



Newsletter of the Greater Cleveland Intergroup Council



**Al-Anon HiLites**

February 2020



Issue 5

Volume 5

## 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](http://www.Al-Anon.org)

### Cleveland Area Website

[www.clevelandal-anon.org](http://www.clevelandal-anon.org)

**Do you want HiLites delivered to your email? Contact:**

[hilites.clev.ais@gmail.com](mailto: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](mailto:cleveland.ohio.ais@gmail.com)

**Cleveland Area Office Location Hours Monday-Thursday**

14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107

Please call (216) 621-1381 9:30-3:30 pm before visiting.

**We are so grateful for the many gifts we have received in Al Anon. We suggest each group conduct a group conscience and consider sharing your "good year" with the three arms of service. Please see page 14 for donation information. ♥ Please give from your hearts!**

**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](mailto:hilites.clev.ais@gmail.com) or U.S. mail to PO Box above.

### Inside this issue:

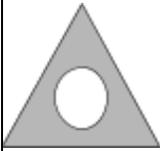
Intergroup Report	2-4
HiLites Letter	5
Acronyms	6
HiLites Subscription	7
What is CAL? (poem)	8
Alateen & Ala Share	9
February Events	10
New Book!! Writers	11
From Cle office	12
Lit Form/Volunteers	13
Donations	14
Events	15 - 19

**Any correspondence regarding groups or office literature requests email [cleveland.ohio.ais@gmail.com](mailto: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  
Secretary: Sheila  
Treasurer: Merri

Office: ☆Volunteers  
World Service  
Public Information: Regina  
Archives: Vivian

Alateen: Gary & Sara  
Website: Ray  
HiLites: Mary Jo

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

**CLEVELAND AL-ANON COUNCIL**

Minutes of the Meeting of  
December 20, 2019

The meeting began at approximately 7:15 p.m. with the Serenity Prayer and introductions. There were 20 persons in attendance – four advisors, seven guests, and nine Group/District Representatives. The minutes of the November 15, 2019, meeting were read with one correction to item 2 under New Business to reflect that a group can work with wherever they meet to obtain insurance but that the office does not provide coverage. Motion was then made to accept the minutes with this correction.

**VOLUNTEERS/OFFICE REPORT:**

1. The volunteers wished everyone a happy holiday.
2. There will be banner on the website announcing the days the office will be closed for the holidays.
3. Groups can e-mail any meeting changes due to the holidays to the website,
4. A concern was raised about people not being able to access the website. Merri suggested that people contact her by e-mail to check and see if their virus protection was blocking access.

**TREASURER'S REPORT:** Merri gave her report for November as follows (see full report attached to these minutes for a breakdown of deposits and disbursements):

Office:

Statement Ending Balance - October	\$11,366.41
Statement Ending Balance - November	\$58,573.98

Some items from the report:

1. There were two deposits totaling \$53,178.34. Donations were \$258.00 for the office, and \$1,691.66 was for payments for literature orders made by groups or individuals. The following groups and individuals donated to the office this month: Westlake Gratitude Group, New Day Al-Anon Fairview Park, First Energy Service Company (member donation), and Columbia Discussion.

2. Total expenses for the month of November were \$5,970.77. Twelve checks cleared the bank this month in the amount of \$4,074.28, and there were two electronic withdrawals in the amount of \$895.00 (\$400.00 to AFG, Inc. towards our older balance, and \$495.00 for rent), and three other debits totaling \$1,001.49 (Travelers Insurance - \$775.00 – crime policy), \$102.80 in sales tax, \$123.69 for internet and phone by AT&T).
3. Total October per diems for the volunteers at the office were \$297.50. (Please note, that I will always be a month behind in recording the per diems. For example, I am recording the October per diems in this month's minutes because the checks are written in November.) One volunteer declined the per diem of \$30, which reduced the per diem expense to \$267.50.
4. Literature sales for November were \$1,188.31.
5. Shipping costs were \$36.36.
6. Our deficit to Al-Anon Family Groups, Inc. is down to \$9,022.46 as of the end of November.
7. We received correspondence from the new owner of our oil well (Phillips 66). The Sunoco oil well was a gift from a late member. Merri contacted the new owner to complete the pertinent paperwork for the royalty payments. Malinda then gave a description of the history of this oil well and how this gift came about.
8. Our insurance reimbursement came through this month in the amount of \$50,000.00 to settle our claim with Travelers.
9. Merri noted that the report for Gratitude Night will be presented at the January Council meeting.

