

# Open Lines

Ontario South Assembly Newsletter

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

August 2018

Volume 40 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](mailto:openlinesosa@gmail.com).

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## Quick Links for Ontario South

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

[Group Records Change Form](#)

[Donation form](#) make cheques payable to Ontario South Assembly and send to P.O. box 1151, Guelph, ON, N1H 6N3

[Form C for SAMS](#)

[Literature Order Form printable](#)

[Literature Order Form fillable](#)

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

[Ontario South Website](#)

Literature Coordinator Report  
July 2, 2018

Our new pamphlet "Hope & Understanding for Parents & Grandparents" P- 94 is a wonderful new piece of literature. I have reviewed this pamphlet and given my feedback on AFG connect. I especially like the section on how parents and grandparents can apply the Twelve Steps.

I had an opportunity to display our Area Literature at the Kawartha Conference in Peterborough on June 22, 23rd. Those in attendance enjoyed the display and had many comments and questions.

I am reading the weekly Literature Coordinator Update on AFG connect. To date, there has not been a conference call scheduled for the Literature Coordinators.

The Al-Anon International convention held July 6-8 in Baltimore, Maryland sold a Special Anniversary printing of the ODAT book to mark the 50th anniversary of this book in circulation. The text of the book remains the same and any books that are left over will be sold as supplies last.

Sales of Al-Anon's latest book, Intimacy in Alcoholic Relationships - A Collection of Al-Anon Personal stories (B-33) will also be unfolded at this convention & became available for purchase after that weekend.

Mary Ellen B  
Area 86 Literature Coordinator

#### ONTARIO SOUTH'S LITERATURE DISTRIBUTION CENTRE

##### **Summer Office Closure:**

- Our Ontario South LDC will be closed July 16th, 2018 to August 10th, 2018 inclusive.

##### **2018 Assembly Literature pre orders for Assembly pick up:**

- Pre orders need to be in to the LDC Office Manager and paid for by September 27th, 2018. (This is an opportunity for You/Your Group/Your District to avoid shipping costs.)

# Open Lines Report from Ontario South Delegate

Sue Gaskell

## *Al-Anon - There is no Standing Still*

- Thank you to all the Members, Groups, and Districts who sent Love Gifts to me at the World Service Conference (WSC) this past April. Every day I had a little bit of home.
- Having now experienced WSC, I can tell you that Al-Anon and Alateen are in extremely healthy and capable hands. I felt overwhelming gratitude and faith in the women and men serving World Service.
- Many Ontario South members emailed me about their enthusiasm for the possibility of a "Just for Tonight" bookmark. As a result of a lively discussion during this year's WSC, a motion was passed to give conceptual approval to develop a bookmark based on an August 2016 Forum article titled "Just for Tonight" using inclusive language.
- The WSC members were invited this year to visit Stepping Stones, the home of Lois and Bill Wilson. What an amazing experience. I felt quite moved with the thought of Lois in that home developing Al-Anon.
- There are 171 registered electronic Al-Anon meetings. Have you tried one yet? If not, I encourage you to do so.
- This past year Canada Central has not had a Regional Trustee. However, at WSC, Arlene March was elected to represent Canada Central Region for this year. At the next WSC, there will be another vote to elect a Trustee for the Canada Central Region to complete the remaining two years of the three year term.
- I appreciate receiving District Minutes from the various districts in our area. At present I am receiving minutes from 7 Districts. I would appreciate hearing from the other District as I use the information to develop the Area Highlights for WSC.

**I continue to look forward to hearing from many of you through email, phone, or maybe even good old snail mail.**

Blessings,

Sue G

Ontario South Delegate

Hello. I process all SAM (Supportive Al-Anon Member) applications. These are Al-Anon members who support Alateens and Alateen groups.

It is fairly easy to become a SAM. Briefly, the process is as follows. Please see the Area manual for full information and forms at <http://www.al-anon.alateen.on.ca/areaManual/pdf/section%2011B%20Alateen%20SAM%20Certification%202016%2008.pdf>

You will obtain a police record check, including vulnerable sector screening, from your local police station, in person or on-line. You will seal this in an envelope and give it to your District Representative (DR) along with the completed form (also found on the Area website). Your DR will complete the form and send it to me for signing and processing.

Some cities, towns etc may reduce or eliminate the processing fee. If this applies to you, you may request a letter from the Area Chair, Jason W at [jasonww@rogers.com](mailto:jasonww@rogers.com). You will need to provide Jason with your full legal name for the letter.

Your district may reimburse you for any expenses, if not, the Area will. The Area expense form is also found on the Area website. You mail this to the Area Treasurer at: Ontario South Treasurer P.O. Box 1151 Guelph, Ontario N1H 6N3.

At the moment, we have 92 certified SAMs and 14 certified Alateen groups in our Area. We successfully met the July 1, 2018 recertification deadline for all of our SAMs. Many thanks to the DRs who set in forms early this year! That really helped our Area to meet the deadline. Next year, 2019, all SAMs will need to complete a criminal record check as described above. This occurs every three years. I hope even more members and DRs start as early in the year as possible.

