

Open Lines

Ontario South Assembly Newsletter

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

May 2014

Volume 36 Issue 2

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.

Deadline Distribution
July 15th Aug 2014

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

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 al-
ways 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
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
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

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DELEGATE'S REPORT

I feel great excitement, joy and energy as I am preparing for the 2014 World Service Conference. And part of that comes from the support and kind encouragement that I have received from you during the past year. I take these things with me as well as my great desire to represent Ontario South to the best of my abilities. Again I will listen carefully to those sharing and to how points of view are being exchanged. I want to listen with an open heart and mind.

I look forward to:

The Canadian Delegates' Dinner and Meeting - a great opportunity for me to meet the new members of our family. I really enjoy this one time that we have to be together. meeting the rest of the new delegates - Panel 54.

meeting my friends that I have made over the last two years.

- opening my mail

representing Ontario South by participating with observations and questions about the topics that are discussed.

Over the past six months I have developed a motion that would allow for a greater opportunity for Delegate initiated motions to be heard at the World Service Conference. I have sent it to the Conference Leadership Team and to all the World Service Delegates. The motion has received a positive response from a number of delegates. It is not in my control as to whether the motion will be heard but I believe that with my HP's guidance a seed may have been planted.

I am looking forward to seeing many of you at our Area World Service Conference at the end of May. This reunion of friends is a powerful thing!

Blessings,

Jane

Ontario South Delegate

District 5 Al-Anon Day
June 7 @ St. Peters Lutheran Church (corner of
Nelson St. and Cambria St.)
Stratford, ON
Registration @ 8:30am
First speaker 9:15am
Potluck lunch

Ontario Regional Conference of Alcoholics Anonymous 2014
*Full A A, Al-Anon and Alateen
speakers and panels*

*March 4-6 at the Fairmont Royal
York Hotel, Toronto, Ontario*

Register with available forms on-line at www.aatoronto.org
for more information call 416-6401905
or email orc@aatoronto.org

District #2 Al-Anon Day
Families in Recovery
September 20, 2014
Registration: 9:00 am
Fee: \$8.00 Alateen: \$2.00
Erskine Presbyterian Church
90 Artemesia St. S. (enter side door)
Dundalk, On.
Pot Luck Lunch
Speakers, Workshop, Raffle



"On April 9, 2014, the Wednesday Noon Al-Anon Group, District 8, celebrated at an open meeting the 40th Anniversary of Irene L.. Irene is the co-founder of this group and has served the group tirelessly as first Group Representative as well as the various group level positions. She continues to attend meetings regularly supporting and encouraging newcomers. The group presented Irene with a 40 year medallion.

Finger foods and coffee were served. Many members of district groups attended to join in this celebration.

submitted by Lorraine C. Group Representative

ALTERNATE DELEGATE'S REPORT



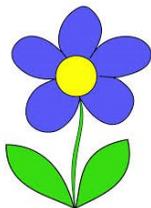
As we prepare this edition of *Open Lines*, our Delegate is preparing to represent our Area, Ontario South at the 2014 World Service Conference in Virginia Beach. We are grateful for her willingness to serve Ontario South and look forward to her report back to us.

In our Area, we are getting ready for our upcoming AWSC (Area World Service Committee) meeting. Please encourage your District Representatives as they represent you at this meeting, and then support them as the report back to you.

Did you do *The Forum* crossword puzzle? Well I have now created *The Forum Search a Word*, please enjoy and share it to spark interest. New "news" about the Forum. We can now subscribe electronically, either by individual copy or an annual subscription, the information is in our April edition of the Forum and in eNews.

I have had the opportunity to visit a few Districts and communicate with others on the phone and through email. I appreciate hearing of your concerns and successes. I am available to hear from you and support you, your Group, your District and our Area in any way I can.

With much Love & Gratitude
Debbie Pangborn



AREA SECRETARY'S REPORT

Spring has finally arrived and that means AWSC at the end of May. For those of you attending, I'm looking forward to seeing you. For those of you who have to submit a report, please send it to me by May 17th.

I live in District 28 and we had fabulous Al-Anon Day in March. My home group, How It Works AFG, hosted the Day. It was wonderful to see everyone (even relative newcomers) in the group get involved. Members from other groups volunteered for service too. There was a morning snow storm but it didn't stop our members from showing up in huge numbers. We were blessed with great panels and workshops and an amazingly courageous main speaker. What an inspiring day!

Happy Spring!

