

# Open Lines

Ontario South Assembly Newsletter

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

February 2013

Volume 35 Issue 1

### Statement of Purpose

Open Lines is published quarterly 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.

|                 |                     |
|-----------------|---------------------|
| <u>Deadline</u> | <u>Distribution</u> |
| April 15, 2013  | May 1, 2013         |

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

### EMAIL ADDRESSES

As Ontario South moves forward with electronic communications it is important that each group has an email address on file. Please consider creating an email address that would never change i.e. **Groupnameafg@yahoo/hotmail/gmail.com**. This would ensure that when the trusted servant changes that the information would still be moved forward and the incoming trusted servant would simply have to get the password. If email is not possible for you, maybe the group could consider a new service position within your group similar to the current mailing address. This person would be responsible for going through the emails and ensuring that the group receives all the information.

### Open Lines New Subscription or Renewals

If the date on your envelope is highlighted it is time to renew! If you have an electronic edition I will send an email reminding you to renew your subscription. Thanks for all the notes that you send they make my day!!

Please check applicable box

- 1 year 4 Issues \$4.50
- 2 years 8 Issues \$8.00
- Renewal
- New Subscription
- Gift Subscription

Please make cheque payable to Sharon Reeb and send to:  
 5224 Bridge St.  
 Niagara Falls, ON  
 L2E 2T3

### Districts in Ontario South

- District 1.....Muskoka
- District 2.....Georgian Bay
- District 3.....Bruce County
- District 4.....Waterloo Region
- District 5.....Huron Perth
- District 6.....London Region
- District 7.....Sarnia Region
- District 8.....Windsor/Essex
- District 9.....Chatham Region
- District 10.....Elgin Region
- District 11.....Brantford
- District 12.....Niagara Region
- District 13.....St .Catharines
- District 14.....Hamilton West
- District 15.....Hamilton East
- District 16.....Mississauga, Oakville
- District 17.....Upper Peel-Halton
- District 18.....Dufferin, York,. Simcoe
- District 19.....Toronto North
- District 20..... Toronto West
- District 21.....Toronto Central
- District 22.....Scarborough
- District 23.....Lakeshore
- District 24.....Kawartha
- District 25.....Quinte
- District 26.....St Lawrence Region
- District 27.....Seaway Valley
- District 28.....Ottawa
- District 30..... Upper Ottawa Valley
- District 31.....Loyalist
- District 32.....Kawartha South

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

## *What's Happening in Area 86?*

| <b>Date</b>  | <b>Group Hosting</b>   | <b>Location</b>  | <b>Contact Information</b>  |
|--|--|--|---|
| April 20, 2013   | District 16  | Annual Day of Recovery<br>Munn's United Church 5 Dundas St. E. Oakville, ON L6J 7C4<br>Tickets \$5 in advance \$6 at the door.<br>9am –3:30pm. | andrea.rozario@citi.com   |
| <p>The Ontario Regional Conference is desparately looking for an Alateen to chair the Alateen portion of the Conference.<br/>ORC is April 12,13 and 14 at the Royal York Hotel Toronto Ontario. Wendy L from Mississauga is the Al-Anon Sam assisting with Alateen. Please forward this request to ALL OSA, to see if an Alateen would be interested. They can contact me <a href="tel:705-429-1740">705-429-1740</a> OR <a href="mailto:ontariosouthalateen@hotmail.com">ontariosouthalateen@hotmail.com</a><br/><a href="mailto:taylors3@sympatico.ca">taylors3@sympatico.ca</a></p> |  |  |   |
| June 21-23rd   | Trillium   | 290 Dixon Road Toronto. See flyer attached   | Debbie Di 905-469-7405  |
| July 5-19  | International Convention   | Vancouver, Canada  | al-anoninternationalconvention@al-anon.org  |
| Oct 25-27  | Assembly   | Windsor, Ontario   | <a href="http://al-anon.alateen.on.ca">http://al-anon.alateen.on.ca</a>   |
| March 9th  | Barrie AA Spring Round Up with Al-Anon participation                 | Army , Navy and Air Force Club<br>7 George St<br>Barrie, ON  | <a href="http://www.barrieaa.com/events">www.barrieaa.com/events</a>  |
| April 6th  | District 13 Annual Spring Round Up with Al-Anon participation        | Fort Erie Leisureplex<br>3 Municipal Centre Drive<br>Fort Erie, ON   | <a href="http://www.aaniagara.org">www.aaniagara.org</a><br><br>Sprin-groundup@gmail.com  |
| May 3-5th  | 48th Annual Blossom Time Convention<br>AA with Al-Anon participation | Doubletree Fallsview Resort and Spa by Hilton<br>6039 Fallsview Blvd.<br>Niagara Falls, ON   | Cherie ckeresztes@cogeco.ca<br>905-719-9965 or<br>Barb bpriddle@sympatico.ca<br>905-646-3360  |
| April 20th   | District 12 Annual Spring Thaw Day                                   | Black Creek Community Centre<br>2959 Baker Road<br>Stevensville, Ontario<br>L0S 1S0  | Sharon R <a href="mailto:district12osa@gmail.com">district12osa@gmail.com</a>   |
| Ongoing  | Literature Distribution Centre                                       | Please be advised that there are new order forms available on the website. Please discard any old order forms your group may have.             | <a href="http://al-anon.alateen.on.ca/">http://al-anon.alateen.on.ca/</a><br>Please click on the literature link on the top left of the page. |

