

Open Lines

Ontario South Assembly Newsletter

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

August 2020

Volume 42 Issue 2

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.

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Quick Links for Ontario South

[Group Records Change Form](#)

The donation form is currently unavailable. If you wish to make a donation, make cheques payable to Ontario South Assembly and send to P.O. box 1151, Guelph, ON, N1H 6N3

[Form C for SAMS](#)

[Literature Order Forms](#) - To access the two versions of the Literature Order Form (Literature Order Form printable or Literature Order Form fillable) please go to <http://al-anon.alateen.on.ca/literature/> and use the side bar or go to the bottom of the page for the links.

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
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

[Ontario South Website](#)

Ontario South Delegate Report July 2020

World Service Office Related

- Attended the Virtual World Service Conference the week of April 20th-24th 2020
- Attended the Canadian Delegate's meeting virtually on June 13th, 2020
- Continued to mentored a Panel 60 Delegate
- Connected with my Trustee, asking questions regarding the April Chairperson of the Board letter and accompanying updates
- Participating on the Literature Committee, reviewing submissions for Al-Anon's new daily reader
- Unfortunately Panel 58 was unable to present their 3 minute talk at WSC due to time constraints
- Continued to practice for the entertainment after Conference (unable to present due to virtual WSC)
- Updated the Ontario South AWSC list for WSO
- Continued to monitor my Communities on AFG Connects
- Passed information from WSO to Ontario South AWSC members

Ontario South Related

- Continued to keep Alternate Delegate informed of emails I send out
- Asked Alternate Delegate to respond to emails requesting information about Al-Anon and our meetings
- Attended the Virtual AWSC meeting in May 2020
- Asked to have various information posted on Ontario South website
- Received, reviewed, and commented on District minutes that were sent to me
- Responded to emails and phone calls from Ontario South members
- Had four requests to speak, however, because of COVID 19 they were all cancelled
- Worked with Executive to choose hotel for Assembly 2021
- Continue to participate in the Literature Office Committee
- Submitted a report to Open Lines for the August 2020 newsletter
- Notified WSO of the candidate for the Canada Central Trustee position
- Worked with Ontario South Advisor to update Area 86-Policy and Guideline Manual
- Attended Executive meetings via Zoom

Sue G, Ontario South Delegate

Report from Area Alateen Process Person

Hello everyone. Congratulations! Our Area (Area 86) has once again met the World Service Office deadline for recertification of our SAMs (Supportive Al-Anon Members). These are our members who do service with Alateens. We currently have 12 registered Alateen groups in our Area. We have 76 certified SAMs at the moment.

The first thing to do to start an Alateen meeting is for a few experienced Al-Anon members to certify as SAMs.

To become a SAM for the first time all of the information you need is on the Ontario South Al-Anon website www.al-anon.alateen.on.ca. Check out the AAPP Coordinator's Corner for a shortened version of the instructions. (If you live in Toronto the process is different, please check with me, your AAPP and I will provide you with the specific steps to follow.)

Thank you everyone for your cooperation in meeting our deadline again this year, despite difficult and uncertain times.

Sandy O, Area Alateen Process Person

LDC Report

Hello Ontario South,

I hope that you are all keeping well in mind, body and spirit as this pandemic plays out. It has been so nice to be connecting with so many of you through the office since we reopened for the few hours each week. There really isn't much to report. I have included my latest literature blurb for you all and I continue to appreciate every day the program and you.

In service,

Linda, LDC Office Manager

June 2020

Hello Ontario South,

Well it has been quite a ride for all of us as we make our way through this pandemic. I hope that you are well physically, emotionally, mentally and spiritually. I know I have had my ups and downs but I am so grateful I have a program to help me through this. I have had many conversations with members over the past few months and even more right now as the office is open on Wednesdays from 10-1 from people looking for literature that will help them during this. This literature blurb is a bit different as I am going to share what has come out of these conversations.

