

# Open Lines

Ontario South Assembly Newsletter

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

December 2019

Volume 41 Issue 3

## Statement of Purpose

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

### Subscription Rates:

If you wish to receive a copy in the mail, subscription rates for copies mailed in Canada are \$4.50 (1 year) and \$8.00 (2 years). Please send a request for NEW SUBSCRIPTIONS / RE-NEWALS to: [openlinesosa@gmail.com](mailto:openlinesosa@gmail.com).

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## Quick Links for Ontario South

[Group Records Change Form](#)

[Donation form](#) make cheques payable to Ontario South Assembly and send to P.O. box 1151, Guelph, ON, N1H 6N3

[Form C for SAMS](#)

Literature Order Form printable (link available in April issue)

Literature Order Form fillable (link available in April issue)

**The Literature Distribution Centre will close Thursday December 12th, 2019 at 3:00 pm and will reopen Monday January 6th, 2020 at 8:30 am.**

## 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
<a href="#">District 4.....</a>	Waterloo Region
District 5.....	Huron Perth
<a href="#">District 6.....</a>	London Region
District 7.....	Sarnia Region
<a href="#">District 8.....</a>	Windsor/Essex
District 9.....	Chatham Region
District 10.....	Elgin Region
District 11.....	Brantford
District 12.....	Niagara Region
District 13.....	St. Catharines
<a href="#">District 14.....</a>	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
<a href="#">District 28.....</a>	Ottawa
District 30.....	Upper Ottawa Valley
District 31.....	Loyalist
District 32.....	Kawartha South

[Ontario South Website](#)

## Delegate's Report

### WORLD SERVICE CONFERENCE RELATED

- \*Participated in Trustee phone call following the July Chairperson of the Board Letter (COB)
- \*Requested and received comments from Ontario South (OS) Members regarding the questions in the COB letter
- \*Starting preparations for the 2020 World Service Conference (WSC). (Offering to be a mentor for a Panel 60 Delegate, requesting ideas for Chosen Agenda Items from OS membership, beginning to think about the 3 minute talk I've been asked to give at 2020 WSC, beginning preparations, by Panel 58 (my panel), for the entertainment at WSC)
- \*Forwarded relevant information from World Service Office (WSO) to the members of Ontario South
- \*Completed and sent the AWSC Up Date form to WSO which lists all the Executive, Coordinators, and District Representatives from Ontario South
- \*Reviewed and responded to AFG Connects items
- \*Had requests for 3 Regional Trustee Resumes from Ontario South members
- \*Will be sending the Regional Trustee resume that was voted on by the 2019 Assembly to WSO before August 2020

### ONTARIO SOUTH RELATED

- \*Received and responded to emails and phone calls from Ontario South members, including Executive members
- \*Read and responded to District minutes that were sent to me
- \*Kept in contact with Ontario South Alternate Delegate
- \*Attended, presented a report at, and participated in the 2019 Ontario South Assembly in Woodstock
- \*Asked Nicky D. to fill the position of Website Coordinator and she accepted
- \*Participated in a conference call for the Literature Office Committee in September
- \*Participated in the Literature Office Committee meeting at Assembly in October
- \*Spoke in St. Catharines; brought Ontario South quilt at their request
- \*Have been asked to speak in St. Mary's on June 2020 and in Leamington on May 30 2020
- \*Submitting to Open Lines for December issue

Sue G, Ontario South Delegate, Panel 58  
**Dreaming Big with 20|20 Vision**  
**Rêver grand avec une vision 20|20**  
**Soñar en grande con visión 20|20**



## Invite your Delegate

*My name is Sue G, serving as Delegate for Ontario South. My role as your Delegate is to be the channel through which information flows between our groups in Ontario South and Al-Anon's World Service. Sharing my experience, strength, and hope regarding my service position as Delegate and hearing your thoughts keeps the lines of communication open.*

***I am available!***

Email at [ontariosouthdelegate@hotmail.com](mailto:ontariosouthdelegate@hotmail.com)  
or call me at 519-657-7700,  
or text me at 519-615-4970

## Area Literature Coordinator Report

Hello All,

As I write this morning, I am cozy and warm indoors, while enjoying the beauty of the seasons first snowfall out my window . It's a pretty sight.

It was lovely to spend time with members in service for OSA this past weekend at Assembly. As Area Literature Coordinator, my role is to support the area members by providing literature displays, workshops, skits, writing sessions, etc.

Please let me know if I can assist your district in any way.

### Literature News from WSO

#### What's Your Favourite Piece of CAL?

I'm excited to share with you that this month, the new Member Blog is focused on Conference Approved Literature! We're asking members to share their favourite non-daily reader Conference Approved Literature (CAL) book, and why. Please let the members of your Area know about this, and please consider reading and writing for the blog yourself. Visit [al-anon.org/member-blog](http://al-anon.org/member-blog) for more information. Sharings posted on the Member Blog may be used for future Al-Anon publications.

