

## Ontario South Assembly Newsletter

### Quick Links for Ontario South

#### [Group Records Change Form](#)

[Donation Form](#) or **E-transfers** can be sent to [osatreasurer3@gmail.com](mailto:osatreasurer3@gmail.com). There is no need for a security question and answer. Please note **your district #, group # and group name in the memo section of the transfer.**

#### [Form C for AMIAS](#)

#### [Literature Order Forms](#) (Printable and Fillable)

#### [Area Policy Manual](#)

#### [Upcoming Events](#)

#### **Option: copy and paste the following to your browser:**

<https://al-anon.alateen.on.ca/ontario-south-forms/>

### AI-Anon Declaration

#### Let it begin with me

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

### Statement of Purpose

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

Subscription: Rates:

**Free for personal email** subscription.

If you wish to receive a paper copy in the mail, subscription rates for copies mailed in Canada are \$15.00 for 1 year.

Please send a request for NEW SUBSCRIPTIONS / RENEWALS to:

[openlinesosa@gmail.com](mailto:openlinesosa@gmail.com)

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**[Ontario South Website](#)** (Al-anon.alateen.on.ca)

### Districts in Ontario South

- District 1** – Muskoka (Angus, Barrie, Bracebridge, Huntsville, Innisfil, Midland, Orillia, Parry Sound, Sprucedale, Wasaga Beach)
- District 2** – Georgian Bay (Collingwood, Dundalk, Owen Sound, Lion's Head, Thornbury)
- District 3** – Bruce County (Hanover, Kincardine, Mount Forest, Port Elgin, Southampton)
- District 4** – Waterloo Region (Cambridge, Elmira, Fergus, Guelph, Kitchener, New Hamburg, Rockwood, Waterloo, Kitchener/Waterloo)
- District 5** – Huron Perth (Clinton, Exeter, Goderich, Listowel, St. Marys, Stratford)
- District 6** – London Region (London, Strathroy)
- District 7** – Sarnia region (Bright's Grove, Forest, Petrolia, Sarnia)
- District 8** – Windsor, Essex (Amherstburg, Essex, Harrow, Kingsville, LaSalle, Leamington, Windsor)
- District 9** – Chatham region (Chatham, Ridgetown, Wallaceburg, Tilbury)
- District 10** – Elgin region (Ingersoll, Port Stanley, Port Rowan, St. Thomas, Tillsonburg, Woodstock)
- District 11** – Brantford, Caledonia (Brantford, Simcoe)
- District 12** – Niagara region (Dunnville, Niagara Falls, Port Colborne, Ridgeway, Welland)
- District 13** – St. Catharines (Grimsby, St. Catharines)
- District 14** – Hamilton West {Amalgamated with District 15} (Hamilton, Burlington, Stoney Creek, Waterdown)
- District 16** – Mississauga (Mississauga, Oakville, Port Credit)
- District 17** – Peel, Halton (Acton, Bolton, Bramalea, Brampton, Erin, Georgetown, Milton, Woodbridge)
- District 18** – GTA North (Aurora, Beaverton, Bradford, Keswick, King City, Newmarket, Orangeville, Stouffville, Sutton West, Tottenham)
- District 19** – Toronto North (Don Mills, Richmond Hill, Thornhill, Toronto, Willowdale)
- District 20** – Toronto West (Etobicoke, Toronto, Weston)
- District 21** – Toronto Central (Toronto)
- District 22** – Scarborough (Agincourt, Markham, Scarborough, Toronto, Unionville)
- District 23** – Lakeshore (Ajax, Bowmanville, Orono, Oshawa, Pickering, Port Perry, Whitby)
- District 24** – Kawartha (Bancroft, Bobcaygeon, Fenelon Falls, Haliburton, Lindsay, Maynooth, Minden, Oakwood, Omemee)
- District 25** – Quinte (Belleville, Campbellford, Cobourg, Foxboro, Picton, Port Hope, Stirling, Trenton)
- District 26** – St. Lawrence (Brockville, Carleton Place, Gananoque, Kemptonville, Perth, Smiths Falls)
- District 27** – Seaway Valley (Cornwall, Lancaster, Morrisburg, Winchester)
- District 28/29** – Ottawa (Ottawa, Arnprior)
- District 30** – Ottawa Valley (Barry's Bay, Cobden, Pembroke, Renfrew, St. Joseph, Quebec)
- District 31** – Kingston region (Kingston, Napanee)
- District 32** – Kawartha South (Ennismore, Norwood, Peterborough)
- District 33** – Overlay

## From the Ontario South Delegate

Hello fellow Ontario South members,

My first year of getting to be your Delegate involved a LOT of new learning, but also a lot of new joys! I'm excited and grateful as I prepare to attend my second World Service Conference on your behalf.

One of the things that helped in those moments last year when Conference felt big and slightly overwhelming was your notes of love and support. If you and/or your District would like to send those again, here is how to address your envelope:

Jason White (Hold for WSC 4/24-4/27, 2025)  
Marriott Hartford/Windsor Airport Hotel  
28 Day Hill Rd.  
Windsor, CT 06095

Please plan to have your cards arrive **after April 21**. Remember to include my home address as the return address in case mail delivery is delayed. You'll find it on the back page of this newsletter!

***Is your District sending me copies of your meeting minutes?*** Thank you to all of the Districts already doing this; it's a key way to help me stay informed on the issues in our Area. If your District isn't currently, please ask your District's Secretary to include me when your minutes are e-mailed out.

Thank you again for your trust and faith in me to represent Ontario South. I look forward to seeing you at an Al-Anon Day or roundup near you this year!

Yours in Service,

***Jason W. Delegate, Ontario South***

## From the Ontario South Alternate Delegate/Forum Coordinator

Thank you for your trust in me. I have indeed been very busy with executive tasks while still maintaining my involvement in my homegroup, meeting with my sponsor and sponsees. Life is indeed a journey.

