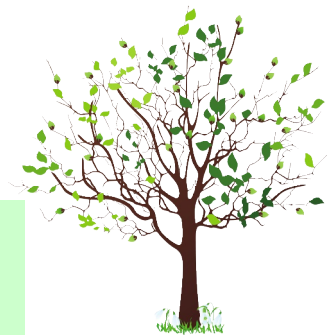


growing oaks



OAKLAND COUNTY
AL-ANON FAMILY GROUPS
NEWSLETTER - SPRING 2018



There are always lots of fun, exciting events going on in Al-Anon. Some upcoming events can be found starting on page 7, but be sure to check out the website for Oakland County Al-Anon/Alateen for even more information:

OAKLANDAFG.ORG

Need to find a meeting?

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



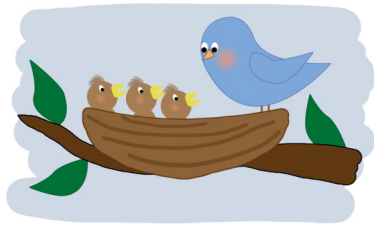
Growing Oaks is a quarterly publication of
Oakland County Al-Anon/Alateen
Family Groups
Phoenix Square Office Building
3720 Elizabeth Lake Road
Waterford, MI 48328
248-706-1020

oaklandafg.org

Edited by Greg B.
This is **YOUR** newsletter: Your articles and
announcements are welcome!
Please email to:
digadigadig@yahoo.com

©2018 Oakland County AFG

Trusted Servants

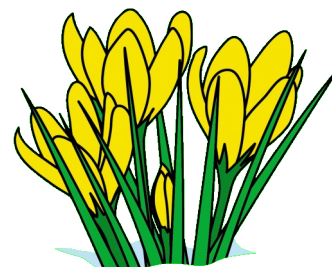


For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

Al-Anon/Alateen Second Tradition

2018 BOARD MEMBERS

Chairperson:	Ruth O.	248 547-8893
Co chair:	D.Z.	248 514-0079
Secretary:	Karen B.	810 241-2650
Treasurer:	Mitch S.	248 324-1448
Members at Large:		
	Heather D.	248 787-6070
	Jackie F.	248 321-0749
	Haley K.	248 461-7053



VITAL TRUSTED SERVANTS

District 12 Rep	Bill C.	248 565-7605
District 12 Alt Rep	Debbie D.	248 890-0820
District 14 Rep	Michelle B.	248 941-1644
District 14 Alt Rep	Lynda E.	248 543-7756
AWSC Liaison	Heather D.	248 787-6070
Alateen Sponsor/Contact	Mitch S.	248 324-1448
	Ron V.	248 770-7337
	Alisa B.	248 404-7206
	Haley K.	248 461-7053
	Therese S.	248 705-4791
Office Contact	Janet N	248 259-8297
	Emily P.	248 660-3154
Literature Coordinator	Mike A.	248 376-2394
Public Outreach Contact	Jaema B.	248 852-1946
Website Editor	Karl W.	248 872-8602
Newsletter Editor	Greg B.	202 345-3681
Meeting List Editor	Renee F.	248 821-3359

To Myself as a Newcomer

Looking back, I realize that Al-Anon saved my life, though at the time, I did not know my life was in danger. Seeing how far I have come makes me grateful to Al-Anon. I was drowning in fear and worry. Because I lacked any self-esteem, I had no idea who I was or what I liked.

I had no idea that being a child of an absent alcoholic father had colored my life to such an extent. Thank goodness, I kept coming back every week. One day in an Al-Anon meeting, the chairperson asked us to consider what we could say to ourselves if we could go back in time and talk to ourselves as a newcomer walking into a meeting for the first time. I believe I would say this to myself:

*“Dear Mary,
This is going to be the best gift you could ever give yourself. You will come to love all of these strangers in a special way. You will learn you already have everything you need; it has just been covered up. You will change the way you think and will see yourself in the light of your higher power, not in the light of your fears. You will see that you are not what you were told. You are not stupid. You are enough. You will find your voice that you stuffed for so many years. You will find your feelings that have been frozen and you will learn to cry and laugh. You will learn to understand the people in your life through the light of the Al-Anon program and will be able to love them and see their beauty and struggles. Yet, you will be able to take care of yourself. You will come to put yourself first, knowing that doing so is not being arrogant, but the right thing to do. You will find Joy, peace, confidence and the ability to feel fully. You will love and be loved in a very special way.”*

By Mary D., Florida

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

A Challenge to you:

If you were to write a letter to yourself as a newcomer, what would it say? Write it up! Share it with your group! Or email the newsletter and we will print some of the submissions in the summer 2018 issue. Send any Letters to Yourself as a Newcomer to digadigadig@yahoo.com with the subject line “Summer 2018 Share.”

