

Growing Oaks



OAKLAND COUNTY AL-ANON FAMILY GROUPS NEWSLETTER - FALL 2020

It's been a while...

Welcome to the ~~Spring, Summer,~~ FALL(!) 2020 issue of the Growing Oaks Newsletter! Rip Van Winkle here, your newsletter editor...things were quiet and life was chugging along quite nicely after I published last summer's issue, so I decided to take a year long nap and just woke up. What did I miss? What's with all the masks?

A lot has changed in the past year, and with so much turmoil, it has been difficult for me to pull things together to get a newsletter out. Of course, past newsletters focused on promoting events, open talks, and other aspects of gathering together... there isn't much of that going on right now with social distancing guidelines. But we have some things to share with our friends in recovery, so sit awhile and read up on some of the changes that have taken place in Oakland AFG this year. In the meantime, as we are all dealing with a great deal of

anxiety, family, health issues, political upheaval, financial stress, and the craziness in society on top of whatever challenges alcohol and addiction have thrown at us, it is always a good time to return to the Serenity Prayer. It has come in handy for me pretty much every day these past months. Asking God to grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. If ever I've needed that wisdom, to know the difference, it has been during this era when I have been unable to control anything around me! It's a reminder that I seem to need multiple times, every day. I hope that your Al-Anon program, however that has looked for you, has been able to provide some serenity for you within this difficult time.

-- Yours in Service, Greg B.

Growing Oaks is a publication of

*Oakland County Al-Anon/Alateen
Family Groups
PO Box 155
Keego Harbor, MI 48320-0320
248-706-1020*

Edited by Greg B.

*This is **YOUR** newsletter: Your articles and announcements are welcome!*

Please email to:

*digadigadig@yahoo.com
©2020 Oakland County AFG*

Need to find a meeting?

You can find an up to date list of Oakland County Al-Anon Meetings at our website.

OAKLANDAFG.ORG

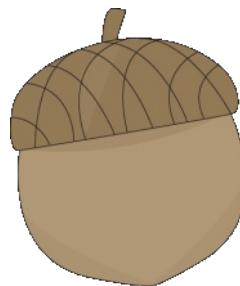
You can email us at the newsletter or contact the office through the website for information on locations and times for Alateen meetings.

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.

Al-Anon/Alateen Second Tradition



2020 BOARD MEMBERS

Chairperson:	Kathy J.	248-767-0323
Co chair:	Paul R.	248-330-3631
Secretary:	**Open - Position Available**	
Treasurer:	Jackie F.	248-321-0749

Members at Large:	Ruthanne O.	248-229-2709
	Emily P.	248-660-3154
	Open - Position Available	



VITAL TRUSTED SERVANTS

District 12 Rep	Debbie D.	248-890-0820
District 12 Alt Rep	Janet E.	248 421 1629
District 14 Rep	**Open - Position Available**	
District 14 Alt Rep	**Open - Position Available**	

AWSC Liaison	**Open - Position Available**	
Alateen County Coordinator	**Open - Position Available**	
Alateen Sponsor/Contact	Emily P.	248 660-3154
	Alisa B.	248-404-7206
	Therese S.	248-705-4791
	Haley K.	248 461-7053

Office Contact	Jennifer W.	
Literature Coordinator	Doug D.	248 259-7027
Public Outreach Contact	**Open - Position Available**	
Website Editor	Greg B.	202 345-3681
Newsletter Editor	**Open - Position Available**	
Meeting List Editor	Renee F.	248 821-3359



VOLUNTEER



How Can You Improve In Your Recovery? Find A Way To Serve Others! Oakland AFG needs you!

In the coming year there are many opportunities available for you to help serve the organization, which means there are a lot of opportunities for YOU to work Step 12! And remember the saying that says "When I got Busy I got Better!"

Take a look at the list! Maybe one will be your role of a lifetime!

- Two at-large board members
- Liaison to the Area World Service Committee
- Alateen Coordinator for Oakland County
- District 14 Rep
- District 14 Alternate Rep
- Public Outreach Coordinator

• Newsletter editor --- What you say??? (Yes, I'm now also the webmaster...I don't have time to do both, and it is time to hand this job off to someone new! Contact me if interested at digadigadig@yahoo.com. It's not hard...a little writing, editing, desktop publishing, graphics...it can be a lot of fun!)

Please call or email **Debbie D.**, District 12 Group Rep at 248 890 0820 debdrop@wowway.com to express your interest!



We Need You!

Want Literature?

When you purchase literature from your group or directly from the Oakland AFG Literature Distribution Center you help financially support the work that our county office provides to all the groups in District 12 and 14. Most meetings offer literature for purchase. Group reps can contact Doug at (248) 259-7027 by call or text to make arrangements for literature orders.





