Newsletter of the Greater Cleveland Intergroup Council

Al-Anon *HiLites*

September 2020

Issue 12
Volume 12

Al-Anon Services
International News
Al-Anon Family Group World Service Office
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617
Meeting Information
Visit www.al-anon.org
Cleveland Area Website
www.clevelandal-anon.org
Do you want HiLites delivered to your email?
hilites.clev.ais@gmail.com
Do you want HiLites delivered by U.S. Mail?
Call (216) 621-1381
Send All U.S. Mail Correspondence To Greater Cleveland Al-Anon, PO Box 42323, Brook Park, Ohio 44142-0323
Send literature orders to: cleveland.ohio.ais@gmail.com
Cleveland Area Office Location
14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107
The office is open! Please call ahead
Office volunteers kindly request that masks be worn

Please consider going to al-anon.org and contributing what normally you would be giving in your face to face meetings. We in Al-Anon say "contribution" because we are contributing to our own fellowship that provides us with so much opportunity for recovery!
Please see page 16 for contribution information.
Thank you for your contributions!

Al-Anon *HiLites* Policy: **Al-Anon** *HiLites* includes the experiences and opinions of Al-Anon members and others. Opinions expressed are not to be attributed to Al-Anon, nor does publication of any article imply endorsement by **Al-Anon** or *HiLites.* **Take what you like and leave the rest!**
To contact the volunteer editors of *HiLites*: please email hilites.clev.ais@gmail.com or U.S. mail to PO Box above.

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For any correspondence regarding groups or office literature requests, email cleveland.ohio.ais@gmail.com Or call (216) 621-1381.

Publisher Newsletter of the Greater Cleveland Al-Anon & Alateen Intergroup Council

Al-Anon helps you
find the missing
'Peace'

Intergroup News Cleveland Intergroup Council meets at 7:00 PM at Vincent Charity Hospital Rosary Hall Building 2nd Floor Room 203 -W 2351 East 22nd Street Cleveland, Ohio 44115

Officers & Committee Chairs

Chairperson: Betty	Office: ☆Volunteers	Alateen: Gary & Sara
Secretary: Sheila	World Service	Website: Ray
Treasurer: Merri	Public Information: Regina	HiLites: Mary Jo
	Archives: Vivian	

☆Office volunteers are: Julie C, Vivian M, Nancy H, Kathy B, Susan H & Kathleen M☆

CLEVELAND AL-ANON COUNCIL
Minutes of the Meeting of
August 21, 2020

The meeting began at approximately 7:10 p.m. with the Serenity Prayer and a reading from *Hope for Today*. The meeting was conducted via Zoom. There were 18 people in attendance. The minutes of the June 19, 2020, meeting were read. Motion was then made to accept the minutes as written.

VOLUNTEERS/OFFICE REPORT:

1. Vivian remarked that she and Nancy have been back to working at the office. Calls are also being taken remotely, and 5-6 literature orders have come in for August.

TREASURER'S REPORT:

1. Merri presented her reports for June and July. The corrected reports for June, July and August are attached to these minutes.
2. Further discussion took place in connection with background checks, and how Merri's employer previously handled these.
3. Marilyn and Merri are working together on financial matters. Merri notes that she will have the taxes done for 2019 soon and will have a report later for Council.

HILITES: Mary Jo gave her report:

1. The September HiLites are almost ready. She noted that there were several contributors this month, as well as updates on meeting times. The WSO appeal letter will be in this month's issue. She also noted that the official mobile Al-Anon app has been launched. There will be an announcement in this month's issue about that.

ALATEEN: Gary gave his report as follows:

1. Alateen is fighting to hold on this summer. We did hold a Virtual KOMIAC on July 25th with all the 4 states, Kentucky, Ohio, Michigan, and Indiana participating. That was kind of like our consolation prize but I thought the teens did a good job of putting it on. I am getting a little tired of this virus. I know our group has no place to meet so we've been getting together at the park on Tuesday nights and I don't know what we're going to do come Fall. Just trying to take things A Day At A Time. So say a little prayer for us and the other groups(including Al-Anon).
2. Ohio is hosting KOMIAC in 2021.

Hasta la vista….all. (been trying to learn a little Spanish).

Sincerely, Gary J, Alateen Cleveland (Res -440-835-8807

PUBLIC OUTREACH: Regina gave her report. She remarked that several events have been cancelled, including an event at CWRU, and the Geauga County NAMI walk-in originally set for September. The counties are doing fundraisers instead. The Triple-Threat event is on hold. She is waiting to hear about the Hope Over Heroin event. Public Outreach is looking at public service announcements at this time. Face-to-face events have mostly been cancelled for now.

GREATER CLEVELAND Al-ANON WEBSITE:

1. Things are moving along well. The July website statistics are as follows: 587 clicks, the most (170) being searches for meetings by day. Mobile phones are the most popular connection device (337), followed by desktop computers (227) and tablets (28). There were 584 clicks from the United States, two clicks from Australia, and one click from Russia.
2. Gary remarked that he is in constant contact with Ray, our webmaster, and if anyone has any questions for the website that Gary will get those to him

GREATER CLEVELAND DISTRICTS/WSO: Mary Jo gave a report as follows:

1. Mary Jo reported that the August appeal letter has gone out. She mentioned again that the "Al-Anon Family Groups" official mobile app has been launched. The app has a blue triangle with a white circle inside. She encouraged everyone to take a look.

