APRIL 2023 ISSUE 42

Al-Anon Hi-Lites

Newsletter of the Greater Cleveland Intergroup Council

TAKE WHAT YOU LIKE AND LEAVE THE REST

Email fliers prior to the 20th of the month before to hilites.clev.ais@gmail.com

Al-Anon helps you find the missing

'Peace'

Cleveland Al-Anon Information Services

serving the Greater Cleveland Area

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 to Greater Cleveland Al-Anon 14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107 Send literature orders to: cleveland.ohio.ais@gmail.com or call the Cleveland Area Office Location at (216) 621-1381

Cleveland Officers & Committee Chairs

Trusted servants

Chairperson: Sydney P, Alateen: Gary J
Secretary: Elizabeth S, Website: Carolyn P
Treasurer: Patty D, Public Outreach: Regina F
HiLites: Janice K, Zoom Host: Hernan, Liaison: Mary Jo M
Office: Julie C, Vivian M, Nancy H, Susan H, Kathleen M, Patti S
Thank you to all who serve, have served and who will serve.

GREATER CLEVELAND AL-ANON INTERGROUP COUNCIL

Minutes of the Meeting of
March 17, 2023

Zoom log in information: Meeting ID is 847 9751 3760 or dial by phone 312-626-6799 followed by the meeting ID.

The meeting opened at 7:00 p.m. with the Serenity Prayer and a reading from CTC. The meeting was conducted via Zoom and 23 persons were in attendance.

1. **MINUTES**:
   The secretary summarized minutes of the February 17, 2023, meeting that were sent previously to council members via email and shown on-screen for those present to read. The minutes were approved by consensus with inclusion of the following under Sydney's presentation: A question was asked about whether the bylaws need to be updated.

2. **OFFICE**:
   Nancy reported that the office is running well. Vivian ordered *Reaching for Personal Freedom,* which has been out of print. She also ordered 6 more service manuals as the last 12 were sold.

3. **TREASURER**
   Patty D. reported that background checks were completed on Sydney and Liz and she will arrange a time to have them sign new signature cards. She also presented the annual overview of finances for Fiscal Year 2022. (See attached report)

4. **HILI/TES**
   Janice requested input on reducing the size of the *HiLites* which is running about 15 pages. Nancy expressed concern that the $15 subscription cost barely covers the mailing cost. Suggestions include decreasing repetition of reports between the minutes and newsletter; omitting the meetings list; and increasing the subscription cost to $20. The group decided that Janice, as a trusted volunteer, could decide how to eliminate repetition. Nancy will survey the few hardcopy subscribers for their opinions on what they would like to see.

5. **ALATEEN**
   The Ohio Spring Alateen Rally is still being held on 4/15/23 at Faith Lutheran Church, 2726 W Market St, Fairlawn, 10-3pm. All Alateens and Sponsors, and anyone interested in finding out about the Alateen Program are invited to attend. COST IS FREE and a LUNCH is provided.

   Last month I attended a Zoom Meeting on the KOMIAC Conference that is being hosted by Kentucky Alateen this year. I was hoping to get more information as to where and what dates. As of last month, a college has not been picked or firm dates known. I will be attending another Zoom meeting March 19th. More Info will follow. Thank you for your support.

   Gary noted that the Alateen groups are struggling to recover after the pandemic. KOMIAC is struggling too. Allison is working with Gary to complete her application to be a new

Alateen leader.

6. **WEBSITE**
Since the January meeting, six meeting updates have been made and seven upcoming events have been added to the website.

Stats for January and February:
- 1,644 total users
- Average time on site: 2:13
- Acquisition:
  - Search: 1,009
  - Direct: 512
  - Social: 11
  - Referral: 8
- Most Popular page: Meetings by Day
- Tech:
  - Mobile: 1,070
  - Desktop: 523
  - Tablet: 58

Finally, Carolyn P. will be stepping down from website duties as of June 1, 2023. Before June, she will compile a small library of guides for managing the site.

Discussion followed on how group information is updated when changes occur. Groups need to complete a change form request that is available on the WSO website: https://al-anon.org/for-members/group-resources/group-records/. Vivian recently updated a binder of all the groups in our area for the office. It was suggested that groups check the website withing 3 weeks to see if the changes have been made.

7. **PUBLIC OUTREACH**:
No report.

8. **DISTRICTS / OHIO AFG LIAISON**:
The AWSC is April 1st at Beech Lodge in Reynoldsburg, Ohio. Hoping all Cleveland area DR's will attend! The reports have been emailed by the chairperson. Please direct any questions groups have to your DR. The Spring Assembly is May 13th in Westerville OH.

News this morning from the WSO. I have heard there are Groups that moved to the Global Electronic Area (GEA), that wish to return to the Ohio Area. Here is the information from WSO and a link to the form to start that process. Once the GEA has released a Group, you may petition the Ohio Area (see Handbook, page 3, Section II), to join the Area. Also included is info on the new Electronic Group search function from Scott Powers, Associate Director, Brand Communications:

"We are excited to share that the two forms to transfer electronic groups between the Global Electronic Area (GEA) and geographic areas were posted last Friday, March 10. You can find them here. There are two forms: One to transfer from the GEA to a geographical Area, and the other from a geographical Area to the GEA.

