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# Osseo AA Newsletter

Suburban North Alano Vol. 1 Issue 12

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

"One Day at a Time"

## *Back to School*

Hello again,

This will be the last newsletter that I'll write as president of the board. I would like to thank each and every member of the club for allowing me to serve. It has been a real privilege. It would not have been such a successful year without the help of a terrific board and a lot of key club members.

As I reflect on the past, certain events come to mind. Our Omelet breakfast was moved back to the Osseo Legion and I felt it was a tremendous success. Second was our One Year Honoree Banquet. With the help of a lot of folks this was the greatest banquet in quite a number of years. Again, this was moved back to the Osseo American Legion. The Halloween, Christmas and New Years parties were fabulous. The garage sale turned out to be a real money maker. We had a lot of fun at the annual picnic too. None of these events would have been possible to hold without the help of everyone.

There are some changes being implemented at the club. Please read the meeting minutes of the board meeting to fill yourself in on these changes.

I would have liked to have done a little more in the way of building maintenance but finances would not allow that. Hopefully in the year to come more work will get done on the building and grounds.

Whoever the next board president is, I'm going to attempt to coerce him/her into penning this newsletter opening for the coming year.

Thank you again for allowing me to serve on the Suburban North Alano Club board.

Bob G.

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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.*

## Tradition Nine

This is the long form of the tradition.

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its Secretary, the large group its Rotating Committee, and the groups of a large Metropolitan area their Central or Intergroup Committee, which often employs a full-time Secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

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WHEN Tradition Nine was first written, it said that "Alcoholics Anonymous needs that least possible organization." In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous--A.A. as a whole--should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, "What do they mean, no organization?"

Well, let's see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn't somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn't nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither is General Service Conference, its Foundation Board, nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We've tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying "This is life for us; you can't keep us out." Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: "How I do my Twelfth Step work is my business. Who are you to judge?" This doesn't mean an A.A. won't take advice or suggestions from more experienced members, but he surely won't take orders. Who is more unpopular than the old-time A.A., full of wisdom, who moves to another area and tries to tell the group there how to run its business? He and all like him who "view with alarm for the good of A.A." meet the most stubborn resistance or, worse still, laughter.

## **Stop playing tug-of-war.**

### **Letting go can be like a tug-of-war with God.**

Have you ever played tug-of-war with a puppy and an old sock or a toy? He pulls. You pull it out of his mouth. He grabs hold again and shakes and shakes and says grrrrrr. The harder you tug, the harder the puppy tugs. Finally, you just let go. Then he comes right back again, for more.

I have never successfully treated or solved one problem in my life by obsessing or controlling. I've yet to accomplish anything by worrying. And manipulation has not wrought one successful outcome. But I forget that from time to time.

The best possible outcomes happen when I let go. That doesn't mean I always get my way. But things work out and, ultimately, the lesson becomes clear. If we want to play tug-of-war, we can, but it's not an efficient problem-solving skill.

*God, help me surrender to your will.*

## **Board Meeting**

The board met on Wednesday, September 10, 2008. We opened with the Serenity Prayer and introductions. It was decided that the club will have normal hours of operation. It will be available to be opened at 8:00 AM and will close no later than 10:30 PM Sunday through Thursday. Friday and Saturday it will close no later than 11:00 PM. The exceptions will be any pre-planned events. There were a few non board members there to voice their opinion on this matter. Tickets to the Omelet Breakfast will be available for sale starting on Thursday the 11th of September. Cost is still \$5, much to the dismay of Scott C. Squad leaders, please turn in the pledge cards to the Club Treasurer. He needs them to try to work on a budget for the club. Stan A.'s 50th will be on a Wednesday. It seems that's the only day his family is able to get together. Remember his day. It's the 15th of September. 50 years is a HUGE accomplishment. Keys will only be issued to pledging members with one year of sobriety and attending the club on a regular basis. There are 40 keys for circulation. If you have a key and are not attending the club, please return it. There will be an absentee ballot box for board elections placed in the club on September 17th. The election will take place on the 24th of this month at the General Meeting. We closed with the Lords Prayer.

## Step Nine

by: Bob G

### **9. Made direct amends to such people wherever possible, except when to do so would injure them or others.**

Well, we've made our list and became willing. Now what do we do? For me, this is still an ongoing process. I still meet people whom I haven't thought about in over 30 years and realize that I must make an amend to them.

The first person on my list was me. I had harmed myself as much as anyone. Self deceit and lying were as harmful to me as the alcohol. I think I actually made my first amend (to myself) while still in a treatment program when I admitted to step one and then came to believe in a power greater than myself in step two and finally decided to let God take care of me in step three.

Of course we have to use a little discretion while doing step 9. We need to look at the second half of the step. Would the amend injure someone? We can take care of amends like that in a 5th step or with a clergy member if so inclined.

This is just a little passage that I discovered while researching this step. "Credibility of amends assumes that damaging behavior has been treated and changed during steps 1, by not drinking, and 2 through 8, by achieving non abusive sobriety." The greatest amend we can make is showing that we no longer drink and have a God as we understand him in our life again.

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Formula for failure: trying to please everyone.

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The elevator is broken; use the steps.

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You are the problem, but you are also the solution.

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Reason to be grateful #863: you learn to wake up instead of coming to.

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Improve your memory -- tell the truth.

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Numb is dumb; feel to heal.

From: Keep Coming Back Gift Book by Meiji Stewart