

Ontario South Assembly Newsletter

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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:

Free for **personal email** subscription.

If you wish to receive a paper 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)

Districts in Ontario South

- District 1** – Muskoka (Angus, Barrie, Bracebridge, Huntsville, Innisfil, Midland, Orillia, Parry Sound, Sprucedale, Wasaga Beach)
- District 2** – Georgian Bay (Collingwood, Dundalk, Owen Sound, Lion's Head, Thornbury)
- District 3** – Bruce County (Hanover, Kincardine, Mount Forest, Port Elgin, Southampton)
- District 4** – Waterloo Region (Cambridge, Elmira, Fergus, Guelph, Kitchener, New Hamburg, Rockwood, Waterloo, Kitchener/Waterloo)
- District 5** – Huron Perth (Clinton, Exeter, Goderich, Listowel, St. Marys, Stratford)
- District 6** – London Region (London, Strathroy)
- District 7** – Sarnia region (Bright's Grove, Forest, Petrolia, Sarnia)
- District 8** – Windsor, Essex (Amherstburg, Essex, Harrow, Kingsville, LaSalle, Leamington, Windsor)
- District 9** – Chatham region (Chatham, Ridgetown, Wallaceburg, Tilbury)
- District 10** – Elgin region (Ingersoll, Port Stanley, Port Rowan, St. Thomas, Tillsonburg, Woodstock)
- District 11** – Brantford, Caledonia (Brantford, Simcoe)
- District 12** – Niagara region (Dunnville, Niagara Falls, Port Colborne, Ridgeway, Welland)
- District 13** – St. Catharines (Grimsby, St. Catharines)
- District 14** – Hamilton West (Amalgamated with District 15) (Hamilton, Burlington, Stoney Creek, Waterdown)
- District 16** – Mississauga (Mississauga, Oakville, Port Credit)
- District 17** – Peel, Halton (Acton, Bolton, Bramalea, Brampton, Erin, Georgetown, Milton, Woodbridge)
- District 18** – GTA North (Aurora, Beaverton, Bradford, Keswick, King City, Newmarket, Orangeville, Stouffville, Sutton West, Tottenham)
- District 19** – Toronto North (Don Mills, Richmond Hill, Thornhill, Toronto, Willowdale)
- District 20** – Toronto West (Etobicoke, Toronto, Weston)
- District 21** – Toronto Central (Toronto)
- District 22** – Scarborough (Agincourt, Markham, Scarborough, Toronto, Unionville)
- District 23** – Lakeshore (Ajax, Bowmanville, Orono, Oshawa, Pickering, Port Perry, Whitby)
- District 24** – Kawartha (Bancroft, Bobcaygeon, Fenelon Falls, Haliburton, Lindsay, Maynooth, Minden, Oakwood, Omemee)
- District 25** – Quinte (Belleville, Campbellford, Cobourg, Foxboro, Picton, Port Hope, Stirling, Trenton, Gananoque)
- District 26** – St. Lawrence (Brockville, Carleton Place, Kemptville, Perth, Smiths Falls)
- District 27** – Seaway Valley
Cornwall, Lancaster, Morrisburg, Winchester
- District 28/29** – Ottawa (Ottawa, Arnprior)
- District 30** – Ottawa Valley
Barry's Bay, Cobden, Pembroke, Renfrew, St. Joseph, Quebec
- District 31** – Kingston region
Enterprise, Kingston, Napanee
- District 32** – Kawartha South
Ennismore, Norwood, Peterborough

From the Ontario South Delegate

I have been busy since my last Open Lines Report. I was able to attend World Service Conference in April. This year it was held in Virginia Beach. The hotel and the landscape was beautiful. We worked diligently and stayed focused on the tasks laid out in the agenda. There was a lot of sharing, discussion & learning. I was exhausted each night when I crawled into bed. I will have lots to report to you when we meet at assembly in October.

I also attended, and prepared reports for Area World Service Committee (AWSC) meeting in May. This is the meeting where all of the District Representatives, Area Coordinators and Area Executive meet. This meeting took place in person for the first time during our three year term. It was great to see everyone and to participate in person. Please ask your District Representative what their take-aways were from the meeting. Did you know that as a member you are welcome to attend your District Meetings?

I am right now preparing for our Area Executive Meeting this weekend. This is an opportunity for the Executive to set the agenda for Assembly. This is done with consideration to your requests following Assembly 2022 and AWSC 2023. We look at the ideas, questions, suggestions, concerns and requested workshops that you, our Members have provided. We will also be reviewing reports submitted by area Coordinators and Executive Members. There will be topics on the agenda that pertain to Alateen, OSA budget and current financial status. We will talk about moving forward with a Tech Coordinator and what that looks like. These are just a few of the many items for discussion on our July Agenda. Please be assured that in all we do, we think of you the members of OSA. Thank you for your encouragement and support in our endeavors to serve you.

I'm really excited to see you at assembly. This is a voting year for Ontario South. That means that we /you will be reviewing resumes. Ultimately you will vote in a new Area executive. We will also be accepting resumes for Area Coordinators. It may also mean that your groups will elect members to take on Service roles at group level. New Group Representatives, Treasurers, Secretaries etc. Voting will also take place at most of the District Tables. New District Representative, Secretary, Treasurer etc.

This is an opportunity for all of us to talk about the vital role of Service in Al-Anon. Service is a way to stay connected to other groups, areas and ultimately to Al-Anon World Service. This is a chance for your group to have a voice about who will represent you for the next three years.

From personal experience I can tell you that I have grown and learned so much through Service. That growth and learning has not just applied to learning more about Al-Anon, it is also how much I have learned about myself. . Service has changed my life for the better in a scabillion different ways! I have learned what my strengths are and areas where I continue to need work.

I encourage you to get involved. Perhaps you may feel like you aren't ready but that is part of the process. You are not alone in Al-Anon. If I had waited to be ready for each Service role I have undertaken, I would still be waiting to be ready. I encourage you to talk to each other, to share your Service experiences. Share how Al-Anon Service has changed your life and your recovery. Ask about the process. Chair a meeting on Service. I have heard that Service is one of the best kept secrets of recovery. I want to dispel that idea. Service is a great way to implement the Al-Anon tools of recovery. Service is where we learn about the Traditions and how to play nice with others, even when we disagree with them. GET INVOLVED! You won't regret it!