**New Daily Reader (working title):** The WSO is in the process of hiring a professional freelance writer/ editor who is an Al-Anon member to analyze all sharing's received and submit drafts of daily readings to the Literature Committee for review. Once evaluated, we will notify the fellowship of any topics for which additional writings are needed. In the meantime, please continue to encourage members to write sharing's about any of the Twelve Steps, Traditions, and Concepts of Service, as well as ones that exemplify the wide variety of relationships and backgrounds of members today.

**The Best of the Forum (working title):** The Board of Trustees has decided not to proceed with a printed version of this project, and to instead explore alternate methods for sharing members selections of the best Forum articles. The project remains in development and members are still encouraged to submit additional suggestions of what they consider the best of Forum articles, especially from the last couple of years.

**"CAL Corner" Topics:** This department is featured each month in The Forum magazine. It contains members' sharing's on how a particular piece of our literature has enhanced their recovery. August's articles celebrated the 50th anniversary of Alcoholism, A Merry-Go-Round Named Denial (P-3). September's focused on Hope & Understanding for Parents & Grandparents (P-94), and October's was on...In All Our Affairs (B-15) Sharing's needed for "CAL Corner": We always need more sharing's about how CAL has helped members with their recovery. Please urge members to write about Intimacy in Alcoholic Relationships (B-33), As We Understood...(B-11), the Just for Today (M-12) and Just for Tonight (M-81) Bookmarks, and Blueprint for Progress (P-5 and P-91). Please contact me for your interest in writing guidelines for "CAL Corner"

**Just for Tonight Bookmark (M-81):** Our latest piece of CAL, introduced this March, is doing very well - so much so that as of the end of June, WSO had printed 350,000 copies of it. But we have heard that a number of members are still unaware of its existence. Please do what you can to let groups in your Area know about this helpful tool.

**Intimacy in Alcoholic Relationships (B-33):** Hard to believe, but this book is now over a year old. As sometimes happens with new books in their second year, sales are starting to slow down. Although it is currently our sixth highest seller, please continue to encourage members and groups in your Area to read this book.

Sincerely,

Mary Ellen Barry

Area 86 Literature Coordinator

## LOC Versus LDC

### Literature Office Committee / Literature Distribution Centre SO WHAT'S THE DIFFERENCE?

**LOC- Literature Office Committee.** Is the governing body for the LDC as a service arm of the Ontario South Assembly. It oversees the LDC as outlined in the LDC charter and By-Laws, sets the literature prices, hires the LDC manager. It **does not** sell the literature.

Its members are:

- 1) A current DR elected at the AWSC meeting. Jim M.
- 2) Current Delegate. Sue G.
- 3) Past Delegate (Who serves as Chairperson) Debbie P.
- 4) Preceding Past Delegate. Jane H.
- 5) Current Ontario South Treasurer. Marg K.
- 6) Current Ontario South Literature Coordinator. Mary Ellen B.

Contact Chairperson Debbie P. [debbieturnitover@hotmail.com](mailto:debbieturnitover@hotmail.com)

### **LDC – Literature Distribution Centre**

The centralized office within Ontario South that maintains a stock of Al-Anon Conference approved Literature (CAL) obtained from WSO for sale to Ontario South members. This is where the literature orders are sent to and filled.

It operates within a Charter and By-Laws approved by Ontario South.

It is run by a paid employee.

LDC Manager Linda P. [os.literature.distribution@gmail.com](mailto:os.literature.distribution@gmail.com)



For more information:

Please see Ontario South Assembly Policy & Guidelines Manual Section 9

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

Click on: Al-Anon Members    Click on: Area Policy Manual    Section 9

## **LITERATURE DISTRIBUTION CENTRE (LDC) WINTER CLOSURE:**

The office will close for 3 weeks. The office will close Thursday December 12<sup>th</sup>, 2019 at 3:00 pm and will reopen Monday January 6<sup>th</sup>, 2020 at 8:30 am. During the closure you may submit orders however orders will not be processed until the office reopens.



## **REMINDER FOR 2020 AWSC LITERATURE PREORDERS:**



To save on the price of shipping your literature... **YOU MAY PREORDER** literature orders for pick up at our 2020 AWSC meeting at the end of May, **your order and the payment for your order must be received by the Literature Distribution Centre (LDC) by the end of the business day Monday April 27<sup>th</sup>, 2020.**

The Literature Office Committee THANKS YOU all for your patience, understanding and trust as we navigate through the process of providing Ontario South a viable Literature Distribution Centre.

The 2019 highlights of the efforts of our Ontario South Literature Office Committee and Literature Distribution Centre.

- \*We met twice as a committee at our AWSC meeting in May and again at our Assembly meeting in October. We had an additional two Conference Calls. And numerous email conversations in between.
- \*We lowered the price of 11 pieces of Conference Approved Literature.  
(Of note, the pieces of literature that the prices were reduced in Ontario South are now lower than the listed prices of another "Canadian" LDC.)
- \*We lowered the cost of shipping on all orders.
- \*Both the LDC and LOC have attempted to communicate with the Area any changes and new information. Updated Literature Order Forms etc.
- \*As mentioned at Assembly, moving forward we will be providing the Area with more comprehensive financial information from the LDC.
- \*We anticipate we will be in a place soon to invest in further reductions on literature.