Respectfully submitted, Merri G., Treasurer

**HILITES:** Mary Jo M. presented her report. She remarked that submissions are slim for this month and she made a request for contributions for the newsletter, such as sharings, photos, etc.

**ALATEEN:** Gary thanked everyone for their support during the year and hopes everyone has a good holiday season.

**ARCHIVES:** No report.

**PUBLIC OUTREACH:** There was no report, but Regina wished everyone a happy holiday.

**GREATER CLEVELAND DISTRICTS/WSO/WEBSITE:**

1. Merri described the position of Assembly liaison and requirements for the position. The person need not work at the office, but they can attend Intergroup Council meetings. Discussion was tabled until next month's meeting.
2. Sydney remarked that she had created a letter and sent it out to the District Representatives (5-10 total). She received responses to the letter but not from anyone outside those reps who attend Council meetings. The letter deals with the tradition of the groups providing financial assistance to their Group/District reps so that the reps may attend Assembly and other conferences. She suggested that this letter can be put in the HiLites. More discussion to follow.

**OLD BUSINESS:**

1. Merri described the cost to mail out the HiLites. We have the list of CMA's to use for the letter. The flier "We're Back" would be added to the letter to the CMA's. Further discussion was tabled until the January 2020 Council meeting.
2. Criminal matter update - Sheila presented a copy of an e-mail that was sent to the assistant prosecutor for our case outlining some of the damages the office and fellowship have suffered as a result of the embezzlement.

**NEW BUSINESS:** None



CALENDAR OF UPCOMING EVENTS

- 03/14/20 Spring Area World Service Committee Meeting, North Congregational UCC Church, 1040 W. Henderson Road, Columbus, Ohio 43220; 10:30 a.m. to 5:00 p.m.
- 05/16/20 Spring Assembly, North Congregational UCC Church, 1040 W. Henderson Road, Columbus, Ohio 43220; 10:00 a.m. to 5:00 p.m.
- 06/19-21/20 Al-Anon Ohio Area Convention, Hope Hotel & Concert Center (Dayton Area), 10823 Chidlaw Road, Wright Patterson Air Force Base, Ohio 45433 - The theme is "A Vision for Recovery."



Motion was made to close the meeting at 8:10 p.m., followed by the Lord's Prayer. The next meeting will be held on January 17, 2020, at 7:00 p.m., at Rosary Hall, St. Vincent Charity Hospital.

Respectfully submitted, Sheila C., Secretary

SAC:Z:\\_SECYSISHEILA\\_20191227COUNCILDEC2019MIN.DOCX



**Al Anon Declaration**

**LET IT BEGIN WITH ME—When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and LET IT BEGIN WITH ME.'**

# We're 😊 Back!

	<p>Newsletter of the Greater Cleveland Intergroup Council</p>  <p><b>Al-Anon <i>HiLites</i></b></p>	<p>Every Month</p> <hr/> <p><b>1 for you 2 for the group 3 for newcomer</b></p>
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Just like we all go through periods of recovery where we temporarily withdraw and look inward to heal and regroup, the HiLites newsletter has had some “time off”. We are happy to report: we are back and ready to receive the information that is important to you and to your groups. Please remember, we are here for you. Regarding meetings, we will always post any time or location changes. Also many groups like to send in anniversary flyers. Please send anniversary flyers by the 20th of the month prior to your event. Two months prior is even better and will give you more “free advertising”! For example, If your event is in March, please send in your flyer by January 20th or at least by February 20th. **PDF’s** are preferred for our webmaster. **Google docs** are preferred for our newsletter. Any format can be converted, including email scans. If you have a PDF and another format, please send both for our increased flexibility. Cuyahoga libraries scan for free.

