

Osseo AA Newsletter

Suburban North Alano Vol. 2 Issue 4

www.OsseoAA.org

“One Day at a Time”



Happy Thanksgiving



Greetings:

This is the time to reflect on the past year, especially now that Thanksgiving and Christmas are rapidly approaching. We also should be thankful that we are sober. When I was drinking, I didn't care anything about these holiday's and spent many of them alone and miserable. Now that I am sober I can enjoy them with my family. I always wondered why sober people enjoyed these times. Now I know. It is the love your family shows you and the love you give back. Being sober humbles me to be able to accept and enjoy having feelings again, and not masking them with alcohol.

Now on to the wonderful things we have going on at Club. We are having a Thanksgiving Dinner on Thanksgiving Day the 22nd of November. There will be further info posted on what food you may bring etc. This will be a good time to spend with other alcoholics and at our club. This is our focal point for sobriety. If we didn't have our club we would be lost!

Also, we are having a Christmas party on the 8th of December. Again this will be a time of sharing and good will. There will be further info posting and distributed on the specifics.

We have posted the phone numbers and e-mails of the Board Members on the bulletin board. Please call any of us if you have any comments on what we could do better for the Club.

Thank you for letting me be of service to you and the club.

Regards,

Bob W

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Want to Contribute?

- Contact Bob G. or any Board Member with stories or suggestions
- Check the website often as it's constantly changing. It's also a good way to keep up with the news. If you have club news, please send it in.
- Edited by: Julee E.

BEING THANKFUL

Some people grumble because the roses have thorns instead of being grateful that the thorns have roses.

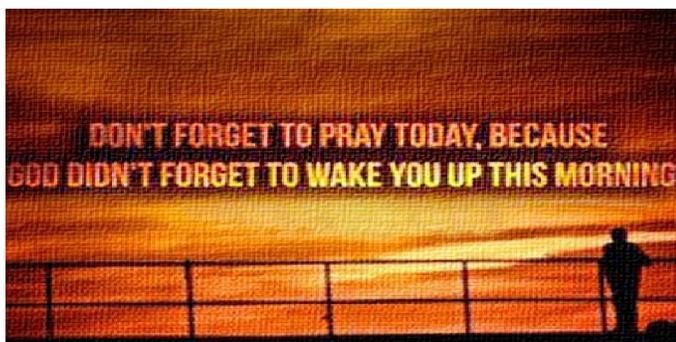
We must learn from the mistakes of others because we won't live long enough to make them all ourselves.

Don't look down on another person unless you are leaning over to help them up.

What a different world this would be if people would magnify their blessings the way they do their troubles.

The largest room in the world is the room for improvement.

Winners - people who tell you what they did and not people who tell you what they think you ought to do.



Saying thank you is more than good manners. It is good spirituality. ~Alfred Painter

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" ~William A. Ward

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. ~H.U. Westermayer

Silent gratitude isn't much use to anyone. ~G.B. Stern

If the only prayer you said in your whole life was, "thank you," that would suffice. ~Meister Eckhart

There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude. ~Robert Brault, www.robertbrault.com

Gratitude is the memory of the heart. ~Jean Baptiste Massieu, translated from French

When we were children we were grateful to those who filled our stockings at Christmas time. Why are we not grateful to God for filling our stockings with legs? ~G.K. Chesterton

The only people with whom you should try to get even are those who have helped you. ~John E. Southard

Gratitude is an art of painting an adversity into a lovely picture. ~Kak Sri

If you have lived, take thankfully the past. ~John Dryden

Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood God* praying only for knowledge of God's* will for us and the power to carry that out.

If we've gotten this far it's safe to assume that we've made a pretty good effort at turning our will and our lives over to the care of some sort of Creative Intelligence. Now, as the second in the so-called maintenance Steps, we have the opportunity to deepen that connection and begin to live our lives on a spiritual plane.

Which doesn't mean we have to give up all desires for material goods, great sex and the work we long to do! Far from it – in fact, this Goddess of our understanding wants far more for us than we can possibly imagine.

A conscious contact is just that, awareness that there is something more to life than what's in our face at the moment. There's more to life than what our parents taught us, and what we see on TV news and what society as a whole tells us.