OLD BUSINESS:

1. Criminal case – Sentencing hearing is set for September 1, 2020, at 8:30 a.m., Courtroom 18-B, at the Justice Center. Several members will be there to give comments before sentencing.
2. An office procedures manual is being prepared. Marilyn and Patty are drafting one with an eye toward recommendations suggested by Zinner & Company from their 2015 report. Merri and Marilyn are reviewing the sections of Zinner's report dealing with checks and balances. The results of their work will be presented at the September Council meeting. A budget will be looked at as well for the office and a prudent reserve will also be discussed.
3. Results of search for different banks for the office checking account – On hold.
4. Gratitude Night will not take place at St. Malachi this year, but it will be conducted via Zoom. A vote was taken on whether to do the event via Zoom, and the vote was Yes. A presentation by Stepping Stones is being considered as part of the event, being available to view before the speakers begin. A discussion then took place concerning whether to have a raffle. A vote was taken, with the vote being split 50/50 for the raffle. Further discussion to follow on this. Mary Jo will also look into using EventBrite for donations.

NEW BUSINESS:

1. Elections – Merri reminded the members that elections for officer positions will take place at the October 2020 Council meeting, and to consider nominations for these positions. At the present time, there will be no election for an office manager.

Additional Information: Regarding criminal case for Karen P. (former Greater Cleveland office manager) case # 640388– Sentencing hearing is set for September 1, 2020, at 8:30 a.m., Courtroom 18-B, at the Justice Center. Any member wishing to join in person is welcome to attend and speak if they wish. Any member who cannot attend may write a letter and send it

to our secretary Sheila C. at sheila@healthlaw.com or call the office for assistance (216) 621-1381. Proceedings are available to view and/or participate on ZOOM Meeting ID 991 283 1987 Passcode 1234. You may dial by your location 888 788 0099 US Toll-free or 877 853 5247 US Toll-free Meeting ID: 991 283 1987 Passcode: 1234.

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Greater Cleveland Al-Anon Intergroup Council

Treasure's Report

August 21, 2020

July 30, 2020

Statement Ending Balance-June	$48,701.55
Statement Ending Balance-July	$48,599.99

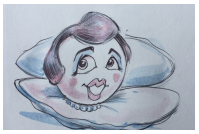
This month we had three deposits in the amount of $785.23. Included in this deposit was one electronic deposit of $34.93 which is the interest from an oil well that was donated by a deceased member.

We had two electronic withdrawals of $133.29: One for our Sales Tax in the amount of $8.95 and the other for our Internet and phone in the amount of $124.34. We had one debit of $495.00 for our rent. Our per diems for the month of July were $200.00. The expense for the per diem's were $170 because one volunteer declined the per diem.

We had 2 checks clear the bank in July. One check was our donation that we made to World Service in the amount of $250 and the other check was written to reimburse Nancy H. for stamps for mailing Hilites in the amount of $8.50.

The July literature payments were $410.65, and the July literature sales were $323.92. The donations were $339.65. We received donations from the following groups in July: Lyndhurst Wednesday Al-Anon Group, Mark J Kobak, Mary, Jo M. Westside Women's Saturday, Think Thursday, Al-Anon Saturday 4th Step, and Acceptance Al-Anon Monday at 8:00.

I am still working on the year end reports for 2019 and hope to send the financial information to our CPA before September 1st and give a full report in September 18, 2020.



Moment by moment, little by little I will grow you.

OHIO Group Representatives

Dear CMA's and AWSC members:

I hope you and your loved ones are healthy.

Saturday August 29 is the AWSC via ZOOM. District Representatives and Area Coordinators and Standing Committee Chairs attend along with the Officers. Al-Anon members are allowed to attend. They have a voice but only AWSC has a vote. To register, go to the Ohio Area Calendar.
https://ohioal-anon.org/calendar.html

In September, look on the Ohio Area Calendar for practice sessions for the ZOOM Assembly and Election on October 17-18. Also, look for ZOOM Panels on the various service positions that will be elected for the next three years.

Want to step up your program of recovery? Consider running for a position at the Area level. Refer to the AFG of Ohio Handbook and Bylaws for descriptions of these positions.

https://ohioal-anon.org/documents.html

Contact Ginny C , Chairman, chairman@ohioal-anon.org, with any questions.

Ginny C., Chair

AFG of Ohio, Inc
Carmen Irvin
Al-anon State of Ohio Secretary
cmipanel58secretary@gmail.com
(H) 330-637-4345 (C) 330-307-6414

Greater Cleveland Al-Anon Council Survey: Totally Confidential

Council Secretary respectfully requests that CMA's and other trusted servants please fill out this completely confidential survey so we have your contact information in one spreadsheet. **Non-internet members:** please call the office (216) 621-1381 and please be able to provide your full name, address, name of group, your phone # and (if possible) an email address from another group member.
https://forms.gle/MosUayxEdXHePA2o6 **Thank you so much!**

△△△From the World Service Conference △△△

Have you transitioned your face to face meeting to a phone or video meeting? Would you like to temporarily register the temporary meeting information with WSO?
Click here

Al-Anon's First Official Mobile App is Released!

Download on the App Store

GET IT ON Google Play

Mobile Guide

New Electronic Meeting Registration Form

Download It Today!