I attended the executive meeting in February, and I really have to say that it is more difficult to focus and stay in the moment online. While the work got done, I truly missed the fellowship and connection with the other members of the team.

Most recently I have been delving into the Area Policies and Guidelines Manual and working on some much-needed updates. These should be handed over to the website crew to be uploaded in the next month or so. Please District Representatives and Coordinators note the changes and ensure that your copy of the manual gets updated. Much to my dismay I have learned that if you download the sections separately you get different versions than if you download the manual as one document. The executive are aware and we will be working on it.

I look forward to seeing everyone at AWSC and enjoying the fellowship as well as the business.

In Service

***Sharon R., Interim Alternate Delegate & Forum Coordinator***

## From the Ontario South Area Chairperson

Hello Members of Ontario South!

I hope that 2025 is treating everyone well so far. It's wonderful to see our days getting longer and to feel the warmth of the sun again.

As Area Chairperson, and member of the Executive Committee, I am privileged to serve Ontario South and participate in the following activities:

Executive Meetings: We had our first meeting of the year, virtually, in February. Be on the lookout for the *News From Your Executive* flyer, February edition, for Area highlights.

AWSC 2025: AWSC is happening May 23-25 at Durham College in Oshawa. Past AWSC Evaluation Forms and members' suggestions have been reviewed for Discussion Topics and Workshop ideas. The AWSC Information Package will be emailed to the AWSC members by the end of March – nearly two months ahead of the AWSC meeting, allowing lots of time for information sharing through the links of service.

Items for Consideration: Members can send an Item for Consideration at any time to the Executive using the online form found on the Area website. Members will receive a response following the Executive meeting at which the Item was discussed. Refer to Section 4 or Section 5A of the OSA Policies and Guidelines Manual (Area Manual) for reference. The Executive next meets in July.

AMIAS Letters: As Chairperson, I can issue the Area letter for those members seeking a Vulnerable Sector Check as part of the AMIAS certification process this year. Please email me your request including your full legal name.

News From Your Executive: This news blast follows each Executive meeting to communicate some of what the Executive has been discussing or planning. Please look for these flyers from your links of service, and share and discuss the information amongst your group members!

Assembly 2025: The Chairperson serves as the Executive liaison to the Assembly Host Committee. Soon enough, meetings will commence for planning the Assembly, being held in Kingston on October 24-26.

Assembly 2026 – an Election year: Planning for Assembly 2026 is already under way - **the Area needs Districts in the central portion of the Area (Districts 14-23) to put in a bid to host Assembly in 2026. Bids are requested by May 1, 2025!** District Representatives, or other enthusiastic members, are asked to support the Area by researching local facilities for our Assembly meeting. Multiple bids may provide the opportunity to reduce costs.

*Together We Can Make It.* Past Host Committee Chairpersons are a valuable resource to *Listen and Learn* and *Easy Does It!*

HopeUnityGratitudeService

Deborah F., Chairperson, Ontario South Assembly, [Chairons86@gmail.com](mailto:Chairons86@gmail.com)

## From the Ontario South Treasurer

Donations to the area can be made either by e-transfer or by cheque.

E-transfers can be sent to [osatreasurer3@gmail.com](mailto:osatreasurer3@gmail.com). There is no need for a security question and answer. **Please note your district #, group # and group name in the memo section of the transfer.**

Or, if you prefer, make your cheque payable to “**Ontario South Assembly**” and mail to P.O. Box 1151, Station Main, Guelph, ON N1H 6N3. For proper accounting please use the donation form found in the area manual. [Click here to go to anon.alateen.on.ca, for members, donations.](http://anon.alateen.on.ca)

The budgeted amount suggested from each group for 2025 is \$175.00 (2024 – \$170.00).

Thank you for putting your trust in me.

**Janet B Treasurer** [osatreasurer3@gmail.com](mailto:osatreasurer3@gmail.com)

## From the Forum Coordinator

Forum writings about the three legacies are always needed.

Personal sharings are always welcomed as well.

Please let me know if you are ‘published’ I always look through each edition with an eye open for local talent!

All groups are encouraged to have a subscription! These little magazines are great to stuff in your purse or the car door in case you have to wait for a child at an event or you just need to take some time to refocus. I have often used articles as meeting topics.

Thanks for letting me be of service

In Service

**Sharon R., Interim Alternate Delegate & Forum Coordinator**

## From the Area Literature Coordinator

Please feel free to invite me to any Al-Anon events, or to your district meetings, to participate in my capacity as Literature Coordinator! I am happy to share, or to help organize a **literature workshop** or an **Al-Anon book study**. 😊 **How to Hold a Writing Meeting or Workshop** <https://al-anon.org/blog/how-to-hold-a-writing-meeting-or-workshop/>

**Al-Anon Literature is Copyright Protected!** “Let’s continue to carry our message of hope to families and friends of alcoholics by preserving and protecting the precious resources found in Al-Anon’s copyright-protected Conference Approved Literature.” Read more about the copyright of Al-Anon literature here: **Worthy of Protecting** <https://al-anon.org/blog/worthy-of-protecting/>

### **Contribute to creating Conference Approved Literature**

Help contribute to Conference Approved Literature by sending in personal shares to the World Service Office about **Your relationship with finances in Al-Anon Recovery**. You can find more about the writing guidelines here in [French](#), [Spanish](#) and [English](#).

WSO still needs more shares about **Sponsorship and Service Sponsorship**. Here are the Sponsorship Writing Guides to share with your groups: [English](#), [Spanish](#) and [French](#).