Right now many are taking the time to work on their steps, traditions and concepts through our workbooks Paths to Recovery, Reaching for Personal Freedom and Blueprint for Progress both the original small one and the newer spiral bound one. The blueprints do contain different questions. The Alateen Daily checklist of Myself is also a good way to keep the focus on how we are feeling. It may be Alateen but it can be used by all Al-Anon members as a quick check in. The daily readers are of course a staple for many members and they seem to be using them even more by looking at the index to find readings on the feelings they are going through at that moment.

The other one that has come up a lot in conversation and has been helpful to me is the Intimacy in Alcoholic Relationships. Really it is about intimacy in relationships on many levels. Intimacy is defined as 'close familiarity or friendship; closeness'. Right now many of us are in the midst of relationships we are forced into as we are housebound. While the physical side of intimacy is discussed in this book so are many aspects of it. People are finding it is a help in our current circumstances as the some of the topics are communicating clearly, negotiating boundaries and expressing gratitude to name a few. There are also questions in the chapters which we have used in our brick and mortar meetings as a topic and may be insightful topics for the Zoom meetings that many are having right now.

The conflict resolution literature I have heard from many has been huge in their getting through this. The Just for Today and Just for Tonight bookmarks have come up in many a conversations and in many a Zoom meeting during Covid as simple reminders of our program tools. This has been a time when many are reaching out for sponsorship and people are looking at what that means in Sponsorship, What's It all About?

It has also been interesting as people are visiting meetings outside of their area via Zoom they are coming across things that maybe their group has never used. We had a conversation recently about Al-Anon's Dos and Don'ts. After thinking it through and conversation we were able to let her know that they are in our pamphlet Alcoholism the Family Disease. Another person asked about The Three Obstacles to Success in Al-Anon and we let them know they are in our Service Manual as well as Groups At Work. Many are picking up pieces of literature that they forgot were there or never read and it was just what they needed.

Yes this has been a hard time. Yes it has had its ups and downs and we all feel it in our own way on any given day. This is part of life as it is right now but we have the tools at hand in many of the CAL pieces.

Some may want literature but not want to order due to shipping costs. You can still order as a group or as a few members together if that works for you. Maybe the member who gets the literature is willing to have you collect your items from their trunk or through a social distance visit? If that works to cut down on costs and it is comfortable for you I can ship in a larger order. I wish you well in all aspects of your life.

If the LDC can help let me know. Sending you blessings in service.

Report from Area Literature Coordinator

Hello All

Of course, life has changed significantly for all of us, walking through our new everyday normal for now. I am so very grateful for my Al-Anon stability during this change - virtual meetings, sponsorship, AFG connects and so much more. I thank my Higher Power for the availability of connection through so many electronic & digital means. I was very very pleased and grateful for being able to participate with the virtual AWSC in May.

For news: I was happy to participate along with our Delegate, Sue, in communicating with World Service Office in order to sort out and receive written approval of how to proceed in virtual group meetings regarding posting literature and legacies. Sue G sent an email out with a very clear summary of this. If any of you missed reading the email - just give me a call or an email and I will forward it to you.

Please see below, a Literature Update from our World Service Office Associate Director of Literature - Tom C. As Area Literature Coordinator, I receive these updates through AFG connects, and it is my responsibility to share them with our area.

Sincerely and Gratefully,
((((((HUGS)))))))

Mary Ellen B, Area 86 Al-Anon Literature Coordinator

July 2020 Literature Coordinator Update:

Dear Literature Coordinators,

Here's the latest update of literature news. Please feel free to pass this info on at Assemblies and via e-mail to District Representatives, Information Services/Intergroups, Website Coordinators, and Newsletter Editors. Establishing an e-mail list of these members/ service arms makes it easy to forward this information.