There is a great piece of literature that is focused on Service. If you don't know what that is reach out to our Area Literature Coordinator. If you have questions about how to step into Service reach out to any one of the members who have submitted a report in this publication. Their contact information is included.

Gwen D. OSA Delegate Area 86, Panel 61, ontariosouthdelegate@hotmail.com

Love, Laugh, and Grow Together,

Aimer, rire et grandir ensemble, Amar, reir y crecer juntos

From the Ontario South Alternate Delegate/Forum Coordinator

Forum Subscriptions: There are, Digital versions available for purchase through your electronic media provider. [Click here to connect to WSO for details](#) Contact WSO for details.

One Year Subscription Price Canada, Other Countries **\$23US**

I ordered two copies for sale at our group. The reason we offered a copy of the Forum is, as we all know, not everyone is living in sobriety so to receive a copy at their home may not be an option.

The voice of Al-Anon recovery—today

Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery. Experience and insight you won't find anywhere else!

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GUIDELINES FOR SUBMITTING PHOTOGRAPHS TO AL-ANON MAGAZINES

Besides sharings, Al-Anon members may also submit their original photos to be considered for publication in our magazines. As with sharings, we cannot guarantee that photos submitted will be published. When submitting photos, please consider the following:

Appropriate subject matter: people involved in activities, both indoor and outdoor; adults interacting with other adults and/or children; children with other children; teens with teens; people holding/reading Al-Anon literature; nature, animals, and landscapes; cityscapes and architecture. The range of acceptable content is wide; please see recent issues for examples.

In keeping with Traditions Eleven and Twelve, please do not submit full-face images. Avoid any images that relate to specific religions or other outside entities. Avoid images that appear to show alcohol consumption or drinks that look like cocktails.

If submitting prints, please make sure the images are sharp, clear, and not grainy. For digital submissions, please send unretouched images at the highest resolution and largest file size possible, up to 20 MB. Do not crop photos or apply filters before sending. Please indicate how you would like to be credited if your photo is used (e.g.: first name, last initial, and state or province; pseudonym; or "Anonymous"). Once your submission is received, you will receive a thank you letter or email. The World Service Office cannot guarantee publication of any submission, but if your photo is published, you will receive a complimentary copy of the issue in which it appears. PLEASE NOTE: The World Service Office can only accept photos that are not copyrighted. Once photos are submitted, they become property of AFG, Inc.

Send your photo to AFG Magazines, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617;

To wso@al-anon.org with "Photo Submission" in the subject line; or submit online at al-anon.org/sharing

[Click here to submit your share via the website](#)

Love in service

Kristine B. Alternate Delegate & Forum Coordinator, ontariosouthdelegatealt@hotmail.com

From the Ontario South Area Chairperson

Hello to all Ontario South members.

Here is a list of what your chairperson has been busy with in the last few months. Although my term will be ending this year, I am continuing to learn and grow and am grateful to Ontario South for the opportunity that you have given me.

AWSC 2023, May 26 – 28, Oshawa. I chaired my first in person AWSC meeting. I found it be a very positive environment where a lot of business was handled well.

ASSEMBLY 2023, October 20 – 22, Mississauga. Districts 17 and 16 have stepped up to form a host committee. I have attended two committee meetings as the area executive liaison to provide responses to any questions and assist in any way possible. If you would like to volunteer at this year's Assembly, please contact the district representatives or myself. I have drafted the invitation, agenda and information package that will be sent to members.

ASSEMBLY 2024, October 18 - 20, 2024, Sarnia. I assisted a district with their bid, responded to two districts who bid on this Assembly (awesome participation!) and coordinated the signing of the winning hotel contract.

EMAILS. I respond to member and executive emails as quickly as possible.

EXECUTIVE MEETINGS, February (as well short meetings in March, May, and June). I set the agendas and chaired these meetings. I have prepared the July executive meeting agenda as well.

ITEMS FOR CONSIDERATION, I receive and track these items and send responses from the executive to members. If the member agrees, I send the question and response to be published in this newsletter.

LITERATURE OFFICE COMMITTEE, I am a member of this committee and attended a short meeting at the AWSC meeting. I read emails and reports to stay up to date and respond to questions. AMIAS LETTERS. When a member requires a letter to reduce the cost of their criminal record check, I issue these letters from time to time.

VOICE OF THE AREA,...that is the Chairperson. I issued a letter for the Trillium bank account.

ZOOM. The area zoom account is available to districts and committees who wish to use it for a meeting. Just send me the day and time and I will confirm availability, set up the meeting, and let you know how to open zoom.



It's an election year. Please send your resumes for executive positions to me prior to August 1. [Resume information click here](#)
Full information about executive and coordinator positions can be found in our area policy manual: [Policy manual click here](#)
DID YOU KNOW?

- Our area executive meets in February, July and November every year (plus January during the first year of a term).
- Any member can send an item for consideration to any member of the executive at any time. Or you can use the form on our area website [click here to access the forms](#) . You will receive a response to your item following the executive meeting that it was discussed at. These items and the executive response appear in our Open Lines newsletter, subject to permission by the member submitting the item.
- All members have access to our area policy and guidelines manual on our area website [click here](#)

Gratefully Yours,

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

From the Ontario South Treasurer

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 need more than just the name of your group. The name of your group could be the same as another group in a different district.

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 2023 is \$150.62

Thanks again for putting your trust in me.

Janet B Treasurer osatreasurer3@gmail.com

From the Area Alateen Process Person (AAPP)

We're always looking for more AMIASs (Al-Anon Member Involved in Alateen Service). Should you wish to become an AMIAS 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 C (also found on the Area website [click here](#)). 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 chairons86@gmail.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.

Feel free to get in touch with me if you have any questions about becoming an AMIAS.

Blessings,

Jean McS, aapp.ontariosouth@gmail.com

From the Group Records Coordinator

Thank you everyone for using the group records change forms. Things are much easier and changes are made more smoothly.

There really is nothing new to report at this time.

I do encourage you to look at where your service journey is going. Are you looking for something new to do?? Do you enjoy keeping records straight? Feel free to approach me. Send an email and we can connect over what is involved in the position.

I wish you all a relaxing summer and all the serenity available when you work this program.