### **Check out these Newcomers First Steps to Al-Anon Recovery Podcasts**

“This is a series of podcasts recorded as a quick “Introduction to Al-Anon Meetings.” <https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

Yours in service,

**Sue M. Literature Coordinator Ontario South** [osalitcoord86@gmail.com](mailto:osalitcoord86@gmail.com)

## From the Alateen Coordinator

Hello Ontario South,

We are still working on finding more AMIASs throughout Ontario South. My understanding is we now have 79 Registered AMIAS which is up 16 from May 2024. Our goal is to have 240 AMIAS spread out through Ontario South. Ideally, we will have 8 AMIAS per district. We are headed in the right direction. Al-Anon members are encouraged to register and welcome to reach out to me for more information

I was invited to provide an Alateen workshop in St. Thomas on November 30<sup>th</sup> where we had an AA speaker who spoke about parenting an Alateen and what it has done for his children, we broke into groups of 5 and used the Alateen spin wheel for the adults to see what sharing sessions in Alateen are like and we had a recorded Alateen speaker. The afternoon ended with an Al-Anon Speaker. All in all, the day was successful.

ORC 2025 is quickly approaching and will be held March 14, 15 and 16. Janet T, Alateen AMIAS plus our, Alateen Co-ordinator have been working diligently to plan the full Alateen Program for 2025. Looking forward to a great conference.

Trillium 2025 will be held from June 20-22. There will be a full Alateen program. Barb B is working as the Alateen Advisor. We still do not have an Alateen Co-ordinator for this conference.

I have been invited to speak on the importance of Alateen at an AA Round up for April 12 in Brighton, ON. We are currently looking for an Alateen speaker for this event.

I have been working with Tracey H of District 21 in opening up a new Alateen Group. We're looking forward to the new group which will start on March 19<sup>th</sup>. YAY!!!!

We had an AMIAS meeting on Sunday March 2<sup>nd</sup> at 10am. Members shared on tips and tricks that helped grow their Alateen Groups. Our next meeting is scheduled for April 6<sup>th</sup> at 10am.

Sue G. has reached out the CAS to book a zoom meeting with the AMIAS to speak about our duty to report. Final date and time to be announced.

I am currently looking into dates to provide training sessions for new AMIAS and anyone who would like to join. These dates will be announced once I am able to commit.

Yours in Service  
Judith W., **Alateen Coordinator**

## From the Group Records Coordinator

Greetings from Group Records Coordinator, Christina L.

I attended the Al-Anon Group Annual Update online on March 1 at 3:00 – 4:00 PM that was hosted by Valerie S (WSO AFG Records Manager). Coming in March will be the New Online Annual Update Forms. Over the years there has been a decline in groups returning their updates, averaging only 30% return rate. Using the online forms will offer the following benefits:

1. No more paper forms to return
2. Faster updates to AFG records
3. More accurate group records
4. Easier reporting of no changes

Over the last few months, I have added a meeting to a group, deleted a second meeting from a group, read and responded to emails, made phone calls to members, and followed up with numerous groups. I Sent a report to Janet B (treasurer) for Ontario South – list of active groups, both in-person and electronic.

Just as a gentle reminder to fill out the jotform on the Ontario South website of any changes to your groups, such as CMA, GR, email address, address changes and name changes to your group. It is vital and important to provide members accurate meeting information.

Here is the link to jotform: <https://form.jotform.com/OntarioSouth/grchangeform>

Hugs in service

**Christina L, Group Records Coordinator** [grprec@hotmail.com](mailto:grprec@hotmail.com)

## From the Open Lines Coordinator

Thank you for placing your trust in me and giving me this opportunity to serve. I am so very excited to share this edition of Open Lines with you! As you read these amazing reports may you be as inspired as I am by the Service being done to carry the message of Hope to those affected by the family disease of Alcoholism.

As a member of the World-Wide Fellowship of Newsletter coordinators, I belong to a group called AFG Connects. AFG Connects is a password-protected online community platform specifically for members of Al-Anon Family Groups who are involved in service roles beyond the local group level, allowing us to connect with other service members across different areas to share experiences, strength, and hope through discussions and document access. This quarter has been very active with new Newsletter coordinators asking questions and others sharing their experience and ideas related to this service opportunity. As with any service in Al-Anon we are not alone.

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. Thank you to all of the Executive, Coordinators and District Representatives who submit to each issue of Open Lines.

The deadline (*mark your calendars*) for submissions to Open Lines each year are:  
March 11 (April 1 issue) **July 11** (August 1 issue); November 11 (December 1 issue)

I invite all members to submit to me your feedback throughout the year. I will try to incorporate your suggestions as much as is practical to do so. You might find that thinking of your feedback in the form of stop/start/continue might help to provide respectful, honest and meaningful communication that will enhance the value of the Newsletter to benefit our Area.

If you do not currently receive your own email copy, please email me at [openlinesosa@gmail.com](mailto:openlinesosa@gmail.com) to receive your very own free email subscription. Our member subscription is now up to 350!! That is in addition to every District Rep, Coordinator and Executive who receive their copy. Please spread the word that every member can receive their very own copy free to their own email! The next issue is August 1, 2025.

Yours in Joyful service,

**Loretta V, Open Lines Coordinator** [openlinesosa@gmail.com](mailto:openlinesosa@gmail.com)

## From the Technology Coordinator

Thankfully the 2025 year started off quiet with not too many service requests. Things have picked up since and I'm now busy with a couple large tasks.

Over the years, the Area Policy Manual (APM) has passed through many hands, many versions of Word, and other document processing software. This has made updating sections of the APM tedious due to hidden characters, different line spacing, margin sizes, font size, and so on. To address this another member has been recruited to create a template for the APM. This work will involve extracting the text content from the APM and importing into the new template. It's worth a try to see if this will help. As time ticks on, I'm not sure how we will address the issue of different members using different document processing software or versions to edit the APM. My techie hat says that maybe we should keep this in text form with no formatting.

