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# Osseo AA Newsletter

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[www.OsseoAA.org](http://www.OsseoAA.org)

"One Day at a Time"



*April Showers*



## Goodwill

Have you ever envied someone else's good fortune? Consider the friend who calls with a different ring to her voice. Instead of sharing her troubles and woes, she proceeds to tell you good news. Something exciting, financially beneficial, glamorous, wonderful beyond belief has happened in her life. It's not a fantasy. It's one of those rare moments when a dream has come true.

"That's wonderful," you may say, meaning every word. At first.

"Why her?" You may later think. "What about me? When am I going to get a break?" As hard as we may try not to feel that way, a little jealousy, envy, and self-pity replace the joy we felt for our friend.

Most of us want other people to be successful and happy. We really do. That's not the problem. The problem comes when we think they're going to be happier or better than we are.

Sometimes we know when we're envying and resenting others. Other times it's a subtle undercurrent that we're not aware of, but it invades our lives. It may only be a slight feeling of smugness when we hear that something unfortunate has happened to someone we perceive as being more fortunate than we are.

*Goodwill isn't just the name of a secondhand store or a phrase used in songs during the holiday season.*

You are reading from the book:

52 Weeks of Conscious Contact by Melody Beattie

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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.*

## Garage Sale

I would like to take this opportunity to Thank everyone who brought in items to be sold at the Garage Sale. If you haven't heard, it was a great success so painting the upstairs of the Club will start soon!

To everyone that came out to help sort or work the Sale, Thank You! In addition, there are some people that I would like to thank personally. Gayle, Becky, Bob H., Glory, Bob G., Todd, Rocket, Rudy, Sammy, and Karen. Your help and assistance with this garage sale is immeasurable. I truly could not have done it without you!

Look for another one next year!

Monica G.

### Reflection for the Day

If I am troubled, worried, exasperated or frustrated, do I tend to rationalize the situation and lay the blame on someone else? When I am in such a state, is my conversation punctuated with, "He did." "She said." "They did."? Or can I honestly admit that perhaps I'm at fault. My peace of mind depends on overcoming my negative attitudes and tendency toward rationalization. *Will I try, day by day, to be rigorously honest with myself?*

Who in my life will make me happy? Do I look to others when I'm feeling discouraged, sad, or lonely? Do I want someone to help me feel better?

I hold within myself the ability to be happy. I don't have to put expectations on others to make me feel loved or special. I don't have to look for a new relationship to be happy. I can find it within me. When I try to be happy because of other people, it means they have the power to take my happiness away. When I make myself happy, I'm the one in control of my emotions.

Today I will remember that I'm the one who's responsible for my happiness, not someone else. I don't have to look for someone else to fix my low self-esteem or attitude. Even though I can be upset by some people or feel happy when I'm with others, I'm the one who's creating these feelings because I have the ability to do so.

*The only person who makes me feel a certain way is me.*

You are reading from the book:

Time to Fly Free by Judith R. Smith

## Squad Leaders Meeting

Minutes From the Squad Leaders Meeting

By: Monica G

The meeting was held on Wednesday, April 2<sup>nd</sup> at 7PM. In attendance were Rudy, Tom, Sandra, Steve, Bob G., Becky, Glory, Jon, David and myself. Thank you to all who attended the meeting. Remember that if you are a squad leader, it is part of your duties to make sure you attend the Squad Leaders Meeting. And if you cannot attend, you may send someone to represent the squad for you.

It was a very productive meeting to say the least. The first item up was the Garage Sale. I had reported that we had a lot of great helpers on Sunday, March 30<sup>th</sup> to sort and price. Also mentioned was the fact that the Board had given permission to use the money raised from the garage sale and quilt raffle to update the inside of the Alano Club. The #1 project will be to paint the inside. Everything else like window treatments or bathroom updates will be a bonus. We will know more after the sale and we know how much money we are working with.

The next item brought up was spring cleaning. It was unanimously decided that a list of chores will be made and squads will be assigned to a duty or duties. We will be having a spring cleaning party on Sunday, May 18<sup>th</sup>. We would just like all of the assigned cleaning duties completed by that date, but it is up to each squad when they would like to do their part. Thank you in advance for all of your help with spring clean-up.

Steve brought up the next item, the fishing trip planned on Mille Lacs lake. It will be held on June 21<sup>st</sup> and will launch from 4-8. There is a picnic area there so if others want to hang out and swim or play games they can. Feel free to bring your own boat. We will be having a BBQ with all of the fixings. The cost will be \$35 for those who go on the boat launch and \$5 for those who stay on shore. See Steve, Rudy or myself to sign up.

The Saturday night squad leader, Sandra, asked that we let people know that they are really low on attendee's and that if there isn't any interest the meeting may be disband. If you're thinking about picking up an extra meeting a week, make it Saturday night!

The last item was brought up by Bob G. He has had more than one complaint about people smoking and congregating in front of the door outside. The law says that there cannot be any smoking within 25 feet of the door of the building. Please make sure that you walk away from the door when you're smoking. There is talk of constructing some sort of covered area for the smokers. This will be brought up in the board meeting being held on April 9th. Look for more information to come.