Love and Hugs in Service
Jean McS

MARK YOUR CALANDERS FOR THE FOLLOWING DATES IN OSA

May 30 to June 1, 2014 - Area World Service Conference (AWSC) in Oshawa
July 18 & 19 - Executive meeting in Guelph
October 24 - 26, 2014 - Assembly in Toronto
November 14 & 15 - Executive meeting in Guelph

67th Annual AA Cornwall Fall Conference with Al-Anon Participation will be November 7 & 8, 2014

Watch for more details to come.

The Forum Search a Word

A	T	U	A	S	P	I	R	I	T	U	A	L	T	Y	I	G	I	F	T
P	L	S	P	O	N	S	O	R	H	S	P	O	N	S	O	R	E	T	O
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GRATEFUL
HIGHER
POWER
WORK
FAMILY
TALK
REASON
PRAY
SLOGANS
MEETING
HOPE
PUBLISHED
AREA
DISTRICT

PRINCIPLES
ARTICLE
MONTHLY
LITERATURE
SUBSCRIPTION
SHARING
EXPERIENCE
MONTHLY
MAGAZINE
FORUM
REPRESENTATIVE
UNITY
SERVICE
RECOVERY

THE FORUM
MEMBERS
ELECTRONIC
AL-ANON
ALATEEN
NEWSLETTER
STEPS
TRADITIONS
TWELVE
CONCEPTS
SPONSOR
GROUP
INVENTORY
GIFT

CHAIRPERSON'S REPORT

It's mid April and snowing out in Ottawa as I wonder and wait for spring to arrive. I'm encouraged because the snowdrops and crocuses are up and blooming in spite of the weather. They have achieved what they're meant to achieve.

Can we say the same thing about ourselves? February 10th in Courage to Change

talks about how "One of the effects of alcoholism is that many of us have denied or devalued our talents, feelings, achievements, and desires. In Al-Anon we learn to know, appreciate, and express our true selves."

How many times have we resisted doing service because "I don't know how?". How many times have we said no because "I'd be no good at it?" How many times have we said no because "I'm afraid, or I'll do it wrong,"

One of the gifts I received in Al-Anon was coming to realize and believe is that in these rooms I can try ANYTHING in a safe and loving environment. I can learn new things and I don't have to do it alone, or perfect. I can ask for guidance and it's always there.

So with this being year three for many service positions.....which position are you going to put your resume in for, your hand up for, your growth in recovery for? We all feel the fear of trying something new, it's what we do with the fear.

It was said to me by my service sponsor when I started my service position as Area Chairperson, you will learn more about yourself than you will about the position, and she was right. I've learned things about myself that I would never have learned in recovery by just attending my meeting. And I'm a better person for it.

Think about serving at your Group, District and Area. There are many gifts waiting for you.

IF NOT YOU THEN WHO?
IF NOT NOW THEN WHEN?

And finally God does not call the qualified.....God qualifies the called. I know cause I was called (and tried to ignore it) and became qualified as I went along. The ride has been exciting.

hugs in service

Michele Doherty

TREASURER'S REPORT

My name is Marg Knights, a very grateful member of and the G.R. for for Learning to Live AFG in Toronto and am the treasurer for Ontario South. I have been in this position since mid-March 2013 and have to say that I am enjoying the service and meeting everyone either in person or through your emails.

I wish you all a happy, warm, and serene spring. Thank you very much for your donations so far during 2014. Please remember to use the donation form that can be found in the area manual or online to ensure that donation is recorded to the correct group. See the link below.

[Donation form](#)

to open the form please hold your control key down and click on the words that are underlined and the form will open for you in a new window.

If you are going to be away from your home group during the winter please remember that your group is still there and your seventh tradition donation is still needed.

Marg K
Treasurer, OSA



AREA ALATEEN PROCESS PERSON REPORT



The Ontario South 2014 Supportive Al-Anon Member (SAM) re-certification process is almost complete. We presently have 157 SAM's. Six are remaining to re-certify. To date, there are thirteen new SAM's this year. Twelve SAM's decided to not re-certify therefore their status becomes "Inactive".

The Alateen Group Annual Update was mailed by WSO on March 24 to each group's Current Mailing Address (CMA). We presently have thirty-five Alateen Groups in Ontario South. To date, I have received eighteen updates. Please complete this form and mail to me in the addressed envelope provided as soon as possible.

When the Ontario South SAM and Alateen Group updates are complete, the WSO process begins. The WSO annual re-certification is only offered online for 2014. On March 29, WSO hosted a conference call to review this online process and to answer any question. As soon as I receive the remaining paperwork for the SAM's and the Groups, I will complete the WSO requirements.

