about healthy changes in me; starting with, "was I asked" and "do I know anything about the topic." With that in mind, I participate at our meetings trying to keep in mind I can only share my experience, any history about a topic I know and accurate information. Imagine, at times, I have nothing to share; quite the novel experience! My growth continues to growth with this new service position!

The other hat that I wear for Ontario South is to chair the Literature Office Committee. The members of your committee are Debbie P., Deb C., Marg K., Bonnie R. and Carrie E.

We met for our first time at the Area World Service Conference in May. I believe that this committee is inquisitive, curious and open-minded.

There are some areas of the charter that we are going to explore in order to see whether they continue to meet the needs of this committee and the Area. Information about the Literature Distribution Office and the Literature Office Committee can be found in Section 9 of our Area Policy and Guideline Manual. If you have any suggestions/questions for your Literature Office Committee, please forward them to me. onsloc@gmail.com This is a new e-mail address for the Literature Office Committee

Love in service; Jane H.

Open Lines Coordinator

Hello Everybody;

My name is Brian S. and I am a grateful member of Southend Discussion in Niagara Falls.

It's starting to sound like a broken record, but yes, I am publishing this edition of Open Lines late again. Somehow, life has a way of interfering with our best intentions. I have resigned this position, but agreed with the executive that I would get the August edition out (albeit late).

By the end of September, I should know for sure whether or not I will continue with Open Lines.

We are now a primarily electronic publication saving a lot of trees and money. For 2015, we have gone to publishing three times a year. One request for everyone giving, taking and transcribing email addresses: it is vitally important to get the dash or underscore correct as well as the spelling, or the email won't work and it gets "bounced" which means the email comes back to me to try and get it correct or follow-up with the DR of the district the person resides it—a lot of unnecessary work for everyone.

The remaining publish date for 2015 is December 1st. The deadline for submission to that issue is November 15.

Any suggestions anyone may have are more than welcome. Please contact me via email at openlinesosa@gmail.com

Yours in service; Brian S. Open Lines Coordinator

Task Force: Identify, Gather and Present Practices that Demonstrate a Healthy, Thriving Group

Practices that Demonstrates a Healthy, Thriving Group

Define a healthy, thriving group and gather and present the material, in a format for groups to use, on the practices that those groups may use to be healthy and thriving.

A Thriving Al-Anon/Alateen Group

“Thriving” as defined by merriam-webster.com: Characterized by success or prosperity <a thriving business>. Synonyms are: flourishing, going, prosperous, triumphant.

Members join local groups, which have a welcoming atmosphere, where the Al-Anon/Alateen program is shared and where members participate in group service. Al-Anon and Alateen members usually consider one group as their “home group.” By regular attendance, friendships are established, and growth is acknowledged. In a home group, members and newcomers find a place where they feel accepted, no matter what. There may be time before the meeting where all members and newcomers are greeted as the room is being set up; refreshments and beverages may be available; and time after the meeting for more conversation and sharing on a one-to-one basis. Tradition Five ensures the group will be safe, friendly, welcoming, and nonjudgemental. And always, our Higher Power is present in all meetings.

- Characteristics of members:
 - Show up early and/or stay late.
 - Commit to weekly attendance.
 - Encourage all members, including newcomers and long-timers, to return.
 - Encourage the use of Sponsors.
 - Willing to be available to newcomers.
 - Avoid outside issues.
- Meeting Protocol or Practices:
 - Has a structured weekly group format.
 - Use the Preamble, Opening, and Closing from the “Al-Anon Alateen Groups at Work” (P-24).
 - Remember that “Al-Anon is spoken here” – members of other Twelve Step programs leave those programs at the door.
 - Maintain the anonymity of group members at all times. o Encourage enthusiastically service work and is self-supporting through members’ voluntary contributions in order to cover rent, purchase of literature, support of trusted servants and Al-Anon’s service arms, and rotates the service positions on a regular basis.
 - Has regular business meetings at times chosen by the group.
 - Practice Tradition Four; “Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole”.
 - Has literature available for a variety of group members.
 - Is mindful of the use of acronyms, especially when talking with newcomers or members who are fairly new. (Ex. One Day at a Time, instead of ODAT.
 - Use the wealth of Conference Approved Literature and service materials available.