**Regarding Ala Share:** Ala Share can be an essay, poem, lyrics, illustrations (with or without words) or photos. Ala-Share is an original sharing from our members. It is just like a member sharing at a meeting. Please take what you like and leave the rest.

If you enjoy taking pictures on your phone and/or drawing or painting and would like to share some of your pictures (especially seasonal) would you please consider sending what you have to [hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com). No photos with faces please! White backgrounds work best. If you would like a citation, please include your first name and last initial. Please be aware when submitting to HiLites that you don't have the same degree of confidentiality that you do in a meeting because the HiLites is posted on a public website. Thank you!

**If you wish to receive HiLites Through the US Mail,** please call The Greater Cleveland Al Anon Office (216) 621-1381 and leave your name & address. Cost per year is \$15.00. Make checks out to Greater Cleveland Al Anon and send to: P.O. Box 42323, Brook Park, Ohio 44142-0323. You may print the Hi-Lites anytime (B&W or color) from the website [clevelandal-anon.org](http://clevelandal-anon.org). Thank you for allowing us to carry the message to others.

 Gratefully yours in service,

**CLEVELAND AL-ANON COUNCIL**

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 HKathleen M☆		



**The HiLites subscription order form**

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 AI-Anon**  
P.O. Box 42323 Brook Park,  
OH 44142-0323

Telephone (216) 621-1381 Website  
[www.clevelandal-anon.org](http://www.clevelandal-anon.org) email  
[cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)

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Telephone (216) 621-1381 Website [www.clevelandal-anon.org](http://www.clevelandal-anon.org)  
Email [hilites.clev.ais@gmail.com](mailto:hilites.clev.ais@gmail.com)

### **What is CAL?**

CAL stands for conference approved literature. The World Service Office carefully discerns exactly which pieces of Al Anon literature are approved. This is done by a committee. It is exciting when a new piece gets approved. The most recent approval, which came to fruition through the approval of the 2018 World Service Conference was for the new bookmark “Just for Tonight”.

### **A Poem About CAL**

CAL for me is the Best Al-Anon Pal.

It helps increase my program moral.

The three daily readers help to start my day out right.

And a daily 4<sup>th</sup> step inventory helps me sleep better at night.

The “How Al-Anon Works” book gives a general overview of the program;

And, the “Forum”, although not CAL, can provide serenity when stuck in a traffic jam.

Reaching for Personal Freedom provides questions that allow one to look very deep.

It uses the 12 Steps, Traditions, and Concepts and is helping take my program to another leap.

The “Just for Today” bookmark helps keep me centered at work and at school.

And the “Just for Tonight” bookmark helps the negative itty bitty committee in my head run out of fuel.

“As we understood” helped many of us either find a God of our understanding or change the one that we had.

I am sorry that this poem only touched a few of the pieces of CAL, but hopefully it made you smile just a tad.

Love,

Merri G DR7

## **Ala Share - monthly sharing of original essays, poems, lyrics & ideas**

**Members wishing to submit a share please send to [hilites.clev.ais@gmail.co](mailto:hilites.clev.ais@gmail.co)**

### **The Difference Between a Good Day and a Bad Day**

I am an adult child of alcoholics. I have been in Al-Anon for a total of twenty years. Every morning I read the page for the day in *One Day At A Time, Courage to Change and Hope for Today*. Over time I have come to realize how important these Al-Anon daily readers are for me. They help me to maintain my daily serenity and even sanity sometimes.

In a word, they are reliable. Every morning at least one of them resonates with me. Often more than one. Sometimes all three! By "resonates" I mean something in the reading "clicks" for me. It helps me look at a current problem in a different way, or changes my attitude from bad to good (it's that simple), or gives me hope when I wake up without hope, or softens my self-righteous feelings following a conflict with my partner the evening before, or reminds me of a problem a close Al-Anon friend is having and how it may help if I text them the page number.