I also process new Alateen groups and Alateen group changes. This part of the system has not been working for me and there have been some delays.

I am always available to answer any questions that you may have. Thank you.

Sandy AAPP

2018-July, Forum/Alternate Delegate Report – Open Lines

Hello Ontario South, Area 86 Members,

I hope that everyone is seizing the opportunity to enjoy this beautiful gift of summer.

My report is brief and more along the lines of a gratitude list. I attended the Area World Service Committee (AWSC) meeting held in Oshawa this past May. This is an opportunity for the District Representatives (DRs) along with the Area Coordinators and Area Executive come together to exchange information pertaining to the business of Al-Anon. What a terrific experience to see all those people together for one reason – in Service to YOU! Ask your DR to share their experience at AWSC.

I was blessed to chair a meeting with the Area Coordinators. They are terrific group of Al-Anon members who are passionate about service and about Al-Anon. I was provided the chance to share some information about the Forum and my role as your Alternate Delegate. Thank you for allowing me to be of service and to attend on your behalf. I am grateful to attend. What a great experience.

As the Forum Coordinator I will do my best to share the information I have with you.

As your Alternate Delegate I was happy to represent you at the Area Executive meeting this past weekend. What a gift it is to be in a room with other members who are so enthusiastic about Al-Anon Family Groups in Ontario South and for that matter the World. You will be thrilled to learn that throughout the meeting process a Higher Power was in charge and the humans were paying attention. We reviewed the feedback from AWSC we planned the agenda for the 2018 Area Assembly Kingston here we come!) and other relevant items. I am beyond thankful to the other executive members who are so supportive and encouraging.

I have replied to your emails and your questions and I have spoken to some of you on the phone. Thank you for reaching out. I really love connecting with you and hearing your thoughts and your questions. I don't always have an answer but I am willing to listen and learn. I am grateful to have been invited to a couple of districts to speak or to do a workshop. I am overwhelmed by your love your inspiration and your kindness. I'm here for you.

I am adding to this report the financial figures for the sale of the Forum across Ontario. For now it includes North and South but that is a work in progress.

*July Forum Sales Report. Please know that it is a work in progress.*

Country	State/ Province	Group		Other		Total	
		Subscriptions	Copies	Subscriptions	Copies	Subscriptions	Copies
CANADA	ON	96	111	264	282	360	393

When you are out and about please remember to take some Al-Anon literature with you and leave it behind. Share a meeting list or a Forum or an Al-Anon pamphlet. Remember that this is a beautiful act of service that affects the future of Al-Anon. Let it begin with You - Be the one who shares Hope !

I remain, Yours in Service

Forum Coordinator/Alternate Delegate, OSA

Gwen D, Grateful member of Al-Anon Works AFG, London ON

Hello my fellow members,

I hope this latest edition of Open Lines finds you well, and enjoying all that summer has to offer.

Your Executive and your District Representatives did a great job at this year's Area World Service Committee meeting, staying focused on the business at hand and participating in some really good discussions about service in Ontario South. Even during a power outage in the middle of the business on Saturday afternoon, we kept our Higher Power in the room as we adapted to the situation and got through it, together.

AWSC and the most recent Executive committee meeting have given me lots of tasks to complete in the weeks ahead. I seem to remember our program having something to say about not having to do all of the things, all at once. Perhaps that will help.

We are still searching for a host committee in the western part of our Area to host Assembly 2019. This could be a District, or it could be an assortment of various members who are interested in a short-term service commitment. Hosting Assembly can pay dividends, in a sense of personal accomplishment and enthusiasm for service in general.

If you are a District Representative with potential Supportive AI-Anon Members who need a letter from the Area to obtain their Police Records Check at a volunteer rate, please remember that I need the full legal name of the person applying. The letter I send out must have the member's name printed on it; I cannot send out blank letters.

I look forward to seeing you at Assembly in Kingston!

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

### **Open Lines Report**

Greetings all!

This is my second issue of Open Lines. I am starting to feel more confident with the process as I put some new strategies in place. I am still learning to input information. I hope I still remember for the December issue! I recently purchased a pdf converter. It isn't perfect but it is an improvement. There was only one flyer that didn't convert as expected.

Please continue to send reports and flyers my way using this address please - [openlinesosa@gmail.com](mailto:openlinesosa@gmail.com). Thanks!  
Hugs - Colleen

### **Literature Office Committee Chairperson Report**

*"At-Anon-There is no standing still!" 2018 WSC Theme*

Hello Ontario South! Just a couple of bits of information from the Literature Office Committee

- Hopefully you have all seen the notice of the summer closure for the Literature Distribution Centre and the deadline for you to submit literature pre orders to be picked up at our 2018 Assembly in Kingston in October. Please see attached notice in *Open Lines*
- You will notice on the latest updated AWSC contact list that Jane H. has been added as Literature Office Committee member. As stated in our Area Policy & Procedure Manual Section 9B: Literature Distribution Centre Charter the preceding past Delegate is a member of the Literature Office Committee. In past terms there has not been a separate distinction for this position as the Preceding Past Delegate often sits on the Executive as an Advisor.

