

Osseo AA Newsletter

Suburban North Alano Vol. 1 Issue 3

www.OsseoAA.org

"One Day at a Time"

Merry Christmas

Pledges

We have about three hundred people that attend meetings at Suburban North Alano. However, we only have a little over one hundred pledging members. If you intend to make Suburban North your "Home Group" it is strongly suggested that you become a pledging member. Pledges are what keep our doors open. The amount you pledge can be anything. It's what you can afford. I know that we are all going through some trying times financially. So also is the Alano Club. Remember back when we were drinking? We always managed to come up with enough to get drunk. With sobriety comes responsibility; to oneself, one's God, one's family and one's AA Club. We have to remember that without AA we would be either dead, insane or incarcerated. For me, it would probably be death because of my former lifestyle. How much is life worth? A little bit of my time and money is a small price to pay for remaining on God's Good Earth for a few more years. As I look around, there are some who give their all for the chance to remain sober. I'm just asking for a small part. Please help us maintain a thriving club by becoming a pledging member. If you can't afford much, that's OK. Just fill out the card with the amount you can afford. Every little bit helps. God Bless each and every one of us during this Christmas season.

Coffee

Coffee costs are rising faster than coffee income. We all need to do our part to help with this fiasco. When you're making coffee, please use only one packet per pot. It has been noted that some people are making coffee with up to three packets of coffee per pot. If you need stronger coffee, use a filter, tear open the bag and pour the contents into the filter. I've been assured that this will be a really "High Octane" brew. Also, please make only enough coffee for the people that show up. Throwing out three pots of coffee per day adds up. Last month we spent \$280 dollars on coffee and took in \$116 dollars. Even I can figure out that at this rate it won't be long before coffee sends us to the poor house. If everyone does their part we should be able to manage our coffee fund and keep the pots brewing. Thanks for your help and understanding in this matter.

Inside this issue:

<i>A Brief History of Suburban North Alano</i>	2
<i>Christmas Sober</i>	3
<i>Acronyms</i>	4
<i>Christmas Activities</i>	5

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.*

A Brief History Of Suburban North Alano (Osseo AA)

by Stan A

Osseo AA was started in the early 1960's by a small group of AA members from the Robbinsdale AA Club. They wanted to start AA in the Osseo area, so they split off and started meetings in the members' homes.

When the present club property came on the market in foreclosure, the founders purchased it from the lien holder for the amount of the mortgage, about \$7500.00.

The original group consisted of Lyle Swanson, Fritz Tuftedal, Clarence and Ann Born, Bob Sparks, Paul Zophi, and two or three others, who I can't remember.

The building was originally a two room elementary school in the Village of Maple Grove. The school was vacated in the 1950's and students were bused to Osseo. An Investor purchased the property and made it into two apartments.

The founders proceeded to clean out the building and do some remodeling to obtain two squad rooms on the first floor.

I joined the group in 1963 and at that time there were about 8 members and finances were very tight. The founders had incorporated the property but had not filed for tax exempt status for either Federal or State. I went back to the original date of incorporation and using receipts and checks, brought the accounting up to date, and filed all necessary tax forms for the four previous years.

During the next several years we got new members from the court system, and some walk in individuals looking for help. As the membership increased, the need for more squad rooms was evident. The largest of the squad rooms also served as the General Meeting room and class room for orientation of the new members. The basement was therefore cleaned and remodeled for the general meeting room. The large room upstairs was equipped with a sling partition and created a 3rd squad room. But in time this was not sufficient to house about 20 squads, plus an Alanon group and an Alateen group. An addition was added to the rear of the building giving the club two additional squad rooms and storage below for the tables and chairs, which is the structure of the building today.

Members of Suburban North split off and started AA Clubs in Rogers and Elk River.

When I first made contact with AA in 1958, I was 27 years old and referred to as the kid. Now our membership is made up in part with very young members, and most of dual addiction. The younger members go through a period of changing the procedure of AA which has worked from the beginning. It's the old saying, "If It Works, Don't Fix It". Bill W. once said "If you try to be everything to everybody you will fail. I have no fear that our primary goal should be sustained, that is to help the suffering alcoholic."