Looking forward to continuing to serve Ontario South in 2020!

Please feel free to contact me if you have any questions, concerns or need any clarity.

With Gratitude

Debbie P. Ontario South Literature Office Committee Chairperson

[debbieturnitover@hotmail.com](mailto:debbieturnitover@hotmail.com)

## Public Outreach Report

Dear Members,

Two new PSA's go to <https://al-anon.org/for-members/>

Click on Public Outreach scroll down to Outreach to Public/Media scroll down to request PSA request forms, you can request online.

To view the PSA's go to <https://al-anon.org/> scroll to the bottom of the page and on the right hand side click Media Kit.

Please consider contacting the Radio and TV stations in your Districts the PSA's are free.

There is a Poster Contest details to follow. I will send to your District Reps.

Yours in service of Al-Anon  
And trusting in God's plan  
Kristine B  
PO Coordinator

## Literature Distribution Centre Report

Hello Ontario South,

I hope you are all staying warm as our winter season arrives. I have just a couple of things for you in case you haven't heard.

The LDC closes for the winter break beginning **Dec. 12<sup>th</sup> at 3:00 and it reopens Jan. 6<sup>th</sup> at 8:30**. If you wish to have literature before that please ensure that your completed order forms (**the current form is dated July 2019**) are in, along with payment by the early part of that week.

Also, the **cut-off date for AWSC pre orders is April 27<sup>th</sup> at 3:00**. This means that I need the order and the payment by that date to bring your order to AWSC. Your DR will pick it up and bring it back to your district to save on shipping costs.

Almost monthly I send out a literature blurb describing what some of the pamphlets are about. This goes to your DR, who in turns sends it to your GR who then gives it to the group and or group literature person. Some groups have made up a binder with the blurbs so members can read what is available and get that literature. Some share them at the groups as an announcement. If you haven't seen them and are interested this is how you would find them.

Finally Ontario South has a list of people willing to speak in our area at different levels. If you are on the list please ensure that you change any information that requires an update or if you wish to be removed please drop me a line and I will do so. I try to keep it as current as possible. Also if you wish to be added it is as simple as completing a form and mailing it or e-mailing it. I am including it here for you to print or copy if you so choose.

Thank you for allowing me to serve you. I am blessed.

In service,  
Linda

## Open Lines Report

I continue to fine-tune the distribution of Open Lines. It is currently sent out in two digital formats and one paper format. Eight of the paper copies I sent out in August were returned. I will remove those addresses from the mail list. I will continue to send out the paper copies in black and white which helps to cut down on the cost of printing.

Wishing you all well.

Yours in service,

## Literature Update

Hello Ontario South

It was so nice to see so many of you over the Assembly weekend. Please pass along to your literature rep. for your group that the office will be closing for **winter shut down as of 3:00 on Dec 12, reopening Jan.6 at 8:30**. Therefore if you need literature before the holidays please have your orders and payments in before that date. If you are currently on the Ontario South speaker list please ensure that any changes in your information get to me so I can update it. If you wish to be on the list let me know and I will forward you the form to complete. Please note with each order there is also a copy of the form so your group may in fact have some handy.

### **P-45 The Al-Anon Focus**

This literature is intended for people who join Al-Anon but are members of another 12 step program. While it speaks specifically to AA members joining as someone affected by another's drinking, it could in fact apply to anyone also a member of another twelve step program. It shares on Al-Anon stressing detachment, how this disease can be damaging to our children and how we need to look to ourselves in order to change and grow. There are some dialogues included that share on different things such as how an alcoholic responds to someone else's drinking, how to feel comfortable in Al-Anon meetings, anonymity and more. If you have someone coming to the meeting from another program this may help them understand what Al-Anon's focus is.

### **S-65 EF Alcoholics, their Families and the Judicial System**

Sadly many families end up dealing with the judicial system when alcoholism is in their lives. This pamphlet offers suggestions to professionals involved in the judicial system in when, where and how to refer these family members and friends for help. The family of the defendant often is not sure how to deal with the situations the drinking has brought on. Sometimes the defendant is another family member who is not the alcoholic but has been so affected their behaviour has taken them down this path. Professionals can suggest Al-Anon as a means to help them and Alateen for the younger members. Our AlAnon groups can provide literature and meeting lists, can meet with the professionals in the judicial system to offer information and answer questions, can conduct informal meetings or workshops for the staff and invite them to attend an open meeting to see firsthand how we conduct our meetings and offer hope. There is also contact information. It is certainly an opportunity to carry the message when things are often darkest for these families.

### **S-68 Al-Anon Family Groups Welcome...African Americans...African Canadians...All People of Colour**

This CAL uses the first three steps to show that all are welcome. It shares briefly on the history of our founding and what the program is. It shares that it is spiritual and not religious and that we learn to surrender to a Higher Power of our choice for help. While many feel different walking into the meeting rooms we are a mish mash of people. We come in young, old, all genders, many cultures and colours, we have spouses/partners, parents, employers, friends and children of alcoholics in attendance. There are sharings by black members about how they felt coming to Al-Anon initially and sharings about why they keep coming back. As in many of the other service pieces of CAL there is a list of what Al-Anon is and is not and the twelve steps.