NEW DAILY READER (working title): Many thanks for getting out the word about our last call for sharings for this project. We had many responses and now have plenty of sharings to choose from, so we are no longer accepting additional sharings. We will gladly accept sharings for The Forum and Al-Anon Faces Alcoholism. **Members Blog:** Please encourage members to read and write on the Member Blog at <https://al-anon.org/for-members/members-resources/member-blog/>. Each month there are new topics added, so today we have choices! You can also share about the Steps, Traditions, and Concepts of Service too!

"CAL Corner" Topics: This department is featured each month in The Forum magazine. It contains members' sharings on how a particular piece of our literature has enhanced their recovery. July's articles are about As We Understood... (B-11). August's focus is on celebrating the 50th anniversary of Three Views of Al-Anon (P-15), and September's will be on Hope for Today (B-27).

Sharings needed for "CAL Corner": We always need more sharings about how CAL has helped members with their recovery. Please urge members to write about Opening Our Hearts, Transforming Our Losses (B-29), Courage to Be Me (B-23), Intimacy in Alcoholic Relationships (B-33), and Reaching for Personal Freedom (P-93). Please see the writing guideline for "CAL Corner" in the Guidelines & Procedures folder under the "Library" folders in the Literature Coordinator community of AFG Connects or at <https://al-anon.org/pdf/CALcornerSharingRevised%202018.pdf>.

Writing about CAL for Area Newsletters: Please use your Area newsletter to share how local members are spreading the word about CAL or to publish their reviews of various CAL. Because your Assembly or Area World Service Committee meetings might not coincide with my postings on AFG Connects, please contact me anytime you need more information or have questions about literature content.

Yours in gratitude and service,
Tom C, Associate Director-Literature

AWSC 2020, FORUM / ALTERATE DELEGATE REPORT

I hope that everyone is enjoying their summer. It has definitely been a warm one.

In preparing my report for Open Lines I have been thinking about my Service journey and the Legacies of Al-Anon. Being in Service has absolutely been one of the best gifts of Al-Anon recovery. My personal recovery, my spiritual connection to my Higher Power, my connection with members across Ontario South and the overall learning curve that comes with each role has been both a challenge and a gift that continues to give.

Now more than ever the Forum needs our support. It is vital that we continue to purchase the Forum. We can utilize the Forum in so many ways. It can be a gift for a newcomer, we can use it in our meetings, we can purchase it for members that are having difficulty getting to meetings and we can purchase it for our own personal use.

The Forum also needs our support in the form of written stories. Write about your experience strength and hope. How has Al-anon helped you? What is your favourite Step, Tradition or Slogan? How have you been helped by the Forum?

As your Alternate Delegate, I attended many Executive meetings on Zoom. Ontario South made Al-Anon history by having our 2020 AWSC in a virtual format on Zoom. It was well attended and by all accounts a great success. A huge shout out to all who met the challenge head on and attended their first virtual AWSC. I also want to acknowledge our Area Chairperson & Area Website Coordinator. They did a brilliant job of pulling us all together. Admittedly I missed the hugs and the conversations during meal and break times.

2020 has been anything but average. In these unprecedeted times I have been given the opportunity to attend virtual Al-Anon meetings, business meetings and executive meetings. I have responded to your calls, emails, and questions to the best of my ability. I am sad that many annual events have been cancelled or postponed to a later time. I was a bit disappointed to miss out on being part of your Al-Anon days and roundups. I continue to reach out for help, talk to my sponsor and my service sponsor and be open and willing to learn. I am beyond blessed that Al-Anon and all of you are an integral part of my life.

Blessings for a Healthy, Happy Summer
Yours in Service,

Gwen D, Forum Coordinator / Alternate Delegate

Report from Alateen Coordinator

Hello All!

It has been an eventful time over the past few months and what a perfect time for me to practice these principles in all my affairs!

I have had a few emails pertaining to Alateen meetings. There are two that I know of in the Toronto Area (one Zoom and the other by Phone I think), otherwise no one has reached out to me to let me know where or when or if there are meetings going on in various districts. If you have meetings or are going to person to person meetings, please let me know.