Also on Friday March 10, we published our NEW Global Electronic Meeting Search. You can find the new search on al-anon.org by clicking on *Meetings* and then Electronic *Meetings*. Right away, you'll notice the first meeting listed will have either just started or be about to start. Isn't that awesome! The time listed reflects your local time zone because the search picks up this information from your computer/mobile device. Thankfully, this means newcomers and members no longer need to calculate meeting start time based on the group's originating time zone. Anyone, anywhere can join with the click of a mouse when it is most convenient for them. You will also notice a simple guide, which emphasizes that, in keeping with Al-Anon's Twelve Traditions, all groups agree to welcome newcomers and members at any meeting regardless of the Attendee listed. The search also includes a few definitions based on frequently asked questions." As always, if you have questions, please let me know."

9. UNFINISHED BUSINESS

a. A volunteer is still needed to complete the annual insurance renewal.

b. Hernan explained the WSO's IVR (Interactive Voice Response) system and that the IVR does not match what's on the website, so that people are sent to a physical address when the meeting is on-line. He will continue to follow-up with WSO.

c. Betty transferred $30K of the smaller CD to NYB at a 4.45% rate for 14 months. The Interest of $872.82 was placed into the checking account.

d. Mary Jo volunteered to print out the latest records for our area that the state has. Nancy & Vivian felt this was a good idea so that we could compare the state records with the office records. The cost would be about $30. A vote was taken and all were in favor of doing this. Donna will contact Mary Jo about this.

10. NEW BUSINESS

a. Sydney proposed that the Council purchase enough hard copies of the new Al-Anon/Alateen Service Manual for all the groups. One questioned whether this was a move to control and manipulate groups to get more attendance at the council. It was noted that groups are autonomous and it is not the Intergroup's responsibility to support the AFGs. Several noted that our records are not up-to-date and we may not have the correct information on where to send the manuals. It was also noted that some groups are electronic and don't have a mailing address; however, they can use the on-line manual. Hernan noted how helpful an old copy of the manual was when he first started in Al-Anon and that this would provide a service to our groups.

Two questions were proposed: 1) Should the Council spend the money to buy the manuals? And 2) What would be the process for distributing them?
A vote was taken on #1 and 13 were in favor, 6 against, and 1 abstained. (several people had left the meeting by this time)

Alesha, Jolene, and Ramona volunteered to work on the process and will report back at the next meeting.

b. As AFGs drive Al-anon, Sydney asked that GRs and DRs ask their groups for ideas on improving Al-Anon.

c. Sydney noted that the Intergroup hosted a local service conference the last few years. Mary Jo organized one on the Steps last year. She asked is someone would volunteer to organize a one-day meeting.

d. Sheila reserved the spot for the summer picnic. She thinks Regina will help her organize it.

A motion was made to adjourn the meeting and seconded. The meeting was adjourned by unanimous agreement at 8:46 p.m. following the Al-Anon declaration.

The next meeting will be Friday, April 21 at 7:00 p.m.

Respectfully submitted,

Liz S., Secretary

UPCOMING EVENTS

The Ohio Area needs volunteers to help with the possibility of a hybrid meeting. Without tech volunteers, the AWSC and the Spring Assembly will be in person only. Last, but certainly not least, we need a Registration Chair for these meetings, and a local committee chair for the AA Convention in Fairborn, OH on August 11-13.

April 1, 2023	Spring AWSC meeting (District Reps) Beech Maple Lodge (in Black Lick Woods) 6975 E Livingston Ave Reynoldsburg, Ohio 43068 Black Lick Woods Map
April 15, 2023	Alateen Spring Rally Faith Lutheran Church 2726 West Market St. Fairlawn, OH 44333
April 20-23, 2023	World Service Conference (WSC), Virginia Beach, VA
May 13, 2023	Spring Ohio Area Assembly (Group Reps) Spring Hollow 13 W Main St. Westerville, OH 43081
June 29-July 2, 2023	Al-Anon International Conference, Albuquerque, NM Early registration is open for Al-Anon International Conference Registration prior to May 10 is $200. After May 10 registration is $225. https://al-anon.org/wso-events/2023-al-anon-international-convention/
August 11-13, 2023	AA Convention Fairborn, OH

From Ohio Area

Liaison Report

Reminder, our Spring AWSC will be in person on April 1, 2023 at Beech Lodge in Reynoldsburg, Ohio. Please send your DR or a proxy to the meeting! Rose and Ann will also be doing an in person orientation the morning of that meeting.
Spring Assembly will be Spring Hollow W. Main St. in Westerville, OH 43081. The Ohio Area has purchased 50 booklets “P24 AI-Anon and Alateen Groups at Work”, so first 50 attendants receive one for free. Rose and Ann will also be doing an in person GR orientation the morning of that meeting.

The new paper Service Manual is available to order, on the WSO website!
The Fall AWSC projected date is August 19, 2023. The meeting will be at:
Just North Congregational Church 2040 West Henderson Road Columbus Ohio.

