

Osseo AA Newsletter

Suburban North Alano Vol. 1 Issue 14

www.OsseoAA.org

"One Day at a Time"

One Year Honoree Banquet

THE BANQUET IS COMING!!

Boy where does the time go it seems like just yesterday we were just talking about starting the arrangements for the **One Year Honoree's** and than the next thing you know it's less than a month away. I think we have everything pretty much set, if you haven't been told the time and place, it will be held at the Osseo American Legion on March the 8th. Social hour begins at 4:30 followed by the dinner than the introduction of all our honorees, followed by our speakers for the evening. I was informed last week we have our 5 minutes speakers lined up and they are Jeff from Squad 12 and Jamie from the Sunday morning group. We have the pleasure of having our main speaker coming in from the McGregor group, which from time to time come down and shares meetings with us on Tuesday evening. The caterer is set; the entrees will pretty much be the same as last year. As I write this the board meets tomorrow night to finalize the last details. Tickets are available now from board members or talk to your squad leaders; also the board will set a schedule for us to be at the club every night that there is a meeting to sell tickets. Let's all show our support and to show these one year people just how proud of them we are and fill the Legion up.

Spring is just around the corner and with that comes more opportunities for fellowship. We will be having a spring omelet breakfast coming up at the end of April. What a time to not only help the club out but to come and get to know some of the people you don't get a chance to meet at your regular night or day meeting. I've said it before, everyone that works at this comes out of it saying how much fun they had. So come on and try it out. We are also talking about another Garage sale. Last years turned out so well the ladies thought why not try another one. This money we made from this last year was really appreciated and helped spruce up the club with fresh paint. Hopefully we can do some more improvements this year. John W helped us save a lot of money this past winter by supplying us with the use of his plow truck and we will talk about keeping the same type of help for this summer and all of us chip in with the yard work. We may have a lawn mower donated. All we need to have is some of us to kick in to run it. Like I said there will be a lot of opportunities for fellowship this spring and summer. Its there to be had, all we have to do is get involved.

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Help!!!

- *We still need contributors. If it's just me writing, you're going to get bored.*
- *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 Dani B.*

“For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience.”

Where does AA get it's direction? Who runs it? This is a puzzler for every newcomer. When told that AA has no president to oversee things or no treasurer to compel dues, the newcomer finds this hard to believe. How can AA survive without leaders? We elect temporary leaders to chair our meetings and a temporary treasurer to keep track of any funds which may be donated to the squad. These temporary people are replaced usually on an annual basis. The reason for replacement is to prevent power from going to the head of any individual. There are no professional leaders of AA. We are all here to serve equally. The man or woman with 40 years will work just as hard to keep the club clean as the person with 1 year.

A group conscience is generally held before or after a squad meeting with all concerned members attending. Decisions are then made as to how that particular squad will hold it's meetings. Big Book, Step, open or closed are a few of the things discussed in a group conscience.

This does not extend to the Alano Society. They are more of a “business” oriented group elected to a two year term to serve on the board. The board members make the everyday decisions for the building and maintenance for our club. They have the authority to charge rent for the rooms and to collect funds for coffee and such. The board is also responsible for keeping the club clean. Although, that is also the responsibility of each AA member. Sometimes it's really hard to differentiate between AA and the Alano Society. The lines become rather fuzzy once in a while.

If someone has a question about tradition 2 it would be a good idea to talk it over with their sponsor or if it's a Alano question, a board member would be a good choice.

If you play with a thing long enough, you will surely break it.

--Anonymous

Some things shouldn't be played with. Our recovery program is one of these things. When we play with our program, we're taking a risk. We play with the program by missing meetings. Or by not calling our sponsors. Or by skipping the Steps we think are too hard.

It's okay to play. But it's not okay to play with our recovery program. When we play with our program, we risk our lives.

Please don't forget about the One Year Honoree Banquet. It will be held at the Osseo American Legion on March 8, 2009. Festivities start at 4:30 in the afternoon with the social hour. It's a terrific time to mingle and meet new people. I know the dinner will be awesome and the speakers are always terrific. Tickets are \$15.00 Please try to purchase them prior to the event so an accurate count can be taken. The theme for this year is turquoise. So, put on your party hat and I'll see you there!!

Came to believe that a power greater than ourselves could restore us to sanity.

Alcoholics Anonymous is a spiritual, not a religious program. It is very important that in order to stay sober, recovering alcoholics find a power upon which they can rely. Step Two is the beginning of that search for a higher power. It reads: "Come to believe that a power greater than ourselves could restore us to sanity." It is worth spending considerable time on this step in AA.

While doing research for this step I came upon a six step process for completing step 2.

1. Review your own ideas about God that you grew up with. Be honest about your feelings and if the higher power you know will work for your continuing sobriety in Alcoholics Anonymous.
2. Ask others in Alcoholics Anonymous what their higher power looks like. The only requirement is that your higher power be loving and kind. It can be taken from any religion or something that you have come to believe on your own.
3. Write about your feelings and your experience with the God of your understanding. Often times, long-buried feelings will emerge when writing
4. Visit your church and talk to your minister if you have one and tell him/her that you are getting sober. Request some guidance and see if it feels right to you. The second step must include some intuitive thought to become effective in your daily life.
5. Talk about your feelings and any confusion you may be having at an AA meeting. When the chairperson asks for a topic, raise your hand and say that you want to hear others' experience with the second step.
6. Pray even if you don't know to whom you are praying. Watch the results from your prayers and remain open-minded. Many people say they see their higher power manifest in what they previously called "coincidences." Most recovering alcoholics in AA say they do not believe in coincidences.