△△△From the World Service Conference △△△

- Free Downloadable Conference Approved Literature: Please click **here** to download or to see a list click **here**.
- **WSO Service positions: Resume applications can be found at https://al-anon.org/for-members/board-of-trustees/wso-volunteers/**
- Free Downloadable Service Manual: Please click **here** or type in https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/
- Below is the WSO link for online meetings. Check filters for preferred language & platform (example: English & Zoom) or click **here**: https://al-anon.org/al-anon-meetings/electronic-meetings/
- Free Al-Anon Newcomers Packet! Go to al-anon.org/welcome and put in your email address. The World Service Office will send a downloadable newcomers packet that you can forward!

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Al-Anon Family Groups

Help and hope for families and friends of alcoholics

phone: 757.563.1600
fax: 757.563.1656

al-anon.org
wso@al-anon.org

Please read at a minimum of two successive meetings so that all members may have an opportunity to participate in the Seventh Tradition

Quarterly Appeal Letter
To Individual Members in Your Group

August 2019

Dear Al-Anon and Alateen members,

The gift of desperation drove me to Al-Anon. I was searching for a way to fix my marriage, which had been severely affected by the family disease of alcoholism. As so many of you can attest, a fix for my marriage was not what I found. My survival skills were no longer working, and I needed new life skills. I found those skills in the rooms of the fellowship. Those new skills did not come cheap! I worked hard to build a better way of life for me and my family using Al-Anon's spiritual principle of abundant thinking. That work included contributing time, energy, and money to our program. I was so sick I did not even know where that money went. But I learned.

I learned about how my contributions to Al-Anon provide services to the fellowship. Our sources of revenue include contributions, *The Forum* subscriptions, investment income, and literature sales. But when I purchase a book, only a portion winds up in Al-Anon's available funds due to the cost of producing literature. *The Forum* has the same cost of production to consider. I also learned that investment income is affected by market swings.

But, *contributions!?* They are available, in full, to provide programs and services while funding our home and Staff.

I invite you to visualize the money you are adding to this envelope as it makes its way through the different departments to become a piece of Conference Approved Literature (CAL), or a social media post, or a meeting guide for a newcomer. Picture it reaching an adult or teen who is in desperate need of our message of hope.

Questions we each can ask ourselves:

~~Do I think abundantly when I put money in the appeal envelope?~~

Can I write a check to the WSO today? (By the way, yes, you can!)

Am I ready to go online now and contribute via PayPal, credit card, or bank draft?

In gratitude for all you are doing as we journey together,

Cindy K.

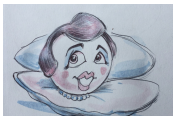
Cindy K., Treasurer
Al-Anon Member

See the reverse for "How Al-Anon Serves Your Group and You"

Contributions to Al-Anon Family Group Headquarters, Inc. or Al-Anon Family Group Headquarters (Canada) Inc. may qualify as a charitable deduction, but the WSO makes no judgment as to the specific deductibility of a contribution by any member.

The last annual financial report, filed with the New York State Department, may be inspected at State of New York, Office of the Attorney General, Charities Bureau, 120 Broadway, New York, NY 10271; upon written request to the Commonwealth of Virginia, Department of Agriculture and Consumer Services, Division of Consumer Protection, Office of Consumer Affairs, PO Box 1163, Richmond, Virginia 23218; or at al-anon.org/members.

Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617



I ask you God to remove my impulse to react.

The HiLites subscription order form

Special Message: if your HiLites is delivered is to your meeting address or you need a paper HiLites mailed during COVID-19, please email cleveland.ohio.ais@gmail.com

Price for One Year **$15** Total amount enclosed $ _____

Name _____

Address _____

City _____

State, Zip Code _____

Phone number _____

Please make checks or money orders payable to and send to:

Greater Cleveland Al-Anon
P.O. Box 42323 Brook Park,
OH 44142-0323

Telephone (216) 621-1381 Website www.clevelandal-anon.org
Email hilites.clev.ais@gmail

September 2020

SEPTEMBER= "Sincerely Examine Past Tribulations, Exhale Mistakes, Bless Everything, Rejuvenate"

STEP NINE= "Speak Truth, Empower People. Neutralize Internal Negative Expressions"

COURAGE= "Compassion, Overcome Unending Resistance, Accept Grace-filled Endeavors"

Acronyms shared by Gerri A.

AlaShare

Monthly sharing of original essays, poems, lyrics, & ideas
Members wishing to submit a share please send to hilites.clev.ais@gmail.com

Finding Joy

In my life of great busyness
I seek great pleasure and happiness
Unfortunately, my life was full of agony
Lots of unhappiness in my family.
I sought Al-Anon due to my unmanageable life
To seek serenity and the reduction of strife
I learned I could be happy whether the alcoholic is drinking or not
And started going to meetings to be taught.
A loving interchange between members is what I found
And I learned new tools which were profound
The 12 steps are a simple but powerful tool
That I had never learned in school
Powerlessness, A Higher Power, An Inventory started me on my way
In an effort to have a good day
The exact nature of my wrongs I admitted
And from the results I tremendously benefitted
Asking God to remove my character defects
Helped me in all sorts of aspects
Making a list of those I had ill-treated
Made me realize some people needed to be deleted
The first on the list was myself it is true
And more self-compassion was mine to pursue
Making Amends and admitting I am wrong is liberating
Improving relationships is what I am creating
Praying for knowledge of God's will for me and the power to carry it out
Is something with which I will never be without
I will carry this message to those I meet
And for the rest of my life, the steps I will repeat
But it all started with focusing on Me
Because my goal is to live joyfully

submitted by Judy S. Kirtland Tuesday

Alateen Corner Our Rocky River Alateen group has been meeting at Clague Park for the last few weeks (7-8 p.m.), and that is after almost a three-month layoff. There are some Zoom Alateen meetings across Ohio, and if anyone is interested in checking it out, please contact me, at g.jokela@att.net or my home (440-835-8807) or contact Sara M., for more information.