I could go on and on. But my point is that these daily Al-Anon readings make a real difference in my life. Sometimes the difference between a good day and a bad day. And that, I think, is truly saying something.

Bill P, Ohio

**Phone Meetings: Can't get out for a face to face meeting? Is the weather too bad for driving?** Have your morning tea or coffee with daily CAL readings around the kitchen table just like Lois and Anne every day. The electronic meeting list is available at <https://al-anon.org/al-anon-meetings/electronic-meetings/>. Dial the number then enter the several digit code followed by # to enter the meeting. Toggle \*1 to mute or unmute. Read, share or just listen. Participation is the key to harmony. Many benefits await! It's a wonderful way to start your day! ☺☺☺☺

### **Alateen Corner**

Ohio Alateen will hosting KOMIAC this year at Bowling Green. Please support the new meeting: Sunday Church of the Good Shepherd 23599 Cedar Rd. Lyndhurst, 7:30 p.m

## February Events 2020

**Brecksville Monday AM** February 10, 2020 at 10 a.m. Brecksville United Methodist Church located at 65 Public Square Brecksville, Ohio in the first floor cafeteria. Potluck & Raffle  
Speakers: Diane L. Al Anon and Jim AA

**North Ridgeville Caring AFG 45th Anniversary** Thursday February 13 Doors at 7 leads at 8 First Congregational United Church of Christ 36363 Center Ridge Road North Ridgeville

**One Day At A Time AFG 45th Anniversary** Friday February 14. Doors open at 7. Al-Anon and AA leads at 8. Concordia Lutheran Church 6705 Brecksville Rd. Independence. Cake, coffee, tea & pop provided.

**Berea-Olmsted Falls 38th Anniversary** is Sunday, February 16. Doors open at 7:00 p.m for fellowship and food:. leads at 8:00 p.m.

Parma Hts. Just for Today  
Parma South Presbyterian Church  
6155 Pearl Rd.  
Parma Hts. Ohio 44130



New time 7:00pm  
Starting Monday February 3, 2020

## Looking Ahead to March...

### **Women Works Al-Anon Interactive Workshop**

March 14, 2020 8:30 a.m.- 4:30 p.m. at River's Edge 3430 Rocky River Drive Cleveland. This event has been sold out. Thank you.

**Saturday 4th Step Journey Anniversary** Meeting will be March 14 from 9-12 am at St. Paul's Episcopal Church, 2747 Fairmount Blvd.

**34th Annual Rainbows in Recovery Al-Anon Conference** March 20,21 and 22nd at Quality Inn10621 Fremont Pike (Route 20 & I-71) Perrysburg, Ohio 43551. Register by February 15.

**Amherst Sunday Night AFG 16th Workshop** March 21, 2020 8:30-2:30 \$5.00

Sponsored by Amherst Sunday Night AFG, location is Good Shepherd Baptist 1100 Cleveland Ave Amherst 44001. Bring a brown bag lunch. Coffee tea water provided.

## Last Chance to Share for the New Daily Reader!

Many thanks to all who have generously sent sharings for our latest book in development. We now know not only what topics can be adequately covered, but also which subjects we are still missing. Please consider submitting sharings on any of the following topics that are missing or are currently in very short supply:

- Abundance
- Abuse
- Concept Two
- Concept Six
- Concept Seven
- Concept Eight
- Concept Eleven
- Literature
- Finances/money
- General Warranties
- Respect
- Responsibility
- Sex
- Shame
- Spirituality
- Tradition Six
- Tradition Eight
- Tradition Nine
- Trust
- Unity

Please let this book include such a variety of members' experiences and backgrounds that it clearly demonstrates how Al Anon can work for *anyone* affected by someone else's drinking. We've received only a few sharings from members who identified themselves as African American; Alateen; Alateen Sponsor; of Asian descent; LGBTQ+; men; people of color; or those who live outside of the US or Canada.

A writing guideline is available at [al-anon.org](http://al-anon.org). Send your sharings by June 1 to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "Daily Reader" at [wso@al-anon.org](mailto:wso@al-anon.org) with "Daily Reader" in the subject line; or at [al-anon.org/dailyreader](http://al-anon.org/dailyreader).

