MAY 2023 ISSUE 43

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
April 21, 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 7:02 p.m. with the Serenity Prayer and a reading from *Courage to Change*. The meeting was conducted via Zoom and 19 persons were in attendance.

1. **MINUTES**:

The chairperson summarized the minutes of the March 17, 2023, meeting that were sent previously to council members via email and shown on-screen for those present to read. After review, it was noted that the minutes should have reflected that the reading was from *One Day at a Time* rather than *Courage to Change*. Motion was then made to accept the minutes with the correction.

2. **OFFICE**:

Nancy reported that things are moving along all right. Sydney asked the volunteers to order 75 service manuals. A short discussion followed.

3. **TREASURER**

Patty D. gave her report (attached). Sydney noted that she had previously forwarded the annual treasurer's report to all the members but was not sure if everyone received it, so she will send it out again.

4. **HILITES – Report from Janice:**

I'd like everyone to know that I combined the Liaison Report with the Acronyms, the 2 Public Outreach pages into one and removed the Literature order and Paths to Recovery pages. If anyone has feedback for me about these changes, please email the Hilites mailbox. Also, please note that the office prints the newsletter front/back before they mail it out.

5. **ALATEEN:**

The Ohio Spring Alateen Rally was held on 4/15/23 at Faith Lutheran Church, 2726 W. Market Street, Fairlawn, from 10-3pm. All Alateens and sponsors, and anyone interested in finding out about the Alateen Program were invited to attend. COST WAS FREE and a LUNCH was provided.

Last month Gary attended a Zoom Meeting on the KOMIAC Conference that is being hosted by Kentucky Alateen this year. KOMIAC will be held at Northern Kentucky University the weekend of July 21-23, 2023. Kentucky is hosting the event.

Thank you for your support.
Sincerely, Gary J, Alateen Cleveland (res. 440-835-8807, g.jokela@att.net)

6. **WEBSITE : No report.**

Sydney reminded everyone that 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. Anyone interested in this position can contact Council.

7. PUBLIC OUTREACH: No report.

8. **DISTRICTS / OHIO AFG LIAISON:**

AWSC Minutes went out to all Ohio GR & CMA's. The treasurer sent out a snail mail Area plea letter containing the three motions that GR's will vote on May 13 so please read those and get your group's input for voting at Assembly. Betty also outlined the motions that will be voted on at the Spring Assembly. Our Ohio Delegate completed day one of the Regional Delegates meeting. The chosen agenda topic Ohio submitted was discussed yesterday afternoon - no spoilers -more will be revealed. The Spring Assembly is the day before Mother's Day, May 13th at Sharon Woods Metro Park Spring Hollow, 1069 West Main Street, Westerville, Ohio 43081 - start time noon. Any questions please email secretary@ohioalanon.org.

Founder's Day will take place June 9-11, 2023, in Akron. Members are needed to man the Al-Anon literature table on June 9 and 10 from 9:00 a.m. to 6:00 p.m. A short discussion followed.

9. UNFINISHED BUSINESS

a. Hernan has been in contact with Group Services at the WSO regarding the IVR (Interactive Voice Response) system. He was advised that the IVR is only connected to groups that have a physical presence. Updates at the WSO are ongoing, and Hernan advised patience.
b. Sydney presented a report from the manuals committee (Alesha, Jolene, and Ramona). A discussion followed on options for getting the manuals out to each group. More discussion to follow.
c. Spring Workshop – Sydney gave a description of the kind of workshop it is and asked if there were any volunteers to host it. A member, Kim, volunteered. More discussion to follow.
d. Patty will contact Mary Jo to see if she has printed out the latest state records for our area.
e. The Al-Anon picnic will be held on Sunday, July 9, at the Brookside Event Site. Plans and details to be worked out at the May and June Council meetings. Sheila is currently looking for speakers and will report back.

10. NEW BUSINESS

a. Patty spoke about the increase in rent for the office ($75.00 a month extra). After discussion, motion was made and passed to accept the new rate and term of two years. Patty will check to see if we can get a discount if we signed for a longer term (more than two years). With the increase, the new rental amount will be $570.00 per month. Patty also agreed to sign the new lease.

b. A question was raised on whether a printed tri-fold meeting list could be given to newcomers. Liz noted that the meeting list can also be printed out from the minutes. She will also look at Canva for options.

Upon motion made and seconded, the meeting adjourned at 8:29 p.m. with the Al-Anon Declaration.

The next meeting will be Friday, May 19, 2023, at 7:00 p.m.

Respectfully submitted, Sheila C., substitute 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 20-23, 2023	World Service Conference (WSC) Virginia Beach, VA
May 13, 2023	Spring Ohio Area Assembly (Group Reps) Spring Hollow 13 W Main Street Westerville, Ohio 43081
June 29-July 2, 2023	Al-Anon International Conference, Albuquerque, New Mexico Early registration is open for Al-Anon International Conference Registration prior to May 10 is $200. After May 10 registration is $225.00.
June 9-11, 2023	Founder's Day – AA with Al-Anon participation
July 9, 2023	Al=Anon picnic Brookside event center 10:00 a.m. to ??
August 11-13, 2023	AA Convention - Fairborn, Ohio https://al-anon.org/wso-events/2023-al-anon-international-convention
July 9, 2023	Al-Anon picnic – Brookside event center – 10:00 a.m. to ?