The Ohio Area continues to need volunteers: tech support, registration chair, and archives coordinator. Also please be aware that once every three years elections are coming up at the Two Day Fall Assembly (October 2023 - exact date TBA). The next AlaNews coming to your email from alternate delegate Rose R will contain a brief synopsis of each elected position. Think about taking a three year turn to give back to the program that has given so much!

Acronyms shared by Gerri A.

2023 APRIL = “ Assess Perspective, Re-evaluate Inventory, Limitless.

STEP FOUR= “Strategically Target Embracing Principles. Focus On Understanding Responsibility”

Limitless= “Loosen Identifying Mindset, Imagine Trusting Life’s Serendipity & Support”

~ Gerri A. 2023

Public Outreach

Hello Friends!

If you hear a station play our PSAs, please reach out to them to thank them and encourage them to continue to air the PSAs. If you heard other stations air the PSAs in the past, but have not heard them recently, encourage them to air the PSAs throughout the year.

If stations inquire about airing the PSAs, most radio stations can access our PSA through the PSN Bank. If they don't have access to the PSN bank, they can send their contact information including the Station call letters, contact name, number and email address to media@al-anon.org and the Al-Anon PSN will get them access to the radio PSAs. Small TV stations, colleges, school districts, community organizations, and other non-media related groups can access and feel free to share the 15 second, 30 second, and 60 second video PSAs on the Al-Anon YouTube channel.

Other District and Group Level Opportunities
There is much we can do individually to reach individuals and professionals in our own communities, including:

- Resharing Al-Anon's social media content if you are comfortable with it.
- Using the public outreach resources published on the alanon.org public outreach page at: https://al-anon.org/for-members/public-outreach/.
- Emailing our contactless flyer to professionals and organizations in your district.
- Using our printable wraps for distributing Al-Anon Faces Alcoholism to professionals or groups
- Adapting our public outreach posters for use locally.
- Using our printable contact cards to share your contact information with newcomers or professionals
- Emailing electronic materials to professionals and organizations. Materials can be downloaded at no cost at:
  - https://al-anon.org/for-members/members-resources/literature/downloadable-items/
  - https://ecomm.al-anon.org/ICommerce/Shop/ICommerce/Store/StoreLayouts/Home.aspx
- Mailing or dropping off print materials where appropriate.

As always, I would love your thoughts on things we could be doing to support public outreach across our area.

PUBLIC OUTREACH ZOOM COLLABORATION MEETING

Join me on Zoom on the last Wednesday of every month at 7 pm to discuss all things public outreach related.

I hope you will join me for our next Zoom meeting on Wednesday, April 26th at 7pm at:

https://us02web.zoom.us/j/88488409759?pwd=S2F2eXUyeURLOERHMjBCU3RzNDlRUT09

Zoom ID: 884 8840 9759
Passcode: Outreach

One tap mobile:
+16469313860,,88488409759#,,,,*85615428# US

Hope to see you there!

Sheri Bogardus
Ohio Public Outreach Coordinator
513-252-4703
swbogardus@gmail.com
www.ohioal-anon.org

AlaShare

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

submitted by Janet H., Faith Hope and Love Wednesday at 9:30 AFG
I'm a grateful, active recovering member of Al Anon.

My intention for 2023 is Reflections. I've recently retired and plan to enjoy some traveling. I like to attend meetings while I'm away.
Always warmly welcomed.

Alateen Corner

Happiness is Alateen AFG 63401 D47 Tuesdays at 8 pm. has moved location - West Shore Unitarian Church, 20401 Hilliard Blvd. Al-Anon mtg. same time, but separate.

Indy Alateen AFG Wednesday 7 pm at Lutheran Concordia Church 6705 Brecksville Rd. Brecksville. Al-Anon meeting at the same time but separate

Sunday Alateen Sharing AFG 30717037 D38 Sunday 7:30 pm Church of the Good Shepherd 23599 Cedar Road Lyndhurst.

Alateen Report

Ohio Alateen will hold a **Spring Rally**, April 15th, 10am-3pm, at Faith Lutheran Church, 2726 W Market St, Fairlawn Oh 44333. Any Alateen and any Sponsor or ***any adult interested in Alateen Sponsorship*** is welcomed to attend. Cost is **FREE** and a lunch will be provided.
KOMIAC this year is being hosted by Kentucky Alateen. The date has not been announced but is usually the last full weekend in July. More details to follow.
Respectfully, Gary J Cleveland Area Alateen Coordinator

AMIAS

Al-Anon Member Involved in Alateen Service

Want to serve as an AMIAS? (Al-Anon Member Involved in Alateen Service)

Alateens can benefit from your service as an AMIAS (Al-Anon Member In Alateen Service) *"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"*

Let me introduce myself to you, Irene B., your new Ohio AAPP (Area Alateen Process Person). I have witnessed the miracle of this program work within the Alateen meetings - within their peers. Please consider helping in this important part of our Al-Anon fellowship. It has also helped me in my own Al-Anon program in immense ways!

Annually we Re-Certify our AMIAS and that time is NOW until the end of May.

Also, annually we update/confirm our Alateen Meeting information.

Both of these forms get sent to me, your Ohio AAPP

FOR NEW AMAIS, you have to be an Al-Anon member regularly attending Al-Anon meetings, have at least 2 years in Al-Anon, be 21 years or older and there are behavior requirements including an FBI background check and fingerprinting.

