

Pass It On

The Akron Area Al-Anon Newsletter

Al-Anon's 4th Concept of Service is:
"Participation is the key to Harmony."

Office Location:
3614 Manchester Rd. Suite 103
Akron, OH 44319
Website: www.afg-akron.org
Call us at: 330-645-1165

Get involved through service!
We need office volunteers & service officers.
Call the office at 330-645-1165

Send meeting topics or anniversary flyers by the 15th of month to: passitonafg@yahoo.com
Your group donation of \$10 for the flyer can be sent to the office to assist with newsletter cost.

Intergroup Service Officers

Chairperson
Mickie g
Co-Chair - Editor
Tracy C

Secretary
Mary C

Treasurer
Bill B.
Co-Treasurer
Open Service Opportunity

Literature
OPEN
Co-Literature
Mary Beth R.

PIC (Public Info Coord.)
Don V.

MOW (Mtgs. On Wheels)
Sharon M.
Co-MOW
Robyn R.

Alateen
Sarah A.
Co-Alateen
Wendy Y.

Office Coordinator
Becky Z.

Archives
Leah E.
Co-Archives
Carolyn T.

Webmaster ~ Richie T.
(Webmasters available at
passitonafg@yahoo.com)

Inside

December Meeting
Minutes

- November Financials

Mark your calendars!

Next

Akron Intergroup Meeting

- 1st Tuesday @ 7:00 pm*

Tuesday 1/5/2021
Tuesday 2/2/2021

Open to all Al-Anon Members,
ISRs, Group Reps, District Reps

You are Encouraged to Attend!

IMPORTANT!!!!

To contact an officer, please call
the office and leave a message.
They will return your call ASAP

Please pray about doing
service. Al-Anon needs you and
Intergroup needs you.

Without you there cannot be a
local Intergroup Office here
when you need it most.

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See inside for updated
information regarding
ZOOM and face-to-face
meetings

*

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So many gifts!!!
See inside for details

Best wishes for a safe
healthy and serene holiday
season

Ah, the holidays!! This is our gift to you – a few stress buster strategies from others in Al-Anon

HAPPY HOLIDAYS – Tables not so full of food, houses not so full of families this year, but we can still be under a lot of stress: May you use these as a pathway to a SERENE AND WONDERFUL holiday...

- Make a phone call to a friend in the program to get you out of yourself
- Do Something nice for yourself: a hot bubble bath, afternoon tea with a close friend (even via Zoom or phone)
- Keep your Higher Power close and worries at bay – and relax, God is in charge!
- Use the Serenity Prayer or one of the slogans (How Important is it, First things First, Let Go, then get out of the way and Let God).
- Go to a new Zoom meeting, or a face to face if you choose.
- Start your day with a simple request to your Higher Power – “Guide me and help me follow your direction”
- Remember to be grateful...list a few of those and post it on your frig
- Stop! Think! Easy Does It. Keep It Simple, Relax, God’s in Charge, HALT! – Use those slogans!!
- You can reinvent your holiday – start a new tradition – it doesn’t have to look like the past, Give yourself permission to change!
- LISTEN – and in listening, remember to practice SHUT UP☺
- Talk to your Higher Power – Let “Him/Her” know how you REALLY feel! (I would suggest you do this in a room away from anyone’s earshot!) Hit that pillow, or scream into it.
- Find some quiet time to read your literature, be by yourself and enjoy a few moments of tranquility
- Say the Serenity Prayer
- Go late. Leave early. Limit hurtful interactions, and don’t take things personal – it is rarely about you
- Behave yourself! It doesn’t matter what the rest of the world is doing – you will feel better if you behave!
- MEETINGS, MEETINGS, MEETINGS, – or PHONE CALLS, PHONE CALLS, PHONE CALLS – did I say PHONE CALLS???
- Have a plan “B”
- Have a readily available friend who you can meet, or be willing to invite you over if you need a break from family
- Prayer and Meditation
- Listen to CD’s (if you have speaker CD’s, use them or if not – just good holiday music will soothe your soul
- When a loved one starts drinking at a get together, remember the SERENITY PRAYER – and let Their Higher Power do His job – oh – and YOU are NOT that Higher Power☺
- Pause, get quiet, and observe the chaos around you. Be grateful for your growth and recovery in Al-Anon
- Have I mentioned the use of the tools? Prayer, Meditation, Slogans, Serenity Prayer, PHONE CALLS..
- Easy does it!!
- Do you want to be right, or would you rather give up your serenity? – your choice
- Breathe – deep – Breathe again – deep – Breathe again – deep – Breathe again – deep....(10 times will do)
- Take a walk
- Have fun and just enjoy the moments
- Play with the kids – make a mess, build a lego building, make cookies
- Write a gratitude list of 5 things for each day between now and the New Year
- Write a gratitude list for each of the letters in HAPPY HOLIDAY
- Write a gratitude list using all the letters in your name – because you are worth it!
- Call your sponsor – good or bad, they would love to hear from you
- Detach with love, not indifference
- It’s ok to walk away, take a breather, take a walk, find a quiet place – YOUR SERENITY IS YOUR PRIORITY
- REPEAT THIS OFTEN: Dear HP, Please place one hand on my shoulder, and the other over my mouth – thanks
- Drive separately – you can leave when you feel the need to without any guilt
- Be grateful for the process