Hugs in service

Sharon R, Group Records Coordinator grprec@hotmail.com

From the Open Lines Coordinator

Thank you for placing your trust in me and giving me this opportunity to serve. I am so very excited to share this edition of Open Lines with you! As you read these amazing reports may you be as inspired as I am by the Service being done to carry the message of Hope to those affected by the family disease of Alcoholism.

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. Thank you to all of the Executive, Coordinators and DR's who submit to each issue of Open Lines.

The deadline (*mark your calendars*) for submissions to Open Lines each year are:
March 11 (April 1 issue) July 11 (August 1 issue); **November 11** (December 1 issue)

As Open Lines Coordinator I attend and contribute to AWSC. Last year was my first opportunity to attend, because of Covid, it was virtual. This May was my first ever face to face Area World Service Committee (AWSC). What an amazing gift to participate in the business of our Area informed by the Spiritual Principles of our Program.

I also had the opportunity to contribute to updating the section of our Ontario South Assembly Policies & Guidelines Manual as it relates to my service position of Open Lines Coordinator [Click here](#)

I invite all members to submit to me your feedback throughout the year. I will try to incorporate your suggestions as much as is practical to do so. You might find that thinking of your feedback in the form of stop/start/continue might help to provide respectful, honest and meaningful communication that will enhance the value of the Newsletter to benefit our Area.

If you do not currently receive your own email copy, please email me at openlinesosa@gmail.com to receive your very own free email subscription. The next issue is December 1.

Yours in Joyful service,

Loretta V, Open Lines Coordinator openlinesosa@gmail.com

From the Public Outreach Coordinator

Thank you to all the districts who donated funds and/or material for Public Outreach (GTAIS) to be able to attend our first Pri-med conference, May 10,11,12, 2023 at the International Center in Mississauga. Without the help of all the districts pulling together and volunteering this wouldn't have been as successful. All our volunteers felt it was a worthwhile cause, as we spoke to a very diverse group of medical professionals from across the country. It was voted to attend Pri-med in 2024. We had enough funds to secure a booth but fund raising will be required to purchase literature etc. for next year.

Our biggest discovery was that the professionals loved the business cards the committee had created. As it was simple and had all the information they needed. The business card had the two websites, WSO and Ontario South Assembly plus a phone number on one side. On the back of the business card there are two QR codes; one for Fact Sheet for the Professionals (S-37E) and the other QR code was 'Al-Anon Faces Alcoholism' pamphlet.



A big shout out to District 1, who has been successful in getting a 30 second PSA on their local Rogers cable TV.

District 23 have been busy with their Spaghetti Dinner fund raiser and putting Al-Anon books in their local libraries.

District 16 and 14 are doing similar work and help each other in sharing their project ideas. They are doing great work in emailing churches Al-Anon packages.

District 16 sell slogan cards for fund raising. They have been contacting churches and Doctor Offices to put up posters. They have been working hard on many projects.

As per Concept Four, Participation is the key to harmony. May you continue to share your recovery by participating in service work and help Al-Anon remain available to all who are affected by someone else's drinking.

Thank you for the opportunity to serve,

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

From the Website Coordinator

Trillium event: excellent example of working together

The thing that stands out most in the past few website months, was how fabulously the Trillium Committee and the website cooperated, while benefitting from the Trillium Membership page on Ontario South. I think it is an excellent example of how to make optimal use of the website and of our online form platform. When an event is managed like this, the Google Analytics details are a nice method to measure the audiences reached by the website page. I collected some of the statistics and listed them below with some screenshots.

Other than Trillium and regular website maintenance, my past few months have been about checking and adjusting the tutorials and transition documentation for the website coordinator position. If and when a new person is ready to merge in, they will not start as empty handed as I did. They will get in-person training, probably over the course of a couple of weekends, plus a binder with short manuals for recurring tasks and nuggets of knowledge I have gained in my almost 4 years in the position.

I am happy that the new coordinator does not have to go through the process of redoing the entire website on their own and that the current technology has lowered the technical threshold for website maintenance considerably. That creates space to make the position their own.

I hope the binder will be expanded in the years to come and be passed on to the next person in service, so that they too will have the necessary foundation at hand to hit the ground running and make a success of their service to the Ontario South Area.

Trillium statistics

Screenshot below: total visitors to Trillium page since August 2022, when the first notifications of the first virtual Trillium were announced.

<input type="checkbox"/>	Page ?	Pageviews ?	Unique Pageviews ?	Avg. Time on Page ?
		168,175 % of Total: 100.00% (168,175)	139,343 % of Total: 100.00% (139,343)	00:01:49 Avg for View: 00:01:49 (0.00%)
<input type="checkbox"/>	1. /	19,625 (11.67%)	15,380 (11.04%)	00:00:39
<input type="checkbox"/>	2. /meetings/	17,514 (10.41%)	14,381 (10.32%)	00:01:40
<input type="checkbox"/>	3. /meetings/?tsml-day=any&tsml-query=online	7,980 (4.75%)	6,156 (4.42%)	00:01:33
<input type="checkbox"/>	4. /meetings/?tsml-day=any&tsml-query=in-person	5,679 (3.38%)	4,509 (3.24%)	00:02:08
<input type="checkbox"/>	5. /for-newcomers/	5,059 (3.01%)	3,993 (2.87%)	00:01:55
<input type="checkbox"/>	6. /events/	4,023 (2.39%)	2,994 (2.15%)	00:01:17
<input type="checkbox"/>	7. /trillium/	2,244 (1.33%)	1,839 (1.32%)	00:07:17
<input type="checkbox"/>	8. /contact/	2,199 (1.31%)	1,855 (1.33%)	00:02:25
<input type="checkbox"/>	9. /meeting-frontpage/meeting-prints/	2,115 (1.26%)	1,697 (1.22%)	00:03:16
<input type="checkbox"/>	10. /meeting-frontpage/	2,053 (1.22%)	1,628 (1.17%)	00:00:32

For a local event these are impressive numbers! As you can see, the #6 is the Events page so part of those numbers may also include Trillium, although visitors spend a much shorter time on these pages.