Thank you for your continued support and patience as the Committee continues to support our Literature Distribution Centre and serve Ontario South.

Looking forward to seeing you in October at Assembly!

*Debbie P.*

Ontario South Literature Office Committee Chairperson



Hello Fellow Members of Al-Anon and Alateen!

First let me thank the Executive of Area 86 for allowing me to step up to this position. Alateen is very dear to my heart.

For those of you who do not know me, I have been a member of Al-Anon since January 12, 2006, have served as G.R., D.R., and on many service boards such as Brampton Recovery Through the 12 Steps day in February; as chair of the Greater Toronto Al-Anon/Alateen Information service along with working the phones for the GTAIS answering service for 10 years; been the Al-Anon Chair at O.R.C. and the Alateen S.A.M at O.R.C .along with being an Alateen S.A.M. (Supportive Al-Anon Member) since 2010. I have enjoyed several Alateen meetings in Toronto, Mississauga and opened an Alateen meeting in Brampton in 2017, with the help of the Friday One Day at a Time AFG members who meet Fridays at 723 Balmoral Drive in Brampton at 7:00pm.

I have just returned home from the WSO International Conference in Baltimore and what an experience! There were approximately 40 Alateens there and probably just as many a.m.a.i.s. or S.A.M. s as we call them here in Canada. Love to see all the support for Alateen. It was wonderful to hear so many Alateens tell their stories and it showed the program had helped them. I got some great ideas and helpful hints on how to make Alateen fun as well as useful.

I have constructed a new Alateen Coordinator email: [os.alateen@gmail.com](mailto:os.alateen@gmail.com) please feel free to contact me with any Alateen information, ideas or concerns.

We get many requests for Alateen speakers. If you know of some who would be willing to share their story please ask them – if they are able – to send me their information so I will be able to forward these opportunities to them or their parents.

**With hugs and hope**

**Wendy C.**  
**Ontario South Alateen Coordinator**  
**Area 86**  
**416-409-3873**  
**[os.alateen@gmail.com](mailto:os.alateen@gmail.com)**

**Together we can make it!**

This is an update from the April Open Lines.

Hello from District 5. This is an update on our Huron/Perth area. We have meetings in Goderich, Exeter, Clinton, Listowell, St. Marys, Sebringville and Stratford.

Goderich group is doing well. They have a step study at 6 30 to 7 30 pm every Wednesday night before their regular meeting which starts at 8 00pm. It is very well attended. They have 2 open speaker meetings during the year.

Stratford group has 2 meetings. They meet on Monday night at 7 00pm and Thursday afternoon at 1 00pm. They are looking into starting an Alateen meeting and will need SAMs. They are also interested in writing in the forum. Their birthdays are every 3rd month and on every 4th Monday of the month.

The St. Mary's groups are doing well. There are 3 meetings in our town. Monday night meeting is at 7 30pm. Friday morning is at 9 30am and there is a Saturday night meeting at 7 00pm. Our Monday night meeting is growing. We are a steps, tradition and topic meeting. We also celebrate birthdays and we have an Intergroup meeting every November so that newcomers can speak to the group. The Saturday night meeting is great and gets a lot of out of town people.

Clinton group meets at 8 00pm. They are a small group.

Sebringville is a new group coming up 4 years and they are a discussion meeting. They meet on Wednesday night at 7 00pm.

Exeter group is a discussion meeting. They meet on Sunday nights at 8 00pm.

Our district meetings are the second Thursday of every month.

A grateful member – Sonia, DR District 5

**MONDAY NIGHT ODYSSEY AFG**

ST. MICHAEL'S PARISH  
181 Sewell Dr.  
Oakville, Ontario  
Monday Night 7:30PM

**IS LOOKING FOR AL-ANON MEMBERS TO COME TO OUR MONDAY NIGHT MEETING**

Many of our regular members have moved out of our area and we are in need of new members to keep our group strong and healthy. We are a group of Adult Children of Alcoholics, but all who qualify for Al-Anon are welcome. If you are looking for a meeting, or want to try a meeting for Adult Children, please join us on a Monday night. Everyone is welcome.

**THANK YOU FOR SUPPORTING OUR EFFORTS TO KEEP OUR GROUP GROWING & HEALTHY**

ENTER DOWN THE STAIRS ON THE EAST SIDE OF THE CHURCH (BY THE GARAGE DOORS)

## AWSC 2018

### Ask It Basket

#### Question:

A member that sits on our AI-Anon Day Planning Committee put forward the idea to use Facebook to spread awareness for the upcoming event. The committee struggled with whether this was possible because of anonymity. I heard today that social media is being used in other ways.