📟 **Alateens are encouraged to connect using the Alateen chat rooms at al-anon-org.**

📲📲📲📞📞📞📞 New Area Phone Meetings: 📞📞📞📞 📲📲📲

- **Sunday Triangle AFG** Sundays (978) 990-5000 access code 389413# Step Meeting 3:15 (Reaching For Personal Freedom), regular meeting 4:15, Beginners 5:15 p.m.- Please use *6 to mute/unmute.
- **Brooklyn Friday AFG** Fridays 6:15 Beginners meeting, 6:45 p.m. regular meeting. Please dial (605) 313-5879 followed by access code 455981# - Please use *6 to mute/unmute.
- **Amherst Sunday** on Sundays 7:15 p.m. (425) 436-6339 access code 711661#.
- **NE Ohio M-W-F Al-Anon** M-W-F 7 p.m. Meeting ID: 514-340-369 Password: 444126 or call in using a phone: 1 (646) 876-9923 then input meeting ID followed by the password.
- **Brownbag Serenity AFG**, Monday noon (978) 990-5000 access code 832293#. Please use *6 to mute/unmute. Dial in (978) 990-5000 access code 832293#. Please use *6 to mute/unmute.
- **Paths To Recovery AFG**, Tuesday 7:00 beginners, 7:30 pm regular meeting (978) 990-5000 access code 832293#. Please use *6 to mute/unmute. Have the book Paths to Recovery with you if possible.
- **How It Works for Adult Children of Alcoholics AFG,** Thursday 7:00 beginners, 7:30 regular. Dial in (978) 990-5000 access code 832293#. Please use *6 to mute/unmute. Have the books Hope For Today & How Al-Anon Works.

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- **Akron Al-Anon Workshops** May 2, 16 & 30 on Zoom. (9 am- 11:45 am) link
- **Westside Women's Saturday A.M. AFG** (women only): Saturday 9 a.m. on Zoom 762-519-726 **Password for both of the women's meetings is: Alanon**
- **West-side Women's Weekday PM AFG** (women only) 6:30 Tuesday on Zoom Meeting ID: 933 283 4576. Password is Alanon.
- **NorthEast Ohio Al-Anon Family Groups M-W-F Zoom Meetings at 7 p.m.** https://zoom.us or download the Zoom app Meeting ID: 514-340-369 Password: 444126 or use a phone call to 1 (646) 876-9923 then input meeting ID then password.
- **Brunswick New Day** Mondays Zoom 7:30 – 8:30 pm. Terry Z. spiritery5@gmail.com
- **Sunday Sharing AFG** Lyndhurst 7:30 pm Please contact this email for ZOOM info: afgsundaysharing@gmail.com
- Middleburg Wednesday, 8 pm Wednesdays (formerly at Brook Park Community Church, 16845 Holland Rd. Brook Park, OH) is now a Zoom meeting. Meeting ID: 836 2937 0767
- The 5 a.m. **New Day AFG** and the 6:15 Early Birds AFG (a.k.a Kitchen Table) meetings are both at **(712) 432-8818 8888#**. Alternative 5:15 a.m. same # this code 8889#.
- **New Zoom Meeting!** Friday AM West AFG Zoom meeting every Friday at 9:30 -10:30 a.m. Meeting ID: 861-7752-0277 Password: 022457 Call In: 1-646-876-9923. Press *6 to mute and press *6 to unmute.

Meeting Face to Face

Groups meeting face to face with safety protocols (face masks & social distancing):
If the facility or church where a group meets has safety protocols please follow them.

1) **Wear Masks**
2) **Maintain social distancing of six feet or more**
3) **Bring your own chair, books, refreshments & exact change for the basket**
4) **In case of rain, we will meet in cars on the phone (not all groups).**

Brunswick New Day AFG, Monday 7:30 St. Mark's Lutheran Church, 1330 North Carpenter Rd, Brunswick has a live meeting and also a concurrent Zoom. Send email to: spiritery5@gmail.com

Courage to Change AFG Monday 7:30 pm has resumed face to face at Pilgrim Lutheran Brethren Church 9514 Johnnycake Ridge Rd. Mentor OH 44060. Call in is also simultaneously available: 425-436-6345 access code 182048#. Beginners Welcome!

Acceptance AFG, Monday 8 pm BRC (Bainbridge Recovery Club) 8231 Washington St, Chagrin Falls, Ohio.

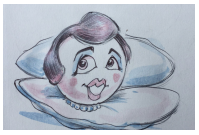
Paths To Recovery AFG, Tuesday 7:00 beginners, 7:30 pm regular meeting F2F is at Pilgrim Congregational UCC, 2592 W. 14th St. (Tremont). You may also call in at (978) 990-5000 access code 832293#. Please use *6 to mute/unmute. Have the book Paths to Recovery if possible.