### **P-70 Alateen Talks Back on Slogans**

A small booklet, this piece of CAL is made up of art and sharings from Alateens all over that had their submissions printed in the quarterly publication of Alateen Talks. It shares their views on slogans. How does a certain slogan help you? How did I apply a slogan to a situation to make me calm in the chaos? Alateens speak of slogans helping them in life to diffuse the situations they are in and in using the slogans to make themselves happy despite what is going on around them. At the end are questions about what Alateen means to them and suggested meeting topics connected to serenity.

### **P-82 EF Living in a Shelter**

Many have had to run from their alcoholic home for safety but are not sure where to turn after that. Al-Anon has people who understand, people who have lived in similar circumstances. We are affected by the alcoholic and have learned survival skills which were needed in the moment but have made us sick. Before you leave the shelter come and try Al-Anon. You don't need to feel alone.

### **S-67 Al-Anon's Path to Recovery –Al-Anon Family Groups Welcome Native Americans/Aboriginals**

It is important that everyone knows they are welcome in Al-Anon if they have been affected by someone's drinking. The pamphlet includes a diagram which uses the steps to draw parallels to the native culture in how the program works. When we connect to familiar things in the culture of others it may offer an insight that in fact it is not opposed to their beliefs and customs but can work in a manner that fits into it. The pamphlet shares what Al-Anon is and is not so possible barriers can be cleared.

**ONTARIO SOUTH LDC**  
127 Ford Rd  
Smiths Falls, On  
K7A 4S4

Email: [os.literature.distribution@gmail.com](mailto:os.literature.distribution@gmail.com)

**ARE YOU WILLING TO HAVE YOUR NAME ON THE SPEAKER'S LIST AT THE  
ONTARIO SOUTH LDC?**

**IF SO, TELL US ABOUT YOURSELF.**

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone number \_\_\_\_\_ Email address: \_\_\_\_\_

Length of Time in AI-Anon: \_\_\_\_\_ Name of Group: \_\_\_\_\_

Length of Time in Alateen: \_\_\_\_\_ Name of Group: \_\_\_\_\_

Where have you spoken: \_\_\_\_\_

At which level do you prefer to speak? Anniversary, Panel, Conference, Spiritual Panel, P.O. etc. (please circle)

Your Favorite Topic: \_\_\_\_\_

Do you wish to speak locally, or will you travel? \_\_\_\_\_ Do you have transportation? \_\_\_\_\_

Are you attending meetings regularly? \_\_\_\_\_

Will you and your spouse speak as a team? \_\_\_\_\_

Will you and your family speak as a panel? \_\_\_\_\_

## **Forum Coordinator Report**

We are just a couple of weeks post 2019 OS Assembly. I want to thank District 10 and everyone involved in putting on the Assembly. It was a great weekend.

Over the last few months I have received and responded to emails regarding the Forum. Thank you for your questions. I also want to thank you for your invitations to speak and or be a part of your writing workshops. I have also been approached to dust off a Joy of Service workshop that we did with some Districts in 2017. I love sharing about Service in Al-Anon.

Please continue to submit your written sharings to the Forum. So far in 2019 members of Ontario South have been recognized in all but one printing. That is great. Keep it up!

This is my last opportunity to reach out in 2019. I want to encourage everyone to consider your own personal Service Journey. Where has it taken you?

You are a valuable and essential part of Al-Anon. We need your ideas, your wisdom, your experience, strength and hope. All you need is an open heart, an open mind and willingness. Reach out, ask questions. Consider inviting Coordinators or Ontario South Executive members to come and speak at your Al-Anon events.

Lastly, I offer this challenge. Write a story, a line or a paragraph and send it in to the Forum. If photography is more your speed, send in an original photo. Please consult the guidelines before submitting your work. Most of all have fun!

Yours in Service,  
Gwen D., Forum Coordinator

## **Ontario South Assembly Chairperson Report**

Hello my fellow members,

This is a time of year when I often become retrospective, and look back on the successes and challenges of the past year. I'm heartened when I look back at the things the Executive, your Area World Service Committee and your Group Representatives have achieved.

While I've witnessed it in action, time and time again, I never cease to be awed by the ease and grace with which we can accomplish things, provided that we invite our Higher Power into the conversation. For me, the AWSC meeting in May and our recent Assembly were both excellent demonstrations of how well we can navigate difficult and emotionally-charged conversations when we remain grounded in the Traditions, Concepts and Warranties.

This year's Assembly featured a special treat, with a workshop and personal sharing from our World Service Office's Executive Director, Vali F. Her personal sharing on the Friday evening was recorded; if you would like to obtain a copy for yourself or your meeting, please contact Judi B. in District 10.

Work is well under way for Assembly 2020, which will be in the Toronto area. I'll be sad to wrap up this current chapter of my service journey, but I look forward to seeing what District 20 has in store for us when they host Assembly.