Is it possible to use Facebook if so how can it be done safely?

**Answer:** We are not sure. The AI-Anon service manual references social media and communications of all sorts in the context of traditions 11 and 12. On any media accessible to the public the anonymity of all AI-Anon members must be protected. It is suggested by the Ask It Basket committee the issue of a promotion of events through social media is an item best brought forward to WSO by our Delegate for clarity.

#### Question:

What liability insurance policy is the Area covered under?

**Answer:** Area does not carry liability insurance (umbrella policy) to cover groups. That being said, if Ontario South is holding an event at a specific venue that requires Ontario South to carry insurance while using that venue they purchase it for that event only.

#### Question:

Why are Ottawa AIS and Toronto AIS the only AIS chairs that attend and report at AWSC?

**Answer:** AIS is a service registered by WSO which provides a registration number when the service meets requirements as described in our Service Manual on page 109.

There are currently on 2 registered AIS Committees in Ontario South.

#### Question:

I am currently the District Rep in district 28 in my first term. I am moving to district 31. Can I continue my duties as DR in district 28?

**Answer:** Nothing in Ontario South Policy and Guidelines manual prevents someone being DR and moving to another district then maintaining role as DR. However we would suggest tradition 1 and 2 be considered and a discussion be had amongst the group and allow group conscience to prevail. Section 2 Service Positions and Responsibilities C: Other Positions pages 2 and 3 Traditions 1 and 2.

#### Question:

Can District ask for money to send a DR to assembly?

**Answer:** Ontario South Assembly doesn't pay expenses for DRs to attend assembly. However, it is a suggested duty for a DR to attend assembly (Area 86 Policy and Guidelines Manual Section 2; C page 3), although it isn't mandatory. Also, it is important for a group to be self-supporting in all of its affairs (tradition 7).

#### Question:

Is AI-Anon permitted to accept a donation from an AA Group at an AI-Anon Event? Background: I was asked to present this question by an AI-Anon group member. AA had been invited to speak on a panel as part of the AI-Anon Day. Two AA members spoke about the theme 'Together We Can Make It' and brought a donation with them.

**Answer:** From the AI-Anon Service Manual under Digest of the AI-Anon and Alateen Policies "Outside contributions of money" pg 105. Also, tradition 7 every group ought to be fully self-supporting declining outside contributions.

#### Question:

Can interested members who are not DR or Coordinators or Executive members of AWSC attend AWSC?

**Answer:** Section 4 Ontario South Assembly Policy and Guidelines

AWSC is a gathering of invited OSA members, executive members (delegate, alternate delegate, chairperson, secretary, treasurer and 2 advisors) the OSAAC chair, Trillium chairperson, AIS chairpersons LDC office manager, 8 coordinators LOC (Literature Office Committee) and 30 DRs. ADRs are encouraged to attend with voice but no vote (unless acting as DR).

## **Hello Ontario South Members June 2018**

There is a new pamphlet P-94 Hope and Understanding for Parents and Grandparents. They are \$1.50 each plus tax. From the minute they came out they were on back order at WSO so I have only just been able to order them. They should be in the office in a couple of weeks. There will also be a new book coming out at the International conference in July. I don't have pricing yet nor am I able to order it but I will be and will let you know the details as soon as I can. Because of this I have not sent out new price lists as I would like to have both included, however if you want one with just the one new piece on it please send me an e-mail and I will be glad to send you a copy. Once both are on I will send out the updated one for all.

I have had a few inquiries about the Alateen discount packs. If you have an Alateen group in your area you support this might be a good purchase. The breakdown is as follows:

K-6: 5 P-21 Youth and the Alcoholic Parent

5 P-41 Facts about Alateen

2 P-59 Moving on! From Alateen to Al-Anon

4 P-67 Dear Mom and Dad

5 P-31 Sponsorship What's it all about

5 P-18 Alateen 12 Steps and Traditions

7 M-18 Alateen Preamble

15 M-9 Alateen dos and don'ts

**5 S-6 Daily Checklist of myself The package cost is \$13.50 plus tax. Purchased separately the cost is \$29.50 plus tax**

K-7: Includes the same number of P-21, P-18, M-7, M-9, P-41, P-31, S-6 but also includes

4 P-48 Understanding Ourselves and Alcoholism

4 P-22 If Your Parent Drinks Too Much

**1 B-3 Alateen Hope for Children The package costs \$21.50 plus tax but purchased separately the cost is \$46 plus tax.**

Onto highlights of CAL

### ***P-15 Three Views of Al-Anon- Alcoholics Speak to the Family***

This piece of CAL literature is unique in that it is sharings from alcoholics. It begins with Bill W commending Al-Anon on what it offers and how it has grown. Before Al-Anon many alcoholics couldn't understand why the 'Honeymoon phase' didn't restart when they asked their partners to come to their AA meetings and make the coffee. Hmmm? The other letters include one that speaks to allowing the alcoholic to be responsible for their stuff and in doing so we are caring for ourselves which helps everyone involved. There is also a letter suggesting that AA members tell the families about Al-Anon so they may recover and in turn allow the alcoholic to seek help when they are truly ready. This literature clearly shows cooperation between our fellowships.