Release and Hope AFG Wednesday evening @ 7:00 in Bay Village at Huntington Park, by Huntington Theatre. Social distancing is being practiced.

Solon Charity Al-Anon Family Group (10 a.m. Thursdays) has resumed in-person meetings outdoors under the shady trees at the Solon Community Church, 33955 Sherbrook Park Drive. Bring a folding chair. Large church fellowship hall is available in case of rain. Literature available. We welcome newcomers!

New Day AFG Thursday 7:30 p.m. is meeting in person in the parking lot. The meeting is at St. Angela's, 20970 Lorain Avenue, Fairview Park. Social distancing is being practiced.

Suburban West Tuesday evening 7:30 p.m. is meeting outsideat Rocky River Presbyterian Church, 21750 Detroit Avenue, Rocky River, Ohio. Social Distancing is being practiced.



Didn't cause it

Can't change it

Can't cure it

I am capable of making my own decisions.

Greater Cleveland Al-Anon Meeting Cancellation List

The list is being updated as fast as volunteers can receive the information. Please email hilites.clev.ais@gmail.com or call Greater Cleveland Al-Anon Office **(216) 621-1381. For up to date cancellations, click here.**

Cancelled Conventions & Events:

- **Road Trip** October 31, 2020 WSO Board of Trustees were coming to Cleveland, OH.

Rescheduled Conferences & Workshops:

- **Tri-State Assembly**, AA conference with Al-Anon participation from OH-PA-NY held at Chautauqua, NY, regrets to announce **cancellation** of this year's conference scheduled for the weekend of September 25-27, 2020. We look forward to seeing you next year at the conference planned for the weekend of September 24-26, 2021.
- **Sharing and Caring Spring 2020** Sat. -Sun. May 2 - 3, 2020 is **cancelled.** Contact Jane at 419-320-7083 or smalleyjcsmalley@aol.com for registration refunds. Re-registration is needed for the **newly rescheduled dates** (November 7-8, 2020).
- **The Rookery Workshop** scheduled for September 19, 2020 has been cancelled.
- **Fall Into Serenity Conference** September 25-26-27, 2020 (Amish Door Inn in Wilmot, Ohio) has been cancelled. The District 48 Fall Into Serenity Conference has been **rescheduled** for September 24-25-26, 2021. Mailing list requests will be taken at fallintoserenity@neo.rr.com.
- **OAR at Salt Fork October 2,3 &4** will be virtual - more information will be sent later.

Cancelled Meetings:

- **Sunday**
  - **Sunday Serenity Circle AFG** Sunday 4 p.m. Unitarian Universalist Congregation of Cleveland, 2728 Lancashire Rd. Cleveland Hts.
  - **Sunday Triangle AFG,** Sunday 4:00 p.m. Brookpark Community Church, 16845 Holland Rd., Brook Park, OH
  - **Chagrin Falls Discussion AFG** Sunday 7:00 p.m. Bentleyville Town Hall, 6253 Chagrin River Rd.
  - **Amherst Sunday Nite AFG** Sunday 7:30 p.m.Good Shepherd Church, 1100 Cleveland Ave. Amherst, OH face to face meetings have been suspended and temporarily changed to a phone meeting format. The number is (425) 436-6339 and the access code is 7116611. Dial the #, enter access code followed by #. Please call in about 7:15
- **Monday**
  - **Sunrise Serenity AFG** Monday 7 a.m. Beginners 8 a.m. St. John's Cathedral, 1040 Superior Ave. downtown Cleveland.
  - **Monday Sunshine AFG,** Monday 9:30 a.m. Willoughby Methodist Church, 15 East Spaulding Street, Willoughby.

- **Serenity Brownbag AFG,** Monday 12:05 p.m.St. John's Cathedral, 1040 Superior Ave. Dial 978) 990-5000 access code 832293#. Please use *6 to mute/unmute. Cleveland.
- **Courage To Change AFG** Monday 7 p.m. Beginners, 7:30PM regular meeting at Pilgrim Lutheran Brethren Church Mentor is cancelled until further notice due to the coronavirus pandemic. Please check back often for updates. Stay safe and be well.
- **Parma Heights Just For Today AFG**, Monday 7 p.m. Parma South Presbyterian Church, 6155 Pearl Rd. Parma Hts.
- **Lyndhurst Monday AFG** Monday Beginners Meeting at 7:30 p.m. regular meeting at 8 p.m. Messiah Lutheran Church, 5200 Mayfield Rd., Lyndhurst.