I have been in touch with a few people in the US and am compiling a list of Alateen meetings there which will be available to our teens. Also, I am trying to compile a list of meetings in The Ontario South And Ontario North areas along with the rest of Canada. I think the electronic meetings will be with us for some time especially for the teens. Personally, I can't wait until we meet person to person as that is also one of the foundations of our program of recovery.

Recently the Speaker Series on Zoom hosted by the GTAIS had an Alateen speaker and it was wonderful to hear her speak. This next August there will be another Alateen speaker from Kentucky. I am so excited about that too! There will be a flyer sent to the website and distributed through the GTAIS google groups. Wishing you all stay safe and well until we gather again.

With hugs and hope

Together we can make it!

Wendy C, Ontario South Alateen Coordinator

Assembly Chairperson Report

Dear Ontario South member,

What an exciting time to be involved in service in our Area! As we learn to adapt and live within a global pandemic, our Higher Power is presenting us with so many opportunities to learn new skills and further hone ones that we already possess.

As you may have heard through your Group Representative, your Executive has made the decision to replace our traditional in-person Assembly with a virtual meeting, where we will go ahead with elections for the next term's Executive.

This was not a decision we took lightly; your Executive reached this conclusion after much prayer, meditation and asking our District Representatives to survey our groups on their comfort with attending an in-person Assembly. About two-thirds of groups we heard back from indicated that they would NOT be comfortable attending Assembly this year, and many of those groups expressed a desire for a virtual meeting.

The hotel where Assembly was to take place has agreed to use all deposits the Area had paid to date to hold the space for our 2023 Assembly. This ensures a venue is already booked for the next time our Assembly is held in the central part of the Area, and ensures that Ontario South does not lose any of the \$10,000 it had paid so far.

Our Area Assembly will still be held on the weekend of October 23-25, and details will follow with an information package in the coming weeks.

Thank you for your patience and understanding as we navigate this unprecedented time together, and thank you for your service to Ontario South.

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

Ontario South Literature Office Committee (LOC) Report for Open Lines

The Literature Distribution Centre (LDC) office hours continue to be reduced:

Office remains open each Wednesday from 10:00 am until 1:00pm.

There are no summer vacation closure or other office shut downs planned at this time.

We will continue to update you with any changes with a notice on our Ontario South Website as well as a notice through our Area Secretary and the links of service

As our 2020 Assembly will be virtual, no preorders for literature pick up will be available at Assembly.

The LOC continues to look at all the financial impacts of how Covid-19 has effected the sales and operation at our LDC and are continuing to be committed and accountable to the Area.

As I am sure you can appreciate the unknowns of the future make planning a challenge.

We are dedicated to doing our best for Ontario South.

We would encourage all groups and districts to be creative in how to collaboratively continue to order our CAL from our LDC and safely make it accessible and available to our individual members, especially newcomers. As September approaches and business meetings start up again in preparation for elections and hand overs it could be the perfect time to look at how our Groups are approaching literature.

As the LDC office manager is a paid position there is no service rotation at the office.

Starting the next term January 2021 there will be a handover from the current LOC members to the new Committee. The Committee is made up of the current Delegate, the past Delegate, the past past Delegate, the current Area Treasurer, the current Area Literature Coordinator and a current District Representative (who is voted in at the terms first AWSC meeting)

In these unusual times it has been evident how important, valuable and resilient our Al-Anon program and fellowship are and how our spiritual principles can guide, nurture and support us through anything as we navigate life together. Looking forward to "seeing" many of you at Assembly. It will be a uniquely wonderful opportunity for so many of our Ontario South members to unite.

Please feel free to contact me with any concerns questions or clarity you might need. We are dedicated to serving Ontario South.

With gratitude

Debbie P.

Ontario South

Literature Office Committee Chairperson

debbieturnitover@hotmail.com

To access both the Ontario South LDC fillable and printable current literature order forms.