Please remember that when you request a letter from me to obtain police records checks for Supportive Al-Anon Members, I need the full legal name of the person applying. The letter I send out must have the member's name printed on it; I cannot send out blank letters. Also, if you live in the City of Toronto (i.e. your postal code begins with an M), there are some different steps to this process. Please check with the Area Alateen Process Person.

Thank you for another great year in service!

Yours in Service,  
Jason W., Ontario South Assembly Chairperson

## Alateen Coordinator Report

**If you think you are too small to make a difference, try sleeping with a mosquito.”**  
– The Dalai Lama

Sometimes I feel like the sleeper and sometimes like the mosquito.

Like that elusive mosquito buzzing around my head, alcoholism and my family disease of alcoholism has the tendency to show up and buzz around me when I am dozing off in contentment with my recovery. Some days I believe “I have this beat!” and then I find myself using those awful words you should or I would or he or she is to blame. Whereas I used to swat at it with justification and righteousness now I open the window and allow the breeze of the promises of the program sweep that annoyance out into nature. When I am that mosquito constantly buzzing around myself and others I have learned to STOP! H.A.L.T. When I have that itch to HELP or SAVE or otherwise INTERFERE or FIX something I again open that window provided to me by my 12 step program and its tools to remove me from that obsession. A GIFT!!

I also have the sage experience strength and hope of those who came before me. So many have given of themselves to this position and give still in letting me contact them, through email or by phone and allow me to question myself and they give me, not advice, but what their experience was and I get to decide if it is pertinent in a specific situation. This is truly a gift of Al-Anon. There is always a helping hand reaching out to help one another because this is what we do.

One of the parameters is to work with Sandy O., the AAPP, and together we hope we have arrived at a process for S.A.M. re-certification that the executive will adopt. Mostly the process was developed by Sandy, I just had to navigate it, sometimes well and sometimes not. Another gift of the program is that failure is just a step to success.

Another gift is that I have had the opportunity to spread the word about Alateen to the members of Al-Anon and sometimes to members of other 12 step programs and the general public. I have distributed almost all the “together we can make it cards” for Alateen via many meetings and conferences and round-ups. Also as a part of the GTAIS “Ask a Professional Day”, I was able to spread the message of Alateen and the hope of stemming the cycle of the family disease of alcoholism.

One of the truisms of Alateen is that the teens “get to graduate”. We in Al-Anon are uniquely responsible in several ways for the future and furthering of Alateen, in that we need to be responsible enough to get our own children into Alateen by whatever means works in your household, in order that when we have newcomers arriving at our doors we can truthfully say that we got our teens to Alateen and are grateful. Even if the teens do not continue on in Alateen the seed has been planted and they are at least aware that there is a possible solution to surviving the effects of the family disease of alcoholism. Personally I did not have this opportunity, as my daughter was 38 when I got into the program, and I think I would have wanted to be in the program for a couple of years before I made the personal commitment to her to take her to at least 6 meetings and then let her make the decision on whether or not to continue. I will say that I did offer her Al-Anon and I really do not know if she went or did not. Since this is an anonymous program and she lives in a different part of Toronto, I have not met her in the rooms and neither have I asked if she went. It is her business. (What a great change of attitude on my part) As I was writing this I realized that it is a big commitment on the part of the parent to get their teens to Alateen. It is suggested that Alateen meetings be held where Al-Anon or AA meetings are being held, however in the case of a meeting in Mississauga, the Alateen meeting came first and the parents decided to start an Al-Anon meeting at the same time and place.) So it will depend upon where you are in your own recovery whether you are able to make that commitment and carry it through. I was reared in a home and society infused with the family disease of alcoholism. Commitment and consistency are two of the necessities of peaceful living which were not a part of my patterns or practice, in fact, committing to A-Anon was the first thing other than my chosen profession, that I made a **conscious commitment** to.

Thank you,

**With hugs and hope**

*Together we can make it!*

**Wendy C.**

**Ontario South Alateen Coordinator**

**os.alateen@gmail.com**

**416-409-3873**

## District 5 Report

Dear Ontario South Members,

District 5 has been busy getting ready for the holiday season.

A New Way of Life Stratford

They just had their 25th group anniversary and it was on October 25th. It was fantastic. They started with a great potluck supper followed by two speakers Debbie P. And Steve P., from London who shared from the heart. They would like to thank all those who attended, especially members who travelled from Kitchener and Woodstock. They are having a Christmas potluck and birthday celebrations on December 16th at 6:00pm.

Come In Out of the Storm Goderich

Is doing great and is having their group anniversary on December 4th at 8:00 pm., at Knox Presbyterian Church.

Caring and Sharing St. Mary's

Our group is growing. Great turn outs for Friday morning and Monday night. We just had an intergroup meeting. That means we get a fairly new member to speak to the group and other Al-anon members can attend. We are having our Christmas potluck on December 9th at 6:30pm.

12 Steps to Freedom Listowell

They have a wonderful group that has been growing. In about a year's time they have doubled their members.

Exeter AFG

They meet on Sunday nights at 8:00pm. They have steady attendance.