From November to June 6 (after Assembly, roughly), the numbers looked like this:

<input type="checkbox"/>	Page ?	Pageviews ?	Unique Pageviews ?	Avg. Time on Page ?
		114,528 % of Total: 100.00% (114,528)	94,611 % of Total: 100.00% (94,611)	00:01:49 Avg for View: 00:01:49 (0.00%)
<input type="checkbox"/>	1. /	13,290 (11.60%)	10,286 (10.87%)	00:00:39
<input type="checkbox"/>	2. /meetings/	11,596 (10.13%)	9,561 (10.11%)	00:01:40
<input type="checkbox"/>	3. /meetings/?tsml-day=any&tsml-query=online	5,555 (4.85%)	4,259 (4.50%)	00:01:34
<input type="checkbox"/>	4. /meetings/?tsml-day=any&tsml-query=in-person	3,728 (3.26%)	2,966 (3.13%)	00:02:06
<input type="checkbox"/>	5. /for-newcomers/	3,479 (3.04%)	2,714 (2.87%)	00:01:50
<input type="checkbox"/>	6. /events/	2,768 (2.42%)	2,051 (2.17%)	00:01:18
<input type="checkbox"/>	7. /trillium/	1,992 (1.74%)	1,637 (1.73%)	00:08:03
<input type="checkbox"/>	8. /meeting-frontpage/meeting-prints/	1,858 (1.62%)	1,491 (1.58%)	00:03:21
<input type="checkbox"/>	9. /meeting-frontpage/	1,454 (1.27%)	1,143 (1.21%)	00:00:32
<input type="checkbox"/>	10. /contact/	1,449 (1.27%)	1,226 (1.30%)	00:02:26

This is still impressive. Trillium retained its place in the Top 10 after the virtual meeting and visitors kept reading the page to find out about the 2023 Convention.

The last 2 weeks before the actual event, the Trillium page made **third** place - usually meetings, events and the newcomer page take up the entire Top 10, so it is safe to say that Trillium was top of mind for many people who planned to attend the event!

Page ?	Pageviews ?	Unique Pageviews ?	Avg. Time on Page ?
	8,358 % of Total: 100.00% (8,358)	7,115 % of Total: 100.00% (7,115)	00:02:02 Avg for View: 00:02:02 (0.00%)
1. /	859 (10.28%)	692 (9.73%)	00:00:31
2. /meetings/	672 (8.04%)	571 (8.03%)	00:01:40
3. /trillium/	448 (5.36%)	363 (5.10%)	00:07:51
4. /meetings/?tsml-day=any&tsml-query=online	357 (4.27%)	281 (3.95%)	00:01:32
5. /event/trillium-2023-convention-in-person/	303 (3.63%)	248 (3.49%)	00:03:01
6. /meetings/?tsml-day=any&tsml-query=in-person	294 (3.52%)	238 (3.35%)	00:03:02
7. /for-newcomers/	230 (2.75%)	197 (2.77%)	00:01:31
8. /events/	227 (2.72%)	191 (2.68%)	00:01:18
9. /meeting-frontpage/meeting-prints/	178 (2.13%)	158 (2.22%)	00:04:04
10. /meetings/?tsml-region=toronto	157 (1.88%)	138 (1.94%)	00:02:17

What to the numbers in the above screenshots mean?

- A Page view in the above screenshots represents a browser opening a specific page; this can be something the same visitor does with numerous pages.
- A *Unique* Page view represents one particular individual opening a specific page as part of their multi-page session.
- The Average Time on Page tells us if visitors are actively perusing the information on a page.

Just for the fun of it, take a stopwatch and test how much you can read in a minute (much!). It helps realize that 8 minutes on one page is a very long time in internet terms. It means people may be clicking the downloadable documents and reading them online, or downloading them, or reading the articles on a page from start to finish.

Jotform for Trillium registration

The Area's Third Party Paid online form platform Jotform (that has granted us a huge discount for WSO's not-for-profit status), was included in the Trillium event preparation. 195 Registrations were received via the online form. Since the fee for registration was non-refundable, it is reasonable to assume that all who registered also really attended the event.

Every individual submission was automatically emailed to select committee members and helped process registrations and payments. A member of the committee created a parallel PDF for those who wished to register 'on paper': that is how we work together in AI-Anon :)

Our Jotform plan allows us to have 25 active forms at a time. We can receive a maximum of 1000 submissions per month for all those forms, and 10,000 monthly views. We have not come close to those number since we started using Jotform in 2020. On top of that: we can create as many forms as we like, but because inactive forms do not count towards our quota, it is easy to keep the time-limited events such as AWSC and Assembly and Trillium joined those ranks as well. Our hosting plan, in addition to all this, allows us 100 websites without extra payments. It is not out of the realm of possibility to create an independent website for Trillium in future within the Ontario South domain that adopts the last part of the Ontario South website address. E.g. 'Trillium.al-anon.alateen.on.ca'. This would give Trillium their own unique website location under the flag of our area... The sky is the limit!

There was great satisfaction in this project, because it confirms that service as Ontario South Website Coordinator is not just a technical 'job'. On the contrary. It is all about direct contact with the membership and, whenever possible, helping them attain their AI-Anon goals, whether this is by publishing timely and correct information about meetings and events, or finding ways to assist them with their special projects. The website is a unique Public Outreach tool that does not have to be static and unchanging. It can play an active role in connecting with members, newcomers, and the general public. And: *it is not just for the GTA*. It is for the entire area that is covered by Ontario South, east to west, north to central to south. Even after my service has ended, I will keep encouraging members outside of the GTA to inform the Ontario South website so that all who go there to search for meetings, events and general information find what they are looking for, even if they also publish information on their own district website.

Yours in service,

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

From the Trillium Chair

Greetings Friends:

Thank you. Merci. Thank you! After a 7-year hiatus, Trillium has truly re-blossomed! What a joy it was to be a part of this SOLD OUT event in Ontario South, last June 9 - 11. We enjoyed a fine slate of speakers, panels and workshops and left with hearts full. Thank you for supporting YOUR convention with such enthusiasm! Once again, I would like to thank the members of the outgoing planning committee: Bob D., Chrisann R., Christina L., Claire A., George H., Greg M., Jane H., Jason W., Jenny M., Judith W., Monique R., Patty D., and Rick J. On behalf of the 2023 Committee, I would also like to express our gratitude to the many, many members who stepped up to volunteer at the event and to support our planning committee coordinators!