Hoping some of these suggestion will help you relax and enjoy all you have to be grateful for – Mickie G and Tracy G

AKRON AREA AL-ANON INFORMATION SERVICES
INCOME STATEMENT

AKRON AREA AL-ANON INFORMATION SERVICES
BALANCE SHEET

DATE: Nov-20

PREPARED BY: Bill B.

DATE: Nov-20

PREPARED BY: Bill B.

AL-ANON INCOME	MONTHLY	YEAR TO DATE	AVERAGE/MO	YEAR TO DATE	11/30/2019	11/30/2020
Literature	\$463.20	\$6,992.36	\$630.21	\$19,279.99	Checking Account Deposits	Balance Carried Forward
Group Donations	\$353.17	\$1,904.93	\$173.18	\$2,755.02	Alanon Savings Deposits	Interest
Individual Donations	\$106.00	\$2,634.56	\$239.51	\$16,540.09	Alateen Savings Deposits	Interest
Spring/Fall Workshop		\$185.00	\$16.82	\$0.00		
Newsletter Postage	\$5.00	\$55.00	\$5.91	\$255.00		Total Income & Deposits
Fliers		\$35.00	\$3.18	\$215.00		\$ 1,005.82
Miscellaneous		\$88.62	\$8.06	\$454.48	Checking Disbursements	
Ohio State Sales Tax	\$28.45	\$423.68	\$38.52	\$1,210.25	Checking Transfer to Savings	\$ 1,216.44
Total Income	\$955.82	\$12,269.15	\$1,115.38	\$40,749.83	Alanon Savings Withdrawals	\$ 50.00
AL-ANON EXPENSES	MONTHLY	YEAR TO DATE	YEAR TO DATE	YEAR TO DATE	Alateen Savings Withdrawals	\$ -
Rent	\$600.00	\$6,600.00	\$600.00	\$6,600.00	Total Expenses & Withdrawals	\$ 0.00
Gas	\$34.84	\$449.75	\$40.89	\$488.87	Current Balance	\$ 1,266.44
Electric	\$78.29	\$827.28	\$75.21	\$788.82		\$ 22,397.86
Phone & DSL	\$100.43	\$1,115.73	\$101.43	\$1,099.69	Checking Account Balance	\$12,473.54
Web Cost		\$0.00	\$0.00	\$119.88	Prudent Reserve (CD)	Archives Balance
Newsletter Postage		\$0.00	\$0.00	\$0.00	Prudent Reserve (Savings Acct)	(Included in Alanon Funds)
Office Postage		\$72.05	\$6.55	\$252.13	Alateen Savings	\$6,005.34
Office Supplies		\$284.11	\$25.83	\$155.44	Patty Cash	\$3,818.98
Literature	\$361.55	\$4,309.13	\$391.74	\$14,052.97	Total Current Account Balances	\$100.00
Copier	\$41.33	\$456.65	\$41.51	\$411.52	Total Accounts Receivable	\$ 131.86
Miscellaneous		\$1,535.98	\$139.63	\$672.93	Literature Inventory	
Alateen		\$0.00	\$0.00	\$1,655.84		
Ohio State Sales Tax		\$926.44	\$84.22	\$1,655.84		
Total Expenses	\$1,216.44	\$16,577.12	\$1,507.01	\$26,328.09		
Net Income - Expenses	-\$260.62	-\$4,307.97	-\$391.63	\$14,421.74	Groups That Helped Keep The Doors Open	
NON-CASH EXPENSE		YEAR TO DATE	YEAR TO DATE	YEAR TO DATE	Al-ANON Donations	Alateen Donations
MOW		\$0.00	\$0.00	\$0.00	Let's Step It Up	
PIC		\$0.00	\$0.00	\$0.00	Focus on Growth	
Total	\$0.00	\$0.00	\$0.00	\$0.00	Individual	
Al-Anon Savings	MONTHLY	YEAR TO DATE	YEAR TO DATE	YEAR TO DATE	Hudson Friday	
Deposits		\$2,621.59	\$50.00	\$50.00	Medina Tues and Saturday	
Withdrawals		\$0.00	\$0.00	\$0.00	Individual	
Net Savings Dep.-WD	\$	\$2,621.59	\$50.00	\$50.00		