The meeting was adjourned and closed with the Lord's Prayer.

## Board Meeting

**The board met on Wednesday, April 9th at 7:00 PM. All members were in attendance with the exception of Laurie P. One of the issues addressed was the condition of the parking lot. Terry K. will have someone take a look at it and give us an estimate on repairs. Bob H. and Monica G. were in attendance to discuss the painting of the club. All were in agreement to get as much capable help together as possible on Saturday, April 12th to assist with the painting. If the money situation allows, the upstairs bathrooms will be remodeled. Terry M. is going to get a comparison quote on building insurance. We are currently paying around \$2,200 per year for insurance. Terry M. is also checking with the lawn service to ascertain that we really need all the services they provide and we're paying for. Some of them seem superfluous (rock cleaning and such). The spring clean-up was briefly addressed. John W. will provide the dumpster space needed to get rid of all of the junk. Monica will have a list of duties for each squad to perform and have completed by the 18th of May. (I don't think any of the jobs are too difficult.) The meeting was adjourned and closed with the "Lord's Prayer" shortly before 8:00 PM.**

## Tradition Four

by: Karen E.

*Each group ought to be autonomous except in matters affecting other groups or A.A. as a whole.*

If you've ever wondered why different meetings have their own "feel," this tradition is the reason. What it means is simply that, however a group wants to conduct its own business is up to that group. I believe it is why AA works for so many different people in so many different places.

The 12x12 gives a lengthy example of a group that tried an approach to sobriety that was unsuccessful. They tried it even though other groups had tried similar approaches and failed. The point was each group can approach sobriety how it wishes, even if that approach is "wrong." Just as I often hear (and quote) the phrase "everybody has to take their own path," this is true for groups.

I have had the opportunity to attend meetings in a few different places, including Chicago, Indianapolis, Brainerd, and Cincinnati (many years ago), as well as in numerous locations around the Cities. One thing I have noticed is that things are done differently everywhere. The only constant is that people are getting together for the purpose of staying sober and helping other alcoholics achieve sobriety.

For this reason, it is important to sample different groups, especially when you're new. If you attend a meeting where you walk away feeling worse than when you entered, I would suggest finding a different group. Also, as I work through the steps and grow in sobriety, my needs change. I think it's important to remain open to the fact I may need to change the meetings I attend. The 4<sup>th</sup> Tradition is the reason I am blessed with the opportunity to do so.

On a more technical note, this tradition applies to all the groups within the club also. Each group is its own as to how it approaches staying sober and carrying the message. The only time a group is obligated to look outside of its own members for "permission" (I use that term loosely) or guidance on something it wants to do is 1) if it so chooses; 2) if the plans will impact another group; or 3) if the plans will affect AA as a whole.

In our club, the most likely scenario would be that plans will impact another group simply because there is a large collection of groups in the same physical location. In a very simple example, if your group splits into smaller groups for discussion purposes (as many do), and there is another meeting at the same time, I believe there is an obligation to inform the other group regarding the process and the use of additional space. This is especially the case if the other group follows a similar format or is located across the hall and will be subject to interruption when the split happens. Having a simple discussion can save a lot of hard feelings!

## Step 4

by: Chris S.

### Step 4: “Made a searching and moral inventory of ourselves”

The step above is not easy...It took me a *full year* to complete mine!

I started my sobriety in treatment at Hazelden. My 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Steps were done while there. The 26<sup>th</sup> day of treatment I started my 4<sup>th</sup> Step. On that same day, my father committed suicide and took his own life. He had been sober and in AA for 24 years. He had relapsed, and as a result, he is no longer here with all of us to share his experience, strength or hope.

I miss you Dad.

Months later, my sponsor had me finally start my 4<sup>th</sup> Step by writing about *everyone* in my life that I had hurt. After pages had been filled with memories of that, she had me list who I was mad at. Again, I was to list *everyone* I was angry with.

The grief from the loss of my father, along with the hard work from this Step, sometimes would lead me to uncontrollable tears. Alone time helped. Music would help. Good food and plenty of sleep helped, too.

I was told to pamper myself during this Step. Never get too hungry, angry, lonely, or tired. (H.A.L.T.)

I was then to list what I was afraid of and I thought about that. I decided that I was not a very fearful person. For those of you who know me, you know that I am pretty outgoing. I am an aggressive personality, and I see myself as being willing to try anything once. Being fearful was something that I was not, so I had an easy time with that question.

I was blessed to do Step 5 with both my sponsor and my pastor. It was done by the fireplace at my church on a cold day in January 2007. The church was quiet that day, and I felt like it belonged to just me during those hours that it took to pour out my soul.

Months later I was asked to do a meeting on the 4<sup>th</sup> Step. I did my homework on it and realized that Step 4 stood for courage. Step 1 stands for honesty. Step 2 stands for faith. Step 3 stands for hope. I had lost two out of three when Dad died.

My faith and hope needed to come back. All of you here at this club helped me with that! With all of your hugs, talks, laughter, and patience, I have found my way through the pain. You are my new family and I love you all. All of my step sisters, and all of the crazy folks in the Friday night Hit Squad, have been there for me.

Time and time again...

Thanks for your help through my sobriety and through my Steps.