

SPRING NEWSLETTER 2020

OHIO VALLEY INTERGROUP

STAY CONNECTED

Tools to use during social distancing

With the governor's shelter-in-place order in effect, and our groups having postponed all face-to-face meetings, all of us are probably feeling some strong emotions. What do we do now? How do we stay connected? Work our programs? Stay sober?

We have each found some answers to those questions in recent weeks. Here are some "best practices" and thoughts on staying connected during social distancing and shelter-in-place protocols.

1. Join a Zoom, other videoconference, or telephone meeting. While technology and being in an online forum has a degree of risk to it (hackers, "Zoom bombing," etc.) no one in the OVIG area has reported any issues. I try to compare it to those moments of risked anonymity when I walk from the parking lot to our meeting place. I consider the level of risk in logging on or dialing in to be similar – and to

me, acceptable. Each of us must make that call based on our own sense of security. Visit ohiovalleysaa.org for our local meeting list. Or if you need a meeting NOW, visit saatalk.info for "imminent tele-meetings".

2. Stay connected to recovery. SAA recovery literature can be read for free at the ISO web site. Go to saa-recovery.org and click on "literature." The Web is also filled with recovery lectures, Ted Talks and podcasts. Do some digging and you might find a new gem. But if the internet can be a trigger for you, consider bookend phone calls before you perform your search.

3. Call someone in the program. Remember that the phone becomes an even more powerful tool in these potentially isolating circumstances. I rely heavily on texts and phone calls as part of my daily plan to stay present and honest.

4. Develop your Outer Circle. I have looked for outer circle activities that I had ignored and pushed onto the back burner. Now the time I might have spent in a movie theater, shopping center or social gathering is being filled with music and reading. For those among us whose circles or other circumstances insist we remain off-line, consider trying some of the tried-and-true tools that don't call for anything more high-tech than a pencil. I have personally been hesitant to use journaling consistently, but I am open to it. I need all the tools I can get right now, as I'm sure many of us do! Try poetry. Or drawing. Or coloring. Seriously.

So, call someone, stay home, stay safe and stay sober. Create something good. Call me if I can help.

- Matt F. (614)226-9466

"IF I AM UNABLE TO BE WITH OTHERS, I WILL ACCEPT THAT AND BE WITH MYSELF. I MAY JUST FIND I'M PRETTY NICE TO BE WITH." SK (ANSWERS IN THE HEART, MARCH 29)

2020 CONVENTION POSTPONED

Because of COVID-19, on March 21st, the ISO Board of Directors made the decision to delay the Columbus ISO Convention until May of 2021. Atlanta will host the convention in 2022, and New York will host the convention in 2023. Arraignments

have been made with the Hyatt Regency in Columbus to still have the convention there next year. If you have paid your registration fees and/or meals for the convention, you have three options. You can leave them as paid for next year, you can

request a refund, or you can donate part or all of the money to the ISO. The 2021 Convention website will be updated and active by mid-October. Please plan to attend the Columbus 2021 Convention!

GROUP SERVICE REPRESENTATIVES

A Low-Commitment, but Essential Service Opportunity

Over the past few months, you've been hearing a lot about GSRs, but are you still confused about what they are? Don't worry! Take a moment to remember your schoolhouse rock days because GSRs are just like government representatives. Each SAA group will choose one person to represent them

at the Area Assembly and vote on their behalf. It's that simple! The time commitment for a GSR is minimal. This June, all the GSRs will meet via teleconference or about an hour to discuss the issues that affect our groups. We want every group to be represented at this meeting because your thoughts and opinions matter.

If you are looking for a way to be of service, but don't have a lot of time on your hands, this could be for you. You can register online through the following link:

<https://saa-recovery.org/iso/gsr-registration-form/>

We hope to see you this June!

ADDITIONAL ANNOUNCEMENTS:

- ❖ There is a "Sponsors Helping Sponsors" meeting every Thursday at 11 a.m. EST for 1 hour. The meeting would like to connect sponsors with years of experience with those in the fellowship who value the ability to learn from the experience of others. Zoom participant code: 599565679. Contact Deb from WV (267) 332-4698, 1sunflowerlovesrain@gmail.com for more info.
- ❖ The Ohio Valley Intergroup's Fall Retreat is in the planning stage. If you are interested in serving as a speaker or panelist, please contact Jerry S, jerrecovery2@gmail.com