A Thanksgiving Share

I first came to Al-Anon Thanksgiving weekend of 2012. And although my son - who brought me to the program - has been sober for more than 5 years, I continue to go to meetings because (as trite as it sounds), the program has widened my circle of friends and has taught me a new way to live. Also, frankly, I owe my life and my sanity to the program. I don't think I could have gotten through those chaotic years without the support of the program and my friends in Al-Anon. As I tell people all of the time, our qualifier may never seek recovery or may have slips or relapses at some time in the future. But

regardless of what happens with them, we will be stronger - we will be better people because we have each other and because we have the principles of the program that have become a part of us and who we are.

Amazingly, my son - my qualifier - has graduated from college with a degree in Global Supply Chain management, which is his passion. His path has not been smooth, but he's made it through, and he is my hero. Through the principles of Alcoholics Anonymous he has found a group of people who accept him as he is and has found that there are many things to live for other than alcohol. Rarely do we argue anymore, because we follow the traditions that allow us to resolve the conflicts that inevitably occur at their first instance. When we do disagree, one of us will suggest that the other work their 10th step and take their personal inventory, which usually ends the argument before it gets out of hand.

I learned from my parents and my experiences in life have always taught me to have hope and that things could always be worse. My belief is if we just let things work out, they will get better. I've been fortunate to be one of those people who look at the glass as half full - not half empty. And I continue to go to Al-Anon meetings, and serving as a trusted servant on the county board of Al-Anon. We can only work to make ourselves better people and better role models for our children. We can let them know that we are moving on, that the train is leaving, and they can either buy a ticket or get left behind. I've realized that we can't live our lives for or through our children. We can, however, serve as an example of what recovery and serenity can provide and hope that they too will find their own path to recovery.

- Ruth O.



****The Oakland AFG LDC/AIS office has MOVED****

NEW MAILING ADDRESS (General mail and donations/contributions):

Oakland AFG

PO Box 155

Keego Harbor, MI 48320-0320

Tel: (248) 706-1020

NEW PHYSICAL ADDRESS (DO NOT SEND MAIL HERE):

Al-Anon / Alateen Information Service of Central Oakland County

c/o Meridian Health Services, 2nd Floor,

1255 N. Oakland Blvd.,

Waterford Township, MI 48327

Tel: (248) 706-1020 (office)

For Literature call or text Doug D. at (248) 259-7027

Email for Info or other general queries: info@oaklandafg.org



In June, the Al-Anon/Alateen Information Service of Central Oakland County voted unanimously to move its physical office location to Meridian Health Services (Meridian) at 1255 N. Oakland Blvd. in Waterford Township. The move was completed at the end of August 2020, and was necessary both to secure a long term lease and to reduce overhead costs. We are very pleased that we were able to accomplish both with this move, and with a very quick turnaround. The Literature Distribution Center (LDC) and Al-Anon Information Services (AIS) office are now housed in the Meridian Health Services building, and when we are able to again meet in person, this

will also be the physical gathering space for Board and District meetings. Please note that while Oakland AFG has physically moved to the Meridian space, it will not use the address to receive any mail. All correspondence and donations should continue to be sent to Oakland County AFG, PO Box 155, Keego Harbor, MI 48320-0320.

As the pandemic makes it unsafe for large gatherings, we are unsure when we will be able to return to having in person board and group rep meetings. Meetings will remain on zoom for the foreseeable future, typically on the first Saturday morning of the month as agreed upon by the Board and GRs at the January 2020 meeting. The District Rep will inform GRs ahead of time whether the upcoming meeting will be at Meridian, held via ZOOM or a combination of both. Should we be able to meet altogether at the new location, the Board will have a greeter at the door to usher members to the new meeting space.

The Board and Trusted Servants are confident that Oakland AFG members will recognize what an improvement this move has had for our organization. The location provides a larger gathering space, will permit attendees to bring beverages and potable food items when attending Board and District meetings; a fully accessible building with an elevator to our second-floor-office and gathering space as well as a large parking lot; and a conference room with Wi-Fi for the Board to meet. There is also a significant savings in rent with this move that has provided some relief to our organization's finances.

Thank you to all of our board members and helpers who worked so diligently to find a location, vetted it, and moved all of the materials from the old space. -- Gratefully, Theresa M.

Al-Anon During The Pandemic



While we wait for the pandemic to be over, carry this message to others:

“You are not alone!”

Covid-19 has challenged us, forcing us to figure out new ways of coping, and how to navigate through to new ways of meeting.

As a result, some groups were able to keep their meetings active in Oakland County by conducting meetings outside, using social distancing and masks. Others are meeting over the phone, or on the internet using Zoom or other video chat apps.

It's been a beautiful fall, we've been very fortunate with the warm weather! However, we do live in Michigan and weather conditions will soon make it difficult to conduct outdoor meetings. A great number of us are not ready to attend indoor meetings.

Currently, we have more canceled meetings than those taking place in person or over zoom. I'd like to encourage you to find a way to make a difference in a newcomer's life by Hosting Zoom meetings! Before you say, “I can't do that”, remember this:

“You are not alone!”

There are others willing to share their experience, strength and hope with you. If you are willing to become a Zoom Host for your group, please email me Howitworks.mi@gmail.com I will be happy to work with you to get it set up. If you are already hosting a meeting and I don't have it listed on the next page, please send us the information, so I can get it added to the list as well as on OaklandAFG.ORG.

