

DISTRICT 28 CONNECTIONS VOLUME 4 #1

AL-ANON HAPPENINGS

MARCH 24 TH	AL-ANON DAY CHURCHILL SENIOR CENTRE @ 345 RICHMOND RD THIS IS OUR DAY OF RECOVERY. PLEASE SEE YOUR GROUP REPRESENTATIVE ON WAYS TO HELP MAKE THIS DAY OF CELEBRATION AND FELLOWSHIP A SUCCESS. GREETERS/REGISTRATION/SET UP TAKE DOWN ETC WWW.AL-ANON-OTTAWA.CA
APRIL 7 TH	SPRING CONFERENCE: 5 AL-ANON MEETINGS: AL-ANON IS FOR= ADULT CHILDREN OF ALCHOLICS, SIBLINGS, PARENTS, DUAL MEMBERS, SPOUSES. OUR NEW ONTARIO SOUTH DELEGATE (JANE H) TO WORLD SERVICE IS OUR MAIN AL-ANON SPEAKER ALL MEETINGS ARE OPEN MEETINGS, BRING FAMILY MEMBERS TO HELP THEM UNDERSTAND WHAT OUR RECOVERY IS ABOUT LOCATION: MARIOTT HOTEL @100 KENT ST OTTAWA

LITERATURE FOCUS: HOW AL-ANON WORKS FOR FAMILY AND FRIENDS OF ALCHOLICS. This book is considered the Al-Anon Big Book and is an essential read for all. There are over 200 pages of recovery stories from this family disease. Additionally there are writings on key elements of the Al-Anon program as the Steps, Breaking Isolation and Taking Care of Ourselves. A soft cover edition is now available from our Ontario South Literature office. Reference number B-32, cost \$7.00. Please email literature@cogeco.ca and ask for an electronic copy of the literature order form.

DISTRICT WEB SITE SURVEY IS BEING UNDERTAKEN.

Please take a few minutes to answer these questions and email to our web master at: singhas@yahoo.ca

Did you know we had a web site? Yes / No

Do you use the web site? Yes / No

What do you use it for or why don't you use it?

What would you like to see on the site?

If you are a new to Al-Anon, did you find what you want on the site?