Dated May 2020. <http://al-anon.alateen.on.ca/literature/>

Open Lines Report

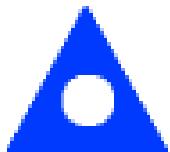
Two members have expressed an interest in taking on Open Lines for the 2021-2023 cycle. Fantastic! It is exciting to know that Open Lines will continue to be published.

I didn't send out a paper copy of the April newsletter but I will be sending one out for this issue. It is fairly costly to print and post paper copies. Please consider signing up for a digital copy instead.

Stay healthy, stay hopeful.

Yours in service,

Colleen K, Open Lines Coordinator



ONTARIO SOUTH ASSEMBLY (AREA 86)

AL-ANON/ALATEEN FAMILY GROUPS Policies & Guidelines Manual

Did you know in Ontario South we have our own Policies & Guidelines Manual, which is meant to complement the WSO Al-Anon/Alateen Service Manual P24)?

Do you know how/where to find and access it?

Did you know it was first created and distributed in 2005?

Updates to our Ontario South Assembly Policies & Guidelines Manual are now available on our Ontario South Website.

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

The list of the newest revisions and the pages that are to be reprinted, are noted within the Section: Revision History July 2020

These policies and guidelines have been compiled from:

Information on decisions made by the groups, that were discussed and agreed to, by vote, at past Assemblies, AWSC and Executive meetings

The shared experience of members, who have held service positions over the years, and who have taken the time to document useful information about tasks and suggested practices.

General information regarding the Manual can be found within the Manual in:

Section 2: General pages 1 & 2 for information regarding the Manual.

1. Introduction
2. Purpose of the Manual
3. Distribution of the Manual
4. Revisions to the Manual
5. Maintenance of the Manual

- Each AWSC member was given a hard copy and it is their responsibility to update the manual with the newest revisions as they are brought forward. At the end of their term they are to pass on their copy of the Manual to their successor once their term has been completed.
- The manual with its ongoing updates are posted and accessible on our Ontario South Website for **all** Ontario South Members. The Manual has not been updated in a while so there are now many updates posted. It is now time to access these updates and include them with your copy of the manual.



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

Ontario South Al-Anon/Alateen

[Home](#) [Newcomers](#) [About meetings](#) [About events](#) [Our programs](#) [For members](#) [Literature](#) [Contact](#)

Life as a website coordinator has calmed down since the early days of Covid-19. Changes to meetings in our online listings are now mostly limited to changes in the Zoom ID. It almost feels as if things have gone back to normal, with relatively few edit requests. I realise (and hope!) this too will pass at some point, once we can go back to (partial) re-opening of our physical meetings and then I will be happy to be busy again :)

Preferred change notification method

Since 17 March, 2020, I processed 65 edits to group listings via the new Meeting Feedback form on the meeting Details page of the website. A big thank you to those of you who used this notification method: it is the quickest way to do this and very efficient to process for me.

I received 4 notifications about Zoom changes via the online Group Records Change Form; this form is however not needed for those types of changes. It has been set up for notifications for new groups or more extensive changes to e.g. meeting days and times, new GRs, CMA changes etc. Then there were 173 manual emails with descriptions of notifications about changes to the website meeting pages - these require more time to process and I hope that these numbers will go down as members get more familiar with the new feedback form and use that instead.

Where to find the new Meeting Feedback form?

The form is found on each group's details page on the website (see screenshot below left) and it auto-creates a change email-message to me. See screenshot below right how the message looks in my Inbox; the only thing *you* have to enter manually is the description of the change. In the below example it is the sentence "*Newcomers - participation is managed through the Telephone Answering Service. Please Call 705-730-3307.*" Everything else below the dotted line is generated by the website. Less work for all of us! Thank you, Midland Serenity and all others who used this preferred feedback method!