New Freedom Group Clinton

They meet on Monday nights at 8:00pm.

Saturday Serenity St. Mary's

They have a wonderful meeting on Saturday nights at 7:00pm.

Our Public Outreach committee is having their last meeting for the year November 16th at 2:00pm. They do a wonderful job.

We are working on having an Al-Anon day for this district. It will be June 14th 2020. It will be on the 12 steps. We are having Al-Anon speakers, A.A. speakers and Alateen speakers.

I hope you all have a MERRY CHRISTMAS and a HAPPY NEW YEAR.

Love in service,  
Sonia A. DR

## District 17 Report

District 17, with ten Al-Anon groups and one Alateen group, offers both daytime and evening meetings. On November 30, Milton Hope for Today held A Day in the Steps, with Al-Anon and AA speakers sharing and giving hope to all who attended. Our calendar year is ending with many gratitude meetings.

We hosted a Writers' Workshop in September. Mary Ellen, the Literature Coordinator, led the workshop. She spoke about how writing can aid in recovery and that sharing our writing is a form of service. Members' written expressions of their experience, strength and hope are needed for The Forum, Al-Anon Faces Alcoholism and a new daily reader. Mary Ellen gave us the guidelines for all of these. Participants were given time to write and share in a safe environment.

A committee of AA and Al-Anon members in District 17 is holding **Celebrating Recovery Through the 12 Steps** on Saturday, February 1. There will be AA, Al-Anon and Alateen speakers. The event takes place at Unifor Banquet Hall, 23 Regan Rd. Brampton. A flyer is included in this edition of Open Lines with more information. We hope to see you there!

## Ask It Basket Assembly 2019

**Question:** Following Tradition Seven: Is it really ok to fundraise (ie county store to support LDC) if we are to be fully self-supporting, or is it of because we are within "our own walls" meaning "we" as such are not outside contributors.

**Reply:** Please look to page 105 of the Al-Anon/ Alateen Service Manual 2018-2021 under Fundraising

**Question:** Why does recertification for SAM's happen only every three years? Would it not be more stable to have this recertification offered on a yearly basis?

**Reply:** Ontario South is asking for each SAM to recertify each year. Each SAM will only have a police check once in a three year term. Please feel free to read Section 11 : Alateen B: supportive Al-Anon Members, Certification and recertification Process page 6 of 6 (this is found in the Ontario South Policy and Guidelines Manual.

**Question:** My group would like to know how it was decided and where was our group input on changing from Open Al-Anon Speaker/ Closed Al-Anon Meetings to Family, Friends and Observers Only Meetings? This does not sound welcoming and is not as clear in our group's opinion.

**Reply:** This is a recent policy change coming from the World Service Conference. Our Ontario South Delegate would have been part of the conversation and through the links of service, would have requested input. For more information please contact our delegate.

**Question:** When someone from another group comes in and criticizes how our group functions to the point that our regular members go home when this person shows up at our meeting, how should the group deal with **that person**?

**Reply:** (*note from secretary: I am going to try and decipher this reply, but it may contain errors*) Tradition 1 our common welfare comes first. Concept 4 Participation is the Key to harmony. The group is encouraged to hold a meeting and take a group conscience, This is an autonomy issue.

**Question:** Where does WSO stand on telephone conference calls in to meetings from long standing members who are house bound for a temporary period of time of for members with disabilities who cannot attend in person?

**Reply:** This would be group autonomy. Hold a group conscience. Warranty #3 All decisions be reached by discussion, vote and wherever possible by unanimity.

**Question:** What are the guidelines, policies, suggestions concerning **crosstalk? If none, any suggestions?**

**Reply:** Crosstalk is not specifically addressed in the literature or on the website. This could be a group conscience. Please refer to group problem and solutions on page 52 of your service manual. You may wish to announce reminder at the beginning of the meeting to stop unwanted crosstalk. Apply the traditions and concepts.

**Question:** Why is our literature so expensive?

**Reply:** I learned at yesterday's session that all material is produced in the USA therefore \$1 US = \$1.35 currently (this rate changes). Add shipping costs, costs to store inventory, cost related to moving stock, add PST, add individual shipping costs and finally a small profit to maintain the LDC.

**Question:** What is happening to the Website? I am unable to upload any event information.

**Reply:** There has not been a website coordinator. When there is not one the website cannot be updated.

**Question:** How do the north provinces (Yukon, NWT etc) participate in Al-Anon program? Do we know how many groups/districts are there? How do **they do**?

**Reply:** To find your answer please go the Al-Anon website and search Yukon, North West Territories. [www.al-anon.ab.ca](http://www.al-anon.ab.ca) or call 1-888-425-2666 Use this same tool to discover the number of groups. How they are doing is beyond our scope.

**Question:** Why are the steps not read at Assembly?

**Reply:** see Page 10 of your service manual. We read only the traditions and concepts at Assembly because it is a business meeting.

**Reply:** Refer to the pamphlet "Well let's talk about safety in Al-Anon meetings. On the al-anon.org website there are Alateen safety guidelines specifically G34. In the Ontario South Policy and Guidelines manual you can read Section 11A.