### **P-65 Anonymity**

What is anonymity? How is it broken? What parts of our program share on its importance? I have heard members use their full name in different areas and identifying as a member of Al-Anon-is that okay? Anonymity is very important to our program but while we protect anonymity of members we don't want our program to be anonymous or we would not grow and be here for the next person who seeks help.

### **P-78 When I Got Busy, I got Better**

We see people around us serving the fellowship. This can be by setting up a meeting, taking notes in our home group, sponsoring, being GR, DR and beyond. Why do they do it? Because when they got busy they got better. So what is stopping you or me from doing these things or others at group level or beyond? Probably fear. This booklet shares on facing our fears. No one is perfect and there is no one way to do the job. Sometimes we need to read about this or hear it to begin to believe it. Why should we do it? In giving we receive and again there is a big area in this booklet about that. Being active in our program offers us learning opportunities, can improve our self-esteem and can allow for the help we so needed to be here for the next person who shows up at the door. By getting busy we begin to learn different ways to apply the program to our lives in all areas. If you are hesitant to try service or want more details in what you can offer and gain this booklet contains a great amount of information that may guide you.

### **P-88 Service Sponsorship**

What is a service sponsor and why would I need one? Where do I find one and what am I looking for? These are questions many of us had and many of us turned to this pamphlet for answers. Service is giving back to the program and in turn growing ourselves. This talks of the many ways we can be a service sponsor. We can guide someone into a position by encouraging them. We may help someone through a task that we have done before on a one time basis. We may be asked to guide them along their entire service journey until we reach a place we haven't been. Sometimes our personal sponsors are also our service sponsors because they have been involved at that level. You can become a service sponsor if you are asked but you can also become one by offering a hand, encouragement and by being an example. There are also sharings from members about service sponsorship.

**Linda P., Literature Distribution Centre**

## **Hello Ontario South Members July 2018**

I am sending along the monthly notes for your groups.

If your group, district, public outreach or any members wish to have me order the first printing of AFA 2019 (AI-Anon Faces Alcoholism 2019) I must have the following by 1 on July 11th. Contact name and phone number, district number, group number (or identifier, ie: public outreach) and the amount you want. If not said I will order English. When they arrive in the fall I will notify you they are here and upon receipt of payment I will get them out to you.

The office closes after the workday on July 12. If you wish to order now and send an e-transfer payment those orders will go out before the closure. Any other orders will be tended to upon the office reopening on Aug. 13th.

Attached is the most current price list. It includes the new pamphlet P-94 Hope and Understanding for Parents and Grandparents and the new book being released at the International Conference in Baltimore this month. It is B-33 Intimacy in Alcoholic Relationships. I am hoping they will be here by the time the office re opens. If not they should be here shortly after that so if you order I will send them out upon stock arriving. Feel free to destroy old lists and print new ones so your group has all the up to date info.

### **P-2 AI-Anon, You and the Alcoholic**

This recovery pamphlet is simply a format with many of the first questions asked upon coming into AI-Anon and the responses given. Is AI-Anon part of AA? Will it show me how to stop the alcoholic from drinking? Does it offer help to the children of alcoholics? What do I do if the alcoholic doesn't want me to attend? These and many more are included and may help to ease the mind of the people coming to us for help.

### **P-6 Freedom from Despair**

This recovery pamphlet speaks to the hope we find in the rooms of AI-Anon. It shares that Alcoholism is medically seen as a disease and that we are affected by living with or having close contact with a problem drinker. If we were around other illnesses we could get ill and the behaviours that come with alcoholism certainly can make us ill alongside them. The message of hope is available to us through listening and learning from others who have also been through similar things.

### **P-29 Alateen A Guide for Sponsors of Alateen Groups**

Who are Alateens? Who are the Alateen Group sponsors? How can a group get started and what is the sponsors required to do? This pamphlet has that information. It shares on the process of becoming an Alateen sponsor, about AI-Anon groups financially helping the Alateen group to start but allowing them the opportunity to be fully self-supporting as they become established. Being a group sponsor is another way to serve and grow. You may be the person who allows this young person to finally trust an adult again. The pamphlet ends with tools in our program (different pieces of CAL) that can answer questions on becoming an Alateen group sponsor or serving Alateen in your area.