Midland Tuesday Night AFG (D1)

[Back to Meetings](#)

[Get Directions](#)

Meeting Information

Tuesday, 8:00 pm

▼ Families and Friends Only
Closed Meetings are limited to members and prospective members. These are persons who feel their lives have been or are being affected by alcoholism in a family member or friend.
District 1 Telephone Answering Service 705-720-3307 – call to confirm this meeting is open

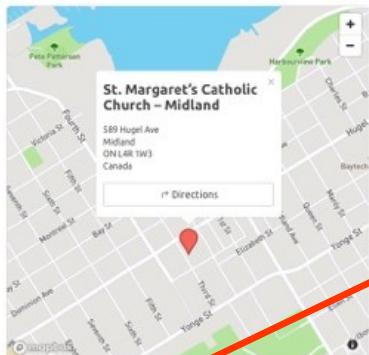
St. Margaret's Catholic Church - Midland
589 Hugel Ave
Midland
ON L4R 1W3
Canada

Corner of Hugel and Third streets. Use side door, downstairs to basement; Room L2.

Midland Tuesday Night AFG (D1)
Group ID: 51431, District 1 - Muskoka. Meeting type: Al-Anon. Focus: Regular. Open to Families and Friends of alcoholics only..
District 1 - Muskoka

Updated May 4, 2020

[Request a change to this listing](#)



Use this form to submit a change to the meeting information above.

Your Name
Email Address
Message

SUBMIT

Meeting Feedback Form: (TC) Midland Serenity AFG (D1)

Newcomers - participation in the online meeting is managed through the Telephone Answering Service. Please Call 705-730-3307.

Requested By:

Meeting: (TC) Midland Serenity AFG (D1)

When: Friday, Noon

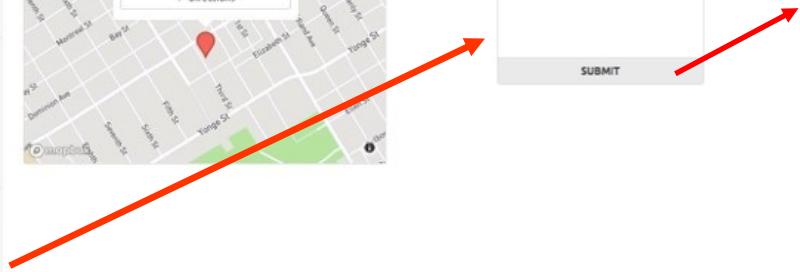
Types: C, TC

Location: St. Mark's Anglican Church - Midland

Address: 303 Third St, Midland, ON L4R 3S5, Canada

Region: Midland

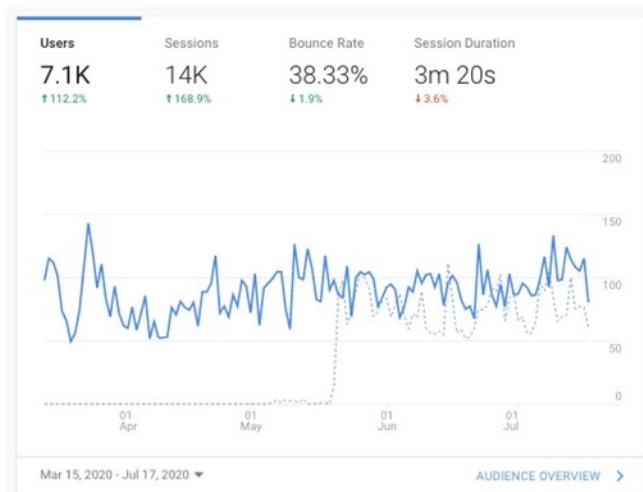
Location Notes: Use Easy St. entrance.



