

# Open Lines

Ontario South Assembly Newsletter

August 2010

Vol. 33, No. 3

Please change your donation forms for OSA

New mailing address is:

**ONTARIO SOUTH ASSEMBLY**

**P.O. BOX 1151**

**GUELPH, ONTARIO**

**N1H 6N3**

**Ontario South Assembly**

**Will be held this year in**

Guelph, October 22-24th

Keep watch for your package with registration and booking information.

### **New Meeting**

The Coffee Hour AFG will be held on Wednesday Nights 7:15 –8:15 pm at Westminster United Church 4094 Tomken Road (SW corner of Tomken and Rathurn) in Mississauga. (thedown the hall from and at the same time as the Hope Pre-vaills Alateen)

### **Meeting Move effective September 7, 2010**

New Life AFG in Owen Sound has found a new home in the Farmers' Market Building. 114 8th Street East. Tuesday's at 7:30pm. Please use the entrance off of City Hall Parking Lot.

### **Southend AFG Celebrates 35 years**

Thursday September 16th 8pm speaker meeting Southminster United Church Hagar St Niagara Falls. Contact Sharon rreeb1@cogeco.ca for more info.

### **Delegate's Report**

My name is Claire Duthie and I am your Delegate for Ontario South. I am a grateful member of the Thursday night Southend Discussion AI-Anon Family Group in Niagara Falls, District 12.

Well my family of friends, my treatments have started and so far I am doing well, One Day At A time. I have taken a lesson from our program and am being nice to myself. I have booked off work for a few months, however, NOT AI-Anon. My work still continues on there. Always lots to do on that subject.

I'd like to take this opportunity to thank all of you for the cards, the emails, the prayers, the thoughts. GOD is with me and so are you my adopted family.

I am very blessed to be part of such a wonderful fellowship. I thank you all for the opportunity to serve as your Delegate for Ontario South. Please fell free to contact me if you have any questions or concerns. My contact information can be found on the back page of Open Lines. I have added a new email address for AI-Anon purposes.: [ontariosouthdelegate@hotmail.com](mailto:ontariosouthdelegate@hotmail.com)

Much Love & Hugs

Claire Duthie, Delegate Panel 49, Ontario South "Celebrate! Embrace the Group Conscience to Expand our Circle of Hope."

- 50 years od the World Service Conference

**Plan to attend the 2013 AI-Anon International Convention in Vancouver, BC, Canada**

### **AI-Anon Declaration**

**Let it begin with me**

**When anyone anywhere reaches out for help,  
let the hand of AI-Anon and Alateen always be there  
and let it begin with me.**

### **Alternate Delegate's Report**

Hello, my name is Heather P., your Alternate Delegate for Ontario South. I am a grateful member of this wonderful worldwide fellowship of Al-Anon/Alateen Family Groups; my home group is Love and Hope Angus AFG in District One. Where does the time go? I seem to be having difficulty staying in today. What a whirlwind this spring was with speaking engagements in April and May, attending AWSC at the end of May, then Trillium in June and now preparing for the next Executive meeting in July. Thank goodness we have our little bookmark "Just For Today" (M12). Although it did slip my mind, I was gently reminded to have another look at it. And what was the first reminder I saw? "Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appal me if I felt that I had to keep it up for a lifetime." What perfect timing to get me back to the present and not worry about what the future might hold or issues from the past that I cannot change.

I encourage you to continue your support of our coordinators by inviting them to your district's functions as speakers or to put on a workshop. Continue to let Michel know of any acts of public outreach you are doing individually, as a group, or as a district and watch the numbers on the blog rise. How can you share Al-Anon through using literature? Do you have any functions coming up or personal sharings on service work that can be shared through Open Lines? Are there any items you would like to see posted to the website? I would love it if you would share your ideas on how to keep Al-Anon in the present and accessible to all.

See you at Assembly in Guelph, October 22-24th.

Thank you all for allowing me to serve as your Alternate Delegate  
Blessings and (Hugs) in Service,  
Heather P.  
Area 86 - Ontario South Alt. Delegate

### **Meeting move**

With sad hearts the Ridgeway Circle of Friends Alateen Group and the Ridgeway Friendship AFG announce a location change effective July 5th, 2010. New location is All Saints Anglican Church 149 South Mill, Ridgeway, ON L0S 1N0. Meeting times remain the same.