**Linda P., Literature Distribution Centre**

## **LDC Open Lines Report July 2018**

As always I feel blessed to serve Ontario South as your LDC manager. I have had feedback about the monthly blurbs that are sent to all the DRs through the OSA secretary. Some groups read about one of the pamphlets at each meeting, some have set up binders so that members can have a look and see if there is a piece of CAL out there that could help them they didn't know about. It has been wonderful to see AI-Anon groups order Alateen literature to use in their AI-Anon meeting. We are the same program so they can be used. I know for myself sometimes it is just what I need to keep my program simple. There were new price lists sent to the DRs last week which include the new pamphlet P-94 Hope and Understanding for Parents and Grandparents (which is in stock) and B-33 Intimacy in the Alcoholic Relationship (which is a new book I hope will be here when the office reopens.) If you can't print the one or use the fillable version please let me know and I can e- mail it directly to you. The office is closed as of the last work day this week, 3:00 on the 12th and reopens at 8:30 on Aug.13th. I will try to get all orders received during the closure out ASAP.

Hugs in service,

Linda P

## **Group Records Report**

Greetings Ontario South Assembly,

Not much new to report other than the 50 million emails I've received for group information changes since AWSC.

Between the emails, summer vacation and family duties I have been a very busy gal this summer. But hey, when I got busy I got better, right? Please do be patient though if something doesn't seem to be changing fast enough. Rachelle has probably been taking time off as well.

I also wish to remind you all to have any changes in to me by September 15<sup>th</sup>, so I have time to update them in order for our Executive to have the information they require in time for Assembly preparation.

Now get out there and enjoy the rest of your summer!!

Peace and Serenity to all,

Tracey S

Area 86 Group Records Coordinator

## REPORT FOR AWSC FROM ST LAWRENCE DISTRICT 26.....May 2018

Hello to all from your District 26. I do appreciate seeing members of your groups at Area and at Assembly. If I do not recognize you, it is not you, it is me. My Doctor says I just have too much "in my memory bank" .....it is not Alzheimer's.

We have 8 groups in this district, 3 of which do not have GRs. I have encouraged the 3 groups without GRs to send a representative to our District meetings. No response to this request, as yet. I do have contact information for some of them. I will try to tell you about the progress of the groups in District 26 this term.

Our Public Outreach Officer has been very active in our district and has now passed the position on to a new person as of January this year. The new PO person has a hard act to follow, but with our help, she will do it.

In September Al-Anon was asked to participate in a public outreach event, together with, another Perth fellowship group in hosting a "Bring A Professional" night in Smiths Falls. We were pleased to have 12 professional people, from several different disciplines, join us for the program and some stayed after to ask us questions. One of the Doctors spoke to me and said he has been seeing our pamphlets in many professional offices and, asked us to please keep providing information for anyone who needs it and please keep professionals aware of our service. This Professionals event was better attended than the event we had planned when the weather played a part in poor attendance.

The Public Outreach officer had a meeting with mental health professionals last December 12<sup>th</sup>. Also, an interest in our Al-Anon program was shown by one of the large manufacturing facilities in our St. Lawrence District 26 area that has approximately 400 employees. They would like to have us put together a presentation, perhaps over several, lunch hours, at some point.

District 26 has some very, new to District, people this time around. We have a New District Representative, a new Secretary, and a new Treasurer. We also have two groups with new GRs. We meet 5 times a year.

Maitland held an Al-Anon Day event at the end of April this year. Hosted by a very small group.....Just 4 Today. As it is a district event, we could all volunteer to help wherever we were needed and we did.....this is Al-Anon. This group had only one adult member who is also the GR and she took on Al-Anon Day this year, WOW. The group had one other adult member join the Maitland group, a week or so before the big day. It was a very successful Al-Anon Day with approximately 50 people in attendance. Their GR is also our new PO officer and she is up for it. The Just 4 Today group has now moved from Maitland to Prescott meeting on Monday's at 8:00 p.m.

Smiths Falls Share and Care group just celebrated their 53 anniversary April 23rd. They continue to hold meetings once a week and have a speaker meeting as the last meeting of the month. Smiths Falls group also kept a Christmas Day 2017 meeting and the New Year's Evening meeting open with some people attending. Their GR, is now our District Treasurer.

The Perth 2<sup>nd</sup> Spring group had a very successful Al-Anon Day in May last year. They also participated in the Public Outreach, Bring a Professional event, this past September, in Smith Falls. Perth also had a joint anniversary celebration with the Perth AA group, (Al-Anon 49 years, AA 39 years). Perth had 3 new members recently. Perth is a small group, 4 core members and others that only stayed a short while. However the good news this March was that one of the new members came in a few weeks ago, to say she was moving back home to Nova Scotia and to thank the group very sincerely for the help we provided. She also told us she thinks her life will be much better because of that help. Nice to hear. Perth was asked to provide a panel at this year's AA Round Up. We were able to do so with 2 Al-Anon speakers and used this opportunity to spread the word of Al-Anon and provide a literature display. An AA member approached me after the event and said she thought her son would benefit from Alateen or Al-Anon and told me she was going to search out what was available in her Ottawa area. The Perth GR is your new District Representative.

The 2 Brockville groups are busy with weekly meetings. The Brockville Hope for Today evening group has a new GR. The Thursday Morning Glory group also has a new GR and that new GR is now our new District Secretary.