Task Force: Continued..

- Member Participation
 - Share their experience, strength, and hope about recovering from the effects of loving and living with alcoholics.
 - Keep their sharings focused on their recovery in the meeting, and may share details with their Sponsors or others on a one-on-one basis.
 - Support Alateen members transitioning into Al-Anon groups.
 - Listen actively and attentively during member sharings without other distractions.
- Group Problem-solving
 - Use the group conscience process to make group decisions.
 - Conduct group inventories at regular intervals.
 - Use available Conference Approved Literature, i.e. (K-70)
 - Review the “Three Obstacles to Success in Al-Anon.”
 - Practice principles above personalities.

What do you see in your Areas that demonstrate Thriving Groups? Is there information you would like to see added?

GROUP RECORDS REPORT – OPEN LINES

Hi: My name is Joan T. I live in Cardinal, just east of Brockville. My home group is the “New Hope” Al-Anon Family Group in Morrisburg, District 27. I missed the first printing of Open Lines, but do not fear, my forgetter didn’t forget this time.

I have learned and cried so much over the past few months since I have taken on the position of Group Records Coordinator. I have had a few glitches and challenges with my computer, however, through these challenges I have never been alone. I have always had support and assistance when needed. I have cried “wolf” twice in the last 6 months, but I have come through the other side with help from the Executive, Coordinators and Doug.

Please remember to have all your group changes sent to me on the “Group Records/ Registration Change Form”. You will find the form on the Ontario South website at www.al-anon.alateen.on.ca, click on Meetings List on right. The form is right there to fill out. When you are sure everything has changed, click ‘send’ and it automatically comes to me. I need this form in order to have changes reflected in the lists I hand out to the District Reps at Assembly. Always, always, always have your **Group ID number** on all documentation and emails. If I can’t find your Group ID#, then changes will be delayed.

During the last few months I have processed group changes, additions, GR & DR changes, and unfortunately some groups that have disbanded. I also receive emails from people who are looking for a meeting to attend for the first time, plus the odd junk mail.

I look forward to seeing you at Assembly on October 23rd, 24th & 25th in Cornwall.

Blessings in service, Joan T. Ontario South Group Records Coordinator

District 13 AL-ANON DAY “TOOLS OF RECOVERY”

STEPS

SLOGANS

SPONSORSHIP



TRADITIONS

FELLOWSHIP

SERVICE

Saturday, September 19th, 2015
Starts at 9:00 AM, REGISTRATION \$5

Al-Anon and AA Speakers including:

Al-Anon Ontario South Delegate: Debbie P.

Al-Anon Ontario South Public Outreach Coordinator: Gwen D.

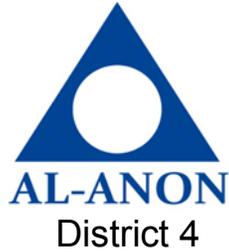
Workshops, Lunch, 50/50 Draw, Raffles, Potluck Lunch

Mountainview United Church

150 Glendale Ave, St Catharines, ON L2T 2K1

District 24 has announced the following
event (poster to follow)

Saturday, October 17 at 9:30 am
Oakwood United Church
in Oakwood Ontario.



Al-Anon Day 2015 September 19



Calvin Presbyterian Church
248 Westmount Road East
Kitchener, ON
Wheelchair accessible

Doors open at 8:30 for registration
Cost \$5 per person
Continental Breakfast
Pot Luck Lunch
Al-Anon, AA and Alateen Speakers
Door Prizes
Raffle Table

Please join us!

Donations Appreciated

** We are still in need of volunteers to help with this event. If you are interested please call Joann at 226-647-6667, ✉ joann_mackinnon@yahoo.ca

*** To make donations for the raffle table, please contact: Kay at 519-223-8134, ✉ [kasta-way_k@yahoo.ca](mailto:kastaway_k@yahoo.ca) or Jen at 519-574-8859, ✉ jen.watson@rogers.com

Ontario South Area Alateen Coordinator's Report

There have been inquiries from SAMS on how to grow their Alateen attendance at meetings and there is no easy answer to that. Alateen needs the love, support, and encouragement of Alanon members and being a SAM is one way to support Alateen. But, it is not the only way. If there is an Alateen group in your district please consider becoming a SAM.