Next up, is finding a laptop for the Website Coordinator. The Area raised enough donations to buy a laptop for the member holding the Website Coordinator position.

Finally, AWSC is approaching and I have been asked to support the Group Records coordinator with the technical aspects of their presentation. Thankfully, AWSC is held at Durham College and they have good equipment in the meeting room. I just need to remember to bring AAA and AA batteries for the mics :)

As it's said in one of our daily readers, "as long as you live, continue to learn how to live. by Seneca". I continue to learn how to do service work from other members. At times when life gets overwhelming, I start fretting about why I signed up for the service position but then I will see how other members reserve certain days and times to do their service work. So, I'm at the Awareness stage. Next up is Acceptance and then Action (changing my behaviour).

Yours in service,  
**Anthony S., Technology Coordinator** [os.tc.a86@gmail.com](mailto:os.tc.a86@gmail.com)

## From the Website Coordinator

Dear Ontario South Assembly,

Time is flying by! This winter did not seem to be very dark or dreary which was a blessing. As a Coordinator I have felt overwhelmed with tasks and responsibilities as we rolled into 2025. I was fortunate to have the help of many members of the Area assisting me. I want to take a moment to thank all of them for taking a few hours out of their week for giving their service to the website.

I also want to thank every group and member that contributed to the special appeal for the Website Coordinator computer.

At Assembly 2024, a work plan timeline was presented. My Higher Power has decided that I should the timeline should be amended. I have presented some amendments to the timeline below.

I look forward to seeing many of you at AWSC. I wish you all a happy and bright spring season!

## HIGHLIGHTS

- Trillium Convention Registration coordination completed with Trillium Committee
- Updating and editing of Jotforms
- Continued meeting with Districts and AIS
- Working on format change to the website

## CHALLENGES

- Workload - the website and related tasks continues to require several hours of attention per week

## STATUS UPDATES

Task or Deliverable	Status	Notes
AMIAS Jotform	<b>DONE</b>	Ready, but not in use
Executive Resume Jotform	<b>ONGOING</b>	Ready for approval review
Remaining OSA forms moved to Jotform	<b>ONGOING</b>	
Area Policy and Guideline Manual for Website Coordinator submitted as Items for Consideration and published in Open Lines	<b>Not Started</b>	Workload has impacted this item. Will now happen later in 2025
Service Sunday Meetings	<b>STUCK</b>	Low/No Attendance. Developing more targeted opportunities for service.
Website Content and Dropbox Review	<b>ONGOING</b>	
Payment Integration	<b>ONGOING</b>	Some OSA events and AIS now offer payment integration

## NEXT STEPS

Action Items

Task or Deliverable	Date
Presentation to the Executive about the Website	March 2025

## Useful Links

- 
- [OSA Al-Anon/Alateen Group Records Change Form](#)
  - [OSA Donations Form](#)
  - [OSA Expense Form](#)
  
  - [OSA Items for Consideration Form](#)
  - [OSA Literature Distribution Order Form](#)
  - [OSA Trillium Convention 2025 Registration Form](#)
  - [OSA Upload Event Request Form](#)

**Tech Tip** \*Have you tried clearing your browser history and cookies? 99% of the time it will solve the issue you are having with the website\*

In service,

**Kathleen S., Website Coordinator Ontario South** [os.website.a86@gmail.com](mailto:os.website.a86@gmail.com)

### From the Trillium Chair

Trillium Convention 2025 Update – March 2025 for Open Lines

Hello Ontario South!

My name is Shannon K and I am Chairperson for the Trillium Convention 2025 planning committee. I am excited to announce that **registration is open** for Trillium 2025! Hopefully you've seen flyers and heard the news already. The theme for the convention this year is "Al-Anon in Action" and the committee is working diligently to put together a fantastic lineup of speakers and workshops for us, including Al-Anon main speaker Kerri K from Arizona and opening speaker Jane H from Ontario. Spaces are limited so sign up soon!

If you are interested in volunteering at Trillium, there is a spot to indicate that on the registration form on the OSA website at <https://al-anon.alateen.on.ca/trillium/>. Registration questions can be emailed to [TrilliumReg2025@gmail.com](mailto:TrilliumReg2025@gmail.com).

For any groups or districts interested in making a donation to help fund the Trillium Convention 2025, an e-transfer can be sent to [Trillium2025Treasurer@gmail.com](mailto:Trillium2025Treasurer@gmail.com). Cheques can be made payable to 'Trillium Convention' and sent to the address below:  
Trillium 2025 Treasurer, Box 211, Carrying Place, ON, K0K 1L0

General Trillium Convention questions can be directed to myself at [OSATrillium@gmail.com](mailto:OSATrillium@gmail.com).

Watch for more Trillium Convention 2025 details in the coming weeks and hope to see you there!

Yours in Service,

Shannon K, Chairperson  
Trillium Convention 2025

### ITEMS FOR CONSIDERATION

None

## District Representative Updates



### District 5 (Huron/Perth) Update

As part of our virtual District Meetings, we implemented a “Speaker Series” in November. Jason W. (Delegate) was our initial guest and most recently we welcomed Debbie P. (Canada Central Trustee). It’s great to connect with our Trusted Servants visually, deepen our understanding of their roles, how we’re all connected through the links of service and have the opportunity to dialogue with them through a Q & A session. We’ve learnt a lot and will continue with more Speakers.

Hard to believe it’s Year 2, the year of being “capable” I believe! We started, with approval of the 2025 Budget. Moving forward we wanted to develop a more realistic document, which starts to build a financial foundation to support Members who we hope will serve in the future. Although the suggested amount for our groups has increased, we’ve stressed that any donations are voluntary, and the District will work within the budget parameters - the rest will be left to our Higher Power.