This collective effort proves that WE ARE NO LONGER ALONE.



And now, I gratefully pass the baton to the Chair of the 2024 Trillium, Monique R.

See you in 2024!

Jo-Anne G.

Thank you Jo-Anne! And to the Ontario South Assembly and my fellow Al-Anon members, my name is Monique R. and I am honoured to be in service as the 2024 Chair of the Ontario South Assembly Al-Anon/Alateen Family Groups Annual Trillium Conference.

Stepping into service has been so helpful for me on my journey of recovery from the effects of alcoholism. I have learned that I can ask for help and do things I never imagined I would be capable of with the help of a loving Higher Power and the tools of this program.

Having just returned from Albuquerque and the 2023 International Al-Anon Conference, I am so excited to be a part of this committee and to share the opportunity we all have for renewed hope, renewed friendship and renewed recovery!

Attending Trillium this past June, was an absolute JOY! The committee did an outstanding job resurrecting Trillium after seven years (though for those who had experienced it previously, I learned it was never far from their hearts!).

They faced challenges along the way and, as shadow chair, I had the extreme privilege to watch and learn as they used their program, gifts, and talents to make tough decisions, and shift and pivot when problems arose and still ultimately come together to create a weekend of connection and love in fellowship.

At Trillium I met new friends from all over Ontario South, and as far as Michigan, St. Louis Mo., and Rochester NY.

It was a weekend that renewed my recovery; strengthened existing friendships, and allowed me the opportunity to make many new ones as I listened to the experience, strength, and hope of my fellow members, and I so enjoyed ALL THE HUGS!!!

I look forward to the challenges that lay ahead knowing I have the love and support of my higher power and an amazing 2024 Committee who have stepped into service with enthusiasm, and a willingness to share their unique gifts and talents to make the next conference a success to be enjoyed by all! Stay tuned - More will be revealed!

"The more love we offer, the more love we will find within ourselves."

...How Al-Anon Works for Families & Friends of Alcoholics

Jo-Anne G. and Monique R

In service as Trillium Chairperson, osatrillium@gmail.com



District Representative Updates

District 2 (Georgan Bay) Update

2023 DISTRICT 2 HIGH LIGHTS

There are 5 groups in our District. (Collingwood- Monday night- in person; Collingwood mid-day- zoom only; Dundalk Sunday night- in person; Owen Sound Wed night –hybrid and Thornbury Wednesday night- hybrid).

Two groups closed during Covid. Historical information from both groups was given to the Ontario South Archives Coordinator.

Three members were recertified as AMIAS in 2023, but we have no active Alateen groups in our District.

For nearly 3 years during Covid we met on Zoom. Our District meetings are held the first Tuesday in January, March, May, September and November. We are so glad to be meeting in person again. We missed the fellowship and try to meet for a meal before the meeting if possible now.

About 40 people attended the May 29th Collingwood Monday night group's 55th Anniversary Speaker meeting. Five members received medallions and yummy treats were served.

We have a District Outreach Coordinator. She does an awesome job of distributing Al-Anon literature (hard copies and digitally) to individuals and professionals e.g. Doctors' and Canadian Mental Health offices, as well as donating literature to the spring Prim –Med conference held in Toronto.

She was also our District 2 Al-Anon Rep for the District 9 AA Roundup planning committee, held June 10 in Owen Sound. About 18 Al-Anons attended. Our portion of the program was a panel of 5 of our members, who shared the format of the Al-Anon program in a condensed meeting form with a guest Al-Anon speaker.

The Owen Sound Wednesday night group holds Speaker meetings on the last Wednesday of January, March, June, September and November.

The Thornbury Wednesday night group held an in person medallion celebration on June 14th. It was the first time since Covid they had met in person. About 15 people attended and enjoyed an awesome potluck lunch after (We're love our food up here).

On Saturday Sept 23rd, our District is holding its' first Al-Anon day since 2019. The theme is 'Step Dancing'. It will be held in Owen Sound. Al-Anon and AA speakers will alternate sharing how the 12 Steps have helped them. Of course there will be a potluck lunch. We are confirming details for the poster now and will distribute to Ontario South soon.

I can hardly believe that my 3 year term as District Rep will end this December. It has been wonderfully rewarding and humbling to serve our members in this life saving program. It has given me a second chance at life. For this I will be forever grateful.

Growing in Service One Day At A Time
Rosemary P, **District 2 Representative**

[District 3 \(Bruce County\) Update](#)

Hanover Roundtable celebrated their 50th anniversary with an open meeting Monday April 24, 2023. There were more than 35 participants from Al-Anon, AA and the local Hanover community in attendance. It is through extraordinary service that this group has survived and served the Hanover and surrounding community for more than 50 years.

Al-Anon participated in the annual AA Roundup Sunday May 7 in Underwood. The hosting AA District invited us to staff a literature table and invited 2 Al-Anon speakers to share their experience, strength and hope. These joint Al-Anon / AA celebrations and events in our community are such a powerful part of our recovery.

The Penetangore AFG celebrated their 54th anniversary in April with a small celebration of their members. They will plan a larger gathering for their 55th anniversary next year.

The District had business cards printed with local contact information and these are being distributed to police and ambulance stations; doctor's offices; women's shelters and municipal offices in our area.

In Service
Cheryl K. **District 3 Representative**

[District 4 \(Waterloo Region\) Update](#)

District 4 had an Al-Anon Day on October 1st of last year, and it was a great success. Here are some highlights from their report:

Our committee consisted of Wendy A, Jen W, Jim B, Fran M, Barb G, Marilyn M, Delly D, Marlene, Debbie K, Janine K, and Marjorie B. It was our first non-covid, in-person Al-Anon day. Over 65 people were there at lunch time, with others coming and going. There was a continental breakfast and a make-your-own-sandwich lunch, with desserts and beverages.

Our program ran from 9 am to 3:30 pm. The first speaker was Janine, an Adult Child of an Alcoholic, followed by a panel including Kelly with 5 years in Al-Anon, Yvette, a newcomer, and Mark, a long-time dual member. The third session was by Jane, a long-time member who is very active in service. Then there was a young AA speaker who graciously filled in with very little notice to share her amazing story of recovery. Kristine from the Ontario South Executive led a workshop in writing for the Forum. We finished the day with a sharing of everyone's favourite part of the day.