Thank you to all who have participated in this annual process. I look forward to our time together at Area World Service Conference in May.

Love in Service,
Marg McClelland
April 15, 2014

Report from Toni Austin, Group Rep for New Hope Barry's Bay :

We had a strong, wonderful day on GRATITUDE. A personal speaker. Then a break and then a workshop on Gratitude.

Lunch time and everyone was hopping.

In the afternoon someone shared about their grief of a break up. Then one of the men picked up the theme. In the end almost all the men shared their experience and strength and hope of moving through grief to living fully.

A day to be remembered!

49TH ANNUAL NIAGARA BLOSSOM TIME CONVENTION

Doubletree Fallsview Resort & Spa by Hilton

6039 Fallsview Blvd,

Niagara Falls, ON

Come out and join us, everyone welcome!

MAY 2, 3 & 4 2014

<http://blossomtimeconvention.com/>

Alateen Coordinator's Report

Alateen Unity is just around the corner!!

Alateen Unity Conference **with** District 1 Al-Anon Day is in Barrie Ontario, Saturday June 7 2014. (Details in these Open Lines) The excitement is building. TAG Alateen in Barrie has been fundraising like crazy, making and selling their awesome HUG scarves at every AA, Al-Anon Alateen event that they have been invited to in Ontario South. The support for Alateen is inspiring. I have no doubt you will be well fed, inspired and filled with hope. Alateen, Al-Anon and AA speakers, panels, workshops, will fill the day and the evening is planned for fun and kicking up your heels at the dance. Please **pre-register** or let me know you are attending at Ontario.south.alateen@hotmail.com Thank you to the many Al-Anon groups who have sent donations to OSAAC for the Unity Conference. Any donations for Unity can be made payable to OSAAC (Ontario South Alateen Advisory Committee) and sent to my home address (provided in Open Lines).

March 16, brought 40 Alateens together at the ORC (Ontario Regional Conference of Alcoholics Anonymous). At the OSAAC meeting, Alateen members got together to volunteer their help at Unity. This is great support for Unity chair Danielle.

March 29, I was invited to participate in the District 4 Alateen Outreach Workshop. We met in Kitchener to brainstorm how to help attract more Alateen, using our Al-Anon groups, at the District level and in the community where we live. There were so many fabulous and practical ideas that came from this workshop. Big Alateen Hugs to District 4.

April 12 2014, District 7 Sarnia, hosted their annual Spaghetti Luncheon with **Alateen** as their focus. We heard from Alateen and Al-Anon and AA speakers. The sharing's were heartfelt and the common theme was Alateen saves teens, and can help keep families together. 35 Hug Scarves were purchased. District 7 will carry the Alateen message through their groups, District and to the public as well. Thank you to everyone for all the hard work and great lunch. Many members are more enlightened about Alateen.

Alateen (Al-Anon for younger members) is a vital part of Al-Anon Family Groups.

(Page 7 Al-Anon Alateen Service Manual 2014-2017)

Yours in Alateen Service

Janet Taylor

Area Alateen Coordinator

We Are Not Alone In Al-Anon
District 6 39th Annual Al-Anon Day
Saturday May 24th, 2014
All Saints Anglican Church
249 Hamilton Road, London, Ont.
9am to 4pm
\$6.00 (Cold Potluck Lunch)



Open Lines Coordinator

Hi all, Things are going along well. There have been a lot of events coming in for this edition and that makes for some great reading as well as a change from just the reports. Debbie P has included a puzzle which I hope everyone takes the time to complete.

I will be doing a presentation at AWSC to show everyone how Open Lines is put together and encouraging people to continue this awesome service. Things have become more technical but it truly is not as bad as even I first thought LOL.

Please continue to send in the articles and events everyone enjoys the feedback and looks forward to upcoming events.

See some of you at AWSC and the others at Assembly.