### **Area Secretary's Report**

Hi All:

The planned hip replacement went very well and I was seven weeks into a very speedy and good recovery when I experienced a setback – actually little to do with the surgery – somehow ripped a hip muscle and had a bleed, ending with a large hematoma. In plain language and to keep it in perspective, I have a bruise in my bum.

Unfortunately, this difficulty kept me from attending AWSC and from getting around for a few weeks. I have to thank all who have sent good wishes and kept me in their thoughts and prayers – I do credit this for helping with my recovery. And my sincere thanks to Heather P, Alternate Delegate, for stepping in and doing all the secretarial work related to AWSC, and to Gail C, Advisor, for taking on the reporting of the Inventory Workshop.

I'm now preparing to attend the Trillium Handover Meeting on Sunday, July 18<sup>th</sup>, as the Executive Liaison to Trillium and getting files in order for our next Executive Meeting which will be held in Niagara Falls July 23<sup>rd</sup> and 24<sup>th</sup>..

I wish you all the blessings and serenity of the program and again express my thanks for everything that has been done for me.

Jacqui K,  
Area Secretary

### **Tranquility AFG 29th Group Anniversary**

Wednesday, August 11th  
Central United Church  
54 Ross St. Barrie, ON  
7:30 pm Fellowship 8:00 pm Speaker Meeting  
Meeting ends at 9:30 pm

### **Lakeshore District AA Conference with Al-Anon and Alateen participation**

August 13-15th. Theme: Courage Action Love  
CAL: The Al-Anon Tools of Recovery  
General Sikorski Polish Veterans Hall 1551 Stevensville Rd North in Oshawa  
Contact # 9905-728-1020  
Registration and banquet \$45, registration only \$20, banquet only \$30, dance only \$5.

### **40th Annual Central West Ontario AA Convention with Al-Anon and Alateen participation to be on August 14th from 9:00 am to 5:00 pm.**

Banquet and dance will follow. Theme: 40 years and Still Responsible. Event will be held at the University of Guelph Campus in Guelph ON.  
Contact: Margaret C 519-793-9361 or livingrecovery@hotmail.com for more information.

### **Treasurer's Report**

Fabulous! That's exactly what kind of a summer we've been having and I've been enjoying every minute. Hence..I've let a few things fall behind, but I'm happy to say the NEW POSTAL BOX for ONTARIO SOUTH ASSEMBLY (OSA) has been secured. We now have a permanent address for all the financial mail i.e. donations, expense forms, registration forms to AWSC and Assembly, and registration payments etc...

Please update your mailing address for OSA to:

**ONTARIO SOUTH ASSEMBLY**

**P.O. BOX 1151**

**GUELPH, ONTARIO**

**N1H 6N3**

Again please update your mailing address and inform your group treasurers, district treasurers and anyone who needs to know about this change.

On another note...Did you know...

Did you know that all OSA donations are used to pay Area expenses only and that the Literature Distribution Centre (LDC) is totally separate and self supporting through its' literature sales.

Thanks to our LDC, our Area has been blessed with good prices and timely deliveries.....Thanks Lynn!

Please watch for an upcoming flyer about our New OSA Treasurer Address that (I hope) will be distributed to all Dr's, Gr's, Groups and members as needed.

Have a Safe and Fabulous Summer!

God Bless,

Marianne Embro

OSA Treasurer, Area 86

### **Cobden New Way of Life AFG 8th Anniversary**

Tuesday, August 17th 8:00pm.

Grace United Church Main Street Cobden, ON K0J 1K0. You are invited to a guest speaker and share in a delicious light lunch and fellowship.

### **District 30 Al-Anon Day**

Saturday, November 6th. Registration starts at 9:30 am Grace United Church Main St. Cobden, ON K0J 1K0. This event will run from 10:00 am till 3:00 pm.

### **AWSC 2010 Durham College Oshawa**

"Ask-It-Basket" Questions and Answers

1) "What should a person/group/district do when faced with a report about another district, group or person, that is negative?"