We’ve initiated a “buddy-system” where a couple of G.R.s’ have reached out to individual groups who do not participate in meetings or perhaps don’t have a G.R. It’s a way of developing a relationship to see how we (District) might help support them, for example, assist with technology, how to use websites, and share experiences.

Through the Links of Service, one of our Groups submitted an “Item for Consideration” via the OSA website. This was a first for our District; the G.R. reported back favourably on the timely and in-depth response they received, which we included in our Minutes. We’ve found this communication process has worked very well.

In Year 2 we’ve started to think about Year 3 - Elections and getting members to serve, especially as Alternates (D.R. and G.R.). We have time to support our colleagues and encourage them to “try it out”, even on an interim basis, with ideas such as mentorships and shadowing. For instance, perhaps a G.R. would like to chair an upcoming District Meeting! The idea is to share our collective Experience, Strength and Hope on service, and provide a supportive environment “to try it out”. We’ll continue the discussion with ideas and suggestions at our future meetings.

In Service

**Susan B. District 5 Representative**

## **District 25 (Quinte) Update**

1. District 25 has 9 active groups and covers from Port Hope east to Deseronto and from Campbellford south to Picton. We are at this time operating 4 groups without GR's but I am working with the groups in hopes of filling the positions. I have supplied the groups with information I received at our Assembly in Sarnia on ways to draw members into Service work, a workshop put on by Deb E the DR from District 31. There was a lot of useful information and we have been able to fill a few positions using some of the suggestions that came out of the Workshop.
2. Quinte Detention Center meetings are going very well, we are meeting one night a week, Friday and are able to get at least 2 meetings in each month, quite often 3 or 4. At this time we have 3 active volunteers and one that is doing the Police Check, hopefully she will be ready to go in soon. This is very rewarding and I personally look forward to the weekly meetings.
3. We are generating a lot of activity with our website and people are finding it very informative. We have had several people from our District use the Website to locate meetings quickly so as a Public Outreach it seems to be doing a great job. Chique our website coordinator is keeping everything up to date and we are tracking the number of people using the Website to determine if we will continue with it next year.
4. We continue to try and get members to Volunteer to become AMIAS's but no one is interested at this time. Judith W, the OSA Alateen Coordinator attended our October 2024 meeting and gave a very strong report on the importance of AMIAS's and Alateen meetings in all Districts. We were very grateful to have her attend and it did spark some interest so we keep announcing at all our meetings that AMIAS's are needed and will continue to push.
5. Our Public Outreach Coordinator for District 25 Chris W and our GR's are doing a wonderful job at getting the message out about meetings. We started a Flyer campaign which has been a success. Flyers were printed up and a list of District 25 meetings was attached and distributed to Factories, Doctors Offices, Lawyer Offices, Dentists and anywhere else that would accept them to promote Al-Anon in our District. I will be addressing a group of Lawyers on March 19, 2025 in Belleville to speak on Al-Anon and pass out information packages that will be put together by our Public Outreach Coordinator.
6. On December 12, 2024 the Trenton Hope and Serenity AFG that meets Thursday evening at the Ebenezer Church on Fourth Ave in Trenton hosted our Gratitude Night. We had 13 in attendance. Once Gratitude's were expressed, we ended the evening with a mini auction as a fundraiser, and we also had some snacks.
7. On December 4, 2024 the Trenton AFG which meets Wednesday nights at Ebenezer Church on Fourth Ave, Trenton hosted their Gratitude night. There were 8 in attendance, and once Gratitude's were expressed the evening was ended with a mini auction and snacks.
8. On December 5, 2024 Port Hope Keep It Simple, that meets at Our Lady of Mercy Church 155 Walton Street in Port Hope hosted their 2<sup>nd</sup> Anniversary Night. There were 16 in attendance, and it was a wonderful event with snacks, and guest speakers from AA and Al-Anon. The AA Speaker was Nadine V from Trenton and the Al-Anon Speaker was Don V from Trenton. Everyone enjoyed the evening and left with some strong messages from the speakers and great memories of the evening.
9. Our District is looking at the possibility of starting a Group in the Stirling, Campbellford area and there has also been discussions of looking at a Noon Hour group in the Trenton area.
10. On March 20, 2025 the New Beginnings AFG that meets at St. Columbia Presbyterian Church, at 520 Bridge Street in Belleville Ontario will be holding their Anniversary Day starting at 10am and going until approximately 12 noon. There are plans to have guest Speakers from Al-Anon and AA and a light lunch will be served. If you're in the area stop in and say hi.
11. On May 3, 2025 District 25 will hold their Annual Al-Anon Day at the Ebenezer Church on Fourth Ave in Trenton Ontario. Registration is at 9:30pm, opening statement at 10am and going until 4pm. We will be having speakers from Al-Anon and AA and a main speaker, a light lunch will be served as well as a raffle draw on Gift Baskets.

In Service

**Don V, District 25 Representative**

## **District 26 (St. Lawrence) Update**

We are having an active Spring season here in District 26.

Last year we had business cards printed containing outreach information and are still in the process of distributing them. They contained phone and internet contact information and QR codes to reach the Ontario South meetings page and the pages for Professionals. One of our members has distributed letters to various agencies throughout the District – police, fire, paramedic, social services, etc. – offering to make an in-person presentation on what Al-Anon is all about. One police service has taken up the offer and a successful encounter was accomplished, leaving behind business cards, AFAs and an offer to return. We are hopeful that more presentations will be made.

The AA District 66 Annual Round-up will be taking place on April 12<sup>th</sup>, 2025 and has again invited Al-Anon to participate. We will be presenting a panel with two members sharing. We enjoy a good relationship with the AA District and our panel has always been well received – it is a joy to hear 200 plus AA members recite the Al-Anon Declaration with us 😊

Our Area Literature Coordinator kindly attended a District meeting and gave us a very informative presentation on CAL -why, what, where, how – so much that we weren't aware of. If your District has not had the opportunity to have Sue pay a visit, I would highly recommend inviting her! Thanks, Sue!