Three newcomer books were given away, and there were 3 raffles and one door prize. We donated \$77.40 in net proceeds to District 4, along with new connections and rekindled friendships.

In Service
Caterina L. **District 4 Representative**

[District 12 \(Niagara Region\) Update](#)

Greetings from District 12 the Niagara Region

Things are slowly coming offline in Niagara. Most of the groups have resumed in person meetings. The others are slowly looking into resuming the face-to-face meetings. There is a lot to be said about the camaraderie to be had when we get together. Sadly, we lost a couple of meetings during the pandemics although one group is hoping to start back up in the near future.

We have been working with District 13 on Public Outreach endeavours. Our Public Outreach phone duties are shared so each group in both districts man the lines for a month. Recently our Dunnville group has put up a display for a health fair with a local paper running an article about Al-Anon.

Like most districts we struggle with keeping newcomers and attracting new people to our program. I have spoken to the AA members, and they are reluctant to even put our meeting lists up at their meetings. I will approach them again soon. We cooperate with them and hope that they will recognize that we are not out to get them but rather support them and their loved ones.

The only event recently has been an AA Spring Round up with Al-Anon participation. We held a remarkably successful bake sale and 50/50 draw earning \$600 for district expenses.

As district rep I make it a point to visit each group yearly but because of my job and the unpredictability of the weather, this generally happens during the summer. I really look forward to these visits and enjoy meeting all the members.

We hold our district meetings on Zoom because of the great distances in the district, with at least one meeting a year held as a potluck picnic in person. Meetings are well attended. Like many other districts we struggle with filling district positions, but we remain hopeful that things will continue.

Thank you.

In Service

Sharon R, District 12 Representative

District 16 (Mississauga) Update

Group News:

Post-pandemic, District 16, which includes the Mississauga and Oakville areas, seems to be split down the middle in terms of in-person vs electronic meetings. We are very interested in the group discussions and voting at AWSC and Assembly as to how the districts and groups will evolve.

We have 14 groups including: 1 Alateen (on Zoom); 2 Hybrid; 5 In-Person; 5 electronic; 2 Inactive (Sunday Open Meeting closed due to long shut down). Alateen is attracting new teens online, most from outside our district. We have only one certified AMIAS in our district.

Our groups seem to be holding their member levels and even growing a bit since we came out of shutdowns. All but two groups had rotation of leadership recently. We reached out to groups not attending district meetings. Two are struggling with low membership and representation due to language issues and zoom vs in person participation levels.

Events:

District 16 has a robust set of events we are preparing for this year, as of this writing.

1) A Meet the Literature Coordinator on Zoom - Colleen W- Saturday, May 6. An invitation was extended to all of Ontario South to join us for a presentation by Collen and Q&A. Attendees were invited to send in their questions and requests for suggested literature to deal with challenges in the program.

2) The Public Outreach Committee for our district is very active and has done an amazing job to get the message out to doctors, police, clinics, churches, food banks and their partners, libraries, educational institutions, and others. For the past year, that committee has also been meeting monthly with members of AA responsible for public outreach in the same area, and we have been able to share contacts and ideas to increase the reach of our program. Our committee has also expanded to include members of other districts who do not have as many members involved in public outreach.

3) A Spaghetti dinner has been proposed as a District fund-raiser, speakers and fellowship event because we decided we all need a little fun and togetherness. It is scheduled for Fall of 2023.

4) Assembly 2023. We are Co-Hosting with District 17 the Assembly in October 2023 at the Hilton Hotel in Mississauga. All positions are filled with 7 greeters so far. We have met with the hotel and are well into the logistical planning. We will be meeting regularly beginning mid-June.

Additional Info - How We Dealt With A Disruptive Member

The following is a report on how our District dealt with a disruptive member. I have used gender neutral pronouns to protect anonymity.

Several groups were being visited by a member whose behaviour was causing tension and anxiety to group members. Behaviours such as challenging policies/practices or discussions in the business meetings, cornering service members and demanding they get them information from OS and WSO. Isolating members in the parking lot for debate, asking members out for coffee or a "bit to eat".

This member did not share much about their qualification or background, protecting their anonymity, so we were unsure of the fit with the program for a long while. They did share that there was also a mandated court ordered program, they had to attend which was anxiety provoking to the membership. Eventually it was shared that they live with an active alcoholic father.

One group brought their concerns to the district for help and discussion. We found we had a dearth of knowledge and experience with this, so we decided to use a Knowledge Based Decision Making process.

We scoured WSO and The OS websites looking for material and discovered "Safety in Al-Anon Meetings" [click here](#) . We went to AFG Connects and found several threads of discussion on the subject "Safety in the rooms". I was able to add the benefit I had, of a previous long-time member, John L., now-passed, who artfully demonstrated how to compassionately take another member aside and explain that sometimes Al-Anon cannot provide all the help that some members need and suggested that they look for other sources, and I'm sure he gave some suggestions.

The first group ultimately decided to ask the disruptive member not to come back. They refused to accept their request. They subsequently, emailed the group GR and senior member to complain and threatened to return. They also notified the District Rep. (me) expressing concerns about a group. I explained that each group is autonomous, can make their own decisions and that we don't interfere or try to direct or counter a group's decisions. My own home group was the other group they were frequenting and there were members telling us they were considering stepping back from service and perhaps not returning. Something had to be done we decided. After several discussions and group conscience votes, we elected to use the experience as a chance to practice our boundary setting and take back our voices, standing up to bullying and demanding behaviours, the same ones many of us were familiar with in our experience. Members started saying no, not taking comments personally and not letting them be alone with members. I wrote an email as a senior member and explained the behaviours that were causing the groups problems, suggested they listen more, argue less, put the focus on themselves and not on what's wrong with Al-Anon, find a same-sex sponsor, and keep all discussions within the group time, not outside.

We are monitoring for any progress. The behaviour seemed to change for a while. Our member admits they are learning a lot and there is recognition of a need to change the focus. Business meetings are still a challenge and I find myself going home depleted rather than energized. However, we group members are congratulating ourselves for acting rather than retreating into our old fears and behaviours. We are all a work in progress.

We'll try to keep you posted on the progress.

