

Osseo AA Newsletter

Suburban North Alano Vol. 1 Issue 4

www.OsseoAA.org

"One Day at a Time"

Happy New Year

Christmas Party

Wow!!! What fun our club Christmas party was. I think I gained about ten pounds. There was so much to eat. We could have fed the whole club with the spread that Rudy, Monica and all the others prepared. Turkey, all kinds of casseroles and everything else that would go along with a Christmas feast. Oh, and Arnold's salsa, too. I had to try it again. Thank heavens there are people trained in resuscitation so they were able to bring me around again after the first taste.

Santa Claus made an appearance to talk to the children (and the adults) about what everyone wanted for Christmas. He also managed to find a present for every child that was there. It seems that Santa even knew everyone's name. What a smart fellow. I also have it on good authority that Santa quit smoking six weeks ago. Congratulations Santa and thank you for showing up at the club.

The kids and Monica and Julie played the "Game of Life" They were passing around money like it was going out of style. I don't know who came out on top but I do know that Monica bailed before the game was over.

I'll try to provide copies of all the pictures I took. I'll also leave some CD's laying around for all to view. Merry Christmas!!! Ho! Ho! Ho!

New Year's Eve Party

A great way to ring in the New Year! Friends and good food. The party was a great success. Thanks to everyone who helped organize and staff the event. I didn't get poisoned at this party; Arnold didn't show up with his salsa. Everything else was delicious. Rudy with his red hair and Sammi with her green hair were right in season when they were standing together. We tried a new game, "Fact or Crap". I think I like the older ones better. We had our countdown at 10 seconds before midnight with a lot of yelling and noise. Being as old as I am, I decided to leave once I'd ushered in the New Year. Rodolph tells me that a lot of people stayed until 2:00 AM or so. Oh, to be young again. CD's are laying around with all of the pictures that I took. Feel free to take one to copy but please return it so everyone can view them.

Happy New Year to all!!

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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.*

We admitted we were powerless over alcohol - that our lives had become unmanageable.

If you notice, the first word of the first step is “WE”. That means that I don’t have to do it alone. There are others more than willing to help me. All I need do is ask for that help. It’s close at hand.

When I was drinking, I thought that no one person or anything held power over me. I could quit drinking at any time. I just didn’t care to quit at that time. Later I did attempt to quit for a weekend. I think at one time I almost made it through Friday evening before I “deserved” a drink for the great job I was doing at quitting. I can’t remember once making it through the entire weekend without having a drink. When sentenced to the Johnson Institute for a few meetings, I couldn’t wait for it to be over so I could get to the bar and have a couple of well earned drinks.

My life was totally manageable. I thought it was normal to spend time in jail each week. There were times when I’d be in jail three to four times in one week. Perfectly normal behavior, wouldn’t you agree? Some of the people in this club have had experience with the Hennepin County drunk tank which used to be located on the seventh floor of the downtown courthouse. My, what a lovely place. I never once came out of there smelling anything close to human. But I really never looked at any of this as unmanageability. For me, it was everyday behavior.

I used to joke that I was just the victim of the unlucky number 13. 12 Jurors and a Judge.

I was fortunate in that my last time before a Hennepin County Judge I happened to get Eugene Farrell. I wasn’t aware of it but he was a member of AA. He could pick me out in a crowd. I must have been so evidently alcoholic to him. He told me if I went to treatment, maintained a year of sobriety and went to AA meetings, I wouldn’t have to go to jail for an extended period of time. I thought I could use a thirty day vacation in a treatment center. After that I thought it wouldn’t be too hard to conceal my drinking. I’d just relocate to a different area where there weren’t so many cops.

I spent my thirty days in treatment and had an awakening of sorts. I had finally figured out (with a lot of help from others) that alcohol was putting me in places and situations that were not normal to a healthy lifestyle. It had only taken me twenty five years to realize this. That’s the insanity of the disease. I spent the next six months in a halfway house. I had a seven month head start on my required one year of sobriety.

That’s about when I found out about “Osseo AA”. I almost didn’t stick around because of my experience with a group that I didn’t fit in to. I gave it one more chance and attended my first squad meeting on Friday evening with Squad 3. That was the most fortunate thing that ever happened to me in AA. I had found a place that I actually belonged. The guys in that squad were like big brothers to me. I asked the biggest guy in the squad to be my sponsor. His name was Ray Berndt. We all called him “Mick” He had something that I wanted. I was afraid to ask but I sucked it up and popped the question. Mick said he would feel privileged to be my sponsor. What a great day!! A group where I felt that I belonged and a terrific guy who had agreed to be my sponsor. With their help I made it through my first year of sobriety and now have added a few more years.

Most of the guys from squad three have passed on since that first time I walked into that building. Their names are on the plaque as we walk into the club. I have for each and every one of them, a deep sense of gratitude for helping me start my new way of life. There are also a few that are still with us whom I feel just as grateful towards.

Thank you Osseo AA for saving my life!!

Squad Leaders Meeting January 2, 2008

Squad leaders met on January 2nd . Squads 1, 5, 6, 7, 8, 9, 12, 13, 17, 21, 86 and H2 were represented. The Board of Trustees also had a representative.