Hello Friends,

I hope 2020 proves to be a year of renewal and recovery for you. I was not able to find or create a list of the public outreach coordinators in each district, so I am sharing this monthly public outreach update broadly in the hopes that the information is of interest to you and that you will share it with others in your district that would benefit from the information. Please provide me with the email addresses of individuals in your district to include in future monthly updates. Also let me know if you would like to be removed from this distribution going forward.

Below are the latest updates in Public Outreach:

- The 2020 edition of Al-Anon Faces Alcoholism, Al-Anon's official public outreach magazine, is available for order. This publication will be available for order year round and can be shared with members, taken to professional offices, facilities, and other public locations. Attached is:
  - An AFA 2020 order form
  - A Promotional Flyer for use at conferences and events with tear-off tabs that provide AFA ordering options
  - A PDF copy of the AFA 2020 presentation, which can be presented to groups and distributed to others electronically or as a handout to help educate them about Al-Anon Faces Alcoholism
  
- The WSO's first video interview of an Al-Anon member, recorded at the 2018 Al-Anon International Convention, was posted on the Al-Anon WSO social media pages just before the holidays. While the interviewer is a nonmember and appears full-face, the member's anonymity and identify are protected in keeping with Tradition Eleven. Feel free to share the below links to the video with members, professionals and other interested parties.
  - Facebook (<https://www.facebook.com/AlAnonFamilyGroupsWSO/videos/vl.1403993143111840/1466391413514222/?type=1> )
  - Twitter (<https://twitter.com/i/status/1208416930891214851> )
  - Instagram (<https://www.instagram.com/tv/B6Y3UqrAp3A/> )

Please let me know if you any ideas you have for public outreach projects in Ohio or if you need resources or ideas for projects in your district.

Until next month...

Sheri B.

Public Outreach Coordinator  
513-252-4703  
[swbogardus@gmail.com](mailto:swbogardus@gmail.com)  
[www.ohioal-anon.org](http://www.ohioal-anon.org)



## 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](http://clevelandal-anon.org)

### How to Order Literature from the Greater Cleveland Al Anon Office

- 1) Use the price list on the [clevelandal-anon.org](http://clevelandal-anon.org) website (first drop down under the document tab). Do not use WSO prices. See above ↑
- 2) You may call the office for pricing 9:30 a.m. -3:30 p.m. M W or TH.
- 3) Shipping will be added only to those orders being shipped.
- 4) Mail literature orders into 14900 Detroit Avenue, Suite 308,  
Lakewood, Ohio 44107
- 5) or email to [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com)
- 6) Checks payable to Greater Cleveland Al-Anon Intergroup Council
- 7) Send payments to the Greater Cleveland Al-Anon, PO Box 42323,  
Brook Park, Ohio 44142-0323.

## Office Volunteers Needed



Office staff volunteers are needed for **Fridays ONLY 9:30 am-3:30 pm** at the Greater Cleveland Al Anon Office. There is a volunteer form (last drop down under “Documents” tab on [clevelandal-anon.org](http://clevelandal-anon.org)). Office location is 14900 Detroit Avenue, Suite 308, Lakewood, Ohio 44107. You may mail in the form, drop off the form at the office, or download and scan to [cleveland.ohio.ais@gmail.com](mailto:cleveland.ohio.ais@gmail.com) or call (216) 621-1381 9:30-3:30 pm if interested. Thank you for your consideration!

## Sharing 7th Tradition With the Three Arms of Service

### **Donation Information** **Your Group's Gift to Al Anon**

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

#### **How to donate 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 donate to Ohio Area Assembly**

Make all checks payable to **AFG of Ohio** and mail to:  
AFG OF OHIO  
P.O. Box 610  
Cortland, OH 44410-0610

#### **How to donate to Alateen**

make Checks payable to;  
Cleveland Alateen  
PO Box 42323  
Brook park,  
Oh 44142-0323

#### **How to donate to WSO**

Send donations to Al-Anon Family Groups Inc. 1600 Corporate Landing Parkway  
Virginia Beach VA 23454-5617 or at [al-anon.org](http://al-anon.org).