Yours in Service.

Sue S. District 16 Representative

District 23 (Lakeshore) Update

Hello from District 23! Lakeshore District 23 has 10 active groups, consisting of 9 Al-Anon Family Groups and one Alateen group. Eight of the AFGs are represented at the District meetings.

On April 29th, the District's Public Outreach Committee put on the first in-person Spaghetti Dinner Fundraiser since 2020 (!) with major success – good food and fellowship, great speakers. Just over \$900 was raised at this fundraiser with the proceeds going towards future public outreach endeavours. Also in April, Port Perry's Just for Today AFG celebrated 40 years. The group invited a person from the media to the speaker meeting - what a great idea - and an article about Al-Anon and how it helps friends and families was published in the Health section of the town's local newspaper. A list of local meetings (some outside of our District) was also published.

Our District's service initiative, the 'GR Roadshow,' was completed in June. All eight of the participating AFGs were visited by the DR and a few GRs to discuss the worldwide structure, the links of service, and the joys and rewards of serving as a GR. The goal was to attract new members into service above the group level. Feedback was mostly positive and members were reassured that there are no 'shoulds' or obligations; we give of our time knowing that we do so for our own growth.

Interchange amongst 7 of our AFGs is ongoing. This is a great opportunity for groups to get to know how other groups in the District run their meetings, and for members to meet other members.

Our District continues to hold an Alateen meeting on Sunday evenings at 7 PM, and has had another member become an AMIAS this year (totalling 4), and another member is in the process of getting certified. Now we just need the teens to show up consistently. Lower summer attendance means that only one AMIAS will sponsor the meeting to 'keep the door open.'

District 23 will be participating in the annual AA Lakeshore Districts' Conference on August 11-13. Plans are well under way and Al-Anon will be participating with speakers on the Friday night and Saturday portion of the Conference. More information, program details, and tickets are available at <https://aaldc.org>

Just for Today in Port Perry will be hosting our annual Al-Anon Day on September 30th. No flyer is available as yet, but mark your calendars and join us for a day of speakers, workshops, food and fellowship.

While our District meetings have continued on Zoom post-pandemic, we are excited to be planning our September District meeting as an in-person event with a potluck dinner and fellowship. The election for the incoming DR will occur at the September meeting and hopefully this opportunity for an in-person gathering will attract additional members interested in service at the district level.

On a personal note, I had the opportunity to attend my first ever in-person AWSC meeting in May and it was a wonderful experience to connect with others whom I may only have met via Zoom. There was acknowledgment of nervousness from many while speaking at the microphone, and there was also a lot of laughter during this weekend of Area business. My big takeaway was that these people are just like me, and I don't need to take myself so seriously...what a revelation 😊 Easy Does It.

**HUGS Hope, Unity, GratITUDE, Service
Deborah F, District 23 Representative**

District 31 (Kingston Region) Update

Hello and greetings from District 31, Kingston Region!

Our District has done quite well in the last three years. We currently have eight groups, and they are all back to physical meetings with three groups providing hybrid options. There certainly have been some ebb and flow over the transition of online meetings to physical meetings. Some of the hybrid meetings have struggled with a few issues but have overcome with cooperation and teamwork. The Alateen Group is running a monthly meeting and they have had some teens come and go. The district did have an online Day of Al-Anon in 2021 and although it did well, we are very excited to be back to a physical (in person) Day of Al-Anon this year. The theme is Keep Coming Back! This will also be our 45th Day of Al-Anon! There will be a lunch provided, baskets to be won, a full day of speakers, and lots of fellowship! Come revisit, get acquainted, hear a great message, and feel the language of the heart!

Please see the flyer in the upcoming events section!

I hope everyone is having a great summer and maybe we will see you on September 30th!

Sue H, District 31 Representative

Literature Distribution Center (LDC) Update

Hello Ontario South. I have been so grateful to see so many of you in person at AWSC in May and Trillium in June. May we continue to be able to see each other face to face. There is truly something healing in hugs and contact. Now that is not to say that electronic meetings aren't super. It is just such a different experience.

The office has been buzzing. While we are not back to the business we had prior to covid, it is getting closer. We did bring our prices down prior to covid to meet the mandate of the membership but it was also stated that we needed to keep orders up. Many of you are helping to do so. I encourage you all to keep your LDC in the black by purchasing from it. Canada Post is still saying they are delivering on a covid schedule of guaranteeing deliveries within 4 business days, but most are back to the pre covid time frame of 2 business days. For the most part I have all literature in stock or on route. This is amazing with all the delays we have had over the past couple of years. But to be safe, always order and confirm before paying. I will not hold payment when things are out of stock because we also have seen some items unavailable for close to a year. Your money is better utilized at your group's end than sitting here. I will continue to put any out-of-stock items on backorder for you and let you know when they are here so you can pay to have them come out to you then.

The office will be in summer closure as of 1 pm on July 20th and reopen at 10 am Aug.21st. You may leave emails and phone messages during that time, and they will be handled in order upon my return.

Still in stock if you are curious about how our program functions, The 2022 World Conference Summary P-46, the current service manual P-24/27 and the Groups at Work P-24. All prices are on the order form you can find on the Ontario South Al-Anon website [click here](#)

Now the exciting news. There is a new daily reader being released entitled A Little Time for Myself. They have been pre-ordered and as I write this, I know they will be on route next week after the International Conference. I hope they arrive before the summer closure so some can get out but if not, they will for sure be here when I reopen. I do have a few that have been pre-ordered at this end and they will be the first processed. They will be on the shelf going forward after that if they are available for me to stock. If you try to order one and I am out, I will set up an order and advise you when they are here. A new order form will be coming out then to include this new book. Please, at that time destroy any previous forms.

To paraphrase our service manual P-24/27 and our Groups at Work P-24 (both on page 63) we can read whatever we like outside of the Al-Anon meetings but in our groups, we only use CAL to ensure our program message stays consistent with our principles. How blessed we are to have such a variety of Conference Approved Literature. If you wish to know more about all that is available, you may ask me to email you the literature blurb of all the books and the pamphlets summarized. It does help to know all that is available because sometimes we get stuck on certain items we love and forget there is so much more.

Be well. I am so grateful to serve you.