ALATEEN INCOME	MONTHLY	YEAR TO DATE	YEAR TO DATE
Group Donations		\$200.00	\$1,584.79
Individual Donations		\$1.00	\$23.00
Miscellaneous		\$0.00	\$0.00
Total Alateen Income	\$0.00	\$201.00	\$1,607.79
ALATEEN EXPENSES	MONTHLY	YEAR TO DATE	YEAR TO DATE
Literature		\$0.00	\$0.00
Korniac		\$0.00	\$1,470.28
Miscellaneous (3)		\$0.00	\$350.00
Total Alateen Expenses	\$0.00	\$0.00	\$1,820.28
Net Alateen Inc.-Exp.	\$0.00	\$201.00	-\$212.49
Alateen Savings	MONTHLY	YEAR TO DATE	YEAR TO DATE
Deposits	\$0.00	\$201.00	\$1,607.79
Withdrawals	\$0.00	\$0.00	\$1,820.28
Net Savings Dep.-WD	\$0.00	\$201.00	-\$212.49

Delinquent Group Accounts	60 Days	90 Days	120 Plus
H.O.W. It Works			11.68
H.O.W. To Recover			35.03
IRENA - SAT WORKSHOPS			20.1
Paradise			25.1

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DATE: Oct-20
PREPARED BY: Bill B.

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	10/31/2020	10/31/2019			
AL-ANON INCOME	MONTHLY	YEAR TO DATE	AVERAGE/MO	YEAR TO DATE	
Literature		\$6,469.16	\$646.92	\$17,786.34	Balance Carried Forward
Group Donations		\$1,551.76	\$155.18	\$2,599.76	Checking Account Deposits
Individual Donations		\$2,528.56	\$252.86	\$16,540.09	Alanon Savings Deposits
Spring/Fall Workshop		\$185.00	\$18.50	\$0.00	Interest
Newsletter Postage		\$60.00	\$6.00	\$265.00	Total Income & Deposits
Fliers		\$35.00	\$3.50	\$215.00	
Miscellaneous		\$88.62	\$8.86	\$454.48	Checking Disbursements
Ohio State Sales Tax		\$395.23	\$39.52	\$1,119.67	Alanon Savings Withdrawals
Total Income	\$0.00	\$11,313.33	\$1,131.33	\$38,980.34	Alateen Savings Withdrawals
AL-ANON EXPENSES	MONTHLY	YEAR TO DATE		YEAR TO DATE	
Rent		\$600.00	\$600.00	\$6,000.00	Total Expenses & Withdrawals
Gas		\$28.01	\$41.49	\$448.59	Current Balance
Electric		\$76.18	\$74.90	\$724.99	
Phone & DSL		\$100.28	\$101.53	\$996.45	Checking Account Balance
Web Cost		\$0.00	\$0.00	\$119.88	Prudent Reserve (CD)
Newsletter Postage		\$0.00	\$0.00	\$0.00	Prudent Reserve (Savings Acct)
Office Postage		\$72.05	\$7.21	\$252.13	Alateen Savings
Office Supplies		\$284.11	\$28.41	\$155.44	Petty Cash
Literature		\$3,947.58	\$394.76	\$12,810.92	Total Current Account Balances
Copier		\$41.33	\$41.53	\$375.58	
Miscellaneous		\$1,535.98	\$153.60	\$612.70	Al-ANON Out of Balance
Alateen		\$0.00	\$0.00	\$0.00	Alateen Out of Balance
Ohio State Sales Tax		\$926.44	\$92.64	\$1,655.84	
Total Expenses	\$845.80	\$15,360.68	\$1,536.07	\$24,152.52	Total Accounts Receivable
Net Income - Expenses	-\$845.80	-\$4,047.35	-\$404.74	\$14,827.82	Literature Inventory
NON-CASH EXPENSE	YEAR TO DATE				
MOW		\$0.00		\$0.00	Groups That Helped Keep The Doors Open. Thank You!
PIC		\$0.00		\$0.00	Al-ANON Donations
Total		\$0.00		\$0.00	Alateen Donations
Al-ANON Savings	MONTHLY	YEAR TO DATE		YEAR TO DATE	
Deposits		\$2,621.59		\$0.00	
Withdrawals		\$0.00		\$0.00	
Net Savings Dep.-WD	\$	\$2,621.59		\$0.00	