- **Tuesday**
  - **Circle Of Hope AFG**, Tuesday 9:30 a.m. Lyndhurst Community Presb. Church, 5312 Mayfield Rd., Lyndhurst.
  - **A Spiritual Awakening for Adult Children of Alcoholics AFG,** Tuesday Beginners 12:30 & 1 pm Rockport Branch Cleveland Public Library, 4421 West 40th St., Cleveland.
  - **New Hope AFG** Tuesday 1:15 pm Bay United Methodist, 29931 Lake Rd. Bay Village, cancelled until further notice. Thanks.
  - **Euclid Tuesday AFG** Tuesday 7:30 p.m. at Church of the Epiphany 21000 Lakeshore Blvd. Euclid.
  - **Kirtland Tuesday AFG** Tuesday 7:30 pm Old South Church, 9802 Chillicothe Rd. Kirtland, is a closed meeting pending further notice due to the coronavirus as we practice "this too shall pass".
  - **4th Step Tuesday AFG** Shaker Hts. Tuesday 7:30 p.m. Unitarian Church, 21600 Shaker Blvd. Shaker Hts.
  - **Expect A Miracle AFG** Tuesdays 8 p.m. 7171 Pearl Rd, door 5, Middleburg Heights.
  - **Suburban West AFG** Tuesday 8 p.m. Rocky River Presyterian Church, 21750 Detroit Ave. Rocky River.
- **Wednesday**
  - **Lyndhurst Wed. A.M. AFG**, Church of the Good Shepherd, 23599 Cedar Rd. between Green & Richmond. Lyndhurst.
  - **Faith, Hope, and Love AFG** Wednesday 9:30 a.m. United Methodist Church, 15700 Detroit Ave. Lakewood.
  - **Amherst West Side Serenity AFG,** Wednesday 7:30 p.m. at Amherst United Methodist Church, 396 Park Ave. Amherst.
  - **Heights How It Works AFG** Wednesday 8 p.m. South Euclid Community Center, 1370 Victory Dr. South Euclid.

- **Thursday**

- **Lakeshore Thursday AFG** Thursday 12 noon East Shore United Methodist Church, 23002 Lakeshore Blvd. Euclid.
- **New Hope AFG** Thursday 1:15 p.m. Lakewood Presyterian Church, 14502 Detroit Rd. Lakewood.
- **Living With Hope AFG** Thursday 7 p.m. Trinity Lutheran Church, 6345 Chapel Rd. Madison.
- **Al-Anon How It Works for Adult Children of Alcoholics AFG** Thursday 7:00 beginners, 7:30 regular meeting Dr. Martin Luther Church, 4470 Ridge Rd, Brooklyn. Dial in (978) 990-5000 access code 832293#. Please use *6 to mute/unmute.
- **Al-Anon: How it Works for Adult Children of Alcoholics AFG** Thursday Beginners Meeting At 7:00 pm, regular meeting at 7:30 pm Dr. Martin Luther Church, 4470 Ridge Road Brooklyn, Ohio.
- **Burton Thursday AFG** Thursday 7:30 p.m. Burton Congregational Church, 14558 W. Park Ave. We are canceling our meeting until further notice, due to the COVID-19 virus and encouraging members to do online meetings. Thank you.
- **Make A Better Day AFG,** Thursday 8 p.m. at Mary Queen of The Apostles 6455 Engle Rd. Brook Park is closed until June.

- **Friday**
  - **Friday A.M. West AFG** Friday 9:45 a.m. Rockport UMC, 3301 Wooster Rd. Rocky River.
  - **Brooklyn Friday AFG** Friday 6:15 beginners, 6:45 p.m. Brooklyn Reformed Church, 9014 Biddulph Rd. Brooklyn new phone meeting (605) 313-5879 access code 455981# Please join us - either as a silent listener or as participant
  - **Cleveland Family of Choice AFG** Friday 7:30 p.m. West Park United Church of Christ, 3909 Rocky River Dr. Cleveland.
  - **Friday Freedom AFG** Friday 8 p.m. Center for Pastoral Leadership, 28700 Euclid Ave. Wickliffe.
- **Saturday**
  - **Westside Women's Saturday A.M. AFG** Saturday 9:00 a.m.Bethany Presbyterian Church, 6415 W. Clinton Ave. (women only) Cleveland. See new electronic meetings.
  - **Saturday Fourth Step Journey AFG**, Saturday 10 a.m. St. Paul Episicopal Church, 2747 Fairmount Blvd. Cleveland Hts.
  - **Willoughby Fourth Step AFG** Saturday 10 a.m. Body of Christ Community Church Willoughby 30857 Erie Rd. Willoughby

Please be advised that any event may be canceled at any time!

For up to date cancellations, please click here or go www.clevelandal-anon.org.

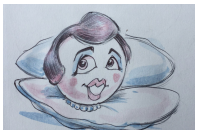
Al-Anon Adult Children Thirst for Wisdom! 💦

Two new Al-Anon Adult Children groups (A Spiritual Awakening for Adult Children of Alcoholics AFG and How It Works for Adult Children of Alcoholics AFG) have heard the Experience, Strength, and Hope of 3 Speakers in the past few months as well as that of others who have been attending weekly. Thank you for sharing.

photo by Mary Jo M.

Both of these groups welcome anyone affected by someone else's drinking, as well as anyone interested in learning about Al-Anon Family Groups. After all, that is how many of us, including me, first came to the program wondering if it could help me. Can it help you? Drop by and try some meetings, work the Steps around your adult children issues. A longtimer told me several weeks ago; she tells people if it doesn't work for you, we will gladly refund your misery.
How It Works for Adult Children of Alcoholics AFG, Thursday 7:00 beginners, 7:30 regular. Dial in (978) 990-5000 access code 832293#. Please use *6 to mute/unmute.