Answer: Each group/person/district is autonomous. More specific information would be needed to give a clear answer.

### **Chairperson's Report**

I am pleased to say that I have had many requested for Police Check for Volunteers who wish to become Supportive Alateen Members (SAMs). If you wish to participate in this vital part of our program, I encourage you to contact your District Representative (DR) who in turn will guide you through the process.

Your Executive met on the weekend of July 23, 24, where we discussed the various items that are pertinent to our Area, which included the discussions that were held at AWSC this past May. Our next Executive meeting will be held in November following Assembly.

Ontario South Assembly 2010 will be held on October 22, 23, & 24, 2010, at the Best Western Brock Hotel & Conference Centre, 716 Gordon Street, Guelph, Ontario. All Al-Anon members have a voice at Assembly and are welcome to register. Assembly packages will be sent to your DRs in late August. DRs will make these packages available to you at that time. For those of you who will not be attending Assembly, your voice is heard through your GR. It is your responsibility, as Al-Anon members, to become informed regarding the issues that will be discussed and to voice your thoughts and ideas to your GR, who will in turn relay them at Assembly. OSA is still looking for a district to host the 2011 Ontario South Assembly. My district hosted the Assembly in 2007 and I can tell you it was a rewarding experience. Know too, that we never do anything in Al-Anon alone. There are always many people willing the help- me included. Talk up the idea in you District and contact your Executive to let them know you are interested.

Looking forward to seeing many of you in Guelph in October

Sue Gaskell,

OSA Area Chairperson

### **Halton Peel Al-Anon/Alateen Day Together We Can Make It!**

Saturday, September 18th. Registration will begin 8:45 am. Meetings start at 9:15am and run till 3:00pm. \$5 entrance or 7th Tradition for the Alateens. Eden United Church 3051 Battleford Rd. Mississauga L5N 5Z9. Pot luck lunch, special panels for Alateen and Parents of Alcoholics. Contact Carol P 905-828-5066 (evenings)

## ARCHIVE COORIDNATORS

**PROJECT PASS IT ON** is working in our area. I continue to receive submissions for our **IN LOVING MEMORY**—stories and memories of Al-Anon members who have died. One suggestion that is working is to have group members write down those special memories of a member who has died. Take a few minutes before or after a meeting. This is another way we can capture and pass on experience, strength and hope. Was this member always the first one at the meeting? What kind of service was he/she involved in? Have you contacted the long time members in your group? In your district? Don't wait to do this. It is important for our longtime members to tell their stories. This is how we maintain the history of Al-Anon in Ontario South. Otherwise these stories are lost and cannot be recaptured. Set aside time with members to complete these stories as soon as possible. The longtimers luncheon at Trillium 2010 was a wonderful example of story telling by our members. This is what it is all about --one person telling stories to another.

**Al-Anon celebrates its 60<sup>th</sup> anniversary 2011.** How will your group/district celebrate this event? Let me know how your group/district is celebrating Al-Anon's 60<sup>th</sup> Anniversary. Bring a written copy of your ideas/projects to Assembly for Ontario South 60<sup>th</sup> Anniversary Book. Or send a copy to me and I will include it in the book. Be sure to include your group name and district.

**GOAL FOR ONTARIO SOUTH --AREA 86 — complete the LONGTIMER STORIES BY 2011.**

What better way to celebrate 60 years of Al-Anon in Ontario South.

Groups continue to update their histories. This is important as group locations and dynamics do change. Thank you for your continued work. Ontario South Archives continues to grow thanks to everyone working together.

**REMINDER:** Have you read LOIS REMEMBERS? Lois shares her story in her own words. Encourage your group members to read the book. Or take a few minutes before or after a meeting to read a few pages or a chapter.

