

growing oaks



OAKLAND COUNTY AL-ANON FAMILY GROUPS QUARTERLY NEWSLETTER - SPRING 2015

When I Knew My Program Was Working

Recently I was thumbing through a publication from my old place of employment. As I did so it occurred to me that the document was very well laid out and particularly informative. I was just beginning to get excited about the many programs and classes I might sign up for when I turned the page and there SHE was! The person whom I credited with getting me fired from my job and causing me a mini nervous breakdown. My sworn enemy,

my arch nemesis right there on the page smiling up at me! The person whose demise I spent hours and hours plotting. I quickly scanned her face for any signs of age, weight gain, or any indication of the years of pain and suffering SHE caused me. After all, SHE deserved to be ugly after all SHE put me through! Instead all I saw was the excitement in her face. What did SHE have to be so excited about? Didn't SHE know she was a bad person

who had caused me so many years of grief? The mini nervous breakdown I had because of her changed my life forever. I could no longer work and I was forced to seek therapy and eventually Al-Anon.

Wait. Did someone just say "Al-Anon?" Suddenly, I realized that although I HAD harbored negative thoughts about HER for so many years, I no longer ACTUALLY felt those emotions

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Need to find a meeting?

You can find an up to date list of Oakland County Al-Anon Meetings at our website. (link at right.) You can email us at the newsletter or contact the office through the website for information on locations and times for Alateen meetings.



Growing Oaks is a quarterly publication of
Oakland County Al-Anon/Alateen Family Groups
Phoenix Square Office Building
3720 Elizabeth Lake Road
Waterford, MI 48328
248-706-1020

oaklandafg.org

Edited by Go After Your Serenity LGBT AFG
This is **YOUR** newsletter: Your articles and
announcements are welcome! Please email to:
BroWCarey@wowway.com

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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

2015 BOARD MEMBERS

Chairperson: Judy F.

Co-Chairperson: Tom S.

Treasurer: Mitch S.

Members at Large:

Theresa M.

DeeZee

Carmela M.

Milena C.

VITAL TRUSTED SERVANTS

District 12 Rep:

Mike A.

District 12 Alternate Rep:

Mitch S.

District 14 Rep:

Sharon S.

District 14 Alternate Rep:

Andrea S.

AWSC Liaison:

Renee F.

Alateen Sponsors/Contacts:

Alisa B.

Ron V.

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Sharon S. – oaklandcountyafg@aol.com

Literature Coordinator:

Mike A.

Public Outreach Contacts:

Josie C.

Therese Marie

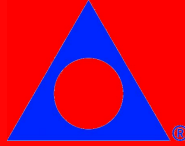
Judy F. – outreach@oaklandafg.org

Website Contact:

Ruth D.

Newsletter Contact:

Bill C. – browcarey@wowway.com



Hope for families & friends of alcoholics

Michigan Al-Anon Family Groups

Spring Assembly
June 13, 2015

Living Our Spiritual Principles
Expanding Our Vision

Assembly Center
St. Louis, MI

9:00 am Registration opens - coffee & rolls
9:40 am New Group Rep Orientation
10:00 am Assembly begins
Buffet lunch included

Al-Anon registration is \$7 - Alateens attend free.

Directions:

From US 127 take the M46 exit (Saginaw/Edmore), turn east onto M 46 (aka West Monroe Rd), large church is less than a mile from exit on south side of the road; use FRONT parking lot. Barrier free entry - Smoke-free facility: *St. Louis Church of Christ ~ 1075 West Monroe Road, St. Louis, MI 48880*

All Al-Anon and Alateen members are invited to attend!
If your Group Rep or Alternate Rep can't make it, please designate someone from your group to attend so your group voice can be heard.

When I Knew My Program Was Working

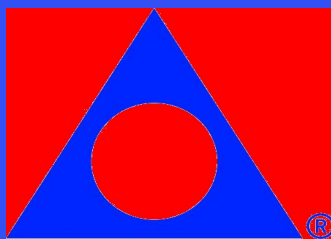
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looking at her picture. Instead my mind was filled with thoughts like, "Live and Let Live" and "No one ever found serenity through hatred." I took a better look at HER picture and asked myself, "Did I deserve the wrongs SHE perpetrated on me so many years ago? No. "Was my anger justified at the time?" Yes. "Did that anger serve me then and does it serve me now?" Yes and No. I realized that while I wasted precious time being upset by what happened to me so many years ago, my hurt eventually lead me seek out Al-Anon where I had found serenity in the 12 Steps and its fellowship. I also realized that because I was not able to work during those tough years, I was also given the gift of time: Time spent with my family; time spent exploring hobbies and interests; time spent in meditation and healing. So while my feelings then might have been justified and may have served me to steer me in the right direction toward serenity, those same negative feelings were no longer necessary and would actually impede my spiritual growth.