(FBI checks and fingerprints can take a number of weeks to get processed and sent to the AAPP.)

For any AMIAS that have been inactive and want to recertify, contact me to see if you are due for the FBI documentation (we are required to renew it every 5 years).

Contact the emaiil below to receive the forms.

We have a short window when the paperwork is due to the WSO. Please fill out the information and have your GR and DR fill out their portions on both forms, then return to me ***ASAP, but definitely by the end of May***.

You can send the completed form to my email: aapp@ohioal-anon.org
please enter **AMAIS paperwork** in the subject line of the email

Or postal mail to the NEW AAPP address:
AFG of Ohio AAPP
PO Box 167804
Oregon OH 43616-9998
Any questions, please contact me.

WSO recently sent out the **Annual Alateen Group Form** *with the old mail address* to the CMAs for the Alateen Groups, so if you are the CMA for your Alateen Group, please also return that form to me.

If you are interested in starting a **NEW Alateen group**, please contact me for information and forms for that process. You must be a certified AMIAS before you can start an Alateen meeting.

Thank you for Serving in this Amazing Opportunity,
Irene B.
Ohio AAPP
aapp@ohioal-anon.org

Meeting List 3/16/23 page 1

9:30 AM Monday **Willoughby** Monday Sunshine AFG District 45 Willoughby Methodist Church 15 E Spaulding St, Willoughby, OH 44094, USA **Details**: Families Friends and Observers Welcome, Fragrance Free, Online Meeting **Notes:** Meeting must be entered via the door by the church parking lot. **Zoom Info:** 838 2394 2026 (301) 715-8592 || Access Code: 40079#	**10:00 AM Monday** **Strongsville** Light My Way AFG District 07 St. John Neumann's 16271 Pearl Rd, Strongsville, OH 44136, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**10:00 AM Monday** **Brecksville** Morning Study & Discussion AFG District 01 United Methodist Church 65 Public Square #21, Brecksville, OH 44141, USA **Details**: Babysitting Available, Online Meeting, Wheelchair Accessible **Notes:** **Zoom Info:** 901 369 0392 || 49117922
10:30 AM Monday **Madison** Madison Monday AFG District 45 Chapel United Methodist Church 2019 Hubbard Rd, Madison, OH 44057, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**12:30 PM Monday** Garfield Gratitude AFG The Rock Community Church 9403 Garfield Blvd, Garfield Heights, OH 44125, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**6:00 PM Monday** **Willoughby** Courage to Be Me AFG District 45 Night and Day Club 35403 Euclid Ave, Willoughby, OH 44094, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
6:30 PM Monday **Euclid** Ash Monday AFG District 38 Lakeshore Christian Church 28010 Lakeshore Blvd, Euclid, OH 44132, USA **Details**: Families and Friends Only, Location Temporarily Closed, Online Meeting, Wheelchair Accessible **Notes:** This meeting is temporarily on Zoom. Please call Pamela at 216.308.2280 with questions. **Zoom Info:** 819 3184 8100 || No Access Code	**7:00 PM Monday** **Bay Village** Columbia Discussion AFG District 47 Bay United Methodist 29931 Lake Rd, Bay Village, OH 44140, USA **Details**: Wheelchair Accessible **Notes:** **Zoom Info:**	**7:00 PM Monday** **Cleveland Heights** Now There's Hope AFG District 34 Forest Hills Presbyterian Church 3031 Monticello Blvd, Cleveland Heights, OH 44118, USA **Details**: Beginner, Families and Friends Only **Notes:** 6:30 PM beginners meeting. **Zoom Info:**
7:00 PM Monday **North Olmsted** Monday Nite Live AFG District 47 John Knox Presbyterian Church 25200 Lorain Rd, North Olmsted, OH 44070, USA **Details**: Beginner, Families and Friends Only **Notes:** Meeting in Library with Mask. Beginners meeting follows regular meeting. **Zoom Info:**	**7:30 PM Monday** **Brunswick** Brunswick New Day AFG District 07 Carlson Funeral Home 1642 Pearl Rd, Brunswick, OH 44212, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:30 PM Monday** **Lyndhurst** Lyndhurst AFG District 38 Church of the Good Shepherd 23599 Cedar Rd, Beachwood, OH 44122, USA **Details**: Beginner, Families and Friends Only **Notes:** Beginner's Welcome. **Zoom Info:**

Rejection is God's protection.