**DID YOU KNOW--** The early wives groups in Ontario South met with Lois when she came to Ontario in 1948. **They told stories** to Lois about how they were able to help themselves in their recovery from the family disease of alcoholism. These stories inspired **Lois** and she **PASSED IT ON**. This is the true spirit of Al-Anon—one person talking to another and sharing their experience,

strength and hope. In 1951 Al-Anon began. Here we are 60 years later sharing our stories to help ourselves and one another. No fancy words—just sharing from the heart. **PROJECT PASS IT ON—KEEP IT GOING.**

Mary Jane M.  
Archives Coordinator

## Alateen Coordinator

Greetings

I had the pleasure of attending the AA World Conference in San Antonio and met a number of Alateens and members who sponsor Alateen Groups. I attended a Alateen sponsors workshop, the sharing was wonderful and it helped to put the Alateen situation into perspective. Although, we here in Ontario South have been struggling to rebuild the Alateen program, compare to some locations we are doing very well. For example I heard from a group sponsor from London, England and he shared that there is only 2 Alateen meetings with a total of 8 members in his city of 8 million people.

We held a Alateen service meeting during the Trillium convention and I found it to be extremely helpful, I was able to hear from Alateens and SAMs regarding a number of important issues. During that meeting I had related that there may not be an Alateen Unity Conference this year because the Ontario South Alateen Advisory Committee had yet to receive any bids. As a result of that discussion, I am pleased to announce that two groups of people (Alateens and SAMs) have submitted bids. By the time this report is published a decision will have been made as to the location and date, so please look for the announcement on the Alateen Coordinators Corner at [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca)

During the Alateen Service meeting at Trillium I announced that due to lack of participation we would be suspending the Ontario South Alateen Chat Room for the summer. I also distributed a survey for Alateen members, I felt it was important to get some feedback from the Alateens before making a final decision regarding the on-line meeting and other matters concerning the Alateen program. I have also created an on-line version of the same survey which Alateens who were not at Trillium can access. Please pass along this on-line link <http://www.zoomerang.com/Survey/WEB22ATFRZKFTR> to the Ontario South Alateen Advisory Committee's (OSAAC) Survey

### **Alateen Coordinator Cont'd**

to any member of Alateen you know and encourage them to fill it out. A paper copy of the survey is also available, please contact me at ontario-southalateen@hotmail.com to arrange to get a copy. will leave the link open till September and hopefully the response rate will be high enough to allow for a good analysis. I should be able to include the results in the next issue of Open Lines. I am hoping that once the results have been compiled we will have a clear picture of what initiatives are important to the Alateens and this will act as a guide to strengthening the Alateen program in the future.

The Central Western Ontario Conference (CWOC) held in Guelph is planning a special afternoon program for Alateens and SAMs on Saturday, August 14, 2010. Alateens will be offered a reduced registration rate of \$5 (Banquet tickets will be regular price). The conference has arranged an Alateen room and I will be on hand to host the session from 12 - 2 pm. There will also be an Alateen speaker meeting to follow at 2:30 pm. I feel that this is a wonderful opportunity for Alateens and SAMs to get together to discuss issues, share experiences and perhaps participate in an activity. So if you are planning on attending the CWOC or would like to learn more about Alateen please join us on Saturday, August 14, 2010.

Best wishes for a safe and happy summer  
Leslie P. Ontario South Alateen Coordinator

### **Public Outreach Coordinator**

I just received some Acts of Public Outreach and we have exceeded our goal of 1000 Acts in 3 years. We are now at 1014 Acts of Public Outreach with another 1.5 years to go.

Way to go members!!!! Keep up the fantastic work!

<http://1000actsofpublicoutreach.blogspot.com/>  
hugs in service

Michele

### **AWSC 2010 Durham College Oshawa cont'd**

2) "Will we have a discussion @ Assembly to decide if ownership of property is consistent with the Al-Anon/Alateen Legacies as stated in motion 12?"

Our Executive will make this decision when the time comes. Please refer to your information package from Claire for more information and share it with your GR table for discussion at each group.

### **Literature Coordinator**

Hi Friends!

My name is Jean and I'm a grateful member of Al-Anon. I have the privilege of serving as your Area Literature Coordinator.

The 25th Anniversary of As We Understood... (B-11) is featured in an expanded edition of "CAL Corner" in the July edition of The Forum. It features members' sharings, as well as some interesting facts about this book.

The July Forum also includes an "Inside Al-Anon Family Groups" article titled, "Conference Approved Literature Comes of Age." It discusses the history of CAL and why the 2010 Conference voted unanimously to clarify wording about the use of CAL at meetings in the "Digest of Al-Anon and Alateen Policies" section of the Al-Anon/Alateen Service Manual.