Sincerely,

Stan A.

Suburban North Alano

Get a Sponsor

All the Good I Can

Dear God, guide me to
Do all the good I can
By all means I can
In all ways I can
In all places I can
To all people I can
As long as I can.

Christmas-Sober

Scott C

The Christmas season for me these days is a lot more enjoyable. Finding the true meaning of Christmas has been one of my greatest joys of being sober.

To me the presents, shopping, and all the commercialism that go with Christmas was a great excuse for me to go out and get drunk in the past. I was always feeling sorry for myself, about how much money I had to spend, and how much time away from the bar it took away from me.

Prior to becoming sober I was always the center of the universe, and nothing else mattered. Once I became sober and became humble, I realized that there was a lot more in this world than me, and going out and getting drunk.

Celebrating the great birth and knowing that He was born in a barn, with straw stuffed in a feeding trough that animals ate, and slopped out of, helps me to remember to stay humble, and that I am not the center of the universe, and that I have a lot of blessings in this world, and have an opportunity to be able to help other people in this world.

When I feed on resentments and anger, I am giving someone else rent-free space in my head.

-Kathy Kendall

Today I will not indulge in the pleasure of anger allowed to run wild.

Merry Christmas

I would like to take this opportunity to wish everyone a safe and sober Merry Christmas. I hope this past year has been good to you. I know some of us are going through some trying times but if you reread the promises in the Big Book I'm sure you'll get some comfort from that. If you find yourself lonely at this time of the year, you are welcome to spend more time at the club. I know that Rudy is planning on being in attendance both Christmas Eve and Christmas day. He would welcome the help and the company. Again, Merry Christmas to all and God Bless you at this holiday time.

Bob S.

F.I.N.E.

[I'm] **F**rustrated, **I**nsecure, **N**eurotic, **E**motional

F.E.A.R.

Face **E**verything **A**nd **R**ecover

N.U.T.S.

Not **U**sing **T**he **S**teps

E.G.O.

Edging **G**od **O**ut.

D.E.N.I.A.L.

Don't **E**ven **N**otice **I** **A**m **L**ying.

H.A.L.T.

[Don't get too] **H**ungry, **A**ngry, **L**onely, **T**ired.

H.O.P.E.

Happy **O**ur **P**rogram **E**xists

H.O.W.

Honesty, **O**pen-mindedness, **W**illingness

S.P.O.N.S.O.R.

Sober **P**erson **O**ffering **N**ewcomers **S**uggestions **O**n **R**ecovery.

G.O.D.

Good **O**rdery **D**irection

B.I.G. B.O.O.K.

Believing **I**n **G**od **B**eats **O**ur **O**ld **K**nowledge.

S.L.I.P.

Sobriety **L**osing **I**ts **P**riority.

A.C.T.I.O.N.

Any **C**hange **T**o **I**mprove **O**ur **N**ature.

P.R.O.G.R.A.M.

People **R**elying **O**n **G**od **R**elaying **A** **M**essage.

S.T.E.P.S.

Solutions **T**o **E**very **P**roblem **S**ober

K.I.S.S.

Kep **I**t **S**imple, **S**weetheart

Bob I was thinking of making a Christmas list of things a person could do to get through some of the loneliness , stress, etc. of the holidays

- Call an old friend
- Go to another meeting besides your regular meeting
- Join in the fellowship of the Christmas party or New Years Eve party
- Talk to a relative you haven't talked to in a while
- Help someone shovel out after it snows
- Do the dishes if you don't normally do them
- Smile and wave to a neighbor
- Sign up to lead a meeting for your Squad

Maybe you can have some others add to the list of idea to get out of your self and help another.

That's about all I have Bob

P.S. Thanks for taking the time to read this.

Don't forget about the Christmas Party on Saturday the 15th and the News Years Eve party. There are sign up sheets on the table in the main room

One day at a time.

You've got to give time, time.

Insanity:
Doing exactly the same thing over and over,
expecting different results.

The Serenity Prayer is the handrail to grab
until you can work the Steps.

Anger helps straighten out a problem like a fan helps straighten out a pile of papers.

--Susan Marcotte