How you express that awareness, how you practice it, is up to you. Although the founders came from a Christian background, they worked hard not to limit 12 Step spirituality to that tradition. They went so far as to include an atheist and to take copies of the Big Book in draft form to as many religious leaders as they could find in order to be sure they didn't restrict belief. (The story is told that, when a Buddhist monk looked over the manuscript he nodded and said something like, "...we would have preferred the word 'good' to the word 'God'...")

The point, of course, is to find your own way, which may take some experimentation and will most likely change over time.

Step 11 points to discipline – a regular practice of some sort, formal or not. Such a practice may be as simple as a quick 'make me a channel' type of prayer said with your first cup of coffee, doing some sort of meditation daily, or almost daily, joining a religious organization of one sort or another and worshipping in that manner... the list of possibilities is endless.

If you're not sure how you want to practice your spirituality, experiment. Ask others, both in and out of Program. Read, shop for a church, try a meditation or two. This is truly a case of 'ask and

you shall receive,' with willingness the only key you need.

Of course the biggest question with Step 11 is how can we know what God's will is for us? Like all things dealing with faith, there isn't any single or certain way. We're on the right track if we're being honest with others and ourselves. Watching out for fear, anger building to resentment and not getting to Hungry, Angry, Lonely or Tired (HALT). It helps if we learn to plan without demanding, or even expecting, a particular outcome. Some call it personal responsibility – others simply say it's growing up.

Working with some sort of regular practice (yes, that word again) can go a long way toward helping us see ourselves and our world clearly – a definite move toward Powerful Recovery.

*Yes, the original 12 Steps say Him and His – but long ago I stopped using gender-based references for our Higher Power and do so here.

Love, peace and abundance,

Anne



Reprinted from:

<http://www.powerfullyrecovered.com/articles/11thstep.htm>

Resentment

Of all the negative emotions, resentment diminishes us the most. It brings unwarranted anger toward those who have something we want, and self-pity for ourselves. It drains us of the energy we need to change our lives and work toward goals. Resentment keeps us in a rigid judgment of who "should" and who "should not" achieve success; all "should" attitudes are pointless, breeding discontent and wasting time. Above all, resentment is ugly to see and even uglier to feel. When I'm resentful, I feel hatred toward others and myself.

Today, I ask for the humility to accept my limitations, without resenting others who have exceeded them. I ask for the courage to pursue my own goals, not comparing myself to others.

Tradition Eleven

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. "

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though we are more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of AA. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous -- but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that AA is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are AA lifelines reaching out to the alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish -- a matter of life and death indeed!

The future poses no greater problem or challenge to AA than how best to preserve a friendly and vital relation to all the world about us. Success will rest heavily upon right principles, a wise vigilance, and the deepest personal responsibility on the part of every one of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So the Eleventh Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual

customs, should be based upon the principle of attraction rather than promotion. Shot-in-the-arm methods are not for us -- no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement we have been, before now, tempted to exploit the names of our well-known public characters. We have rationalized that other societies, ever the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma, so lending power and conviction to new stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member sought to describe himself in full view of the general public as an AA, even for the most worthy purpose, lest a perilous precedent be set which tempt others to do likewise for purposes not so worthy.

We see that on breaking anonymity by press, radio, or pictures, any one of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise into the midst of any controversy.

So it is becoming our code that there are things that no AA ever does, lest he divert AA from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come.

To the million alcoholics who have not yet heard our AA story, we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations we shall, God willing, keep the faith."

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Al-Anon/Alateen Affirmations

Let go and Let God!!

Everyday and in everyway this slogan of Al-anon is easy to use. When a person is tired and irritable, the person can say to himself, "Let go and Let God." When your husband doesn't fulfill the "expectations" you had of him, remind yourself to say, "Let go and Let God!" Say it slowly, steadily, and quietly. Say it over and over until you feel the serenity that any of the slogans can give to you.

When you are frustrated by a spouse, a sister, a brother, a mother-in-law, your child, or a fellow member of your meeting get away from your frustrating thoughts. Quickly and boldly repeat in your mind, "Let go and Let God." "Let go and Let God." "Let go and Let God." Let the serenity of this slogan flood through your mind, over your feelings, and into your heart.