Linda LDC Office Manager o.literature.distribution@gmail.com

ITEMS FOR CONSIDERATION

- 1. ITEM:** Name: Barbara P, D13: Please think about making the AWSC and ASSEMBLY - Hybrid meetings. I understand why you want the "in person" for the amount of people you need to get good rates at hotels and conference rooms plus the social interaction, these are very costly. At assembly 2022 only 90 out of 240 approx. groups were there because of people were not able to attend, lots due to health issue. I feel that I would do more service work if these meeting were Hybrid. It would get more groups attending if that Hybrid component were there so people like me who are immune compromise can also attend and vote. I attend both AWSC and Assembly during covid 19 in 2021 and know we had more attendees. I feel that by not having the HYBRID Component in these meeting AL-Anon/Alateen is being run by a select group of people who are comfortable going to in person meeting, but the electronic group have no say. There are all kinds of reasons why people can't attend but would be able to attend if these meeting were Hybrid. Electronic meeting are here to stay and why not give them the same as in person meeting.

RESPONSE: The nature of area assemblies and AWSC meetings was a workshop at the 2023 AWSC meeting. The overall consensus reached by the District Reps was that each meeting has unique needs (e.g. financial, technical, logistical, and weather) that need to be considered. Some of the issues is having capable people to run 2 concurrent parts of the meeting, IT capability to do so, increased cost to add hybrid technology, internet is not certain, additional cost of reliable internet, potential loss of anonymity, high hotel penalties for not meeting guest room rental requirements. However, electronic meetings are a new worthwhile tool that are always being considered. We are looking forward to a Technology Coordinator with IT knowledge stepping up to assist the area with this going forward.

- 2. ITEM:** Name: Barbara P, D13: Consider making Newcomers packet for Al-Anon & Alateen in PDF for electronic meeting in PDF for us to buy or free. We need something to sent out to our member who are new and do not live in our area.

RESPONSE: Here is the link for the WSO Newcomers information. <https://al-anon.org/series/welcome-newcomers/>. The area Newcomers link is <https://al-anon.alateen.on.ca/for-newcomers/>. Free downloadable items from WSO can be found at <https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

- 3. ITEM:** Name: Deborah F, D13: The AIS Chairperson is an invited member to the AWSC and has a vote at AWSC. Their accommodations and meals are not paid for by Ontario South whereas these costs are assumed by the Area for the other AWSC members. What is the rationale for this disparity across invited members? Can this be reconsidered with a view to equity and inclusion?

RESPONSE: Assembly October 2000 decided the following: "We accept all AIS Chairpersons to attend our AWSC meetings, but that the cost of their attendance is to be covered by the districts they represent."

We are asking the Archivist for any information on the discussion leading to this decision.

We have also added this to the executive agenda to be looked into further.

- 4. ITEM:** Name: Rosemary P, D2 AWSC motion not presented: AWSC form a Task Force to implement the 4 Recommendations outlined by the Electronic Groups Thought Force.

RESPONSE: The 2023 AWSC voted to do this, and a Task Force has been formed to present information to the 2023 Assembly.

Gratefully Yours,

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

Upcoming Events!!

Opportunity open to All Ontario South Members: District 28 (Ottawa) is looking for temporary assistance in updating their website design. We are currently using WordPress and have functioned with the same website features for a number of years. Assistance/collaboration in changing some of the features to better serve our membership in our District would be welcomed. Please contact Conny M. at adammengerconny66@gmail.com



Al-Anon Family Groups
Help and hope for families and friends of alcoholics

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SATURDAY, SEPTEMBER 16, 2023

10am to 4pm

Holy Trinity Church
81 Selkirk, Chatham, ON

\$5 if purchased by Sept 8, 2023
(\$7 at the door)

Send your e-transfers to: donate2dist28@gmail.com
Security question responses: District 28

Please note your name if sending an e-transfer

Pre-registration can also be completed using the form at the bottom of this flyer

POTLUCK LUNCH
Bring your favourite COLD finger foods dish to share!

30+ topics to be covered
Guest speaker
Bring a friend, a sponsor, a sponsee...

Raffle and Door Prizes
New Item Donations for Door Prizes are appreciated!
CONTACT: MADDY
phone: 519-437-0554 email: maddy@alakanon.com
DRESS: casual & with layers recommended




Pre-Registration Form (Please submit by Sept 8, 2023)

Name: _____ Total Amount Enclosed: \$ _____

City: _____

Group Name: _____

Make cheque payable to: AFG District 28
Mail cheques & registration forms to: AFG District 28 c/o Loislaw -
10 Phyllis Avenue, Chatham, ON N7M 3B9

Note: If sending as a group, please include a list with the names and phone numbers of all attendees.



District 31 Day of Al-Anon
(with AA Participation)

Keep Coming Back!

Al-Anon/Alateen

Everyone is Welcome
7th Tradition

GREAT FELLOWSHIP
GREAT SPEAKERS

BASKET DRAW FOOD & DRINK
(Please bring your own beverage container to cut down on waste)

Saturday, September 30th, 2023
8:30am to 4pm

At Crossroads United Church
690 Sir John A. Macdonald Blvd.,
Kingston, ON K7M 1A2
Just South of Princess Street, opposite the back of Loblaws

Coming from out of town?
Take Exit 615 Sir John A. Macdonald Blvd. off the 401 & drive South 3.3 km to just past Princess St. (Church is on the Right)
Plenty of Parking Available

51ST LAKESHORE DISTRICTS' CONFERENCE
WITH AL-ANON PARTICIPATION

AL-ANON RECOVERY IS FOR ALL

MAIN SPEAKER: TBA

AUGUST 11-13, 2023
LVIV HALL
38 LVIV BLVD., OSHAWA



STEP Dancing with Al-Anon

Come celebrate Al-Anon Day with us.
Bring your friends and family!

Registration at 8:30 am
Start time at 9:00 am

Tickets \$10 Adults
and \$2 Under 12

First Baptist Church
990 4th Ave E,
Owen Sound

Enter from 4th Ave E.
Parking at LifeLabs or on street





SAVE THE DATE!

Your donations of dessert and/or salad would be most appreciated. Please bring in a covered container with your name on it.

Conference Tickets:
\$20.00
(includes potluck lunch)

Saturday Banquet
Tickets: \$48.50

Vegan option available