Finally, our District Al-Anon Day is coming up on Saturday, May 3, 2025. This is being held in conjunction with the Share and Care AFG (Smiths Falls) 60<sup>th</sup> Anniversary celebration. This group has decided to take the lead in the planning of this event, in gratitude of celebrating their Diamond anniversary. With help from other groups in the District the day is promising to offer recovery, fellowship and fun! This is a shameless promotion of our Day. Please see the flyer. We welcome everyone to join us in celebrating the journey from a chunk of coal to a Diamond!!

In Service

**Carolyn S., District 26 Representative**

## **Literature Distribution Center (LDC) Update**

2025 started off busy and I hope it continues. It is a pleasure serving the members, groups and districts in Ontario South and I am much happier being busy than being idle.

Our latest booklet P-95, Healing Within Our Alcoholic Relationships is still moving quite quickly and getting good feedback. I have a full stock of them at the LDC as I write this.

I'd like to clarify a couple of things that seem to still be confusing to the membership. You are not being mandated to place your orders on the JotForm. I still will set up orders by phone or by email. The JotForm was created because Ontario South kept suggesting they wanted one. It has replaced the fillable form though so that isn't an option anymore. But if you aren't comfortable with it that is not a problem. Also, for those who do use the JotForm I have a couple of recurring things that come up. The form is just that, a form. It has no idea what is or is not on the shelves at the LDC. This is why it clearly states at the bottom not to send any money until I confirm with you the total on the order. While literature isn't as slow at being available for me to stock here, there are a few items that have been unavailable for months. If I can't order it and I don't have it, I will set up a separate order for it and let you know when it is here. I will not take your money for things I have no idea of when I will be able to get

them. So please, don't send payments until I confirm. Also, if you don't add a coupon code at the end it will show shipping as \$100 plus tax. Don't fret. It is because there must be something entered there. It is not a physical coupon needed, and the chart is right after your price. Take the price pretax and enter the matching coupon code. For example, if your order is \$232.60, the shipping rate will be for orders between \$200.01 and \$250. You'll enter Order200. If you don't enter a coupon code and it shows you the \$100+ don't worry. Again, it is a form. I am the person at the other end entering your order and I am not going to charge you \$100+ for a \$32 order, I will add the right shipping and let you know the total.

The last thing I will mention is on my mind due to the number of inquiries I have been getting. It is about collecting orders at conferences. The only events I bring literature to for collecting are AWSC and the Assembly. Those are business weekends for me. If I happen to be at any other conference, I have gone for my own personal growth and am not working. There may be a literature table there, but I am not running it. I get many requests from members wanting to get orders brought to ORC for example (the one I am getting questions about now). I often don't attend because of the time of year it is in and if I go, I take public transit so that is another reason I couldn't bring the orders even if I did take them to events. I hope this clears up that confusion.

As always, I know I am blessed to serve Ontario South.

Be well. I am so grateful to serve you.

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

## [Click here for Upcoming Events!!](#)

### NEWS FROM YOUR EXECUTIVE

02/2025

#### ASSEMBLY 2026 – ELECTION YEAR

DISTRICT BIDS are requested prior to 01May2025.

Districts in the central portion of our Area (Districts 14-23) are requested to research suitable facilities, obtain quotes as outlined in the Assembly Bid Form, and submit to the Area Executive. Section 10 Form F Assembly Bid Form 2020 07

#### TREASURER'S CORNER

##### Area computer for use by the Website Coordinator

The Area appeal was a success and sufficient funds were raised to move forward with the purchase of a dedicated computer.

##### 7<sup>th</sup> Tradition: Gratitude in Action

Last year's special appeal allowed the Area to meet its expenses in 2024 (sending our Delegate to WSC, AMIAS certifications, archive storage, website, zoom account, workshops, Area Coordinator support, Trillium Convention etc.). Awareness and gratitude for what OSA does allows us to think abundantly, and to give of our time and money to accomplish our primary purpose of reaching out to families and friends of alcoholics. Thank you!

E-transfers can be made at any time to [osatreasurer3@gmail.com](mailto:osatreasurer3@gmail.com)

#### AMIAS CERTIFICATIONS DUE 01MAY2025

You may obtain the Area letter for your Vulnerable Sector Check by email request, including your full legal name, to the Area Chairperson. Send your completed forms and sealed police record check to Crystal P., AAPP Coordinator. Please refer to the AWSC Contact List for the mailing address - available from your DR.

OSA Website: <https://al-anon.alateen.on.ca>

WSO Website: <https://al-anon.org>

#### AWSC 2025

May 23-25, 2025

Durham College Oshawa

#### ASSEMBLY 2025

October 24-26, 2025

Kingston

#### REGIONAL TRUSTEE

OSA will be nominating a candidate to serve as Regional Trustee for Canada Central at Assembly 2025. Applications must be received by 01Aug2025.

#### THOUGHT FORCE

The Thought Force for Assembly With An Electronic Component has been formed

#### AAPP COORDINATOR

Crystal P. from D14 has agreed to serve our Area! You can reach her at [aapp.ontariosouth@gmail.com](mailto:aapp.ontariosouth@gmail.com)

#### EXECUTIVE MEETING DATES

July 11-12, 2025

November 7-8, 2025



## ASSEMBLY 2026

District bids are requested prior to May 1, 2025

Districts in the central portion of our Area (Districts 11 - 23) are requested to research suitable facilities, obtain quotes for the required services outlined in the Assembly Bid Form, and submit a bid to the Area Executive by May 1<sup>st</sup> of the year prior to the Assembly.

The successful district will form a Host Committee.

The OSA Policies & Guidelines Manual on the area website contains the Guidelines for the Host Committee, Section 5B, and the Assembly Bid Form, Section 10F.