--Kathy S., New Beginnings AFG

Instructions for 1st time Zoom users.

1. Download the Zoom App. It's a free app and it works on smartphones or a PC.
2. Open Zoom App.
3. Select: Join Meeting
4. Enter the Zoom ID (see meeting IDs below)
5. Enter or edit your name, you can change this to just your first name.
6. Enter the password. (see passwords below)

That's all there is to it, you can attend meetings by repeating these steps each week.

OAKLAND AL-ANON ON ZOOM

*Note: List is not complete and subject to change.
Email debdrop@wowway.com and
digadigadig@yahoo.com to make any updates to
this list and to the website calendar. Please check
oaklandafg.org/meetings for most updated list*

Mondays 9:30 am
Peace at the End of the Road AFG
Meeting ID: 778 1480 3467 Password: peace

Mondays 11:30 AM
Beyond the Steps AFG
Email mondaybeyondthesteps@gmail.com for
login

Mondays 8:30 PM
Maple West AFG
Meeting ID: 826 2906 3933 Passcode: 728624

Tuesdays, Thursdays and Saturdays 12:00 pm
Novi Noon AFG
Zoom ID: 774-791-7072 Passcode: 007007

Tuesdays and Saturdays 8:30 pm
Southfield AFG (used to meet at St. David's
Episcopal Church)
Meeting ID - 318 188 732 Password - 917905

Wednesdays 10:00am
New Beginnings AFG
Email: Howitworks.mi@gmail.com for login

Fridays 9:30 am
A Peace of Serenity AFG
Email mjohn4506@hotmail.com for login

Fridays 8:00 pm
It Works AFG
Meeting ID: 983 4145 8376 Passcode: 126958

Saturdays 10:00 am
Starting Over AFG
Zoom ID: 822 7750 6785 Passcode: Saturday



OAKLAND AL-ANON IN PERSON MEETINGS

Note: When attending a meeting in person, social distancing and masks are required. In person meetings subject to change depending on weather, location & health restrictions.



Saturdays 10:00 am
Starting Over AFG Ferndale inside meeting
Will now be meeting at St. John's Royal Oak
on 11 mile and Woodward (southeast corner)
NOTE: starting time 9:45 Must be out by
11am sharp! That is the reason for early
start!

Sundays 10:00 am
Sunday Serenity AFG Inside Meeting-
Birmingham Unitarian Church (BUC) 38651
Woodward Ave, Bloomfield Hills; Strict limit
of 20 people-first come first serve. (All
newcomers will be accommodated)

(Again, please go to oaklandafg.org/meetings
for the most updated list of in-person
meetings, as this changes frequently due to
COVID restrictions.)



Oakland Al-Anon GROUP REPS

AND ANYONE INTERESTED IN GETTING INVOLVED AT
THE NEXT LEVEL. IF YOU WANT TO SURROUND
YOURSELF WITH PEOPLE IN RECOVERY THIS IS IT

Elections being held Dec. 5, 2020

Volunteers needed for several positions!

Open Board positions
District 14 Group Rep
District 14 Alternate Group Rep
State Liaison

We will have A ZOOM Meeting
Saturday December 5, 2020 9:45am

Don't miss this important meeting

WHEN WE GOT BUSY WE GOT BETTER



Noticed anything new on the website recently?

We added a Paypal button, which enables us to accept online donations via credit card! While it is easier and money transfers are pretty seamless, there is a 2.9% transaction fee for each payment. If you are able, please continue mailing checks with your group donations to avoid our incurring the fee. But if there's no other easy way to donate, we'd rather you send a donation via Paypal than not sending one at all!

DONATE VIA PAYPAL!!

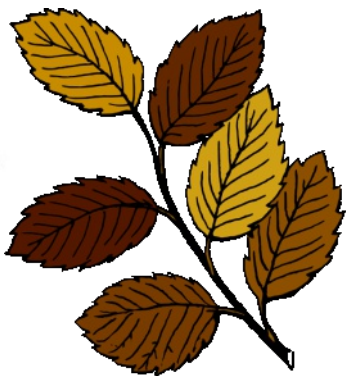
We have enabled online donations via Paypal! Support Oakland AFG with a donation by clicking the Paypal button below.

Donate



During this time of Covid, meeting attendance has declined dramatically with lockdowns and meeting closures. That means the corresponding buck or two into the basket has decreased dramatically. The money to support programs at the County level, for Oakland County Alateen, at the state level for Michigan, and at the World Service Organization national level, all have seen dramatic decreases in donation income.

In the future after Covid has settled down and we can go back to a new version of normal, we can create Paypal buttons with a specific link that will let us collect registrations for events, donate to a specific project or event (e.g. the Fall Workshop and/or Group Rep. Spring Training, specific Alateen or Public Outreach events, etc.)



Al-Anon Family Groups

Oakland County, Michigan

Strength and hope for friends and families of problem drinkers

Remember to check the website for more announcements!

OAKLANDAFG.ORG