The **Daily 11 a.m.** number and pin is **1-712-432-8808 Pin Code 2287#**. Sunday is the Group Inventory "study," The Monday meetings uses "From Survival To Recovery," Tuesdays is a 4th Step meeting, Wednesdays the topic is the Al-Anon Slogans, Thursdays the topic is Boundaries and Detachment, Fridays we use Opening Our Hearts, Transforming Our Losses, and Saturday is the Seekers of Serenity Speaker Meetings. If there is no speaker, the group simply chooses a topic. **There are also seven autonomous 6 a.m. meetings at 1-712-432-8808 Pin Code 2287#.**



Poise, Dignity, and Grace

Gentle, Tender, Soft, Quiet

Hello Friends! **August 22, 2020**

I hope this finds you all well and enjoying the last weeks of summer. Below is the latest news in Public Outreach:

- **The Al-Anon app was finally released and is available in the apple and google play stores! As with all new things, the app launch has not been without challenges. Members have reported challenges in creating user names acceptable to the app and delays in receiving a confirmation email. WSO is working through the issues and has provided a guide to the app at: https://al-anon.org/for-members/members-resources/mobile-app/mobile-app-guide/**

- **WSO is still working on a plan to re-release the PSA's shared with the media last year. Once that is complete, they will provide a list of the stations that receive them so that we can encourage members to watch/listen, and reach out to their local stations with their thanks and encouragement to continue playing the PSAs.**

- **September is National Recovery Month, so now is a great time to reach out to organizations that interact with individuals who may be impacted by another's drinking. Groups can:**

  - **Distribute bookmarks or Al-Anon Faces Alcoholism to:**

    - **Colleges, school districts, guidance offices**
    - **Barbers and beauty salons**
    - **Police and fire stations**
    - **Libraries**
    - **Mental health providers**
    - **Treatment centers and hospitals (if accessible)**

  - **Contact local radio and TV stations and movie theatres to ask them to play the Al-Anon PSAs. I've attached both a Word and PDF version of a document that lists the TV stations that received PSAs last year (& notes which aired them), along with suggestions for contacting stations and theatres to request that they air the PSAs during National Recovery Month.**

As always, I would love your thoughts on things we could be doing in our area to support public outreach. Until next time…

Sheri Bogardus

Public Outreach Coordinator

513-252-4703

swbogardus@gmail.com

Two PSAs versions are available in 15/30/60 seconds at:
https://al-anon.org/media-kit/public-service-announcements/

TV/RADIO Stations:

WSO contracted with an organization to send out Broadcast quality hard copies of these PSAs to 1000 radio stations and 1000 TV stations in U.S. and Canada in 2019. Unfortunately station specific radio reporting is not currently available, but below is a list of the TV stations in Ohio that received PSAs in 2019 (and the number of times the PSAs were aired):

FOXSPORTS - Broadview Hts (Played 518x)
WGGN-TV - Castalia
WKRC-TV - Cincinnati
WXIX-TV - Cincinnati
WCPO-TV - Cincinnati
WLWT-TV - Cincinnati
FOX SPORTS - Cleveland (Played 264x)
WJW –TV - Cleveland
WKYC-TV - Cleveland
WEWS-TV - Cleveland
WOIO-TV - Cleveland
WUAB-TV - Cleveland
WBNS-TV - Columbus
WSYX-TV - Columbus
WTTE-TV - Columbus
WWHO-TV - Columbus
WCMH TV - Columbus
WBNX-TV - Cuyahoga Falls
WHIO-TV - Dayton
WDTN-TV - Dayton
ELIO TV – Lima (Played 176x)
EOHL DT – Lima (Played 167x)
WLIO-TV - Lima (Played 112x)
WOHL-TV - Lima (Played 142x)
WTLW-TV - Lima
WMFD-TV - Mansfield
WKEF-TV - Miamisburg
WRGT-TV - Miamisburg
WBDT-TV DAYTON CW - Moraine
WSFJ TV - Newark
WNWO-TV - Toledo
WLMB-TV - Toledo
WTVG-TV – Toledo
WTOL-TV WUPW-TV – Toledo
WUPW-TV - Toledo
WVPX TV – Warrensville Heights
WFMJ-TV - Youngstown
WKBN-TV - Youngstown
WYTV-TV - Youngstown
WHIZ-TV - Zanesville

LITERATURE ORDER FORM

Al-Anon Family Group Headquarters, Inc. - World Service For Al-Anon and Alateen

CONFERENCE APPROVED LITERATURE (CAL) - RECOVERY & SERVICE MANUALS

This Order Form is available online at clevelandal-anon.org

Greater Cleveland Al-Anon Literature Distribution Center will open in July. Send literature orders to: cleveland.ohio.ais@gmail.com. Literature order form click please here

We now have literature pick up at the Lakewood office! Please call ahead.

Lakewood Monday Night Live 59th Anniversary

August 31, 2020 7:30 p.m.

AA lead Folly P. Al-Anon Maureen K Meeting ID # 844 8760 Password: afgmon

Or dial in (312) 626-6799 (Chicago) Use above Meeting ID and password 716558

Sharing 7th Tradition With the Three Arms of Service

Contribution Information Your Group's Gift to Al Anon

For All Contributions: Please include your group # (found on the meeting PDF on our website) on the check memo line!