Each month, the "CAL Corner" feature in The Forum includes members' sharings on how a particular piece of our literature has enhanced their recovery. The August article focuses on Opening Our Hearts, Transforming Our Losses (B-29). September's article is about When I Got Busy, I Got Better (P-78).

The 2010 World Service Conference conceptually approved a new Legacy workbook. Please consider posting sharings on any of the three Legacy blogs found on our Members' Web site ([www.al-anon.org/members](http://www.al-anon.org/members)). All postings will be considered for use in the new Legacy workbook which is in development.

Coordinators Corner: I've recently added a Workshop on Sponsorship. Check it out at [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca).

Have a wonderful summer!

Love in Service

Jean McS

### **44th Annual Dunnville AA Convention and Campout**

September 10th to 12th. With Al-Anon/Alateen participation on the 11th (after lunch)

Location: Byng Island Conservation Area  
Dunnville ON

Theme: Back to Basics Registration fee \$10 for the weekend or \$5 for the day. Camping fees are extra. Park entry fee free for the day. More info Steve 289-214-4441 Marc 289-480-1040 or email [dunnvilleconvention@hotmail.com](mailto:dunnvilleconvention@hotmail.com)

**Open Lines Coordinator**

Hi My name is Sharon and I am a grateful member of the Southend AFG in Niagara Falls. I have been busy giving Open Lines a 'new look' and to try and make it easier to read. I would love to hear any feedback. I am also, working on an email list with the other areas that I correspond with in order to cut the postage bill. Please take time to read the coordinator's corner on the website to keep up to date with what is going on. Denyse does a wonderful job updating this. Enjoy your summer. Hugs Sharon R,

**Website Coordinator**

Bonjour! My name is Denyse Kurn and I am your Website Coordinator. Just a little note on what's been happening on the Ontario South Website. We had monthly average visitors of 7218 in May and 6611 in June. There were a lot of changes on the site this past couple of months; new events, and a couple of new additions. Please remember that if you want to have your event posted, there is a form to fill out online. Have a great summer and see you all in the Fall!!! Hugs in Service Denyse Kurn

**Group Records Coordinator**

Happy Summer to all of you!!!! My name is Jane Hurley and my home groups are the Whitby Friendly AFG and YANA AFG. I hope that at some point you will be able to have time to relax and find yourself doing something that brings you enjoyment. To help you kick start your fun I have provided you with a "fun" summer word game, widely known as 'FILL IN THE BLANKS!' So here we go.....

<b>Words to fill in the blanks</b>	
Meeting Lists	WSO
current	electronically
Ontario South records	Area 86
one	Section 10
District number	NOT
Group Identification number	
Area Policy and Guidelines Manual	
AI-Anon Registration/Group Changes form	
Ontario South group records co-ordinator	
ID number	current mailing address
Group's Anniversary date	hard copy

**NEW GROUPS:**

In our area, \_\_\_\_\_, anyone who is starting a new group needs to send the Group Registration form to the \_\_\_\_\_ who will then send the information to the \_\_\_\_\_. The group record co-ordinator will send the group their \_\_\_\_\_ when it is received from the WSO. Remember to keep track of your group's Anniversary date because \_\_\_\_\_ does not have that information.

**ALL GROUPS:** Keep your group information \_\_\_\_\_. Include your group's \_\_\_\_\_ and \_\_\_\_\_ when you are sending in changes. Any changes that you need to make to the information about your group needs to be sent to the OSA group record co-ordinator \_\_\_\_\_ to the WSO. The WSO keeps \_\_\_\_\_ mailing address . This is known as the \_\_\_\_\_ - CMA. Therefore, it is strongly recommended that only the person in your group (often the GR) who is designated as the one to receive your group's mail be the one to send all correspondence to WSO. To send the change form \_\_\_\_\_, go to the Ontario South website - <http://anon.alateen.on.ca/> - click on \_\_\_\_\_ - click on \_\_\_\_\_ form - complete form - send A \_\_\_\_\_ of the form can also be found on-line in \_\_\_\_\_ of the \_\_\_\_\_