My Service Experience and What I've Learned

After one year in Al-Anon someone asked me to be a Group Rep for our meeting. I wasn't sure but I was curious as to how an all volunteer organization could exist for 60 years. So I went to a couple of inner-group meetings both the Metro-Detroit office and Oakland Co. and decided to try it. I learned that these groups really do use the Traditions and Concepts in their meetings. I learned that I didn't have to know everything, volunteer for anything (unless I wanted to), be afraid to ask questions, or feel I was alone or didn't belong. This was a surprise to me and I learned how to decide for myself what my way of being a Group Rep would look like.



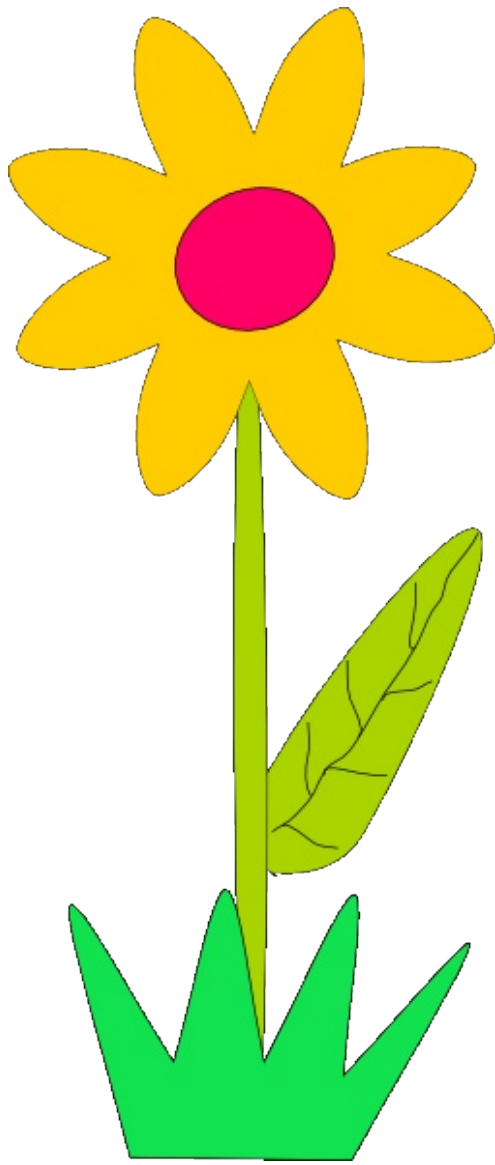
In the next year someone asked me to be their sponsor. I wasn't sure but I had worked through the Steps, Traditions and Concepts with my wonderful sponsor, so I decided to try. I started by setting boundaries that made sense to me. They had to go to meetings, commit to working the steps and call me, not the other way around. I learned more about how I work the steps for myself when I listened to their ideas of working the steps. This was a surprise to me to see how much more I learned from them rather than trying to teach them, I didn't have to be a perfect sponsor, and what they learned was up to them, I was only a guide. And I learned that I didn't need to overextend myself, that it's OK to decline an invitation to sponsor someone or to end sponsorship if we're not a good fit.

After being a GR for 2 different meetings and 7 years in the program, I was encouraged to run for the Oakland County Board. I wasn't sure but I wanted to try. I had great admiration for those members who managed the Al-Anon Information Service/Literature Distribution Center for our districts. They seemed to have a great website and newsletter, public outreach, Alateen program, and I always enjoyed the Fall Workshops. I wasn't sure how I'd be able to contribute since I've never had to lead in any organization. I was elected and immediately asked to be Secretary. I was always worried that my computer skills were poor and I was afraid that I wouldn't be able to do this job. But I decided it was time to learn more computer skills and stop being afraid. So now I'm in my 3rd year as Board Member and Secretary. I learned that I have more skills than I thought, that nobody was judging my skills, that it's OK to not be perfect and that I can always make corrections.

In helping with the Fall Fundraiser I really extended myself by being a moderator in 2016, helping to organize and run the program that day, and in 2017 by being on a panel. I never thought I could do it and yet here I am. I am not doing this job alone; we build and reflect on what's been done before, use the policies and procedures for our group and use the vast variety of skills of our members. I am always blown away by their creativity and abilities.