## DELGATE'S REPORT

Happy New Year to all members of Ontario South,

So quickly, I find I have moved into this new year of service for Ontario South. This year the World Service Conference will be held in Virginia Beach. The theme of the conference is **Our Legacies: The Spiritual Journey of Changing "Me" to "We"**. The World Service Conference will begin for Canadian Delegates on the evening of the 13th of April. We will have the opportunity to discuss common topics. The last session will take place on the following Friday morning.

I was so grateful last year for the many cards which arrived at the hotel offering me best wishes and prayers. Because they were so appreciated last year, I am asking once again for your prayers and thoughts while I represent you.

In preparation for this year's World Service Conference, I have indicated to the World Service Office my discussion preferences for the Chosen Agenda Item topics. I have also sent in my choices for committee work as well as the skill building sessions that will be held during the conference.

I am looking forward to the feedback from the DR's regarding a new initiative at this year's AWSC. It will allow for discussion of topics that are selected by the DR's.

There is a quote from *Courage to Change*, January 7, that I particularly love and have reflected on over the years.... "Take rest: A field that has rested yields a good crop." This time of year, I often reflect on where I am in my recovery, my growth; what I wish to focus on for the upcoming year. I know that when I rest with my HP each day whether it be only for a few minutes or for a longer time in meditation, I give my HP the opportunity to grow my soul and then I am more able to move towards becoming that person that HP intends me to be.

I wish that all of you find time to rest with your HP.

Many blessings.

Jane Hurley

Delegate, Ontario South, Panel 52

## Alternate Delegate's Report

Welcome to the 2<sup>nd</sup> year of our Term. If you are in a service position, are you feeling more comfortable? I must admit I wasn't sure if I would reach the comfortable point but it is happening! Imagine that.

There are lots of things happening in our District and many wonderful members working on keeping Ontario South Al-Anon and Alateen strong. A special thank you to our Coordinators whose efforts assist us all! Please remember they are there for our resource and support. Contact them if you think they can be of any assistance.

In regards to my role as our Area Forum Coordinator, I am looking for your assistance. I am creating a new display board for *The Forum* and would love your help. I would like to display some articles written by our own Area 86 members.

If you have copies of the following editions of *The Forum* I would really appreciate it if you would share it for the display. (June 2008, November 2009, November 2010, January 2012, February 2012) You could send it directly to me or through your District Representative at our upcoming AWSC. If you are aware of other issues that contain articles written or pictures taken by any of our Area 86 members I would appreciate them as well.

## **ALTERNATE DELEGATE CONTINUED**

Hey, you could even write an article yourself and submit it; we would love to hear about that too! By the way, have you used *The Forum* lately it really is a wonderful tool.

Recently some new revisions were sent out to update our Area Policies & Guidelines Manual. We are going to make an effort to only send out revisions twice yearly, once after our AWSC and once again after our Area Assembly.

Thank you for allowing me to serve Area 86. If I can be of any assistance, please do not hesitate to contact me. I would love to hear from you. We are a solid, vibrant Area and we need each other. I am a strong believer in "When I Got Busy, I Got Better". Thank you for helping me Get Busy so I can Get Better.

With Love & Gratitude  
Debbie Pangborn  
Alternate Delegate  
Ontario South Area 86  
Our Legacies – The Spiritual Journey of Changing "Me" to "We"

## **CHAIRPERSON'S REPORT**

A belated Happy New Year to everyone.

2013 is now under way and we're into our second year of service. I believe that's called the comfortable year. Where does the time fly?