	MONTHLY	YEAR TO DATE		YEAR TO DATE
ALATEEN INCOME	MONTHLY	YEAR TO DATE		YEAR TO DATE
Group Donations		\$200.00		\$1,379.79
Individual Donations		\$1.00		\$23.00
Miscellaneous		\$0.00		\$0.00
Total Alateen Income	\$0.00	\$201.00		\$1,402.79
AL-ATEEN EXPENSES	MONTHLY	YEAR TO DATE		YEAR TO DATE
Literature		\$0.00		\$0.00
Komiac		\$0.00		\$1,470.28
Miscellaneous		\$0.00		\$350.00
Total Alateen Expenses	\$0.00	\$0.00		\$1,820.28
Net Alateen Inc.-Exp.	\$0.00	\$201.00		-\$417.49

	60 Days	90 Days	120 Plus
Delinquent Group Accounts			
H.O.W. It Works			11.68
H.O.W. To Recover			35.03
IRENA - SAT WORKSHOPS			20.1
Paradise			25.1

Intergroup meeting December 1, 2020

In attendance: Mickie G. Tracy C, Don V, MaryBeth G, Irena H, Janet S, Becky Z, Ginny C, MaryBeth R

Mickie opened with the Serenity Prayer at 7:00 pm. Traditions were read and Secretary report was approved
Treasurer: See both October and November reports

Literature: Slow sales, and just a reminder that the office is open for sale of literature – please call first.
PLEASE CONSIDER INDIVIDUAL OR GROUP DONATIONS these can be sent directly to the intergroup office.

PIC: No Report

MOW: No Report

Alateen: No report

Office Mgr: 6 calls in, 6 calls out, 6 voicemails, 2 visitors, 6 officers 6 members.
MaryBeth has volunteered to man the office on Fridays – thank you MaryBeth

OAA: June 2021 State Convention will be virtual We will keep you posted –

ZOOM MEETINGS ON WEBSITE

If your group is a zoom meeting , please send your Zoom ID and password to “passitonafg@yahoo.com along with the group name and the day and time of the meeting. - because we are NOT exclusive...we are open to anyone anywhere who reaches for help - we need to be the hands that reach out to newcomers and anyone in need o f a meeting

Here are a few in Akron

Sunday (Ellet) at 6:30 pm ID:822 176 0282

Tuesday –(Copley) at 7:00 pm– call Mary C at 330-825-8098

Tuesday (Triangle) at 8:00 pm – ID 821 4064 8711 Password: 617068

Wednesday (Copley) at 7:00 pm call Mary C at 330-825-8098

Wednesday (because we need a meeting) at 6:30 pm ID 761 7156 9470 Password: 8DxjBm

