

# Open Lines

Ontario South Assembly Newsletter

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

April 2015

Volume 37 Issue 1

## Statement of Purpose

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

### Subscription Rates:

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

Send NEW SUBSCRIPTIONS / RENEWALS to:

Open Lines Coordinator, Address on last page.

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

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## Quick Links for Ontario South

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

[Group Records Change Form](#)

[Donation form](#)

[Form C for SAMS](#)

[Literature Order Form](#)

## Al-Anon Declaration

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

## Districts in Ontario South

District 1.....	Muskoka
District 2.....	Georgian Bay
District 3.....	Bruce County
District 4.....	Waterloo Region
District 5.....	Huron Perth
<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 Report for Open Lines

Hello!

As we start this new term and publish this first edition of Open Lines, I would like to present myself. My name is Debbie P. and I am from London/District 6. I was elected at our 2014 Ontario South Assembly to the role of World Service Delegate for Ontario South and will serve on Panel 55 for the three year term of 2015 to 2017. I am bursting with anticipation and excitement, and I will admit some nervousness and apprehension as this journey begins. I am so grateful that others have shared how, when starting any new service role that might be the case. Apparently, I am no different. I am part of a wonderful new team of Al-Anon volunteers that will serve Ontario South.

In this role of Delegate for Ontario South, I am honoured and so very comforted to have the support of the members of Ontario South behind me. I have the sense and belief that I am not alone and neither are you. Every one of our Twelve Steps, Traditions, Concepts, and the Spiritual Principles they embody reinforces that truth for me "that we are in this together".

I have been delighted with how much communication I have already had with so many members, and look forward to that continuing. One of my personal goals is to stay as open, available and as transparent as I can. I have appreciated receiving your District's Meeting minutes and the many questions that hopefully I have been able to redirect you to where you can find the answers. Without a doubt I am fully aware I may not have the answers, however I do know together we can find them. Never hesitate to keep asking.

A lot of what has occupied me so far is preparing to attend our 2015 World Service Conference (WSC) in Virginia Beach later in April. There is a volume of information and communications that have gone on for this to happen. Very soon I will receive the two Chosen Agenda Items that will be on the WSC agenda and I will be asking for your input in the discussion that will take place. This is your opportunity to have your voice heard directly at the Conference. I encourage you to respond to me so I can take your voice with me!

At the World Service Conference, the agenda will be full, the days will be long and I will do my best to represent Ontario South and Al-Anon as a whole and I look forward to reporting back to you through your District Representative at our AWSC Meeting in May.

Past Delegates have been supported while attending the Conference by some of our Members, Groups, and Districts who have sent cards, notes and love gifts to show their support to their Delegate while attending the Conference. I would also appreciate that support if it is something you, your group or your District would like to do. I am finding myself anticipating how valuable that support will be for me.

The Conference this year is being held in Virginia Beach from April 19<sup>th</sup> to April 24<sup>th</sup>, 2015.

The hotel will be receiving mail beginning April 15<sup>th</sup>; packages will not be accepted before then.

Please include my return address in case the mail gets delayed. Address any mail as indicated:

6-1199 Reardon Blvd.  
London, Ontario  
N6M 1H7  
Canada

Debbie Pangborn (Hold for WSC April 19-23, 2015)  
Wynham Virginia Beach Oceanfront  
5700 Atlantic Avenue  
Virginia Beach  
Virginia 23451

I sincerely **Thank You** for your continued support!

At all times through this term I really want to be available and accessible to all of our members. Do not hesitate to contact me through phone or email. I want to get to know as many of you as possible. Feel free to invite me to visit your Group, District, Al-Anon Day, Workshop, or any other Al-Anon event.

With much gratitude.