**Question:** How might a SAM deal with an Alateen who is in an abusive situation? As in – are they required by law to report it. But, that breaks the Alateen’s anonymity. Is this understood by Alateens who trust their story to a **SAM?**

**Reply:** Refer to the pamphlet “Well let’s talk about safety in Al-Anon meetings. On the al-anon.org website there are Alateen safety guidelines specifically G34. In the Ontario South Policy and Guidelines manual you can read Section 11A.

### Secretary Report December Open Lines

It has been a very exciting time for me in my service journey. Assembly was amazing, I have to admit I was somewhat intimidated by the thought of someone from WSO coming to join us. My usual thought of oh no, how do I behave. What should I or what shouldn’t I say crept into my thoughts? My old patterns of dealing with the unknown. Turns out just like any other Al-Anon member, Vali, was an amazing person! All those fears and time wasted. One day I may get there but I am reassured that this is a journey without end.

I have been very busy sending out messages and replying to those I could or passing on those whose I could not help to hopefully get answers. I enjoy your messages and thank you. If I could please ask one thing of the membership, please take a moment to see who the message is from. It is great that you reply but you may have needed to reply to someone else. When you hit the reply button, I get your answer, but it may be the Delegate or the Chairperson that is eagerly awaiting it. I am sometimes away from my computer for a day or two and would not want something to not be handled promptly. If you need help figuring this one out. Drop me a line and I can attempt to help you, a side note is that I generally put the contact information in the body of the email, so you do know who is awaiting your reply.

Wow, just home from another executive meeting. I know I am part of it but, wow this groups rocks! We worked till 9:00 pm Friday night and were back at it at 8:30 Saturday am and worked till 6:00 pm. We reviewed what worked and what didn’t from assembly and worked extensively on the items for consideration we received. Through thick and thin we talk things out and reasoned them out and by gosh we got things done! To my awesome group thank you for helping to show me the way.

This journey in Al-Anon is truly an exciting one. Thank you for allowing me to serve.

Hugs  
Sharon R  
Area 86 Secretary and a very proud member of Al-Anon.

### News from the World Service Office

We are grateful to be able to announce that the *2018-2021 Al-Anon/Alateen Service Manual (P-24/27)* version two (2) in English, French, and Spanish was posted on the [al-anon.org](http://al-anon.org) website, November 22, 2019, as committed to the World Service Conference (WSC) members earlier in the year.

Please share this news with the members in your District.

For members who would like a printed version, the printed version will be available for shipping in all three languages on January 31, 2020. It will be identified with version two (2) on the title page and will contain changes approved at the 2019 WSC and corrections reflecting previous WSC motions.

Version two (2) includes extensive changes across all sections of the *Manual*; therefore, change pages will not be available to download for this version.

## Report from Group Records

Hello Ontario South members,

Since Assembly I have been busy! It seems every time I provide a new group list to the DR's, the changes come in like crazy.

I suspect this is because there are doers of paperwork and put-offers of paperwork and I'm sure updating group records falls into the put off category for a lot of people.

But keep in mind without the updated changes newcomers would not be able to find your meetings.

I'd like to take this opportunity to also remind you to post a notice at your meeting location when your meeting is not open for a week. This allows newcomers to know the meeting is still there and they can come back the following week.

If you do not post a sign and the newcomer reports to WSO that no meeting was taking place, they will tell me, and your meeting will be placed in "Reported Not Meeting" status – newcomers will see this.

If you do not provide a proper CMA or Current Mailing Address your meeting will be placed in a "No Mail" status. I will try to contact the CMA, GR and DR, in that order and if no one gets back to me, the group will then be changed to "Inactive". Again, the newcomers will see this. **A CMA consists of a Name, a mailing address, a phone # and an email address.**

So, as you can see as put-offable as this may seem, it is very important to be on top of your group information changes so someone who needs a meeting may find yours.

Yours in service,  
Tracey  
Group Records Coordinator

## Report from Area Alateen Process Person (AAPP)

Hello. I am your Area Alateen Process Person. I process new Alateen group applications and any changes including closures.

I also process SAM (Supportive Al-Anon Member) applications, changes, and recertifications. All of the information and forms can be found on the Ontario South website [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca).

I look forward to recertifying the SAMs in our Area in March 2020. Please feel free to start sending me your forms, signed by your District Representatives, beginning in January 2020. My personal favorites are the forms for new SAMS and new Alateen groups.

For those of us who have wondered from time to time "How to start an Alateen" group?" or "How can I support Alateen?", there is an existing process.

1. Become a SAM along with a few other members
2. Find a venue, alongside an Al-Anon and/or AA meeting is a good idea
3. Obtain a bit of funding for books, pamphlets, materials (your district or nearby groups or members may be able to help)
4. Register your group with me

I am more than happy to assist anyone along the way.