Meeting List 3/16/23 page 2

7:30 PM Monday **Parma Heights** Brook Park Monday AFG District 07 Divinity Lutheran Church 11877 Blossom Ave, Parma Heights, OH 44130, USA **Details**: Beginner, Families and Friends Only, Wheelchair Accessible **Notes:** Beginner's Greeting at 7 pm. **Zoom Info:**	**7:30 PM Monday** **Lakewood** Lakewood Monday AFG District 05 Lakewood Presbyterian Church 14502 Detroit Ave, Lakewood, OH 44107, USA **Details**: Beginner, Families and Friends Only, Online Meeting, Wheelchair Accessible **Notes:** Beginners meeting afterward. **Zoom Info:** 844 8760 6800 || afgmon (312) 626-6799 || Access Code: 716558#	**7:30 PM Monday** **Mentor** Courage to Change AFG Pilgrim Lutheran Brethren 9514 Johnnycake Ridge Rd, Mentor, OH 44060, USA **Details**: Beginner, Families and Friends Only, Wheelchair Accessible **Notes:** Beginner's meeting at 7:00 PM. **Zoom Info:**
7:30 PM Monday **Thompson** Thompson AFG District 45 United Methodist Church 6758 Madison Rd, Thompson, OH 44086, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**8:00 PM Monday** **Highland Heights** East Side Men's AFG District 38 Amazing Grace Church 5632 Wilson Mills Rd, Highland Heights, OH 44143, USA **Details**: Families and Friends Only, Men, Online Meeting **Notes:** **Zoom Info:** For information email us at: eastsidemenzoom@gmail.com.	**8:00 PM Monday** **Chagrin Falls** Acceptance AFG District 38 BRC (Bainbridge Recovery Club) 8231 E Washington St, Chagrin Falls, OH 44023, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**
8:00 PM Monday **Jefferson** Jefferson AFG District 29 St. Paul's Lutheran Church 89 E Satin St, Jefferson, OH 44047, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**8:00 PM Monday** **Shaker Heights** Shaker AFG District 02 Unitarian Universalist Church 21600 Shaker Blvd, Shaker Heights, OH 44122, USA **Details**: Beginner, Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** Beginner's meeting at 7:30 pm. **Zoom Info:**	**9:30 AM Tuesday** **Painesville** Painesville Tuesday Morning AFG District 45 Fr. Hanson Family Center 242 N State St, Painesville, OH 44077, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**
9:30 AM Tuesday **Olmsted Falls** Olmsted Falls AM AFG District 47 Olmsted Falls Community Church 7853 Main St, Olmsted Falls, OH 44138, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** Meeting is upstairs, past the office, first door on the right. **Zoom Info:**	**9:45 AM Tuesday** **Lyndhurst** Circle of Hope AFG District 38 Lyndhurst Community Presbyterian Church 5312 Mayfield Rd, Lyndhurst, OH 44124, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**1:15 PM Tuesday** **Bay Village** New Hope Tuesday Afternoon AFG District 47 Bay United Methodist 29931 Lake Rd, Bay Village, OH 44140, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**

6:00 PM Tuesday **Solon** Solon Serenity AFG District 38 Solon Solon, OH 44139, USA **Details**: Families and Friends Only, Online Meeting **Notes:** Please email for Zoom information. **Zoom Info:** Email: SolonSerenity@gmail.com	**6:30 PM Tuesday** **Bay Village** Westside Women's Weekday AFG District 47 Bay Presbyterian Church 25415 Lake Rd, Bay Village, OH 44140, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** Meeting is held in Room 206. **Zoom Info:**	**6:45 PM Tuesday** **Euclid** Euclid Tuesday AFG District 38 Church of the Epiphany 21000 Lakeshore Blvd, Euclid, OH 44123, USA **Details**: Beginner, Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
7:00 PM Tuesday **Strongsville** Strongsville Serenity AFG District 07 First Lutheran Church 19419 Royalton Rd, Strongsville, OH 44149, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:00 PM Tuesday** **Norwalk** Norwalk Tuesday AFG District 12 First United Methodist Church 60 W Main St, Norwalk, OH 44857, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:00 PM Tuesday** **Ashtabula** Let It Begin With Me AFG District 29 Trinity Presbyterian Church 1342 W Prospect Rd, Ashtabula, OH 44004, USA **Details**: Families Friends and Observers Welcome **Notes:** **Zoom Info:**
7:30 PM Tuesday **Middleburg Heights** Expect A Miracle AFG District 07 Bethel Lutheran Church 7171 Pearl Rd, Middleburg Heights, OH 44130, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**7:30 PM Tuesday** **Oberlin** Oberlin Tuesday Night AFG District 08 First Church in Oberlin 106 N Main St, Oberlin, OH 44074, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:30 PM Tuesday** **Kirtland** Kirtland Tuesday AFG District 45 Old South Church 9602 Chillicothe Rd, Kirtland, OH 44094, USA **Details**: Families Friends and Observers Welcome **Notes:** **Zoom Info:**
7:30 PM Tuesday **Cleveland** Paths To Recovery AFG District 05 Pilgrim Congregational UCC 2592 W 14th St, Cleveland, OH 44113, USA **Details**: Beginner, Families and Friends Only, Online Meeting, Wheelchair Accessible **Notes:** **Zoom Info:** (978) 990-5000 || Access Code: 832293#	**8:00 PM Tuesday** **Rocky River** Happiness is Alateen AFG District 47 West Shore Unitarian Church 20401 Hilliard Blvd, Rocky River, OH 44116, USA **Details**: **Notes:** Alateen. Masks & social distancing. Al-Anon meeting at the same time. **Zoom Info:**	**8:00 PM Tuesday** **Rocky River** Suburban West AFG District 47 West Shore Unitarian Church 20401 Hilliard Blvd, Rocky River, OH 44116, USA **Details**: Beginner, Families and Friends Only **Notes:** Beginners meeting at 7:30 pm. Alateen meeting at 8:00 pm. **Zoom Info:**

Do not let others' anger control you.
You are in charge of your life.