Debbie P

**ALANON DAY 2015**  
**May 23<sup>rd</sup>, 2015**  
**All Saints Anglican Church**  
**249 Hamilton Road, London, ON**  
**9:00 – 4:00**  
**Cold Potluck Lunch**

**District 25**  
**17th ANNUAL AL-ANON DAY**  
**April 18<sup>th</sup>, 2015**  
**Christ Church Anglican**  
**39 Everett St., Belleville, ON**  
**10:00 am to 4:00 pm**  
**Gratitude for those who came before us;**  
**Honouring our roots**

## Alternate Delegate's Report

My name is Sue G. I am your new Alternate Delegate for Area 86. My home group is One Day at a Time Al-Anon Family Group. We meet on Monday afternoons in London.

I have recently updated the Ontario South Assembly Policy and Guidelines Manual. You may wish to ask your District Representative about the updates.

As your Area Forum Coordinator, I encourage all Al-Anon and Alateen members to subscribe to the Forum. It's helpful to read between meetings or even use when you chair your next meeting. Our group finds the section on Concepts useful at the meetings when we study the Concepts.

I mentioned at the last Assembly that part of the responsibility of the Area Alternate was to the Al-Anon/Alateen members in our Area, therefore, if I can be of service to you please feel free to contact me.

## **OSA Chair Report**

Happy spring everyone,

It is with great pleasure and some trepidation that I share my first post to Open Lines.

My journey began in January at the Handover meeting where I received the information to follow through with my duties as OSA Chair. I was required to tend to tasks which I was not quite confident that I could accomplish. Here we are in April and I'm still smiling and things are getting done

AWSC is planned, bank and Sam letters are being sent out.

There really isn't much to report because the term has just begun.

I would like to thank everyone for giving me this exciting opportunity for personal growth.

Deb C.

Living our Spiritual Principles: Expanding our vision

## **Secretaries Report for Ontario South Al-Anon/Alateen**

In January I attended my first executive meeting in Guelph-the initial turnover meeting. Jean M. was very helpful to me at the weekend meeting explaining the duties of my new position and passing on her materials, instructions and wealth of experience. I am very grateful to Jean for her excellent service support.

Since January I have been compiling an ongoing contact list of emails & home addresses/ telephone numbers of all of the new AWSC members. This has required many long distance telephone calls to outgoing DR's to get the new information of incoming DR's, as well as many emails sent out to the AWSC members (one each time I get new information) Hopefully now it will not be necessary to send as many revised lists. I will keep it to one a month, only when I get any updates. To date I have not received new DR information from District 1 or 25.

I took my first set of Executive minutes in January and sent them to the executive members. I sent out a calendar of upcoming events to all of the AWSC members.

It has been a rewarding two months. I am enjoying this new service position connecting with new members in recovery. On a personal note I have luckily been able to travel for a month while actively doing my service tasks (thanks to the internet & lots of electronics) I have had a little learning curve with my new computer but am rewarded by learning these new skills. For all of this I am so grateful to our recovery program.

Mary Ellen B. OSA Secretary

## **Ontario South Area Alateen Coordinator's Report**

My name is Cheryl and I am extremely grateful to have this service opportunity. I have two home groups that I love. One is in Aurora on Tuesday nights and the other one is Bradford on Wednesday nights. I spend most Sunday nights as a SAM for the Sunday night Aurora Alateen group. Alateen was a very important part of my life while I was growing up and is now still very important to me as a SAM.

As with any service position there is a learning curve and I am taking things one day at a time. I have so much excitement and hope to start my term.

I am looking forward to meeting SAMS and Alateens at ORC. ORC is a great opportunity for Alateens to get together and SAMS to get together. Some of the Alateen groups are small and the Alateens do not get a lot of opportunities to get together and share their experience, strength and hope. I hope to spark up some interest for a 2015 Alateen Unity conference that a district will step forward to host it. I was a part of the planning committee for the 2014 Unity conference and it was an amazing experience. I had so much fun and met so many wonderful people. The Alateens that I spoke to really enjoyed it.

Please consider becoming a SAM. Being a SAM is a great service opportunity and the Alateens need our support. Being a SAM does not mean that you have to be a sponsor at an Alateen meeting. A SAM can help out at conferences and Alanon days or AA events that have Alateen participation. Becoming a SAM is easy. If you have any questions regarding Alateen or being a SAM please feel free to contact me.