By now you would have heard that Trillium 2014 has been cancelled as a result of not being able to find a Chairperson to lead the event. I want to thank everyone that gave consideration to being asked. It seems the HP has different plans for us then what we'd hoped. The Trillium Thought Force is merrily rolling along, and it looks like we will have information to present to members at the Area World Service Conference (AWSC). Your District Reps will then bring this information back to you. We shall see what happens after that.

Another new item that the Area is experimenting with, is Jane our Delegate is asking AWSC participants to assist in choosing a discussion item or two to bring to the AWSC. This way we can explore things that are important to the members that the Executive may not be aware of.

For those of you not aware.....Assembly is going to be in Windsor this October. I'm looking forward to some warm Windsor hospitality and a chance to travel through this wonderful Province of ours. Have you given any thought to attending? If distance is a problem, how about renting a bus filling it with members and making an Al-Anon road trip out of it? Just think, fun, fellowship, laughter, and somebody else doing the driving. Something to think about.

hugs in service

Michele Doherty

**Powerless  
Not Helpless**

## **SECRETARY'S REPORT**

Greetings my friends!

My name is Jean and it is my privilege to serve as your Area Secretary. I have two home groups: Forward AFG - Thursdays at 8pm at the Hintonberg Community Centre on Wellington Ave and How It Works AFG - Saturdays at 10am at All Saints Lutheran Church at Pinecrest and the Queensway.

Wow, what a winter we're having in Ottawa! and there's still another 2 or 3 months to go! I have escaped to Florida where Al-Anon is alive and well - lots of great meetings. It's wonderful to be able to go almost anywhere in North America and be able to find Al-Anon. I know I need to get to meetings even when I'm away from home ... I take myself and my issues wherever I go.

Stay warm and don't forget to book a room for Trillium June 21 to 23.

Love and Hugs in Service,  
Jean McS

## **NO TREASURER'S REPORT IS AVAILABLE AT THIS TIME**

### **Area Archives**

My name is Heather Paret and I am your Ontario South Archives Coordinator. I am a grateful member of this world – wide fellowship of Al-Anon/Alateen Family Groups, and my home group is the Love & Hope Angus AFG in District One. I was approached by some members at Assembly in October, where I shared on what we keep as an Area, what is kept at District and what is kept by your home group, I have been contacted! It was good to hear from District 18 and below is an excerpt of what has been happening:

“I spoke to you at Assembly about some "old stuff" that I have kept for too many years.

Starting the New Year right - I have been doing some purging. It was a pleasure to go through this stuff as I have some nice personal notes from delegates and districts in the area where I spoke many years ago. I will spend many an hour rereading this "stuff" and will recycle as there are a lot of names and addresses of G.R's etc.

I'm sure you must enjoy your work in archiving - it's so interesting learning how things have evolved over the years.”

And that my fellow members, is exactly what I love about archives. As I go through the sorting process, I get to see and read many hand written notes. Now this is slowing down the cataloguing process, but I am fine with that. Seeing how Al-Anon in our Area has emerged over the years is awesome and exciting and sometimes funny! Please feel free to contact me if you have “old stuff” hanging around and I will be glad to answer any questions you may have on what to Archive and what can be recycled.

Just a gentle reminder that the Area has an “In Memory” book of sharings from both members and groups for those members who came before us. Please continue to send in your sharings on these members. Let us keep this part of our history alive.

(Hugs) in Service from Heather P.  
Area Archivist

## AREA ALATEEN PROCESS PERSON REPORT

The 2013 SAM re-certification process is definitely a work in progress at this time. I will not provide any statistics in this report as the numbers are changing on a daily basis. A detailed summary will be provided in the April report.

The Ontario South re-certification deadline is March 01, 2013. This means that I should receive all forms by that date. This is necessary in order for me to meet the WSO deadline.

Thank you to all of the SAM's and District Representatives who are working hard on this process. The next six weeks will continue to be busy as we work together for Alateen - "One Form at a Time".

Love in Service,  
Marg McClelland

Area Alateen Coordinator

For the start of this winter I had the opportunity to spend it in Siesta Key Florida. I spent Christmas, New Year's and my Birthday in Florida. I was fortunate to have some of my family and my best friend around me. If my husband has his way, retirement will be like that and happen sooner than later. While in Florida I attended Al-Anon meetings keeping my ears perked up regarding Alateen. In the area I was staying there were two Alateen meetings with only sporadic attendance. In one case the Alateen meeting will move time and location at the first of January, to meet in the same location and time as Al-Anon and AA. The hope is, more adults will see the need to provide hope to the teens in their lives.