Kemptville New Beginnings, Carleton Place One Day At A Time and Prescott Sharing Hands groups still meet regularly and their contact information will be on the Ontario South website with group meeting names, addresses, days and times.

Yours in Service

Yvonne C. District Representative  
St. Lawrence District 26.

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# OPEN MIND, OPEN HEART

46<sup>TH</sup> LAKESHORE DISTRICTS CONFERENCE

FRIDAY, AUGUST 10<sup>TH</sup> - SUNDAY AUGUST 12, 2018

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Please join District 23 Al-Anon Family Groups as we present 3 days of panels, speakers, sharing and fellowship.

Lviv Hall - 38 Lviv Boulevard, Oshawa

Tickets - Conference \$25.00 plus potluck - Banquet - \$35.00

Schedule of Events:

Friday- 7:30 pm - Panel

Saturday - 9:00 am - 3:00 pm

(9:15 am - Panel, 10:30 am - Family Panel, Noon - Potluck Lunch, 1:15pm - Main Speaker, 2:30 pm - Open Topic Meeting) Banquet - 5:45 pm

Sunday - 10:00 am - Spiritual Panel

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Please plan on attending! For more information  
email [Beginwithme10@gmail.com](mailto:Beginwithme10@gmail.com)

# COURAGE TO CHANGE



## District 2 Al-Anon Day



**Sept. 22, 2018 – 8:30A.M.– 3:30 P.M.**

Grace United Church  
140 Bruce St. S. Thornbury  
(Downstairs)

**Doors open 8:30 A.M. – Registration**

Snacks (provided)

Pot-luck Lunch (dishes provided)

Alanon/A.A./Alateen Panel

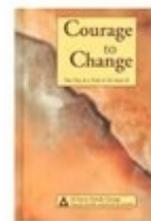
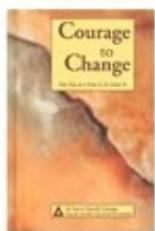
Speakers

Alanon/Serenity Countdown

Ask it Basket (**start thinking up questions!**)

Literature Table

Adults - \$8    Teens - \$2



**ALL ARE WELCOME**

# COURAGE TO CHANGE



*Please join us for fellowship, hope & fun*

# celebrating serenity

## District 4 Al-Anon Day

Date Saturday, September 22, 2018

Location Holy Family RC Church  
329 Huron Street  
New Hamburg

Registration 8:15am

Program 9:00am-3:30pm

Participation Al-Anon | AA | Alateen

Cost \$6 for Al-Anon | AA | Alateen (free)

Light Breakfast included  
Potluck lunch  
Wheel chair accessible  
Literature table

Have questions or want to volunteer?

Contact

Fran M. 519-897-6550

francesmoriarty@hotmail.com

Betty P. 519-885-5831

bplummer1@sympatico.ca



# District 9 Fall Workshop



**Potluck !!**  
Please bring a  
dish to share

Holy Trinity Church  
81 Selkirk St., Chatham  
(Corner of Selkirk St. & Victoria Ave.)

**MORE THAN 20  
TOPICS COVERED**

**Saturday, September 29, 2018**

**\$5/PERSON WHEN PRE-REGISTERED  
OR \$7 AT THE DOOR**

**10:00am - 4:00pm**

Doors Open - 10:15 a.m.

Welcome - 11:00 a.m.

Topic Discussions - 11:30 a.m.

Potluck - 12:00 p.m.

Topic Discussions - 1:00 p.m.

Open Mic Sharing - 2:30 p.m.

Closing Remarks - 3:30 p.m.

**Meet Our Delegate  
Sue H, of London  
Hear Her Report**



For more information contact:  
Bonnie L. (519) 354-9320  
Nikki W. (519) 365-3389



Registration for District 9's Fall Workshop

\$5/Person with Pre-Registration (until Sept. 15<sup>th</sup>) or \$7 at the Door



Name(s): \_\_\_\_\_

Group Name & City: \_\_\_\_\_ Phone #: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_ Make Cheques Payable To: AFG District 9

Mail Cheques & Registration Forms To: AFG District 9 - PO Box 196, Pain Court, ON, N0P 1Z0

Note: If sending as a group, please include a list with the names and phone numbers of all attendees.

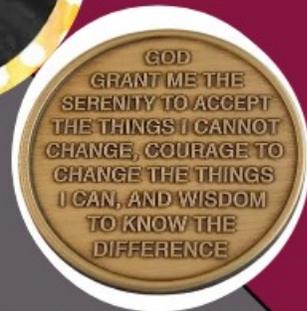
Loyalist District 31  
42nd Annual Day of Al-Anon

**"LET IT BEGIN  
WITH ME"**

September 29, 2018

Registration @ 8:30am

Program 9A.M. - 4P.M.