9:30 AM Wednesday **Lyndhurst** Lyndhurst AFG District 38 Church of the Good Shepherd 23599 Cedar Rd, Beachwood, OH 44122, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**9:30 AM Wednesday** **Lakewood** Faith Hope & Love AFG District 05 Lakewood United Methodist Church 15700 Detroit Ave, Lakewood, OH 44107, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** CAL Book study to follow meeting at 10:45 am. Currently reading Al-Anon 12 Steps and 12 Traditions. 1 hour. All Al-Anon members welcome. **Zoom Info:**	**10:15 AM Wednesday** **Chagrin Falls** New Dawn AFG District 38 St. Martin's Episcopal Church 6295 Chagrin River Rd, Bentleyville, OH 44022, USA **Details**: Beginner, Families and Friends Only, Wheelchair Accessible **Notes:** Masks and social distancing. Beginners meeting at 9:30 am. **Zoom Info:**
7:00 PM Wednesday **Chagrin Falls** Chagrin Valley Wednesday Night AFG District 38 BRC (Bainbridge Recovery Club) 8231 E Washington St, Chagrin Falls, OH 44023, USA **Details**: Families and Friends Only, Online Meeting **Notes:** Hybrid meeting, audio only. **Zoom Info:** 882 5491 7670 || 8675309	**7:00 PM Wednesday** **Bay Village** Release & Hope AFG District 47 Bay Presbyterian Church 25415 Lake Rd, Bay Village, OH 44140, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** Social distancing **Zoom Info:**	**7:00 PM Wednesday** **Independence** Independence AFG District 01 Concordia Lutheran Church 6705 Brecksville Rd, Independence, OH 44131, USA **Details**: Families and Friends Only, Online Meeting **Notes:** Alateen meeting at the same time, but separate. ALATEEN ZOOM: 892 7359 3667 || 525959. **Zoom Info:** 882 8083 6047 || serenity
7:00 PM Wednesday **Independence** Indy Alateen AFG District 01 Concordia Lutheran Church 6705 Brecksville Rd, Independence, OH 44131, USA **Notes:** Alateen. Al-Anon meeting at the same time, but separate. **Zoom Info:**	**7:00 PM Wednesday** **Fairport Harbor** Fairport Harbor AFG District 45 Fairport Congregational Church 308 3rd St, Fairport Harbor, OH 44077, USA **Details**: Beginner, Families Friends and Observers Welcome **Notes:** Beginners meeting at 6:30 pm. **Zoom Info:**	**7:00 PM Wednesday** **Brecksville** Brecksville Wednesday AFG District 45 United Methodist Church 65 Public Square #21, Brecksville, OH 44141, USA **Details**: Families and Friends Only, Location Temporarily Closed, Step Meeting **Notes:** Step Meeting at 6pm using Reach For Personal Freedom. **Zoom Info:**
7:30 PM Wednesday **Amherst** Amherst Westside Serenity AFG District 08 Amherst United Methodist Church 396 Park Ave, Amherst, OH 44001, USA **Details**: Families and Friends Only, Online Meeting **Notes:** **Zoom Info:** 833 3746 0262 || 134270	**7:30 PM Wednesday** **Middleburg Heights** Middleburg Wednesday AFG District 07 Trinity Lutheran Church 14040 Bagley Rd, Middleburg Heights, OH 44130, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**8:00 PM Wednesday** **Norwalk** Maple City AFG District 12 First Presbyterian Church 21 Firelands Blvd, Norwalk, OH 44857, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**

My Higher Power always has my ultimate good in mind.

8:00 PM Wednesday **South Euclid** Heights How It Works AFG District 38 South Euclid South Euclid, OH, USA **Details**: Families Friends and Observers Welcome, Online Meeting **Notes:** **Zoom Info:** 319 696 4292 || 013693	**10:00 AM Thursday** **Parma Heights** Think Thursday AFG District 01 St. John Bosco 6480 Pearl Rd, Parma Heights, OH 44130, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**10:00 AM Thursday** **Chagrin Falls** Solon Charity AFG District 38 St. Martin's Episcopal Church 6295 Chagrin River Rd, Bentleyville, OH 44022, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
11:00 AM Thursday **Lorain** Thursday Morning Just for Today AFG District 08 LCADA Office 2115 W Park Dr, Lorain, OH 44053, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**12:00 PM Thursday** **Euclid** Lakeshore Thursday A.M. AFG District 38 Eastshore United Methodist Church 23002 Lakeshore Blvd, Euclid, OH 44123, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**1:00 PM Thursday** **Lakewood** New Hope Thursday Afternoon AFG District 05 Lakewood Presbyterian Church 14502 Detroit Ave, Lakewood, OH 44107, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
6:00 PM Thursday **Willoughby** Willoughby Thursday Let it Go AFG Night and Day Club 35403 Euclid Ave, Willoughby, OH 44094, USA **Details**: Men, Step Meeting **Notes:** Workbook study of Reaching for Personal Freedom. WSO # 30794500 **Zoom Info:**	**7:00 PM Thursday** **Burton** Burton Thursday AFG District 45 Burton United Church 14558 W Park St, Burton, OH 44021, USA **Details**: Families Friends and Observers Welcome, Online Meeting, Wheelchair Accessible **Notes:** Masks. **Zoom Info:** 463 372 1971 || Burton (Capital B)	**7:00 PM Thursday** **Willoughby** Stepping Up AFG District 45 First Presbyterian Church 4785 Shankland Rd, Willoughby, OH 44094, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
7:00 PM Thursday **Independence** New Beginnings AFG District 34 Independence Independence, OH, USA **Details**: Families Friends and Observers Welcome, Online Meeting **Notes:** **Zoom Info:** (605) 472-5318 || Access Code: 827872#	**7:00 PM Thursday** **Madison** Living With Hope AFG District 45 Trinity Lutheran Church 6345 Chapel Rd, Madison, OH 44057, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:30 PM Thursday** **Cleveland** How It Works for Adult Children of Alcoholics AFG District 05 Denison United Church of Christ 9900 Denison Ave, Cleveland, OH 44102, USA **Details**: Beginner, Families Friends and Observers Welcome, Online Meeting, Wheelchair Accessible **Notes:** Beginners meeting at 7:00 PM. Entrance to the meeting is through the green door on West 99th Street. Please ring the bell or call the meeting phone number to request entry if no greeter is present. **Zoom Info:** (978) 990-5000 || Access Code: 832293#