From the 2019 World Service Conference Summary on page 18 (left hand side, near the top):  
"What does it cost to support a group? What should a group be aiming for in contributions to the WSO?"

*The cost is \$292 per group."*

It was noted that more info about WSO services to the groups is provided on the back of the November 2019 WSO quarterly plea letter sent to the group CMA (current mailing address). The plea letter and the detailed info "How Al-Anon Serves Your Group and You" are links available for click-on in the November issue of *In the Loop* (News from Your WSO). Any Al-Anon member can subscribe to *In the Loop*.

Please consider donating to WSO (group secretaries should have received the quarterly plea). Many groups have had a good year and are capable of making a sizable donation, so please bring it forward in a group conscience. Without the World Service Conference, we would not have the world wide multi-lingual fellowship of Al Anon.



**BRECKSVILLE MONDAY MORNING  
32<sup>nd</sup> ANNIVERSARY  
MONDAY FEBRUARY 10 AT 10:00 AM**

**BRECKSVILLE UNITED METHODIST CHURCH  
66 PUBLIC SQUARE, BRECKSVILLE**

**AA LEAD – JIM L.  
AL-ANON LEAD – DIANE L.**

**DOOR PRIZES  
RAFFLE TO BENEFIT ALATEEN  
POT LUCK LUNCH**

**COME AND JOIN IN THE FUN**



North Ridgeville Caring Al-Anon  
Invites you to their  
45<sup>th</sup> Anniversary Celebration  
Thursday, February 13, 2020

*First Congregational United Church of Christ  
36363 Center Ridge Road  
North Ridgeville, Ohio*

**\*\* Doors open at 7:00 p.m. \*\***

Meeting starts at 8:00 p.m.

Please join us for Fellowship,  
Finger-Foods, Door Prizes,  
Cake and Coffee

AA & Al-Anon Leads

*All Family and Friends are Welcome*



**Join us at**  
**One Day at a Time Al-Anon Group**  
**45<sup>th</sup> Anniversary**



**Friday – February 14<sup>th</sup> 2020**  
**Doors open at 7 pm**

**AA and Al-Anon leads at 8 pm**



**Concordia Lutheran Church**  
**6705 Brecksville Road Independence OH**

**Cake, coffee, tea and pop provided**



# “TO DO or NOT TO DO” IN AL-ANON

Come Join our 16<sup>th</sup> Annual Workshop  
Sponsored by the Amherst Sunday Night Al-Anon Group

**Saturday, March 21st, 2020**

**8:30 am – 2:30 pm**

**GOOD SHEPHERD BAPTIST CHURCH  
1100 CLEVELAND AVE  
AMHERST, OHIO 44001**

**\$5.00 Workshop Fee**

**(Proceeds go to the purchase of Al-Anon How it Works & Alateen Literature)**

<b>8:30 – 9:00 am</b>	<b>Registration &amp; Welcome (Coffee, Tea &amp; Bottled Water Provided)</b>
<b>9:00 am</b>	<b>Prompt Workshop Start</b>
<b>11:30 –12:30 pm</b>	<b>Bring your own Brown Bag Lunch (Coffee, Tea &amp; Bottled Water Provided)</b>
<b>2:30 pm</b>	<b>Closing</b>

**PLEASE call to REGISTER by Weds. March 18th**  
**(We need an approx. head count so we have enough supplies)**

**Walk - In Registration will also be available that morning. Please join us.**

**Please call for registration or with any questions to:**

**Susan T. (440) 965-8147**

**Donna B. (440) 370-1194**

*just*  
**DO NOTHING!**



TO Do...

- \_\_\_ Slow down.
- \_\_\_ Breathe.
- \_\_\_ Live in the moment.
- \_\_\_ Let go of the past.
- \_\_\_ Forgive.
- \_\_\_ Work hard.
- \_\_\_ Laugh hard.
- \_\_\_ Be good to myself.