Crossroads  
United Church  
690 Sir John A  
MacDonald Blvd  
Kingston, ON K7M 1A2

Lunch & Refreshments Provided

Al-Anon & AA speakers

Please join us for a wonderful day of Al-Anon Fellowship

PosterMyWall.com

31st Anniversary, New Beginnings Cobourg, will happen **October 25** at our regular meeting (**9:30 to 10:30**)

## Contact information for Executive/ Coordinators and WSO



### OSA Executive Committee 2018-2021

**Delegate** Sue Gaskell  
84 Haliburton Cres.  
London, ON N6K 2Y9  
519-657-7700  
[ontariosouthdelegate@hotmail.com](mailto:ontariosouthdelegate@hotmail.com)

**Alternate Delegate** Gwen Dinel  
11 Surrey Cres  
London, ON N6E 1T7  
519-870-0255  
[gdinell12@hotmail.com](mailto:gdinell12@hotmail.com)

**Chairperson** Jason White  
508-860 Canterbury Ave  
Ottawa ON K1G 3B2  
613-680-4223  
[jasonww@rogers.com](mailto:jasonww@rogers.com)

**Secretary** Sharon Reeb  
5224 Bridge St  
Niagara Falls ON L2E 2T3  
905-341-3488  
[area86secretary@gmail.com](mailto:area86secretary@gmail.com)

**Treasurer** Marg Knights  
34 Lingarde Dr.  
Toronto, ON M1R 1X6  
Phone: 416-755-7491  
[knights1945@bell.net](mailto:knights1945@bell.net)

**Note: do not mail donations or expenses to the above address, instead they should be sent to:**

Ontario South Assembly Treasurer  
P.O. Box 1151  
Guelph, Ont. N1H 6N3

**Cheque payable to:** *Ontario South Assembly*

**Advisor & LOC CHAIR** Debbie Pangborn  
6-1199 Reardon Blvd  
London ON N6M 1H7  
519-685-1901  
[debbieturnitover@hotmail.com](mailto:debbieturnitover@hotmail.com)

**Advisor** Jean McShane  
1405-2625 Regina St  
Ottawa ON K2B 5W8  
Phone: 613-721-8760  
[emmcshane@aol.com](mailto:emmcshane@aol.com)

**Al-Anon Family Group Headquarters (Canada Inc)**  
275 Slater Street, Suite 900  
Ottawa, ON K1P 5H9  
Phone: 613-723-8484  
[afgwss@al-anon.ca](mailto:afgwss@al-anon.ca)

**World Service Family Group Headquarters  
World Service Office**  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-05617  
Phone: 757-563-1600 Toll Free 888-425-2666  
Fax: 757-563-1655  
[wso@al-anon.org](mailto:wso@al-anon.org)  
**Website:** <http://www.al-anon.alateen.org>

**Canada Central Trustee:**  
Arlene March  
1600 Corporate Landing Parkway,  
Virginia Beach, VA 23454, USA  
Phone: 757-563-1600  
[afg@al-anon.org](mailto:afg@al-anon.org)  
1600 Corporate Landing Parkway, Virginia Beach, VA 23454, USA

### OSA Coordinators 2018-2021

**Forum Coordinator** Gwen Dinel  
11 Surrey Cres  
London, ON N6E 1T7  
519-870-0255  
[gdinell12@hotmail.com](mailto:gdinell12@hotmail.com)

**Alateen Coordinator** Wendy Cooper  
[discoveringchoices@yahoo.ca](mailto:discoveringchoices@yahoo.ca)

**Area Alateen Process Person (AAPP)** Sandy Odebummi  
22 Lancewood Cres  
Brampton ON L6S 5Y6  
416-420-0221  
[sandyod38@googlemail.com](mailto:sandyod38@googlemail.com)

**OSAAC Chairperson -- Ontario South Alateen Advisory  
Committee Chairperson**  
PLEASE CONTACT THE ALATEEN  
COORDINATOR

**Archives Coordinator** Jason Martin  
180 Olive St.  
Holland Landing, ON L9N 1M3  
416-471-9514  
[odat.jason@gmail.com](mailto:odat.jason@gmail.com)

**Group Records Coordinator** Tracey Smith  
12555 Weston Rd  
King City ON L7B 1K4  
289-356-1571  
[grprec@hotmail.com](mailto:grprec@hotmail.com)

**Literature Coordinator** Mary Ellen Barry  
836 Division Rd  
Duro-Dummer ON K9J 6Y1  
705-917-163?  
[86literature@gmail.com](mailto:86literature@gmail.com)

**Open Lines Coordinator** Colleen Kearns  
519-438-9779  
[openlinesosa@gmail.com](mailto:openlinesosa@gmail.com)

**Public Outreach Coordinator** Kristine Barden  
1382 Cobbler Lane  
Oakville ON L6M 3C1  
905-847-3550/416-802-0779  
[kristineb@cogeco.ca](mailto:kristineb@cogeco.ca)

**Website Coordinator** Rachelle Menard-LeFebvre  
321 First St E  
Cornwall ON K7H 1L2  
613-935-7690/613-360-7618  
[ontariosouthwebsitecoordinator@outlook.com](mailto:ontariosouthwebsitecoordinator@outlook.com)