Building trust takes time.
Change takes time.
Healing old wounds takes time.

7:30 PM Thursday **North Ridgeville** North Ridgeville Caring AFG District 08 First Congregational United Church of Christ 36363 Center Ridge Rd, North Ridgeville, OH 44039, USA **Details**: Families and Friends Only, Online Meeting **Notes:** **Zoom Info:** 817-4521-3241 || 701736	**7:30 PM Thursday** **Fairview Park** New Day AFG District 47 St. Angela's Church 20970 Lorain Rd, Fairview Park, OH 44126, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**8:00 PM Thursday** **Westlake** Westlake Gratitude AFG District 47 Dover Congregational Church 2239 Dover Center Rd, Westlake, OH 44145, USA **Details**: Beginner, Families and Friends Only **Notes:** Beginner's meeting at 7:30 pm. **Zoom Info:**
8:00 PM Thursday **Brook Park** Make A Better Day AFG District 07 Mary Queen of the Apostles Church 6455 Engle Rd, Brook Park, OH 44142, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**8:00 PM Thursday** **Parma** Parma Serenity AFG District 01 St. Columbkille Parish 6740 Broadview Rd, Parma, OH 44134, USA **Details**: Families Friends and Observers Welcome **Notes:** **Zoom Info:**	**8:00 PM Thursday** **Berea** Berea Thursday AFG District 01 St. Thomas Episcopal Church 50 E Bagley Rd, Berea, OH 44017, USA **Details**: **Notes:** **Zoom Info:**
9:45 AM Friday **Rocky River** Friday Morning Westlake AFG District 47 Rockport United Methodist Church 3301 Wooster Rd, Rocky River, OH 44116, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**10:00 AM Friday** **Olmsted Falls** Berea Friday AM AFG District 47 Christ United Church 23114 W Rd, Olmsted Falls, OH 44138, USA **Details**: Beginner, Families and Friends Only, Wheelchair Accessible **Notes:** Beginners at 9:30. **Zoom Info:**	**10:00 AM Friday** **Cleveland Heights** East Cleveland Hand in Hand AFG District 34 Forest Hills Presbyterian Church 3031 Monticello Blvd, Cleveland Heights, OH 44118, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**
6:30 PM Friday **Brooklyn** Brooklyn Friday AFG District 05 Brooklyn Brooklyn, OH, USA **Details**: Beginner, Families Friends and Observers Welcome, Online Meeting **Notes:** Beginners at 8 PM. Step study meeting until all steps are complete. **Zoom Info:** (605) 313-5879 || Access Code: 455981#	**6:30 PM Friday** **Solon** Solon Friday Parents AFG District 39 Our Redeemer Lutheran Church 7196 Som Center Rd, Solon, OH 44139, USA **Details**: Families and Friends Only, Online Meeting **Notes:** Meeting is in the library. Please use back entrance. **Zoom Info:** For more info, email us at: SolonFridayAFG@gmail.com.	**7:00 PM Friday** **Wickliffe** Friday Freedom AFG District 45 Center for Pastoral Leadership 28700 Euclid Ave, Wickliffe, OH 44092, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**