Monica G. opened the meeting with introductions and the Serenity Prayer. She reported on the success of the Christmas & New Year's Eve parties. The next big thing from the entertainment committee will be a garage sale sometime at the end of March or beginning of April. If you have a saleable item to donate please bring it in before the end of February. The Alano made \$103 from a raffle at the New Year's Eve party. The committee is still working on the Texas Hold 'em/Cribbage tournament. Also, it was brought up that the Wednesday speaker meeting is to be held in the basement.

Steve from squad #86 is looking into forming a fishing trip for this summer. Details will emerge as it is formulated.

All squads need to turn in a list of one year honorees for the banquet on February 24th. The meeting was adjourned with "The Lords Prayer".

Board of Trustees Meeting January 9, 2008

The Board of Trustees meeting was held on Wednesday, January 9, 2008 at 7:00 PM. Attending were Bob G., Dick O., John W., Terry M., Loren A., Rudy M., Jim K., Scott C., and Terry K. Absent were Laurie P. and Arnold G.

Last month's minutes were read and approved. We have a little over \$2000 in our checking account and a bit over \$8100 in savings. All bills are paid to this point.

There were two major issues to contend with. First, Scott A. Addressed the board with a concern he had received about the song on our website. The unanimous consensus of the board is to keep the music as is. Secondly it was brought up about the tables in the general meeting area being too cluttered for anyone to sit and enjoy a cup of coffee with other members. Also, it was brought up that Rudy M. was spending too much time at the club. The board agreed (again unanimously) that the common area should be kept uncluttered. It was also decided that any member can spend time at the club. After all, that's what the club is there for. The benefits of someone being there more often far outweigh any additional cost for electricity or heat.

The annual 1 Year Honoree Banquet was discussed. Tickets are being ordered for the event held at the Osseo American Legion on February 24th. Ticket prices should be \$12.50 to \$13.50.

The meeting was adjourned shortly before 8:00 PM with the "Lord's Prayer".

God in his wisdom selected this group of men and women to be the purveyors of His goodness. In selecting them through whom to bring about this phenomenon He went not to the proud, the mighty, the famous or the brilliant. He went instead to the humble, to the sick, to the unfortunate.

He went right to the drunkard, the so-called weakling of the world.

Well might He have said to us, "Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I given this gift of healing other alcoholics which I entrust to you.

"It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I restricted its application to no race, no creed, and no denomination. Personal criticism you must except; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power, I shall not exact from you beyond your capabilities.

"You are not selected because of exceptional talents, and be careful always, if success attends your efforts, not to ascribe to personal superiority that to which you can lay claim only by virtue of my gift. If I had wanted learned men to accomplish this mission, the power would have been entrusted to the physician and scientist. If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available. You were selected because you have been the outcasts of the world and your long experience as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere.

"Keep ever in mind the admission you made on the day of your profession in A.A., namely that you are powerless and that it was only with your willingness to turn your life and will unto My keeping that relief came to you."

Living in the Present

One day at a time,
This is enough.
Do not look back and grieve over the past.
For it is gone. . .
And do not be troubled about the future.
For it has not yet come.
Live in the present, and make it so beautiful
That it will be worth remembering.

**I've shut the door on yesterday,
And thrown the key away.
Tomorrow holds no fears for me,
Since I have found today.**

-- Vivian Yeiser Laramore

Your Destiny

Watch your thoughts,
they become your words.
Watch your words,
they become your actions.
Watch your actions,
they become your character.
Watch your character,
it becomes your destiny.

Tradition One

by Karen E.

“Our common welfare comes first; personal recovery depends upon A.A. unity.”

The first tradition forms the basis for all of our individual decisions once we become members of Alcoholics Anonymous, choosing to travel the path of recovery. The remaining eleven traditions provide examples of how this principle is practiced in situations our founding members had experienced that had nearly brought A.A. to an end. They believed these situations critical enough to provide specific guidance in how to apply this principle.

Unity is one of the Three Legacies – Recovery, Unity, and Service. They are on every AA medallion and every time you see the AA triangle. Unity is on the left side. Recovery is also a leg on the triangle. In fact it is the bottom, or foundation, of the triangle, displaying its importance. Without Recovery, none of us as individuals would be here to contribute to A.A. Sometimes, there can be a fine line to walk in satisfying both.

What Tradition One tells me is that, when I’m walking this fine line and it comes down to brass tacks, the good of A.A. is more important than me. I need to make the adjustment and sacrifice. The long form of Tradition One (found at the back of the 12x12, starting at p.189) makes this clear:

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows a close second.”

I am fortunate enough to have not yet encountered a situation where my personal recovery conflicts with the good of A.A. outside of the examples in the remaining eleven traditions. However, I do see examples of practicing this tradition everyday. When I simply choose to arrange my schedule so I can attend meetings, and find other time to fill family, work or social obligations, I am putting the welfare of A.A. first.

If you struggle with thinking of how this principle is applied, the 12 x 12 provides a wonderfully simple context where I can see it everyday: “He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group.” I encourage everyone to consider how your actions impact your group, your Club, and A.A. in general every time to make a decision.