I am very grateful for the opportunity to serve in Al-Anon. It has been a pathway for me to become more of the person I want to be. It has all helped me grow in ways I never thought possible when I was isolating in my poor self esteem and fear of looking "silly" or incapable (not perfect). I am learning to face my fears, ask for help, set boundaries, listen and contribute. I am learning how an all volunteer organization can exist for 70 years and more. It's by doing it together.

Karen B.



As I share with you my experience, strength and hope, I would be remiss if I failed to acknowledge that I'm able to face the challenges that life brings because of the lessons learned from my parents. My dad taught us kids a lot of things, but one thing I'll always remember was something he said often: "Ruthie, when bad things happen, take the good out of them and move on." My dad taught me how to respond positively to life's challenges.

So, upon learning that my sunshine - the "light of my life" is an alcoholic, I've been able to react positively to this situation with the support of the program and my friends in Al-Anon. Having a family member who is an alcoholic is a challenge – that's for sure. But for me, it's opened an entirely new dimension to my life. I now have a better understanding of other people, a wider circle of friends, and a deeper sensitivity to the challenges that so many of us face in life. If I had a choice, would I choose to have a son who is an alcoholic? I don't know - maybe yes/maybe no. In reality, I sometimes wish that I had come across an alcoholic relative 40 years ago and incorporated the principles of the program into my daily living at an earlier age; life certainly would have been a whole lot easier.

And from my mom, I learned what it means to love someone unconditionally – a quality that has been tested, but has been invaluable over the last 4 years. Both of my parents would be proud of me. I've faced a difficult situation and made it manageable. Life has a whole new meaning as I live each day to the fullest and count my blessings - helping me to remember how far I've come and where I'm going.

Ruth O.

So You Want To Be Oakland AFG Literature Coordinator

What does it take to be Oakland AFG's literature coordinator? It's simple! The main thing is a desire to serve the fellowship, and to enjoy being in recovery. You may ask yourself, "Self? What is required for me to volunteer for such a ***GREAT POSITION?***"

Here it is:

- Some computer skills
- The ability to read an order form
- Donation of time (approximately 8hrs per month)
- A desire to meet people
- Basic arithmetic skills

You're probably asking yourself how these things are applied and/or how the current coordinator does their job. Good question!

1. We check what's in stock and get our shopping list together.
2. Next we logon to the WSO website literature section
3. Now we shop!
4. When the order arrives in the mail, we unbox, stamp and price everything. Then we update the inventory in the computer (easy), and stock the shelves.
5. During the monthly Group Rep meeting, we sell the literature.

It's easy, it's fun, and you learn about Al-Anon/Alateen literature. So, unleash your inner librarian and jump at the chance to become the new Literature Coordinator. Your efforts will help many people gain serenity. How can you say no to this offer?

If I've convinced you to volunteer, great! Please call **Mike A. at 248 376-2394** or email the newsletter editor at digadigadig@yahoo.com to express your interest!



We Need You!

OAKLAND AFG DISTRICTS 12 & 14 CALENDAR OF EVENTS*

May 2018

May 4-6, 2018: 46th MI AFG Convention, Shanty Creek

May 7: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

*****May 12**** Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am

May 12: Southfield AA/Al-Anon Anniversary Dinner, AA Open Talk

June 2018

June 2: Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am

June 11: AA/Al-Anon 48TH Birthday Celebration, 8pm, First Presbyterian Church of Birmingham

June 19: Open Talk and luncheon, Novi Noon, St James Catholic Church, 46325 W. 10 Mile, Novi

June 23: ****Spring Assembly***Date changed! St. Louis, MI

June 25: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

July 2018

****No Meeting***** for Oakland AFG Board, no District/Group Rep Meeting

July 6 - 8: Al-Anon International Convention, Baltimore, MD

July 27-29: KOMIAC, Kentucky, Ohio, Michigan, Indiana Alateen Conference

July 30: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

August 2018

Aug 4: Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am

August 11: AWSC, St. Louis, MI

August 27: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

September 2018

Sep 8: Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am:

September 28-30: Tri-County Conference, AA with Al-Anon participation, Wyndham Garden Hotel, Sterling Heights

October 2018

Oct 1: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

Oct 6: Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am:

October 13: Fall Assembly, St Louis, MI

October 29: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

November 2018

Nov 3: Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am:

November 10, 2018 AWSC, - St. Louis, MI

November 26: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

December 2018

Dec 1 : Oakland AFG Board Meeting, 8:30 am, followed by District/Group Rep Meeting, 9:35 am