Wait, was that gratitude for HER I just heard knocking at the corner of my mind? Was it possible that SHE actually gave me a gift or at least set me on a path in the right direction to find it? Suddenly this whole thing was no longer about HER but about ME! Regardless of her motives at the time, it was my choice then to be angry and upset, my choice to use that anger to seek out a change in my life that led to my eventual serenity. And, more importantly, it was my choice now to be grateful to my Higher Power and move forward with my spiritual journey. I looked at the picture again and then proceeded to read the accompanying article. SHE had been promoted to the very position I held before I was fired. When I read those words I waited for the jealousy to hit me. When that didn't happened I mentally thanked my Higher Power and flipped the page SHE (now known as 'she') had so skillfully laid out. I found the class I wanted to sign up for on that very page. As I eagerly dialed to register for the class I hoped she might answer the phone so I could tell her what a great job she was doing in her new position. As the phone began to ring I realized that I now had proof my program was working. My attitudes, actions and feelings were changing little by little, "One Day at A Time." I mentally thanked my Higher Power again as I waited for someone to answer. . . Then I realized "someone" already had!

Madilyn G

Grateful member of Al-Anon



New Al-Anon Meeting

Thursday Night Farmington Hills AFG

Orchard United Methodist Church
30450 Farmington Rd, Farmington Hills

Thursday - 7:30 pm

The background of the flyer features a photograph of the Trinity Episcopal Church, a modern building with large glass windows and a red roof. In the foreground, there is a large wooden sign for the church. The sign has a green top section with the text 'Peace at the End of the Road' in a large, stylized font, and 'Trinity Episcopal Church' in a smaller font below it. The bottom section of the sign is dark and contains text about Sunday services and a summer program.

Peace at the End of the Road

Trinity Episcopal Church

SUNDAY SERVICES 9:00 AM / 10:30 AM
SUMMER PROGRAM (248) 574-2430

*Farmington Hills
Monday Morning Family Group of*

Al-Anon

Invites you to Their

***14th Annual
Anniversary Celebration***

Sharing & Caring

Monday August 10th 2015

Potluck Brunch @ 9:00 AM

Followed by Speakers

Pamela B – Al-Anon

Ahkiba E - Al-Ateen

"granddaughter"

**Will be Held at
Trinity Episcopal Church
26880 La Muera Drive
Farmington Hills, MI**

Dishes to Pass Will Be Welcome.

Thank You Public Outreach Volunteers!

During March Round-Up, Oakland County AFG participated in a workshop devoted to Public Outreach explaining how members and groups can carry the message of recovery through Al-Anon and Alateen outside of our fellowship. We also provided volunteers who distributed free information about Al-Anon and Alateen to attendees. What a great example of how it is a "WE" program! Here are the names of the people donated their time to sit at the information table and give out literature and those who carried the message in the Public Outreach workshop: Bill C., Mike A., Sue S., Cathy (Waterford AFG), Leesa B., Trisha D., Tom D., Josie C., Bill G., Diane P., Jaema B., Judy F., Therese S., and Mitch S. Your service is MUCH appreciated! Together we can "carry the message" of Al-Anon and Alateen. If you would like to be part of future Public Outreach activities, please email Public Outreach at outreach@oaklandafg.org.

What does Public Outreach do?

Here's an email received by the Oakland AFG Public Outreach Committee:

Sent: Thursday, February 12, 2015 9:29 AM

To: outreach@oaklandafg.org

Subject: would you be interested?

Hello,

One of our members at _____ AFG brought this to my attention and wanted me to forward it to Public Outreach: <https://jewishdetroit.org/event/teen-mental-illness-conference/>

The flyer says there will be Community Resource Tables available at 3:00p.m.

Also, at Henry Ford Hospital next Tuesday there is some sort of panel discussion of Heroin use in the community. I have no other information on that one.

Have a peaceful day,

K. B.

Here's what happened:

From: Therese Marie

Sent: Wednesday, March 04, 2015 8:18 AM

To: 'K. B. '

Subject: RE: would you be interested?

Hi K.! Thank you for emailing Public Outreach about the Teen Mental Illness Conference. We were able to provide a volunteer who staffed a table and distributed a large quantity of Al-Anon and Alateen information.

Can you please thank your group member who suggested this conference and let him/her know that by notifying Oakland County Public Outreach of a community event designed to help families, many people were able to receive the message of recovery through Al-Anon & Alateen.

This is how the "we" of the program works Step 12 "carrying the message."

Therese S.