I am reminded I need to do the same type of public outreach. Outreach regarding our Alateen Group is important in my Al-Anon group, to newcomers and long timers alike. AA is very supportive to Alateen but only if they know we exist. The numbers of Alateens are down at the present time, but we know where these teens live, in our own families. Alateen newcomer packages are a great way for the newcomer to Al-Anon to take home the Alateen message of hope. These packages are available at our Literature office.

Alateen gathered together in Mississauga Jan 5 2013. Thank you to Judith W and her volunteers for putting on this wonderful Alateen Day. I wasn't able to attend the Day as I was in Florida but will give you an update later.

Lily our OSAAC Chair has come forward to Chair the Alateen program at the Ontario Regional Conference (ORC) with Wendy L. from Mississauga, as the SAM (Supportive Al-Anon Member) who will be assisting with Alateen. The ORC is at the Royal York Hotel, Toronto April 12, 13, 14 2013. At this point Lily has time to attend planning meetings with Wendy and set a program, gather volunteers to speak, chair etc. Please contact me if you would like to volunteer to shadow Lily (Alateen) and Wendy (Al-Anon SAM ) for ORC 2014. Many hands make light work.

The OSAAC (Ontario South Alateen Advisory Committee) has one of their yearly business meetings at the ORC on the Saturday morning. This is the time for the Alateens to come together to discuss and make decisions regarding the Unity Conference, Trillium, gather Volunteers, discuss outreach projects, and setup Alateen committees for this year.

Please consider hosting this year's Unity Conference in your District(s). As per the Alateen Charter there are funds available for an advance to secure a venue. OSAAC would like to have plans in place for Unity before Trillium. It is at Trillium, the Charter suggests, that Alateen can have planning time for the Unity program and volunteer to put it together. Potentially Alateens get together 3 times in the year. ORC, Trillium and Unity. There has not been a Unity Conference for a couple of years and now I understand NO Trillium in 2014. This leaves the ORC (An AA convention) which we have been grateful to participate in for many years.

Continued on the next page .....

ALATEEN COORDINATOR CONTINUED:

Alateen depends on Al-Anon to assist in their endeavors. Time, costs, safety, locations all play a key role on how Alateen survives in Ontario South. They NEED our help. Any Sams who presently do not have Alateen attending your meeting please consider making your presence known at the ORC, Trillium and Unity this year. Alateen knows you are there but it would be great if we could ALL connect with each other this year (at these planned events.) I know Wendy could use some bodies at the ORC (safety requirements).

We welcome a NEW Alateen Group to Ontario South in District 25. Congratulations "Consecon Alateen"

We are very pleased you are there!

Alateen Rocks!!

Janet Taylor [ontariosouthalateen@hotmail.com](mailto:ontariosouthalateen@hotmail.com) (705)429-1740

### GROUP RECORDS COORDINATOR'S REPORT

Here we are at the start of another year already. A reminder to everyone, **PLEASE** complete the group change form when you have any changes for your group. It is so easy to complete online at the Ontario South website. If you are unable to complete it online please print off a copy (or get it from someone who can) and **COMPLETE IT** before you mail it out to me.

I send off the changes twice a month at least, however; please remember that I am human and therefore I could miss something. If you do not see your changes made or there is an error in the change just send me an email to [grprec@hotmail.com](mailto:grprec@hotmail.com) and I will correct things as soon as possible. It is so nice when I can send out a welcome to a new group and so sad when I have to mark a group as being disbanded.

I hope everyone has had a great holiday season and are not suffering with the flu.

Every day is a blank page and it is up to us what we write on it. May your pages be filled with serenity and love.

Bonnie Ball

### LITERATURE COORDINATOR'S REPORT

Greetings everyone!

I have a great opportunity coming up this week as I head out on vacation. I'll for sure need my ODAT, I'll bring something to stimulate my mind - how about my Many Voices One Journey book and maybe a no brainer weekly magazine when I want to turn my brain off. I'll also bring some Al-Anon bookmarks and some Serenity Prayer Cards to leave in the plane or in a magazine in a lobby or two. Maybe, just maybe someone will pick one up and our world wide fellowship will again help a suffering person affected by the disease of alcoholism.

I've had quite a challenging Christmas season this year and I know but for the grace of God that the changes I've made in my life BECAUSE of Al-Anon that, that is what has helped my through and will again and again no matter what comes up.

I am grateful for the gift of patience. I am grateful the majority of the time I don't force solutions anymore. I am grateful for all the members who keep coming back.

May God Bless you in 2013!  
Marianne Embro  
Area Literature Coordinator



## OPEN LINES COORDINATOR REPORT

Hi all, I am Sharon and a member of the Southend AFG in Niagara Falls.