Wishing you many blessings  
In service,  
Jane  
Group Records Coordinator

**AWSC 2010 Durham College Oshawa cont'd**  
3) "In the interest of embracing the group conscience will options for the "building" be an agenda item @ Assembly 2010, before our Delegate votes on our behalf @ WSO in 2011?"  
Answer: Will be voting in WSC 2011. It is up to the OSA Executive to decide on this matter. Refer to the Delegate's package Claire gave to us.  
4) "Is it desirable to have SAMs from one district having an Alateen meeting in another district?"  
Answer: Yes, this is acceptable  
5) "Can a non-attending AI-Anon (she used to attend) be the contact number for the group?"  
Answer: No, unless she is a member of good standing in the AI-Anon program. Refer to page 32 in the WSO service manual, under telephone contact.

### **2010 Trillium Chairperson Report**

Our Trillium conference has now come and gone for another year. Thank you to all of those who participated in one way or another to make it the success it was.

Our theme "Courage to Change" was touched upon with so many of our speakers in all three programs. The conference wouldn't be possible without those who are willing to be of service by sharing their experience strength and hope.

New this year was our "Longtimers' luncheon. Thank you to our members who shared with us what it was like for them when they came in over thirty years ago.

It has been a pleasure for me to serve as your 2010 Trillium chair and to work with all of the committee members.

We also appreciated your feedback in the evaluations, as it will help the 2011 Trillium committee to plan for next year's conference with your input in mind.

I hope that those who attended enjoyed their weekend as much as I did and we look forward to seeing you again next year.

Have a wonderful summer and blessings to you all.

Lise W.

Past 2010 Trillium chair.

### **Trillium 2011 Chairperson Report**

Hard to believe that a month has already passed since Trillium 2010 was held.

What a great conference it was! Many thanks to Lise W and the 2010 committee for preparing such a wonderful weekend of sharing and fellowship for all of us.

What an exciting time as I find myself on the cusp of a new service journey. My name is Jo-Ann M and I am your 2011 Trillium Chair. I am a grateful and blessed to be a member of two groups, the Monday night Newmarket Friendship AFG and the Wednesday night Keswick Freedom AFG.

I would like to welcome and thank all the people who volunteered or were volunteered to become part of the 2011 Trillium Committee. I am looking forward to working with all of you to bring Trillium 2011 to other Al-Anon, Alateen and AA members. I would like to also thank Lise and the 2010 committee for welcoming myself and the 2011 committee at their planning meetings. It was a great experience and it brought me new ideas and information for my own term.

So to all of our members in the world wide fellowship of Al-Anon Family Groups I am extending a big warm invitation to come and be a part of the:

### **2011 Trillium Convention**

**June 24 – June 26 2011**

#### **Doubletree International Hotel**

Mark the date on your calendars and plan to make this a family weekend. We will have full programs for all three fellowships and encourage you to attend meetings from all of the fellowships. After all together we can make it. Knowledge is a powerful tool in recovery!

Jo-Ann M

Trillium 2011 Chairperson

### **AWSC 2010 Durham College Oshawa cont'd**

3) "In the interest of embracing the group conscience will options for the "building" be an agenda item @ Assembly 2010, before our Delegate votes on our behalf @ WSO in 2011?"

Answer: Will be voting in WSC 2011. It is up to the OSA Executive to decide on this matter. Refer to the Delegate's package Claire gave to us.

4) "Is it desirable to have SAMs from one district having an Alateen meeting in another district?"

Answer: Yes, this is acceptable

5) "Can a non-attending Al-Anon (she used to attend) be the contact number for the group?"

Answer: No, unless she is a member of good standing in the Al-Anon program. Refer to page 32 in the WSO service manual, under telephone contact.

6) "The use of the Lord's Prayer is decided by group conscience but is the Prayer Al-Anon approved?"

Answer: It is not "Conference Approved Literature", refer to page 24 of the WSO service manual.

7) "Can an 12 year old or 13 year old be dropped off for an Al-Anon meeting without a parent attending that meeting?"

Answer: Yes

8) "Does a SAM have to be present in order for the preteen to attend an Al-Anon meeting?"

Answer: No

9) "Are their release forms the parents have to sign if this is permitted?"

Answer: No