

Growing Oaks

Oakland County Al-Anon Family Groups Winter, 2023

We've turned the page, gotten a new calendar, made a resolution for change in the new year! So, let's start by reviewing Step One. **We admitted we were powerless over alcohol—that our lives had become unmanageable.**

Some folks who have been in Al-Anon for a bit and have grown in the program, like to expand our powerlessness to "people, places and things." The goal now is to focus on changing the unmanageability of our lives



from the inside, not trying to alter the world. Before we tried to control more, got angry, anxious, losing our own voice and serenity.

Think of how you bake a cake. You make a shopping list and go to the store, find the ingredients - do they fit your grocery budget? - and set aside a time to bake. You collect and mix all the ingredients - by hand or with mixer? - pour the batter into the prepared pan, put it into the oven, and then let it bake. You have set the timer according to the recipe directions. You probably also know if your oven bakes high, low, whatever.

You don't climb into the oven to make sure it does its job. You may want to turn the oven light on so you can see what's happening. If you stand there and watch... well, what might be better use of your time? You have to trust that the cake will turn out. Even if the oven temperature is slightly off, and the cake is overdone, is it still okay? There is nothing

you could have done to avoid the peculiarities of the oven, or the ingredients, the cake will come out as it is supposed to this time. Maybe it's a little burned, or doesn't look like the picture in the recipe. Is it still good? Did you learn something for next time?

All the cook can do is show up, take the best action, and let go of the results. Let the universe do its job. Standing back, you may see how well everything gets arranged. Also, don't forget to smile. You are allowed to enjoy the process. Slow down, breathe, take you plans about fixing the world to a meeting or to your sponsor. You'll find a loving, non-judgmental place to share your thoughts and feelings. One cake at a time.



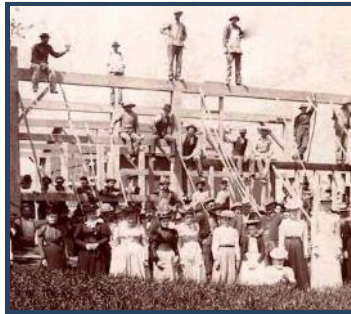
"I pray to be released from my compulsion to control my situation. I have so often proved I am unable to control it, Let me think, know and feel my powerlessness, then I will at least learn to let go and let God" - One Day at a Time in Al-Anon, p.30. Anticipating Steps Two and Three, right?

The bookmark **Just for Today** says: "Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it."

"Just for today I will have a quiet half hour all by myself and relax." And... let someone else do the dishes.
- Shirley B.

BUILDING A BARN THE OLD-FASHIONED WAY

Ever think about how farmers in American history, built a barn? It's a community project, folks coming together with all types of talents and tools. Barn raising, or "raising bee," was an important piece of rural life in the 18th century. Building a barn was a community event, involving women and children in addition to men. While the men completed the work necessary to assemble the barn's framework, women were working diligently to prepare food for the workers. It was considered a privilege to participate.



So what does this have to do with Al-Anon? How about as it relates to: Step 12: "Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs." A key word here is "we." Even as the barn builders brought a bunch of folks together, each knowing what he or she could do, Al-Anon members can

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bring their own specific talents to maintaining a program that has brought strength and hope to many for decades. How might I participate in carrying the Al-Anon message to others? I don't have to do it alone. There is also a reason why this is also Step 12. Growing in Al-Anon is an ongoing process and one's involvement in and gratitude for the program may now be used to "carry the message." to others.

Start small, assisting your own group. Welcome newcomers, prepare refreshments, add your name to a phone list, manage literature requests, make a flyer. Give back.

(Note: barn building facts retrieved from <https://orleanshub.com/construction-of-barns-raising-bees-was-a-community-event/>)

Trusted Servants For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern. (Tradition 2)

2023 Board Members

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Treasurer: Jackie F. 248-321-0749
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Literature Coordinator: Doug D. 248-259-7027

How do I find a meeting?

- Zoom meetings (ID and password provided)
- Hybrid meetings (both virtual on Zoom as well as in person)
- In person meetings (social distancing and masks may be required)



Much will depend on technology at sites, meeting room availability and Zoom account information.

For most updated list, please check: oaklandafg.org/meetings

Is Al-Anon Service work on your horizon?

"I found myself in Al-Anon service work for many reasons. I wanted to enjoy the comradery of friends who shared my spiritual needs...What have I received from Al-Anon that I would most like to share?"

Paths to Recovery: Al-Anon's Steps, Traditions and Concepts (p. 125-126)

"The opportunity to serve as a group rep was presented routinely...there was an opening and a need. I was concerned about the "three year commitment" but came to realize that "one day at a time" I could serve. If life unfolded in a manner that I could no longer fulfill my commitment, so be it, but "just for today" I am willing and able!
- Joyce H.

Mark Your Calendar



Open Talk with Al-Anon speakers

Saturday, Jan. 21 10 a.m. at
Zion Lutheran Church 143 Albany St.
Ferndale. Hybrid meeting, refreshments

Al-Anon Share:

SERVICE: definition: a little used program tool.

. Alanon obviously wouldn't exist without trusted servants, not on the group, county or state level. The World Service Office does have paid positions, but they are stretched thin by working 50-60 hour work weeks, but that's another story. WSO also relies on volunteers for various committees.

I took the dive to learn more about leadership and grow my 12-step program. There had not been a District 12 rep for about 8 months. So by taking the dive, this move also helped stabilize program integrity at the county level. Service also reminds me Al-Anon obviously wouldn't exist without trusted servants, not on the group, county or state level. The World Service Office does have paid positions, but they are stretched thin by working 50-60-hour work weeks, but that's another story. WSO also relies on volunteers for various committees.

After serving in various group-level positions, I took the dive to learn more about leadership and grow my 12-step program. There had not been a District 12 representative for about 8 months. So by my taking the dive, this move also helped stabilize program integrity at the county level. Service also reminds me to be there to reach out a hand to another struggling individual. Consider how picking up the program tool of service expands your program. Think about the following acronym:

Serving
Experiences
Re-energizing
Vital
Individual
Caring
Expression



- Sue F.