TREASURER REPORT – MARCH 2023

Beginning Balance:	$23,313.81
Ending Balance:	$21,799.78
CD 1 - #8191	$30,000.00 (4/24)
CD 2 - #3125	$50,000.00 (4-10-2024)
EXPENSES:	
Rent:	$495.00
Internet/Phone:	$122.04
Per Diem:	$230.00
Postage:	$ 8.88
Web Maintenance:	$662.88
Sales Tax:	$151.77
Literature Orders:	$2133.14
TOTAL EXPENSES:	$3803.71
INCOME:	
Literature Payments:	$1782.44
Hi-Lites:	$ 15.00
DONATIONS:	
PayPal:	$ 10.10
Groups:	$ 290.00
Phillips 66:	$ 50.65
TOTAL INCOME:	$2148.19
	($1655.52) LOSS

From Ohio Area

Liaison Report

AWSC Minutes went out to all Ohio GR & CMA's yesterday. The treasurer sent out a snail mail area plea letter containing the three motions that GR's will vote on May 13 so please read those and get your group's input for voting at assembly. Our Ohio delegate completed day one of the regional delegates meeting. The chosen agenda topic Ohio submitted was discussed yesterday afternoon - no spoilers -more will be revealed. The Spring Assembly is the day before Mother's Day May 13th at Sharon Woods Metro Park Spring Hollow 1069 West Main Street Westerville, OH 43081 - start time noon. Any questions please email secretary@ohioalanon.org.

Acronyms shared by Gerri A.

MAY = "Mentally Accept Yourself"

STEP FIVE= "Share Truthfully, Express Particulars. Finally Identify Vengeance & Exhale"

TRUST= "Together Recovery's Unconditional Support Transforms"

~ Gerri A. 2023

Public Outreach

Hello Friends!

IThe 2022-2023 PSA campaign generated 74 new airplays in Ohio since the middle of March for a total of 624 air plays from August 2022 through April 15, 2023. As a reminder, if you hear a station play our PSAs, please reach out 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 again.

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. https://www.youtube.com/c/Al-anonOrg

The WSO provided another round of wonderful materials for use in the month of May, which are.

- May Articles
  - Grateful for Greater Access
  - Learning from Al-Anon's Example to Grow and My Own Speed
  - Recovery, Unity, Service, and the Circle of Welcome Within
  - Some Thoughts on 'Helping'
  - The Power of Doing Nothing
- May Ads
  - In Their Own Voices – Audio Video (GIF)
  - In Their Own Words Ad
  - In Their Own Words Ad Copy
- WSO Notes
  - Area Annual Alateen Recertification Is in Progress!

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, May 31st 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

May 9th 2022

I came to Al-Anon broken, and feeling so alone. My life was in shambles, i was at the end of my rope. Living with the affects of my husband's alcoholism had become too much for me to bear. I felt ashamed, hopeless and a failure. I took every word and behavior of my husband's very personally.

I began attending meetings, listening to the experience, strength and hope of other members, started to share in meetings myself, and began to work the 12 steps. My attitudes began to change, I began to practice keeping my focus on myself, "Your Job is YOU" a member told me! Little by little the light started to break through.

I learned to not take my husband's behavior so personally. What should I expect from a pig but a grunt, from a cow but a moo, from a chicken but a cluck? He is simply an alcoholic doing what alcoholics do.

The journey of recovery I have ahead is life long, this first year of it has been the hardest and the MOST WONDERFUL of my life. I know now that the "WE" of Al-Anon do it together, and I AM FOREVER A GREATFUL MEMBER OF AL-ANON

submitted by Cookie F.
Make A Better Day AFG

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

The Ohio Spring Alateen Rally was held on 4/15/23 at Faith Lutheran Church, 2726 W. Market Street, Fairlawn, from 10-3pm. All Alateens and sponsors, and anyone interested in finding out about the Alateen Program were invited to attend. COST WAS FREE and a LUNCH was provided.
Last month Gary attended a Zoom Meeting on the KOMIAC Conference that is being hosted by Kentucky Alateen this year. KOMIAC will be held at Northern Kentucky University the weekend of July 21-23, 2023. Kentucky is hosting the event.
Respectfully, Gary J Cleveland Area Alateen Coordinator

Please support our Alateens

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 4/19/23 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 **Not** **Zoo**	**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:**

Trust the Process.

Meeting List 4/19/23 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:**

Stay Calm, Stay Silent

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 9802 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:**

I place a higher price tag on myself today.
Don't sell yourself short. You are worth the effort.

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 **Details:** **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:**

Deal with one situation at a time.

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**: 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#	**7:30 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#	**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 **Notes:** **Zoom Info:**

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 38 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:**

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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 14600 Turney Rd, Maple Heights, OH 44137, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible **Notes:** **Zoom Info:**	**8:00 PM Saturday** **Berea** Saturday's Rainbow AFG District 07 St. Paul Lutheran Church after 8 pm 276 E Bagley Rd, Berea, OH 44017, USA **Details**: Families Friends and Observers Welcome, Wheelchair Accessible March begins Step Study 6-8 pm **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:**	**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:**

Don't gloss things over.

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 09 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 am my own worst enemy.
I am also my own best friend.

How It Works
for Adult Children
Al-Anon Family Group
Has a new home!
Thursday, May 4, 2023

Madison Branch
Lakewood Public Library
13229 Madison Ave.
Lakewood, OH 44107

Thursdays
Beginner's meeting 7 pm
Regular meeting 7:30 pm

Handicap accessible from rear parking lot entrance

Unable to join us in- person?
Dial in: 978-990-5000
Access code 832293#

Columbia Discussion AFG

55th Anniversary Celebration!

Monday, May 15th, 2023

Bay United Methodist Church
29931 Lake Road, Bay Village, Ohio 44140

Doors open at 6:30 pm
Speakers at 7:00 pm

Dual Lead with
Dennis S. and Sue S.

Coffee & Dessert Provided
50/50 Raffle

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

No/Yes can be a whole sentence in itself.