Hugs
Sharon R
Open Lines Coordinator

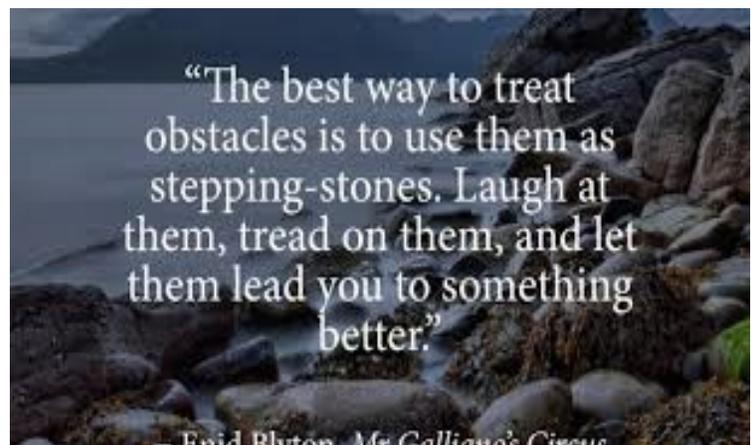
Group Records Coordinator

Hello to one and all,
SPRING is here. Thank goodness. The snow is gone and the grass is turning green. The changes are being made and I have just completed the last updates I had. I hope everyone is doing well and I look forward to seeing all the DR's at the upcoming Area World Service Conference in Oshawa.

Bonnie Ball
Ontario South Group Records Coordinator

42nd Annual Lakeshore District Conference
"Stepping Into Recovery"
Al-Anon and Alateen Program
Friday, August 15th to Sunday, August 17th
General Sidorski's Polish Veterans hall
1551 Stephenson Rd N
Oshawa, ON
\$25 admission for meetings only
\$45 for admission + banquet + dance
\$35 for banquet +dance only.

Registration opens Friday at 6pm.



Literature Coordinator Report

Happy Spring Al-Anon Members!

Spring is a time for blossoming and a new. This Spring we are asked to blossom as writers and story tellers about our experience strength and hope as we live with the disease of alcoholism. Your sharings are needed for:

- **Sharings Needed for “CAL Corner”:** We always need more sharings about how CAL has helped members with their recovery. Please write. We could especially use articles about *When I Got Busy, I Got Better* (P-78), *Alateen—Hope for Children* (B-3), *To Parents of Alcoholics* (P-16), the *Parents of Alcoholics* reprint (R-18), and *Many Voices, One Journey* (B-31).
- **Sharings Needed on Intimacy:** Members can submit sharing's on-line at the Members' site, www.al-anon.org/members under “Submit a Personal Sharing.” We have about 1,050 sharings, but could use many more from men, teens, parents, gays and lesbians, and other minorities within Al-Anon.
- **PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title):** We still need many more sharings for this pamphlet in development. At this point we've only received 30 submissions. The writing guideline is posted in the “Literature Project” subfolder of this e-Community and is available on the Members' Web site. It will be mailed out in the April issue of *The Forum*.
Sharing sheets for “CAL Corner”, for INTIMACY IN ALCOHOLIC RELATIONSHIPS, and **PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS** can be found on-line or can be supplied by your Literature Distribution Centre.

God Bless,
Marianne E
Area Literature Coordinator

Website Coordinator Report

Hi Ontario South Al-Anon,

My name is Denyse K. and I am your Ontario South Website Coordinator. First I want to wish everyone a Happy Spring I know it's been a long winter but happy to see Spring and a fresh new start. I would like to send my apologies to everyone because of computer problems I was unable to be as quick as I was in the past to meet your needs.

The website is doing well. There is a lot of new events that are coming up in the Spring and Summer. Please share with me your thoughts on how you would like to see the website and I will do my best to help. The statistics for visitors for the month of March have gone up by almost 700 visitors since February at 5707 visitors. The top visitation places on the website are meetings, events, Open Lines. I also found out that the search engine that people look for Al-Anon/Alateen is through google. Also the Usage by Country for March 2014 are 38% US Commercial, 24% Canada, 20% Unresolved/Unknown, 16% Network and 3% Other.

Please I am also asking if you have an event you would like to share with the rest of the fellowship whether it be an Anniversary, Al-Anon Day, Al-Anon Convention or Al-Anon Day of service/ workshop we would like to hear from you. If you have a flyer for your event please send me the flyer directly at ontariosouthwebsitecoordinator@outlook.com and I will be happy to place it on the Upcoming events. Thank You and looking forward to seeing some of you at AWSC in May/June.

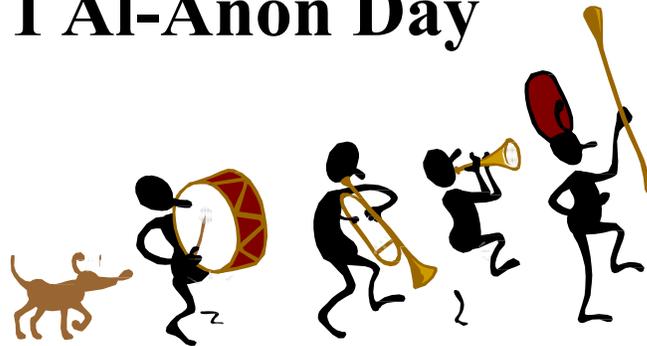
Denyse K.
Ontario South Website Coordinator

Missing Trillium? Don't despair because...