Use this slogan whenever you suffer with feelings of irritability, tiredness, unmet expectations, hunger, anger, jealousy, and frustration.

"I believe that people are good if you give them half a chance and that good is more powerful than evil.

The world seems to me excruciatingly, almost painfully beautiful at times, and the goodness and kindness of people often exceed that which even I expect."

- **Lois Burnham Wilson**

Lois Wilson, the wife of Bill Wilson and co-founder of The Al-Anon Family Groups, was born Lois Burnham on March 4, 1891 at 182 Clinton Street in Brooklyn Heights, New York. Her father, Clark Burnham, was a gynecologist and surgeon and her mother, Matilda Spelman, was a young woman of refinement.

Do you know a young person who has been affected by a family member or friend's drinking?

Alateen can help. Alateen is for young people whose lives have been affected by someone else's drinking. It's a meeting where young people can share experience, strength and hope. Many Alateens listen to and share solutions that can lead to a better life. They learn and practice the Twelve Steps with other young people. By listening and sharing in a safe place, things can get better. One of the most important things that many Alateens find out is that they are not alone.

Tim's Alateen has one or two adults in attendance (group sponsors) who have been certified by the Minnesota South Area AlAnon/Alateen. The certification process includes meeting requirements, passing a background check, working their own Al-Anon program and yearly workshop attendance. The certification helps ensure that Tim's Alateen remains a safe place for youth affected by someone else's drinking.

Tim's Alateen

7 pm Thursday

Suburban North Alano

15486 Territorial Road

Maple Grove, MN 55369

763-420-4820 (call Alano club for directions)

For more information, contact one of the group sponsors:

Ann C. 763-420-4249

Deb B. 612-716-7751

Announcing a New Al-Anon Meeting at the Suburban North Alano Club

We are proud to announce an Adult Children Meeting is starting on Monday October 15th at 10:00 a.m. It is intended to be a recovery program for Al-Anon Adult Children 12-step group. Unlike other Al-Anon meetings this group will focus on issues adult children deal with. Adult Children often have distorted perceptions of who we really are. Since adult children of alcoholics are predisposed to learn and adopt our parents' addictive attitudes, we usually feel frustrated and angry, victimized, lonely and confused. In addition to struggling with damaged relationships with our families of origin, we frequently continue to rely on our old coping skills, attitudes and belief systems. Even though there is no apparent connection to the past, we often see the patterns of our own childhood being replayed in our current families and relationships.

In addition, there are many adult children that struggle with their own primary addictions such as alcoholism, drug dependencies, food and eating disorders, relational and sexual compulsions, workaholism, and similar problems. It is not the mission of the Al-Anon Adult Children to address these primary addictions. Our goal is to address the painful, underlying issues which are common to adult children of

alcoholics, and which inevitably lie at the heart of these other addictions.

There are six in the Minneapolis area and four in the St Paul area. So there very few ACA meetings in the Twin Cities. We welcome everyone to this essential meeting and hope that you will mention this meeting to others that you feel would benefit from this group.

Please welcome this Al-Anon meeting of Adult Children by stopping in and introducing yourself to its members.

Adult Children/Determined Child (AC/DC)

Mondays at 10:00 a.m. in room 2 & 3

Thank you,

Carolyn H.; Al-Anon/Alateen Liaison for Suburban North Alano Club

HELP!!!

We're in desperate need of people to contribute articles. As you might have guessed, we follow the steps and traditions according to the month. If you'd like to write about a step or tradition please make it appropriate for the upcoming month. Other articles can be about anything. Your experiences in AA or Al-Anon or just human interest stuff. Perhaps how you've reconnected with someone through AA. How you met and fell in love because of the program. I'm sure there are hundreds of stories waiting to be told. If you feel that your literary style is lacking, not to worry! We have an excellent editor to help you. Please consider a contribution to help make this a thriving publication.

Thanksgiving Dinner

November 22nd

Fun starts at Noon We'll eat about 2:00 PM

What are your plans for Thanksgiving?? How about spending the day with friends at the Osseo AA Club? We're planning a turkey dinner with all of the trimmings. Please bring yourself and a pass around dish. If you've got a favorite food that you traditionally have on Thanksgiving, bring that to share.

What better way to say thanks than to give it away on Thanksgiving day at the club???