This term is a very busy one as I switch Open Lines over to electronic. There was some confusion with bounced emails (53 of them!) and paper copies of Open Lines.

I am seeing a very big reduction in costs. The cost of copying is gone down as well as postage. Of course if everyone had an email we would save even more.

It is a simple process to set up an email account for your group using one of the free services available. In this way there would be no delay in receiving your group copy and you would not have to worry about changing the address for email with the group records coordinator.

I want to send a HUGE THANK YOU out to all the DR's who helped me track down most of the email addresses with mistakes or that had not been updated. I believe we have almost all of them covered. District 9 is lacking any email addresses and if there are groups who receive via the mail willing to give me an email address it will decrease the cost associated with Ontario South Assembly.

I have learned so much during this process and want to give thanks to all who help me out and encourage others to give to this program because it is only by sharing that I get back what I truly need to grow and flourish.

Hugs in service  
Sharon R  
Open Lines OSA

## PUBLIC OUTREACH COORDINATOR'S REPORT

Hello Everyone!

Hope that everyone had a safe and happy holiday season. I celebrated the season by helping out at our local AA club during their 72 hours of sobriety, handing out literature about al-anon for all of their family and friends. I think I will continue to do this but I will see if they can let our literature rep come in and perhaps in this district we can encourage more family members to come to AA.

Nothing much has come down from Head office, but I have started a letter writing campaign myself. To see if we can get Al-Anon entered into the Merck Manual of Medicine. This standard doctors textbook includes a column and a half about AA I thought they should also include Al-Aanon as a resource a well in their section on addiction and recovery.

I also have had the pleasure of speaking in London about Public outreach where I was very well received and hosted. What a wonderful open meeting keep up the great work and what a fabulous topic for an open speaker meeting but public outreach.

I have heard that the Niagara District had a successful Public Information session for professionals . From what I have been privy to hear I feel that there is forward motion in our justice system. Keep up the great work, Wouldn't it be great if there was a treatment court?

Enough for now.

Nikki S.  
Triangle AFG  
Ontario South Public Outreach Coordinator  
Bekaade Zhagtood Mno Bmaadzid // Peace Love and Good Health



I Can't. God Can.  
I'll Let Him.

## WEBSITE COORDINATOR'S REPORT

Hello/Bonjour!!!

My name is Denyse and I am the Ontario South Website Coordinator. Happy New Year Everyone J

There are a lot of great things happening in the New Year for the Ontario South Website. There are a lot of new events, anniversaries, conventions, Al-Anon Days... I have put up some information about Trillium and now you can pay Trillium on the website by going to [www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca) and click on Trillium and follow the prompts (you do not have to set up a pay pal account to register to attend Trillium), there is also some updates to be done for the Manual on the website and just a great way to keep in touch with Al-Anon.

Ok so now for the business portion. In December 2012 our numbers of visits have gone down a little to 6555. Hopefully that number will go up in the New Year with everyone getting back into the groove of things. Tell your members about the website, there is a lot of good information that can really help any member whether a newcomer or a long-timer. Keep sending me your events by filling out the events forms and please send me your flyer through my email. We want to hear about your events so that members can join you in your celebrations. If there are any suggestions or comments about the website please feel free to call or send me an email (my contact information is at the back of Open Lines and also on the website on the Website Coordinator page)

Looking forward to hearing and seeing you in the year 2013 J

Hugs in Service

Denyse K

Ontario South Website Coordinator

### TRILLIUM 2013

Room Night Update

Actual vs. Budget

As of

January 20<sup>th</sup>, 2013

Actual rooms booked to date ..... 41

Room nights needed to keep conference costs reasonable..... 200

SHORT FALL ..... **159**

Did you know if we fill:

200 room nights the meeting room cost is: ..... \$5,000

150 –190 room nights the meeting room cost is: ..... \$7,000

100- 149 room nights the meeting room cost is: ..... \$8,000

Less than 99 rooms booked meeting room cost is: ..... \$10, 000

We pray you will be part of the 21<sup>st</sup> Trillium and we look forward to seeing you June 21<sup>st</sup> – June 23<sup>rd</sup>.

IHS

Your 2013 Trillium Chair and Committee

Debbie D xo

p.s. 84 members have already registered.

Check out [www.al-anon.alateen.on.ca/trillium](http://www.al-anon.alateen.on.ca/trillium) to register on line.

Fundraisers are available by contacting: [2013trilliumchair@gmail.com](mailto:2013trilliumchair@gmail.com)