The numbers from March to July

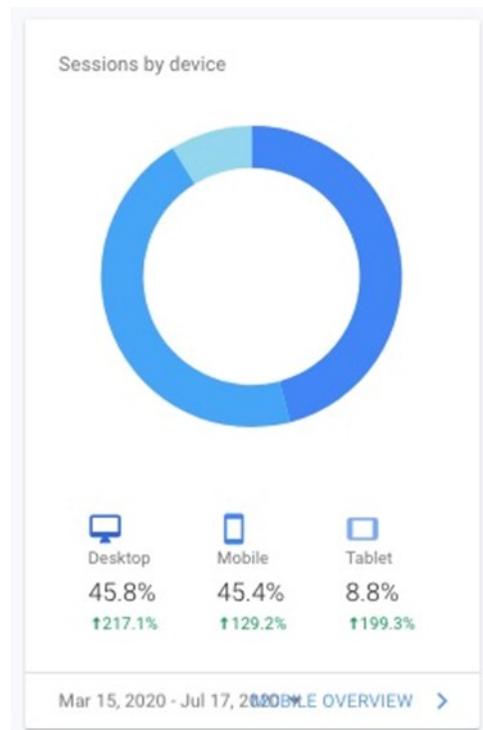
So what do the web statistics look like since our previous Open Lines of early March 2020?

Date-range >	15 March to 17 July 2020	15 January to 15 March 2020
Total visits	14,000	4,700
Unique sessions	7,100	3,200
Total pageviews	46,801	18,500
Unique pageviews	34,617	13,642
Time spent on website	3min20s	3min22s



The numbers are still on the rise and this means that the site is being read and re-read and that is great news. There is a normal up and down heart rhythm to websites, as you can see in the graphic that covers March to July 2020.

Mobile users versus desktop/laptop users



It is interesting to notice that, after an initial dip in mobile usage in the past 3 months, users are now returning to visiting the website via portable devices. The fact that a lot of us worked (and work) from home when the lockdown started, translated in an increase in the use of desktop computers. But now we are almost back where we were when we launched the new website: 54.2% of our visitors come in via mobile devices (was almost 60%).

I was curious to see if COVID-19 also influenced the countries from which our website was viewed. I would expect a wider variety of countries than in the early months of this year. Below is a comparison.

Country	Users
	3,482 % of Total: 100.00% (3,482)
1. 🇨🇦 Canada	3,211 (92.14%)
2. 🇺🇸 United States	196 (5.62%)
3. 🇨🇳 China	9 (0.26%)
4. 🇲🇽 Mexico	5 (0.14%)
5. 🇧🇪 Belgium	4 (0.11%)
6. 🇬🇧 United Kingdom	4 (0.11%)
7. 🇮🇳 India	4 (0.11%)
8. 🇸🇪 Sweden	4 (0.11%)
9. 🇩🇪 Germany	3 (0.09%)
10. 🇳🇱 Netherlands	3 (0.09%)

First 2 months

Country	Users
	7,232 % of Total: 100.00% (7,232)
1. 🇨🇦 Canada	6,329 (87.54%)
2. 🇺🇸 United States	696 (9.64%)
3. 🇬🇧 United Kingdom	48 (0.66%)
4. 🇮🇳 India	13 (0.18%)
5. 🇯🇴 Jordan	10 (0.14%)
6. 🇳🇱 Netherlands	10 (0.14%)
7. 🇮🇹 Italy	8 (0.11%)
8. 🇲🇽 Mexico	8 (0.11%)
9. 🇦🇺 Australia	7 (0.10%)
10. 🇫🇷 France	7 (0.10%)

March-July

My own thoughts about these results are that in the beginning we had China and India mostly because this is where some of our website tools come from. The second overview shows the expected raise in Canadian visitors and a substantial increase of visitors from the USA since we launched. This, I believe, might have something to do with the fact that a lot of our members take the opportunity of venturing out into the world via Zoom during the COVID lockdown. I am delighted to still see my own home country (the Netherlands) is still in the top 10 as well!

Which pages draw the most attention?

These statistics offer important insights – they can be helpful to gauge which of our webpages are less often visited or simply do not draw the attention we hoped. A few examples: a good number of members have read our findings about virtual meetings. Information about how our Districts are organised and the availability of meeting list printouts also got quite a few visitors, so clearly this information fills a need. The dynamic general list of meetings remains, as expected, the clear 'winner' of all pages. Events are also still regularly visited.