There is a new Alateen group in Cambridge and is held Friday at 8pm - St. Andrew's Presbyterian Church – 73 Queen St. East.

## **Public Outreach Coordinator**

Hello Area 86 Al-Anon Family Members

My Name is Gwen D. and I am a member of East 58 AFG in London ON. I have this seemingly daunting task of submitting a report for the first Open Lines of 2015. I am nervous. I think I might better describe it as confused. That is what we are supposed to be in our first year - right ?

I had the good fortune to attend the executive / handover meeting in January. It was there that I had the opportunity to meet all of the outgoing executive and coordinators and spend some time with the incoming executive and coordinators. I am so grateful to those who served before us - what a great job they did. I spent some time with Marthanne, our former Public Outreach Coordinator. She took me through the P.O. tote and the information contained therein. Mostly we talked and she shared her experience strength and hope with me. I felt very blessed. As I think about the privilege of being your Public Outreach Coordinator I have to admit that I am scared. Worried that I won't measure up. And then my Higher Power chimes in and reminds me that I am not alone. I have this vast wealth of knowledge, ideas, suggestions, love and encouragement – the members of Area 86.

I look to you for your input and your direction. What do you want from Public Outreach? What do you see us doing? How can we all get involved and spread the message? I know you're out there and I look forward to hearing from you. Please remember to send your AIS and Public Outreach meeting minutes to me. Ensure that you put your district and your name in the subject line so that I don't send you to spam. Buckle up Area 86. This is going to be an interesting time and I look forward to seeing what we will accomplish together.

Living Out Loud and Learning O.D.A.T.

Yours in Service

Gwen D. District 6 London On. [alanonpublicoutreach@yahoo.ca](mailto:alanonpublicoutreach@yahoo.ca)

## **District 28 (Ottawa) Al-Anon Day**

Healing our Relationships - One Day at a Time, will be held May 9th from 9:00am to 3:00pm at Dominion Chalmers United Church, 355 Cooper Street Ottawa.

Entrance and parking are on Lisgar Street. There is also more free parking on nearby streets. The location is easily accessible from OC Transpo Bus Routes: 1,2,4,7: Bank and Cooper Stop.

7<sup>th</sup> Tradition.

Alateen Friendly Program!

—Catered lunch will be available for \$10 (soup/sandwich/beverage/dessert).

### **Program for the Day**

9:00 to 9:30 Registration

9:30 to 9:45 Welcome

9:45 to 11:00 Family Panel (Al-Anon/AA)

11:00 to 11:15 Refreshment break

11:15 to 12:15 Workshops.

Healing our Relationships:

1) With our partners

2) With our children

3) With our parents.

4) Meeting for Al-Ateen

12:15 to 1:30 Lunch (purchase or bring your own)

1:30 to 2:30 Keynote speaker: Debbie P. London, Ontario - Area Delegate

## **Website co-ordinator's report – April 2015**

My goodness, a lot of you are using our website!

The number of visits to the Area's website took a major spike in January: 7,153 visits for the entire month. A typical month for our website sees between about 5,800 and 6,100 visits per month. While about half of those extra visits could just be me, near-obsessively checking and re-checking to make sure I've updated events, meetings lists and co-ordinator's reports correctly, that still represents an increase in website traffic.

February was a typical month, with 5,816 visits. Statistics for March are not yet available.

Thank you to everyone who's been submitting meeting list changes through the Group Records form on our website, and thank you for your patience as I adjust to this new service role.

What do you want our website to do? How could the Area's website serve your needs better? How could our website help us better reach newcomers and potential members? I'm happy to hear your suggestions; drop me a line at [ontariosouthwebsitecoordinator@outlook.com](mailto:ontariosouthwebsitecoordinator@outlook.com).

Yours in Service,

Jason W.,

Ontario South Website Co-ordinator

## **Archive Coordinator's Report**

My name is Jason and I am a grateful member of Alanon. I have two home groups: Tuesday night in Aurora and Wednesday night in Bradford. I am a SAM, and one of the sponsors of the Sunday night Alateen group.

