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Osseo AA Newsletter

Suburban North Alano Vol. 1 Issue 13

www.OsseoAA.org

"One Day at a Time"

Change of the Season

As we all can tell the seasons are starting to change and along with that comes the changing of the Board at the Club. We have had the elections and now we have set up with new servants and some old servants (sorry Dick), some of us have new responsibilities and some have the same but the attitudes are still the same, we are but trusted servants of this club. We are not here to govern but to serve to the best of our ability to keep this club running in such a way that we are all proud to be members of this club. So if you need something brought up, get hold of one of the members and talk to us about it. We do listen.

I do want to thank the outgoing members of the board, Bob, Scot, Loren, Rudy. Rocket, and Arnold were alternates but they also were a part of this outgoing group. Thank you for serving and all of you out there I would like you to thank them also. They didn't have to be on the board but they all thought it was their responsibility to give back to a club that had helped them get and stay sober. We need all of us to look at ourselves next year when the nominations come up and ask ourselves, have I done my part to give back to this club.

Well enough of my preaching, lets talk about some fun. The omelet breakfast is coming up and if you have never worked or been to one of these breakfast you're missing out on a lot of fellowship. We need to get out and sell some of these tickets. Remember this is primarily our main fundraiser so we need to sell, sell, sell. Than come down and eat, eat, eat. Grab your sponsor or sponsee and join in the fun.

We are starting to put together some of the details for the upcoming one year honoree banquet so more news to follow on this, plus Rudy said he wants to have a thanksgiving day party again at the club and needs some help with getting some of extra food (vegetables, pies, and other canned goods), so we thought this might be a good chance to incorporate a food shelf drive to go along with this day. We'll put some literature up with more details. So we have a lot of things going on up here, with a lot of opportunities for growth, so let us all chip in and see what we can accomplish.

Your trusted servant
Terry M.

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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.*

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

This tradition is simple and to the point, requiring little explanation. The discussion in the 12x12 is similarly short. It boils down to the fact that if A.A. as an organization takes sides on any issue outside of itself, it will not survive. It violates the 5th Tradition of a group having only one purpose – to carry its message to alcoholics.

This specific point, though obvious, needed to be stated based on the demise of the Washingtonian Society that was formed approximately a century before A.A. That group flourished and was extremely effective when they were simply helping other alcoholics on an individual basis. Once they weighed in on abolishing slavery and tried to reform the drinking habits in America, they were out of existence within a year. There was a very good article about the Washingtonian Society in the MIRUS (published by InterGroup) at the beginning of this year (I think).

I like the long version of this tradition that reads: *“No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues – particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.”* This acknowledges that our individual members, as regular citizens, can have and express whatever opinions they believe right. However, there is responsibility to not associate themselves with A.A. when doing so.

I just loved one entry in the 12x12 – it speaks to how things don’t really change: *“In our own times, we have seen millions die in political and economic wars spurred by religious and racial difference. We live in the imminent possibility of a fresh holocaust to determine how men shall be governed, and how the products of nature and toil shall be divided among them. That is the spiritual climate in which A.A. was born, and by God’s grace has nevertheless flourished.”* We’re still flourishing even though we live in similar times – at least in part because we practice the 10th Tradition.

Today I Will Trust

Today, I will stop straining to know what I don't know.
To see what I can't see.
To understand what I don't yet understand.
I will trust that being is sufficient,
And I will let go of my need to figure things out.

Squad Leaders Meeting 10/01/08

There were 6 squads represented at the meeting Monica filled everyone in on what was done at the meetings. They did discuss the omelet breakfast a little bit and John P. was nominated as the squad leaders president. Next meeting he will bring up that they need someone with computer access to take notes and fill you in on what has taken place. The meeting was cut short because of the party going on for Stan A that evening.

Board Meeting 10/08/08

Bob G outgoing President was for thanked for his service and the wonderful job he did.