[Section 10 Form F Assembly Bid Form 2020 07 \(alateen.on.ca\)](#)

Please feel free to contact your Area Chairperson for assistance.

TOGETHER WE CAN MAKE IT!

### AREA ASSEMBLY 2026

The next incoming Executives will be elected!

DRs, please support the Area by researching local facilities. More bids may provide the opportunity to reduce costs.

Listen and Learn - past Host Committee Chairs are your resource to Easy Does It!

#### DEBORAH F.

Chairperson  
Ontario South Assembly

[chairons96@gmail.com](mailto:chairons96@gmail.com)

**Looking for Volunteers to  
Help Grow Alateen in Ontario South (Area 86)**

Has Alateen helped you? Then why wouldn't you want to give that gift to your child (or to other children)?

We currently have **13** Alateen Groups  
Across **30** Districts in Ontario South.

*Looking for Volunteers to help!*

Our goal is to have one Alateen meeting in each district: We need Al-Anon members to volunteer and register as AMIASS (Al-Anon Members In Alateen Service)

Training will be available  
Alateen needs the support  
Of Al-Anon to grow  
Alateen

For more information, please contact:  
Judith W  
os.alateen.coordinator@gmail.com  
647-215-3048

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

**2025 TRILLIUM CONVENTION**  
**AL-ANON**  
*in action*

**REGISTER EARLY** SOLD OUT LAST 2 YRS



*speakers  
workshops  
fellowship*



[al-anon.alateen.on.ca/trillium/](http://al-anon.alateen.on.ca/trillium/)  
Ontario South Al-Anon/Alateen Website  
• For Members • Trillium



\$55.00, Alateen \$10.00  
Credit Card, Etransfer, Cheque  
Apple Pay, Google Wallet



Meal plan available \$100.00  
Signup and pay via registration form  
Saturday 3 Meals, Sunday breakfast



Fanshawe Residence & Conference Center  
2 Bedroom Suite \$125.00/night  
4 Bedroom Suite \$240.00/night  
Additional occupants \$10.00/person/night  
Discount code FAN483 until May 20th, 2025  
STAYRCC.COM/LONDON ☎ 519-452-4440



Fanshawe College  
1001 Fanshawe College Blvd.  
London, Ontario  
Canada N6Y 5R6



226-387-2489 urgent registration  
Ontario South Trillium: [OSATrillium@gmail.com](mailto:OSATrillium@gmail.com)  
Trillium Registration: [Trilliumlog2025@gmail.com](mailto:Trilliumlog2025@gmail.com)

**ONTARIO SOUTH AL-ANON/ALATEEN**  
*with* A.A. Participation



GTAIS PUBLIC OUTREACH FUNDRAISER

Many health-care professionals still don't know about Al-Anon! Al-Anon will have an information booth at the 2025 Pri-Med conference.

FINANCIAL SUPPORT IS URGENTLY NEEDED!

WITH YOUR HELP

we can carry the message of Al-Anon to

2500 Medical Professionals

Donations from individuals or groups can be made by:

E-TRANSFER send to gtaisreserves@gmail.com

CHEQUE payable to GTAIS mail to: P.O. Box 30246, Rexdale Post Office, 123 Rexdale Blvd, Etobicoke, ON M9W 1B0

IMPORTANT: include on your cheque or e-transfer: your name, district, and specify that it is for Pri-Med

for more information please contact Diana B. at dba822@cgogco.ca

Come see us in person at ORC!

Donate CASH at the Al-Anon Literature Table

Get an Al-Anon Signee Card for every dollar donated by you or your group.



# GET INVOLVED!

Are you Looking for Opportunities for Personal Development & Growth?

The Al-anon Service Manual recommends that the Alternate Group Representative be a part of GTAIS which meets on the first Tuesday of each month.

GTAIS offers a variety of services to Al-Anon Members and the community.

## Attend a GTAIS Meeting!

Click here to learn more about GTAIS



Zoom ID 830 0917 8410  
Passcode 303729

If you would like more information about GTAIS meetings please email:

Greater Toronto Al-Anon Information Services (GTAIS)

gtais.chair@gmail.com



**NOT EVERYONE  
TRAPPED  
BY ALCOHOL IS AN  
ALCOHOLIC.**

.....

Families and friends  
are suffering too.

•

Do you worry  
about how much  
someone drinks?

•

Al-Anon and Alateen  
can help.

.....

London Region  
Al-Anon Open Speaker  
Meetings - 2024  
*First Friday of every month*  
8 pm to 9 pm  
Zoom ID: 8351 424 7357  
Password 036762

Jan 5, Feb 2, Mar 1, Apr 5, May 3, Jun 7,  
July 5, Aug 2, Sept 6, Oct 4, Nov 1, Dec 6

.....

**1-888-4AL-ANON**  
**AL-ANON.ORG**

**Al-Anon Family Groups**  
Help and hope for families and friends of alcoholics

**Ottawa Al-Anon Family Groups**  
Sunday Open Speaker In-Person Meeting

Every second and fourth Sunday Morning of each month  
10:00 to 11:00, followed by half hour of fellowship

Everyone Welcome: Al-Anon/Alateen members, prospective  
members, general public, professionals, and media  
Please join us!!

*"the only requirement for Al-Anon membership is that there be a  
problem of alcoholism in a relative or friend"*

**Overbrook Community Centre**  
33 Quill Street Ottawa, Ontario K1K4E7  
(additional parking at rear of building and on street)

**Al-Anon Sunday Open Speaker Meetings 2025**

January 12	July 13
January 26	July 27
February 9	August 10
February 23	August 24
March 9	September 14
March 23	September 28
April 13	October 12
April 27	October 26
May 11	November 9
May 25	November 23
June 8	December 14
June 22	Community Center closed until 2026

**\*\*\* There is a concurrent Open AA meeting (Hand in Hand) held at  
the same time at Overbrook Community Centre.**



Milton Tuesday Night "Hope for Today"

## A DAY IN THE STEPS

MILTON BIBLE CHURCH  
121 Chisholm Drive  
Milton, ON. L9T 4A6  
\$15.00 per person



April 12<sup>th</sup>, 2025  
9:00 a.m. - 3:30 p.m.