There is a "Higher Power" that is greater and stronger than I am.

It may be God or any spiritual figure or belief. I do not necessarily have to go to church or be a religious person to believe in a Higher Power. All I have to know is that this Higher Power is available to help me.

This may be hard to believe because of all the hurtful things that have happened to me. I may feel that I've been ignored, betrayed, or punished for something I did wrong. But I realize these are normal feelings for anyone who has been through a trauma.

I feel better knowing that my feelings are normal, but I feel even better knowing I am willing to believe in this Higher Power that loves me.

Your First AA Meeting
An **Unofficial** Guide For the Perplexed
[Floyd P. Garrett, M.D.](#)

Practically nobody looks forward to going to their first AA meeting. In most cases this in fact is an occasion of extreme shame, dread and despair. The majority of individuals going to AA for the first time are doing so reluctantly, either because they have promised someone else to go or because they have been directed to attend by a judge, an employer, a therapist or an addictions treatment program. Even first timers who "go on their own" are usually in an intensely ambivalent and negative state. Nobody wishes to require the help that is provided by AA, and as a result virtually everyone attending their first meeting wishes that they were someplace else doing something else.

It is in fact an act of great courage to walk into an AA meeting for the first time. Many people with severe drinking problems simply lack the courage to take this first step under any circumstances. They commonly hide their fear by critical, often cynical remarks about AA and the people who do have the courage to attend. They may indulge themselves with elaborate philosophical, scientific and even political rationalizations for why they will never attend a single AA meeting. But at bottom they are simply too afraid to walk through the door. Still worse: they are unable or unwilling to be honest with themselves and others about their real feelings and hence continue to cloak their fear behind irrelevant and insincere theoretical objections.

The obvious and best solution to the problem of the normal anxiety and discomfort that are associated with attending one's first AA meeting is to go to the meeting with someone who knows the ropes. If no friend or acquaintance who happens to be an AA member is available, contact can always be arranged by calling the local AA Central Office and asking for a volunteer to telephone one. Although many people avail themselves of such measures to reduce the stress of their first AA meeting, many others find such logical preliminaries themselves too frightening and therefore do not follow them. It is principally to this last group, to those solitary and always frightened and confused "first timers," that this brief introduction is oriented.

Although there is a great deal of information about AA available on the web and in traditional print, there is surprisingly little to be found that deals with the practical concerns and fears of the individual who is attending or thinking of attending a meeting for the first time. The result is sometimes a kind of "culture shock" which takes place when the newcomer attends and is temporarily overwhelmed by the newness and strangeness of the experience. Even worse, people who seriously consider attending an AA meeting may decide not to do so because of the natural human fear of the unknown.

There is a famous old English recipe for ox tail stew that begins "First, kill an ox." The first step in attending one's first AA meeting is to locate a meeting to attend. The best way to do this is to have or ask for a specific recommendation from someone who is familiar with both the prospective attendee and the meeting in question. Most cities have what are called "Central Offices" for AA that are listed in the local phone book under "Alcoholics Anonymous." Mental health facilities and hospitals usually have a current directory of meetings or a contact number. And the internet is an excellent resource for locating meetings anywhere in the world

Meetings can be categorized by their topic and format, who attends them, and the facilities in which they are held. It is also useful to consider the unofficial distinctions of small versus large meetings and smoking versus non-smoking.

- Open versus closed
- Mixed, men only, women only, young peoples'
- Speaker, Big Book, Step Study or Discussion

- Clubhouse or church
- Small or large
- Smoking versus non-smoking (This is no longer an option)

Meetings may be "Open" (to anyone) or "Closed" (for alcoholics only). Many groups pay no attention to this distinction, and it is not uncommon for regular participants in a meeting to be uncertain whether their meeting is officially open or closed. Family and friends of the alcoholic, along with observers and students of various kinds are welcome at the open meetings. Closed meetings are reserved for those who consider themselves to be alcoholics or who are investigating that possibility for themselves. Newcomers are always welcome at closed meetings regardless of whether they have made up their minds about themselves.

Meetings may be "mixed" (male and female), men only, or women only. Meeting schedules indicate by codes (usually MO or WO) if a meeting is restricted.

AA meetings are also characterized according to their format:

- Discussion meetings
- Big Book Study meetings
- Step Study meetings
- Speaker Meetings

In our next newsletter I'll try to cover what goes on in an actual AA meeting. I hope this is informative to anyone contemplating their first AA meeting.

It is a piece of great good luck to deal with someone who values you at your true worth.

--Baltasar Gracian

We have the ability to comfort and heal by recognizing each other's value. It's a pity that we don't often do that. Each time we recognize the worth of others as sons and daughters of God, we are acknowledging their power - and ours - to create, to love, to make a difference in this world.

Each time we see goodness, creativity, and love in someone else we are also acknowledging it in ourselves. When we deny it in others, we deny it in ourselves, and in God who created us.

Meeting anyone - an acquaintance, a stranger - is a holy encounter. As we see others, we see ourselves. As we treat others, we treat ourselves. Each encounter, then, is another opportunity to accept or reject our own worth.

I will look for value in others and find it in myself.

“One Day at a Time”