Kind Regards.  
Sandy O

# *Calling All Those Interested in Al-Anon's History*



**The collection and preservation of our past renews our sense of purpose and serves as the thread that links the generation of stories that are to follow.**

*Are you passionate about Ontario South Assembly's history?*

*How about, who started your group or where was it first held?*

*Does Ontario South Assembly have any memorabilia?*

*Are you interested in delving into the files to see what you can find?*

*Are you interested in reading about longtime member interviews, book of remembrances of deceased pioneers, or hearing their recordings?*

*If you are interested in the position of Area Archive Coordinator (you may choose to establish a committee to help with long or labor-intensive projects) or would like some more information please contact: [ontariosouthdelegate@hotmail.com](mailto:ontariosouthdelegate@hotmail.com)*

*Your Ontario South Executive*

***SAVE THE DATE***

***Al-Anon Day June 14, 2020***

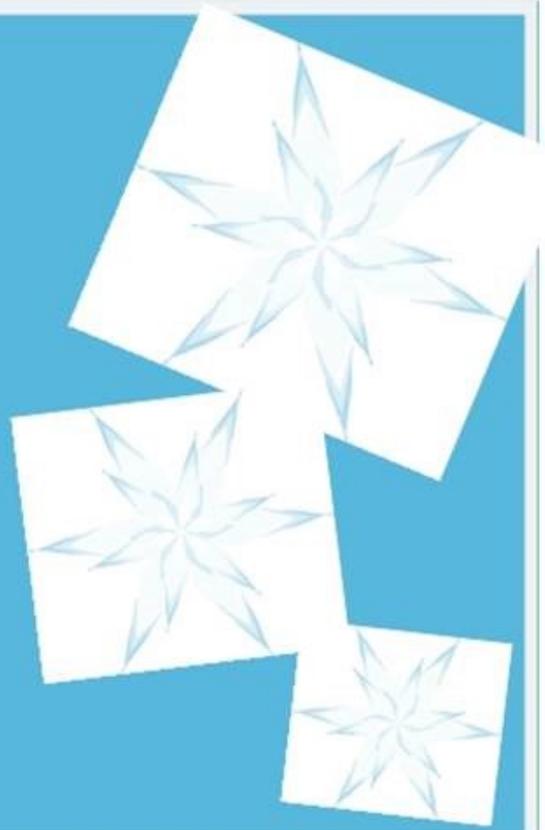
***District 5  
At DOWNIE OPTIMIST HALL  
ST. PAULS, ON***

***Please come and enjoy the day with your Al-Anon  
family.***

Toronto Intergroup  
Presents  
**Winter Season  
Open House**

Open and Closed AA Meetings  
10:30 & 1:00

Open and Closed Al-Anon  
Meetings 11:45 & 2:15



Wednesday, December 25, 2019,

10 AM to 4 PM

College Street United Church  
452 College Street. Toronto

For more information email: [wsoh@atoronto.org](mailto:wsoh@atoronto.org)  
or contact Event Chair: Edward A. 647-333-6415

Transit 511 Bathurst Streetcars (from Bathurst Subway station)

506 College St., Streetcars (Queen's Park Subway station)

Paid parking on the south west corner of College and Bathurst

To volunteer please contact  
Nicole • 416-575-7639 • [wsoh@atoronto.org](mailto:wsoh@atoronto.org)





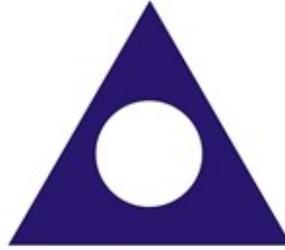
*"What consumes your mind, controls your life. Practice Gratitude."*

**The Friday Night One Day At A Time  
Al-Anon Family Group  
invites you to celebrate the  
New Year by attending our**

**Gratitude Meeting followed by  
refreshments and fellowship!**

**on January 10<sup>th</sup>, 2020 at 7:00 PM  
at St Paul's Presbyterian Church**

**723 Balmoral Dr, Brampton**



Celebrating Recovery Through the 12 Steps

JOINT DAY OF RECOVERY

Al-Anon, Alateen, & AA Speakers

SATURDAY FEBRUARY 1, 2020

NEW, LARGER VENUE!

Unifor Banquet Hall

23 Regan Rd, Brampton

NE of McLaughlin Rd N and Bovaird Dr W

Registration 8:30

Program hours 9:00 am to 4:00 pm

Tickets \$10 each/\$5 for Alateens

For tickets and information contact Eddie

647-333-6415, eddie@jancon.ca

**Potluck Lunch**

**Door Prizes**

**50/50**

**Basket Raffle**

PLEASE BRING A HOT OR COLD POTLUCK FOOD ITEM



# **ORC**

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# **2020**

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MARCH 20 – 22, 2020**

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**Visit [aaorc.ca](http://aaorc.ca) for information and registration**

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\$250.01-\$300	25.00	3.25
\$300.01-\$400	28.00	3.64
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*All Al-Anon/Alateen material is a collection of the shared experience, strength, and hope of its members, regardless of race creed, gender, sexual orientation, age, and walks of life.*

*Further, it is suggested that members read all material, not only that which focuses on particular situations.*

ID #	Quantity	Price	Cost	BOOKS
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S-19	0.50
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S-21	0.50
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S-27	0.50
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