Awareness is one of the important ways to increase membership. Some ways to a SAM/Alateen workshop at your event.

increase awareness are:

- Drop off information packages at local doctor's offices, police stations, and schools
- Announce the Alateen meetings in your district at Alanon meetings.
- Be available to answer questions about Alateen.
- Invite Alateens to share their experience, strength and hope at your event.
- Have a SAM/Alateen workshop at your event.

I would like to personally thank all of the SAMs that show up every week even if no Alateens show up. I have been in that same position but what makes it worth it for me is when finally that one Alateen walks through the door looking for support and I am there to welcome them. When I am frustrated, I remind myself of our 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.

- There is a new Alateen group in Thornhill: Monday at 8:00-9:00 Thornhill Presbyterian Church - 271 Centre Street Thornhill, ON L4J 1G5
Note: West of Yonge, use front door & go to 2nd Floor
- There is a new Alateen group in Cambridge and is held Friday at 8pm - St. Andrew's Presbyterian Church – 73 Queen St. East.
- Aurora Alateen group has also put in a request for more SAMs.
- **As of now there have been no bids submitted for the Alateen Unity Conference this year. This means there might not be a Unity Conference this year.**
- As of right now there is not an Ontario South Alateen Advisory Committee (OSAAC). There are a few Alateens that have expressed an interest. Please talk to the Alateens in your group about the OSAAC. The committee meets at conferences such as ORC or Trillium. Since there is no ORC this year and ORC has passed the next opportunity would be to meet at Unity. Hopefully a bid will be submitted and Unity will happen this year.

Contact me at osap.cheryl@gmail.com or at ontario.south.alateen@hotmail.com with any questions, suggestions, concerns, or if you need a speaker.

Yours in Service, Cheryl M.

Archives Coordinator Report

Ontario South is very fortunate to have a large collection of archives. It is important for us to keep our history alive so that we can learn and grow as a fellowship. The purpose of the Area Archives from the WSO guideline G-30 is to “preserve the experience, history, and memorabilia of the Alanon fellowship”.

I encourage all districts to encourage their groups to keep an archive of information or material important to the groups. Information can also be kept by the district for events in the district. The district can then submit material to the Ontario South Archives. Keep things that may be important for future members.

I also encourage groups to write about their group history. If your group has already done one then look and see how long ago it was done and consider updating it.

Has your group submitted a copy of your group history to Ontario South Archives? If not, you can send an electronic copy or a hard copy.

Individual histories can also be an important addition to the archives. Pick up a pen and record your story. Share your experience, strength and hope with regards to Alanon and/or Alanon Service.

Old Literature and forums can also be an asset to the archives.

Help me save time by sorting and organizing things before handing it over to me.

Sometimes things submitted to Archives have a story or history that goes along with it. Providing the historical significance can add value to information submitted. Dating things is very important and providing information on who, what, where, when, why. This makes it easier to pull out information when requests are made.

The information in our Archives is made accessible to members in line with our traditions and in keeping anonymity. If your group or district is having an event and would like to have an archives display at your event please feel free to contact me at the email below.

Yours in Service,
Jason M.

Ask - It - Basket Questions and Answers from AWSC May 2015

Question: Is there an established procedure for a district to change its name? If so, What is it?

Answer-Section 6A page 1 of 10 of Area Service Manual. No, Not in our guidelines.

Question: Is there a listing to be accessed of AI-Anon and/or AA speakers? If so, how is this accessed?

Answer-Ontario South Literature Distribution Centre holds a list for AIAnon Family Groups speakers. AA list-unknown because this is an outside issue. Maybe their district holds a list as well.

Question: What are all of the restrictions on a dual member?

Answer- World Service Manual-Page 82. Area Policy Manual -Page 47

SOUTHEND DISCUSSION AFG

Invites you to celebrate in their...

40th Anniversary Meeting

A.A. & Al-Anon Speakers
Potluck Dinner
50/50 - Book Draw

Doors open at 6:30 p.m.
Thursday September 24, 2015

LOCATION:
*Southminster United Church
6801 Hagar Street (off of Dunn & Dorchester)
Niagara Falls, ON
L2G 5M5
southendafgosa@gmail.com*