I had been contemplating taking on a service position at the Area level but I was not sure what I wanted to do. I decided to turn it over to my higher power and in January I accompanied my wife to the handover meeting. I went with her for two reasons. The first was to spend some time together on the drive as I had been traveling a lot for work. The second was because I was curious if there were any positions that still needed to be filled. I walked into the handover meeting thinking I might want to be the Area Alateen Processing person because my wife, Cheryl, had just stepped up to be the Alateen Coordinator. But, my higher power had different plans for me. The position that still needed to be filled was the Archives Coordinator.

At first I was apprehensive but I took a deep breath and decided to keep an open mind. I asked what it entailed and the more I learned about this position the more relaxed I became. History fascinates me and I became excited to be a part of preserving the history of Alanon in our area. There are so many boxes and it seemed a little overwhelming at first. But, thanks to the program I am taking things One Day at a Time.

The WSO guideline G-30 has some great information on what to keep and use for archival material. I am looking forward to going through the boxes and continuing the process of organizing the material. Alanon days are a great opportunity for me to participate in this service position. If you are interested in preserving your group history or have questions about your group history please feel free to contact me.

## **Open Lines Coordinator**

Hello Everybody;

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

Despite my best efforts, I will be publishing my first edition of Open Lines late. New computer, and it crashing, and some challenges at work have slowed me down. However I am looking forward to following in Sharon's footsteps and continuing to provide an improved newsletter.

We are now a primarily electronic publication saving a lot of trees and money. For 2015, we will publish three times a year hopefully making Open Lines a better tool for the groups. The remaining publish dates for 2015 are: August 1st & December 1st. The deadlines for submissions are: July 15th & November 15.

Any suggestions anyone may have are more than welcome. Please contact me via email at [open-linesosa@gmail.com](mailto:open-linesosa@gmail.com)

Yours in service; Brian  
Open Lines Coordinator

## Literature Coordinator Report

Hello to Ontario South Members!

My name is Bonnie R. and I have asked to be your Literature Coordinator for this new term in service. I am grateful for being accepted into this new role.

I live in District 23 and served as the District Representative in the previous term. I also served on The Literature Office Committee and will continue to be a part of this committee as your Literature Coordinator.

I belong to two groups in my district, one of which is an Al-Anon book study group. This group, Let It Begin With Me AFG appeals to my attraction to our literature. I believe I own every Al-Anon book there is, even a few that are no longer being published along with several pamphlets that I refer to often.

I have a deep appreciation for our literature, it is for us and it is written by us. Our literature has its own unique flavour in that the sharings are anonymous and from the heart. I have found hope, support and encouragement in our books as well in our pamphlets.

My hope in this new term and in my new service role is to continue to grow through being willing and open to new experiences, meeting more Al-Anon members and being a cheerleader for one of our great tools in recovery.

The World Service Office is still asking us to write for our literature.

There are three projects on the go currently.

- **NEW DAILY READER (working title)** "Your sharing will help assure that our new daily reader will reflect our fellowship as it is today. Please help us make this new daily reader a vital, rich, and multi-faceted expression of the Al-Anon program of recovery." <http://al-anon.org/members/new-daily-reader>
- **INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title)** "The 2011 World Service Conference gave conceptual approval for "a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships." The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece. We hope to receive enough sharings from a wide range of members to make this new piece of literature a reality. Please share from your heart and help develop this exciting new addition to Al-Anon's Conference Approved Literature." <http://al-anon.org/members/intimacy-in-alcoholic-relationships>
- **PARENTS AND GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title)** "The 2013 World Service Conference gave conceptual approval for "a new pamphlet to address parents and grandparents whose children (teenagers and young adults) are problem drinkers." The Literature Committee is seeking sharings from Al-Anon members for possible use in this piece. Please share your experience, strength, and hope regarding how you have been affected by a young person's drinking, and how Al-Anon has helped you deal with it. Please share from your heart and help develop this exciting new addition to Al-Anon's Conference Approved Literature." <http://al-anon.org/members/parents-grandparents-pamphlet>

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

Bonnie R.

Area 86 Literature Coordinator