- **How to contribute to Greater Cleveland Al Anon Office:**
  - Please send checks made out to: Greater Cleveland Al-Anon PO Box 42323, Brook Park, OH 44142-0323
- **How to contribute to Ohio Area Assembly:**
  - Make all checks payable to **AFG of Ohio** and mail to: AFG of Ohio, Inc. PO Box 524 Columbiana, OH 44408-0524
- **How to contribute to Alateen:**
  - Make Checks payable to: Cleveland Alateen PO Box 42323 Brook park, Oh 44142-0323
- **How to contribute to WSO:**
  - Make checks to AFG Inc. & send to Al-Anon Family Groups Inc. 1600 Corporate Landing Parkway Virginia Beach VA 23454-5617 or at al-anon.org.

Please Announce at meetings: downloadable newcomer's packet at al-anon.org/welcome

Non-Internet Newcomers: To request a paper newcomers packet mailed to you, please leave your address with the Al-Anon office (216) 621-1381

Also free downloadable service manual: https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/

Greater Cleveland Intergroup Council Gratitude Night

Friday 11/6/2020 Virtual Stepping Stones & Virtual Gratitude Night

Stepping Stones Virtual Tour (summer home of Bill & Lois Wilson, AA and Al-Anon co-founders):

The presentation uses about 100 images from the property and archive and is live, narrated and features Bill, Lois, their families, their friends, their homes, and their correspondence. There is no fee. The presentation is in lieu of "door opening & fellowship" from 6:30 - 7:15 p.m.

Our speakers are a recovering family from Louisville, KY: Anna H. (former Alateen, now Al-Anon) Sherry H. (Al-Anon), and Bruce H. (AA)

Schedule of Events:

6:30-7:15 Stepping Stones tour (narrated -no fee - open to all)
7:15-7:30 answering questions & admitting participants,
7:30 welcome, 12 Steps & Traditions, ODAT reading 1/6
7:45-8:50 three Speakers (write comments & gratitude in the chat)
8:50 closing & prayer

Meeting ID is 863 9482 8658#. Or dial by phone 929-205-6099 followed by the meeting ID.

△△△△△△△△△△Downloads From WSO △△△△△△△△△

➢ some sample chapters of CAL:
https://al-anon.org/for-members/members-resources/literature/feature-publications/

➢ a variety of free downloadable pamphlets & info:
https://al-anon.org/for-members/members-resources/literature/downloadable-items/

➢ a slogans page:
https://al-anon.org/for-members/members-resources/literature/al-anon-slogans/

➢ the New Members Blog which is also available for use for any Al-Anon meeting.
https://al-anon.org/for-members/members-resources/member-blog/

➢ excerpts from the Forum: "The Forum" Magazine Stories
https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/

➢ the 2020 Al-Anon Faces Alcoholism magazine:
https://al-anon.org/for-members/members-resources/literature/magazines/afa-magazine/

Akron Intergroup Zoom Step Workshops

hosted by Irena H.

5 & 6 - Support & Boundaries; - September 12th, 9 am till 11:45 approx

7 & 8 - Self-supporting & Non-Professional; October 10, 2020

9 & 10 - Responsibility & Opinions; November 14, 2020

11 & 12 - Anonymity & Principles; December 12, 2020

Log-in starts at 8:45; duration 9 a.m. 0 11:45 a.m. (2 hrs 45 min approx.)

Join Zoom Meeting

https://us02web.zoom.us/j/81356351017?pwd=aUF4WThuWjljLytLbnlEekJKWjlrZz09

Meeting ID: 813 5635 1017

Password: 010355

One tap mobile

+19294362866,,81356351017#,,,,0#,,010355# US (New York)

+13017158592,,81356351017#,,,,0#,,010355# US (Germantown)

Dial by your location

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 813 5635 1017

Password: 010355

Find your local number: https://us02web.zoom.us/u/kdG7ENsGCG

48TH OHIO AL-ANON ROUND-UP HAS GONE VIRTUAL

Join us for *Peace, Love and Serenity* on October 3, 2020 | 9 AM - 5:30 PM

The Virtual 1-Day Round-Up will take place via Zoom.

Registration is FREE! Click Here to Register.

Agenda:

9 AM: Welcome and Zoom Intro
9:30 AM: Becoming one with my higher power
10:30 AM: Panel 1 - Serenity Is
11:15 AM: Panel 2 - Peace With My Past
Break for Lunch
12:30 PM: Welcome Back
12:45 PM: Breakout: Intimacy
2:00 PM: AA lead (Jess S.)
3:00 PM: Breakout: From emotionally driven to spiritually guided
4:10 PM: Al-Anon lead, Sam V. (New Hampshire)
5:15 PM: Round-up Committee Wrap Up
Zoom will remain open for fellowship, entertainment and fun until 8 PM.

If you'd like to make a donation, here's how:

- During Registration (fees apply)
- Venmo (No fees, click link)
- Paypal (no fees, click link)
- MAIL (check/money order): O.A.R. Group, P.O. Box 604, North Olmsted, Ohio 44070

George & Freddies Tapes will audio record Round-up speakers. The entire Round-up will be available as digital downloads, CDs, or USB Flashdrives for $20.00. gftapesonline.net

Questions? Contact the Committee:
Email: oargroup1@gmail.com
Phone: 440-669-3277
Web: http://bit.ly/OhioAl-AnonRoundUp
Facebook: @Steps2Serenity

AL-ANON
for families & friends of alcoholics