6 Al-Anon & 6 A.A. Speakers

Potluck Lunch  
Coffee, Tea  
and Fellowship.

(Please bring a dish)



For More Information Call Carole @ 905-876-1989 or Email [caroles@bell.net](mailto:caroles@bell.net)  
E-transfer can be sent to [caroles@bell.net](mailto:caroles@bell.net)

"Because you are worth it!"



# 40years!

## Happy Joyous & Free!

### Annual Roundup

9AM: DOORS OPEN

6PM: CATERED DINNER

8PM: BANQUET SPEAKER

9PM: DANCING WITH MUSIC

FORT ERIE - LEISURE PLEX 3 MUNICIPAL CENTRE DR.

A.A

AL-ANON

FELLOWSHIP, DOOR PRIZES, 50/50, SOBRIETY COUNTDOWN

LUNCH AVAILABLE AT ADDITIONAL COST

SATURDAY

APRIL | 5<sup>TH</sup> | 2025

| \$25 TICKET

Presented by Niagara South General Service - District 13

WWW.AANIAGARA.ORG

TREASURER: ZAHRA 905-462-8311 | CHAIR: CINDY.S 905-329-7501

OR EMAIL: SOBRIETYROUNDUP@GMAIL.COM



# Spring into Recovery

*Growth and Renewal in Al-Anon*

**Saturday April 5<sup>th</sup> 9am-4pm**

St. Andrew's Presbyterian Church – Fellowship Hall  
99 Peter Street, Orillia L3V 4Z3

- Speakers, workshop, literature and more!
- Keynote speaker Jason W., Ontario South Delegate.
- Registration opens at 9 AM, first meeting begins at 9:30 with lunch at noon.
- Donations of nut free desserts are encouraged (cookies, bars, cakes and past).

**\$20 in advance** (include March 23) **\$25 at the door** (please mention)  
Includes registration, prize draw, morning snack, pizza lunch and beverages.

Contact Leslie P. to purchase (e-transfer available)  
or to reserve tickets and pay at the door:

**705-728-2973** | [lparsonse178@rogers.com](mailto:lparsonse178@rogers.com)

Please let us know if any accommodations are required.

**SAVE THE DATE**

**DISTRICT 7 - SARNIA LAMBTON**

**ANNUAL SPRING FLING**

**SATURDAY APRIL 5, 2025**

**Emmanuel Presbyterian Church  
120 Russell St. S.  
Sarnia, ON**

**DETAILS TO FOLLOW**

MARCH, 2025 AT SATURDAY NIGHT OPEN



This is the schedule of the Saturday Night Open for March, 2025. If there is no group scheduled, there will hopefully be a guest speaker, or will be an open mic. At this point, we have no host groups scheduled. This is a service meeting. We are an in-person meeting. Accessible—send someone in to get elevator access.

THIS GROUP BELONGS TO ALL OF US AND IS IMPORTANT SERVICE WORK. IF YOU CAN VOLUNTEER A GROUP, OR AN INDIVIDUAL FOR SPEAKER, PLEASE REACH OUT TO

[22steps@gmail.com](mailto:22steps@gmail.com) or [aa@recoverycenter.com](mailto:aa@recoverycenter.com)

8:00 fellowship 8:15 meeting begins

St. Ansgar Church, 1898 Rd. and Lawrence, Toronto

March 1- open mic

March 8- open mic

March 15- open mic

March 22 - open mic

March 29- open mic

**Save the Date!**

Ottawa Area Al-Anon Day 2025  
*"Courage to Change"*

Saturday April 26th (9:00-3:00)  
St Paul's Church - 971 Woodroffe Ave, Ottawa

Speakers, Fellowship, Food and Fun!

**REVISED**

# SAVE THE DATE Day Of Recovery

## A JOURNEY THROUGH THE STEPS

Al-Anon event with A.A. participation  
Hosted by Districts 22 & 23

**Saturday, May 3rd 2025**

**Pickering Village United Church**

**Ample parking**

**Wheelchair accessible**

**\$10 Tickets**  
on sale at end of  
March

**Pot Luck Lunch**  
**50/50 Draw**

Panels | Raffle | Skits | Speakers

*Diamonds One Step at a Time*

DISTRICT 26

AL-ANON DAY

IN CONJUNCTION WITH  
SHARE AND CARE AFG  
60TH ANNIVERSARY

**03 MAY 2025**

7th Tradition | 9am-3PM | Potluck Lunch  
Ronald E Holman Municipal Complex  
441 Hwy 15, Smiths Falls

This event will have AA Participation



District 25 Celebrates 71 years of Al-Anon Recovery

## 24th Annual Al-Anon Day

Celebrating the Theme of  
FINDING SERENITY TOGETHER

WITH A DAY OF AL-ANON / AA SHARING

Alateen / Teens Welcome

Come and Enjoy This Day With Us

Ebenezer Christian Reform Church

18 Fourth Ave, Trenton, Ontario

Saturday May, 3RD 2025 10:00 AM - 4 PM

9:30 AM Registration

Guest Speakers From Al-Anon and AA, Pot Luck Lunch, Raffle

Draws on Gift Baskets

### **Announcement:**

***We are pleased to announce that Al-Anon has returned to Wasaga Beach. The Wasaga Beach Light & Love Al-Anon Family Group meets every Tuesday at 10:30 a.m. at the Clearview Community Church, 800 Sunnidale Road, Wasaga Beach,***