Wednesday (Paradise) at 1:00 pm ID 480 997 7319 Password: 9t8kcf

We are sure there are others meeting virtually in the area. Please send your group info to passitonafg@yahoo.com

The website information for zoom meetings in Cleveland - clevelandal-anon.org

The website information for zoom meetings in Canton is - ohioafg48.org

The website information for zoom meetings in Akron is afg-akron.org

Districts: Mary C will be taking over as District Rep for 25 and Irena H will continue for 51

Webmaster: No report

Archives : No report

Founders Day: currently being planned as a hybrid in person and virtual event. For updates go to their website:
Foundersday.org Stay tuned

Old Business: still working on the lease for the Intergroup office.

New Business: None

Closed at 8:00 with the declaration.

In service: Tracy C

In service: Tracy C

AKRON FACE TO FACE MEETINGS

****Please notify intergroup office of any changes or additions to face to face meetings****

****Copley Monday Night**—meets on Monday at 7:00pm. In the parking lot(under the shade trees: at Copley United Methodist—1518 S. Cleveland-Massillon Rd. Copley If it is inclimate the group can also meet inside the church with specific protocols—Masks will be required, 6 feet will be expected, and cleaning up the tables and any other areas used is required (This group is also presenting Zoom meetings on Tuesday and Wednesday – at 7:00pm—Call Mary C at 330-825-8098 for an invite to the meeting(s)

****Firestone Park AFG**—meets on Monday at 8:00pm in the basement – Firestone Park Christian Church-40 E Wilbeth Rd. Akron, OH Bring a Mask

****Solutions to Serenity** – meets on Monday at 7:00PM – at Community of Christ Church – 834 Grant St., Akron OH Bring a mask

****Spiritual Progress** – meets on Tuesday at 7:30PM at Lockwood United Methodist Church – 3680 Manchester Rd. Akron OH 44319 Bring a Mask

****Courage to be me** – meets on Tuesday at 7:00pm at the Relentless Church—1878 Killian Rd, Akron, OH

****Let's Step it up ZOOM meeting only meeting-contact email ARICH1@Ameritech.net**

****New Hope AFG** meets on Tuesday at 7:30pm—at the Renaissance Family Center—9005 Wilverne Dr, Windham, Oh 44288 WEAR A MASK

****Mantua Hillside AFG** meets on Wednesday at 7:00pm at Hilltop Christian Church – 4572 Prospect Street, Mantua, OH 44255

****Simple Solutions(MEN ONLY)** meets on Monday at 6:45Pm at Western Reserve Christian Church—516 W Streetsboro St, Hudson,OH Bring a chair and wear a mask

****Wooster Thursday Morning AFG** meets on Thursday at 10:30am. (use main door) First Church of God – 1953 Akron Rd, Wooster, OH 44691

****Norton Serenity** – Friday 7:30 pm, Grace United Church of Christ, 3285 S. Cleveland-Massillon Rd, Norton 44203 (white church by old Loyal Oak Tavern) – mask required.

****Al-Anon Circle of Hope AFG** – meeting on Saturday morning at 9:30am to 1030am. Meeting at Christmas Run Park at the gazebo. Gazebo is at south end of park. Bring a chair wear a mask

****First Things First (ACOA)** Meets 10:30 am Saturday, Tallmadge United Methodist Church, 207 N. Munroe Rd., Tallmadge

**** Hope In The Woods** Thursday at 5:15pm at The Brewster Friends Church 139 Main St, Brewster, OH 44613

Updated 12-17-2020

When you don't know
where to turn...
because someone
drinks too much...

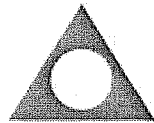


Al-Anon Family Groups can help.

Learn more by attending a confidential meeting in your community.
888-4AL-ANON • al-anon.org

HOPE IN THE WOODS AL-ANON

meets each Thursday at 5:15 PM
at the Brewster Friends Church
139 Main St SW, Brewster, OH 44613



Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

Hope in the Woods Al-Anon
Thursdays @5:15 PM at Brewster
Friends Church-139 Main St SW
Al-Anon.org or ohioafg48.org

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