One group of pages that is barely viewed, is our **Coordinators Corners**. See the overview below.

Pageview score Mid January - 17 July 2020	Corner Page	# of visitors
28	Coordinator's Corner Main Page	131
46	Delegate	82
122	Forum	36
133	Literature	33
183	Archives	24
214	AAPP	31
304	Website	15
305	Alateen	14
359	Open Lines	12
360	Public Outreach	12
396	Group Records	10

Coordinator's Corners are a page category that is aimed at our Membership and the lower numbers tell us that we may want to have a closer look at their content, unless the page is more or less non-dynamic and static so that we expect to get low numbers. If you are a Coordinator and wish to update your page (if relevant), feel free to contact me.

And finally.... a picture says more than a thousand words!

A new page with the working title 'Hope and Inspiration' is under preparation on the Ontario South website and I would like to invite you, as part of our membership, to contribute to it. What we are looking for is visual material of which you own the copyright, that we can match with one of our slogans or an excerpt from our Conference Approved Literature. The materials need to be of good quality and cannot depict any person that can be recognised. We will not be crediting the photographers on the website - your donation would be received anonymously to public audiences, but with great appreciation and gratitude within our programs. The matching of the materials with relevant text fragments can be done by the website coordinator, but of course feel free to include your own suggestions.

All you need to do, if you like to support this new page, is send me your materials by email. For your inspiration I include an example below of what such imagery could look like. I am looking forward to your emails and hope that this is a new way to give hope and inspiration!

In grateful service,

Nicky Decorte
Ontario South Website Coordinator
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District 5 Report

Hello Ontario South Members

What a time we are living in. It really helps me to appreciate the slogan One Day At A Time. There have been so many changes.

We here in District 5 have had to temporarily close some meetings.

Saturday Serenity St. Mary's 7pm is shuttered.

A New Way of Life Stratford Monday night 7pm and Thursday 1pm are shuttered.

Clinton New Freedom group Monday 8pm is also shuttered.

Sunday Exeter group 8pm is shuttered.

Goderich Come in out of the Storm Wednesday 8pm is doing some form of online meeting with low attendance. They are staying in touch by phone and doing driveway/ porch visits.

Listowell 12 Steps to Freedom Monday 8pm had tried a couple of meetings on Messenger. They are going to try to meet at a park.

Keep it Simple Stratford 7pm Tuesday night is doing their meetings on Zoom. They first started on Skype on March 17th. They are posted on Ontario South Website. They have had many visitors from different areas. They are probably going to continue for at least the summer.

Caring and Sharing St. Mary's is doing Zoom meetings on Monday night 7 30pm and Friday morning 9 30am. We are posted on the Ontario South Website. We are enjoying the different variety of people attending our meetings.

I am sad to say that our Al-Anon Day has been postponed.

A very grateful member
Love Sonia A. DR

Have you felt that nudge to put your name forward for a Coordinator position with Ontario South for the 2021-2023 term?



Now is the time to check out the information in the *Ontario South Assembly Policy & guidelines Manual* found on the Ontario South website under *for Members*.

There are also Guidelines for the positions that are also available on the Ontario South website.

If you have any questions please contact the Delegate or any other Ontario South Executive or Coordinator.



In mid-November you may choose to make your wishes known to the in-coming Delegate by submitting a letter of interest for the position.



District 17 presents:

A Day of Discovery with How Al-Anon Works (B-32)

Saturday, November 14, 2020

9:30 AM to 3:30 PM



Please join us for a virtual workshop
based on How Al-Anon Works (B-32)

*The essential book on Al-Anon Family Groups
extends the most precious of all gifts - hope, and
answers the question "Can Al-Anon help me?"*

Speakers: Ken T - Girard, PA and Wendy C – Toronto, ON

Zoom Meeting ID 835 1396 4192

Password: 195247

Call in numbers: 647 374-4685 or 647 558-0588

For more information please contact Joanne G at joannegdr17@outlook.com