Alateen Unity is coming

Barrie, ON June 6 – 7, 2014

Alateen Unity 2014
&
District 1 Al-Anon Day



**More information will be posted on the Ontario South website
www.al-anon.alateen.on.ca under Coordinators Corner
Alateen Coordinator & OSAAC page.
also check the 2014 editions of Open Lines**

We will be seeking Al-Anon, Supportive Al-Anon Members (SAM), and Alateens to help make this event a success, if you are interested in volunteering, would like to make a donation, or just want more information please contact us

unity2014barrie@hotmail.com or Ontario.south.alateen@hotmail.com

Fundraising for Unity 2014 Barrie

The Barrie Tag Group are selling their Hug Scarves with the proceeds going towards supporting Unity 2014. If you are interested in purchasing a scarf or having us sell them at your event contact us at the above unity email.

Join us for a wonderful recovery experience!

Al-Anon Open Day
Hosted by: Winchester Praying Hands Group
Theme: One Day at a Time
Saturday June 14th, 2014 from 9:00 am to 3:00 pm
Pot Luck Lunch
Registration starts at 9:00 am – 9:30 am 7th tradition at the door
Location: Winchester Wesleyan Church
537 Main Street, Winchester, ON K0C 2K0
Directions: From 401 take Hwy 31 north to Winchester and exit at Hwy 43 west turn right into Winchester.
Church is in the town about 1 mile on right.

**The Literature Distribution Centre will close on May 16th and reopen on June 23rd.
Please submit all orders and payments to the office by May 13th to ensure the order will be completed and sent prior to the closing.**

Thanks for your cooperation,

**Ann Kyer,
LDC Manager**

Al-Anon Women's Weekend 2014

Friday, October 31st to Sunday, November 2nd

To be held at Maison Notre-Dame-de-la-Providence

1754 St-Joseph Blvd. Orleans K1C 7C6

Cost is \$175. \$25.00 non refundable deposit due on registration balance due September 30, 2014

For more information or to register <https://www.surveymonkey.com/s/GKBFJCG>
susan.anon@yahoo.ca

District 12 had a very successful Al-Anon Day with 43 people coming in from all over. Kasey one of the GR's did an amazing job of presenting the Conflict Resolution Workshop that Marthanne had presented at Assembly for the Group Representatives assembled. The feedback from the day's discussion has lead me to believe that everyone walked away with something that they could use in their personal lives as well as at the group level.

We used service tags (handed out with the name tags) to engage everyone in the event and whether your tag asked you to get a fellow member a beverage, introduce yourself to 3 new people, help set out or clean up lunch or put away 8 chairs at the end of the day we found the day went very smoothly. (this process comes from the very successful workshop we held last year on service teaching all that service is actually not hard at all). We enjoyed 2 great speakers in the afternoon and I believe that a few folks were having so much fun that the fellowship continued even after the clean up was completed. Thanks go out to our host group Southend Discussion AFG, the GRs from all the groups and a big hug to Debbie P for sharing her story with us.

Sharon R
District 12

Area Archives

My name is Heather Paret and I am your Ontario South Archives Co-ordinator. I am a gratefull 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. Well, I am still waiting on spring as the snow continues to melt.

As I continue on with the last year of my term as your Area Archivist, I continue to be surprised at what I am finding in all the boxes that were passed on to me from Mary Jane, our previous Area Archivist. What an awesome history lesson in our Area this journey as Area Archivist has been.

I made a trip to Guelph in March and a big thank you to Kate for billeting me for the night. I was able to get to the Thursday night meeting and do my workshop/sharing for the Friday morning group. Brought back some memories from my days of service work in District Four. I am looking forward to an invite from District Two's Al-Anon Day....and District One is having their Al-Anon day in conjunction with the Area Unity Conference in June. We welcome one and all to Barrie for this amazing event for our Area. Please come help us support our Area Alateens, as this is their first Unity Conference in some time.

Now it is time to start preparing for our Area World Service Committee (AWSC) at the end of May. I do hope there is a member out there thinking of your next step in service. My time has truly been rewarding in that my passion for history and service work came together so well. I look forward to sharing with the DRs my experience strength and hope as a co-ordinator through our time at AWSC. Please take the time to get in contact with your HP, and consider submitting your interest for this wonderful position. I am available to answer any questions you may have.

As always, sending each of you (Hugs) in Service, Heather P.,
Area Archivist