7:30 PM Friday **Chardon** Chardon Care & Share AFG District 45 St. Luke's Episcopalian Church 11519 Wilson Mills Rd, Chardon, OH 44024, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:30 PM Friday** **Cleveland** Cleveland Family of Choice AFG District 05 West Park United Church of Christ 3909 Rocky River Dr, Cleveland, OH 44111, USA **Details**: Families and Friends Only, Online Meeting **Notes:** In-person meeting in the annex building. **Zoom Info:** 454 6779 505 || 746933 Access Code: 746933#	**8:00 PM Friday** **Greenwich** Greenwich Friday Nite AFG District 12 Church of Christ 10 Townsend St, Greenwich, OH 44837, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**
8:00 PM Friday **Independence** One Day At a Time AFG District 01 Concordia Lutheran Church 6705 Brecksville Rd, Independence, OH 44131, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**9:00 AM Saturday** **Cleveland** Westside Women's Saturday AFG District 05 Bethany Presbyterian Church 6415 W Clinton Ave, Cleveland, OH 44102, USA **Details**: Families and Friends Only, Online Meeting **Notes:** **Zoom Info:** 762 519 726 || Alanon	**10:00 AM Saturday** **Willoughby** Willoughby 4th Step Saturday AFG District 45 Body of Christ Church 38057 Erie Rd, Willoughby, OH 44094, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** Beginner's meeting at 9:30 am. **Zoom Info:**
10:00 AM Saturday **Cleveland Heights** 4th Step Journey AFG District 34 St. Paul's Episcopal Church 2747 Fairmount Blvd, Cleveland Heights, OH 44106, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**10:15 AM Saturday** **Maple Heights** AFG facing Alcoholism AFG District 02 St. Martin de Tours after 8 pm 14600 Turney Rd, Maple Heights, OH 44137, USA **Details**: Families Friends and Observers March begins Step Study 6:30pm **Notes:** **Zoom Info:**	**8:00 PM Saturday** **Berea** Saturday's Rainbow AFG District 07 St. Paul Lutheran Church 276 E Bagley Rd, Berea, OH 44017, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** AA meeting at the same time. **Zoom Info:**
3:00 PM Sunday **Parma** Triangle AFG District 07 Parma Park Church of God 12000 Huffman Rd, Parma, OH 44130, USA **Details**: Beginner, Families and Friends Only, Online Meeting, Wheelchair Accessible **Notes:** Phone meeting at 4:15 pm. Beginners' meeting using the book How Al-Anon Works. **Zoom Info:** (978) 990-5000 || Access Code: 389413#	**4:00 PM Sunday** **Shaker Heights** Sunday Serenity Circle AFG District 02 Unitarian Universalist Church 21600 Shaker Blvd, Shaker Heights, OH 44122, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**	**6:00 PM Sunday** **Willard** Willard AFG District 12 Grace Methodist Church 108 W Maple St, Willard, OH 44890, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**

Stay attached to God always.

7:00 PM Sunday **Bentleyville** Chagrin Falls Discussion AFG District 38 Bentleyville Town Hall 6253 Chagrin River Rd, Bentleyville, OH 44022, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** Questions? Email chagrinfallsdiscussion@gmail.com. **Zoom Info:**	**7:00 PM Sunday** **Mentor** Mentor Serenity Sunday ACA AFG District 45 Hope Ridge United Methodist Church 9870 Johnnycake Ridge Rd, Mentor, OH 44060, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** Meeting will start meeting at 7 pm in January. **Zoom Info:**	**7:00 PM Sunday** **North Olmsted** Let It Begin With Me AFG District 47 John Knox Presbyterian Church 25200 Lorain Rd, North Olmsted, OH 44070, USA **Details**: Families and Friends Only **Notes:** **Zoom Info:**
7:30 PM Sunday **Lyndhurst** Sunday Alateen Sharing AFG District 38 Church of the Good Shepherd 23599 Cedar Rd, Beachwood, OH 44122, USA **Details**: **Notes:** Alateen. **Zoom Info:**	**7:30 PM Sunday** **Lyndhurst** Sunday Sharing AFG District 38 Church of the Good Shepherd 23599 Cedar Rd, Beachwood, OH 44122, USA **Details**: Families and Friends Only, Wheelchair Accessible **Notes:** **Zoom Info:**	**7:30 PM Sunday** **Amherst** Sunday Night Family AFG District 08 Good Shepherd Church 1100 Cleveland Ave, Amherst, OH 44001, USA **Details**: Families and Friends Only, Online Meeting, Wheelchair Accessible **Notes:** **Zoom Info:** (425) 436-6339 || Access Code: 711661#

I can sing my own song.

Akron Office Workshops

PRESENTED BY IRENA H

Schedule for the 2023 Workshops
Second Saturday of the month

Sharing Experience, Strength & Hope –
Based on own experiences when applying selected Al-Anon Literature, including 12 x 12 x 12

Tools Used by me, personally: Literature, Steps, Traditions, Concepts + Warranties

2023 – Literature, Steps, Traditions, Concepts + Warranties

Zoom ID: 813 5635 1017
Passcode: 010355

January – Al-Anon Welcome: Irritable and Unreasonable, without knowing it
February – Al-Anon Welcome: May Aid Recovery 12 Concepts, and "no promises or promotion
March – Al-Anon Closing: Reason Things Out & Anonymity as a spiritual foundation

April – Step 5 Admitted to & Exact Nature

May – no workshop
June – Founders Day
July – Step 6 Entirely Ready To Remove Higher Power/God and I
August – Step 7 Humbly Asked Expectations, Lessons from 12 Concepts
September – Step 7 Process of Removing OUT, Moving IN Practice makes perfect, Slogans
October – Step 8 Made a List
November – Step 8 Became Willing
December – Step 11 Improve conscious contact with God As We Understood Him

Let Go, Be Free.