Board elected new leaders:

Terry M.-President

Monica G.-Vice President

Dick O.-Treasurer

Karen E.-Assistant Treasurer

Gayle S.-Secretary

John W.-shopping for necessity items for club

Todd G.-Liaison to squads

Laurie P.-medallions and literature

Jim K.-Building maintenance

Becky B. and Larry M. are alternates.

Omelet Breakfast is 10-26 for \$5.00. Please come for a delicious breakfast and support the club. Tickets available at club or at the door. Family and friends welcome! HELP NEEDED: Please sign up for set-up, cooking and clean-up.

Rudy has volunteered to host both Thanksgiving and Christmas Day at the club for all those who would like to join him for fellowship and dinner.

Donations requested for both dinners. Please bring nonperishable food items. Place items in the marked boxed. Food donations will also be collected for a local food shelf. Please remember are friends and neighbors in need.

Squad Treasures please turn in your pledge cards for this year. This will help us determine our budget for the upcoming year.

Becoming forgiving

The lack of a forgiving spirit hurts our spiritual progress. Being unforgiving causes resentment, which is always a danger to our new way of life.

We have learned that if we forgive, we will be forgiven; but if we do not forgive, we will not be forgiven. So it seems we are just hurting ourselves by not forgiving others.

Am I forgiving?

Higher Power, help me forgive each person I need to forgive today.

ACTION = Any Change Toward Improving One's Nature

ASK = *Ass-Saving Kit*

BAR = Beware!, Alcohol!, Run!

ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety

DEAD = Drinking Ends All Dreams

DENIAL = Don't Even Notice I Am Lying

EGO = Edging God Out

FAILURE = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty

FAITH = *Fear Ain't In This House*

FEAR = False Evidence Appearing Real

FEAR = Face Everything and Recover!

FINE = Feeling Insecure, Numb and Empty

FINE = Frantic, Insane, Nuts and Egotistical

FINE = Freaked out, Insecure, Neurotic and Emotional

GIFT = God Is Forever There

GOD = Good Orderly Direction

GOD = *Group of Drunks*

GUT = GOD'S UNDENIABLE TRUTHS

HALT = Hope, Acceptance, Love and Tolerance

HALT = Hungry, Angry, Lonely, Tired:

HOPE = Happy Our Program Exists

HOPE = Hang On! Peace Exists...

HOW = Honesty, Open-mindedness, Willingness

KISS = Keep It Simple, Stupid **KISS** = Keep It Simple, Sugar

KISS = Keep It Simple, Sweetheart

NUTS = Not Using The Steps

OUR = Openly Using Recovery

PACE = Positive Attitudes Change Everything

PROGRAM = People Relying on God Relaying a Message

SLIP = Sobriety Loses Its Priority

SOBER = Son Of a Bitch, Everything's Real

SPONSOR = Sober Person Offering Newcomers Suggestions On Recovery

STEPS = Solutions To Every Problem in Sobriety

When you get to the end of your rope, tie a knot and hang on.

--Franklin Delano Roosevelt

Newcomer

Initially, I was excited about recovery. I felt better for a while. I hate to say it, but now that I'm not at the beginning any more, everything seems worse. I feel more cynical than ever.

Sponsor

What you're experiencing is part of the process of recovery. Many of us go through a "honeymoon" phase in early recovery. Our craving may feel miraculously lifted. Change feels easy, and hope replaces despair.

Then, life feels difficult again. We may perceive ourselves as having gotten worse, but that's not accurate. What's really happening is that, though our addictive craving has been treated, we still have our old problems, habits, and states of mind. We may be getting through the day, showing up for our work responsibilities, attending meetings, but not having much fun. We may wonder if what we've heard is really true - that "our worst day in recovery is better than our best day of active addiction." We may wonder whether recovery really is the answer after all.

Our doubt makes clear to us that we have to do something. Staying where we are is too uncomfortable. We can attend a Step meeting and read program literature to begin to familiarize ourselves with our next Step. For spirits in need of healing, Step work leads to the next phase of recovery.

Today, I have the courage to move forward in my journey of recovery.