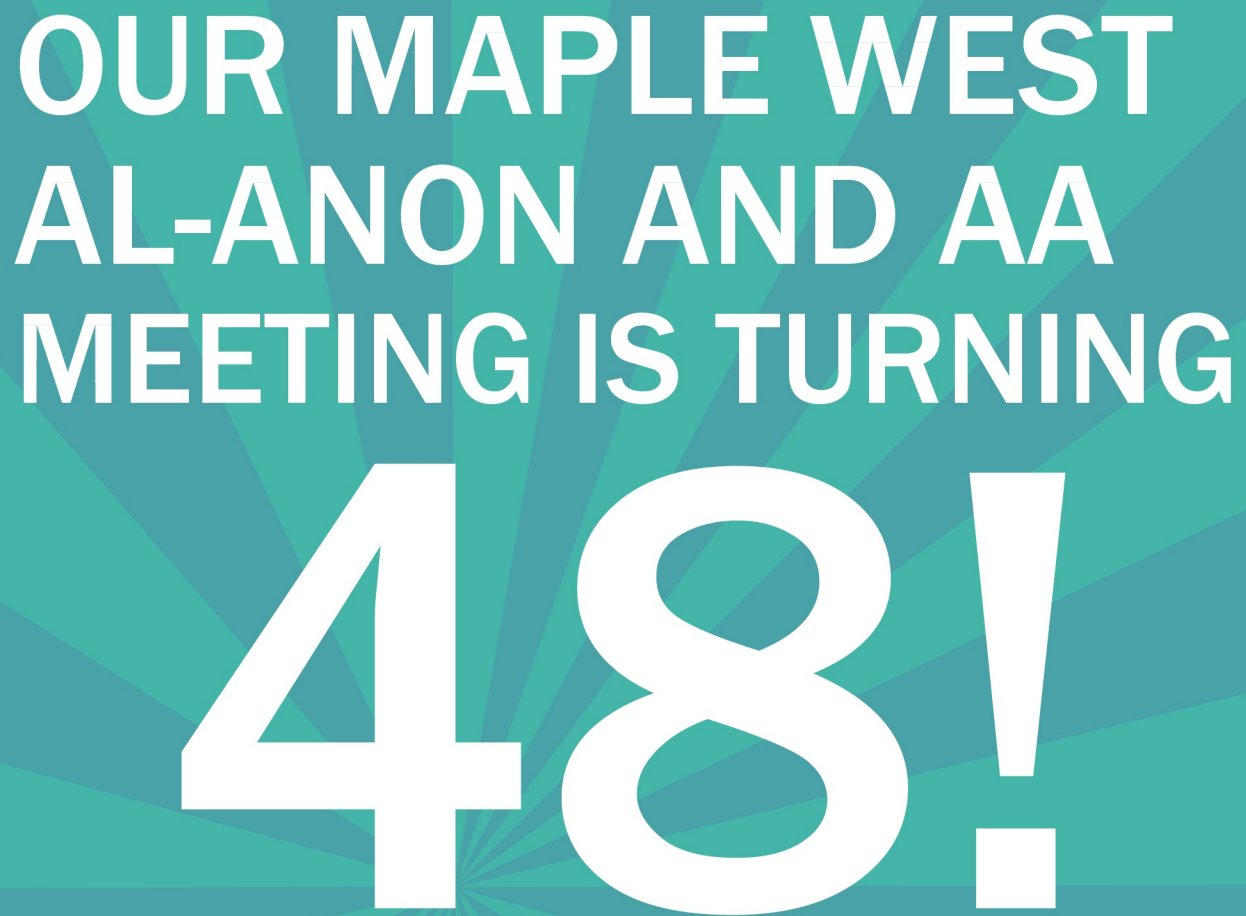
December 17: Public Outreach Meeting 7pm, First Presbyterian Church of Birmingham, Room 220

2018 and Beyond

March Round Up 2019, March 8-10

July 2020: International AA Convention with full Al-Anon/Alateen Program – Detroit, MI

**Calendar includes Al-Anon events and AA events with Al-Anon participation. See Oaklandafg.org>Events /Flyers for more information on Al-Anon events.*

The top half of the poster features a teal background with a sunburst pattern of radiating lines. The text is white and centered.

OUR MAPLE WEST AL-ANON AND AA MEETING IS TURNING 48!

**Come celebrate our birthday with us.
MONDAY JUNE 11, 2018**

**We will have an Al-Anon Speaker, Ruthanne O
and an AA Speaker to be announced.**

Meeting starts at 8:30 pm, doors open at 8 pm
Come join us for great fellowship and yummy cupcakes

**FIRST PRESBYTERIAN CHURCH BIRMINGHAM
1669 W. MAPLE RD. between Southfield Rd and Cranbrook**



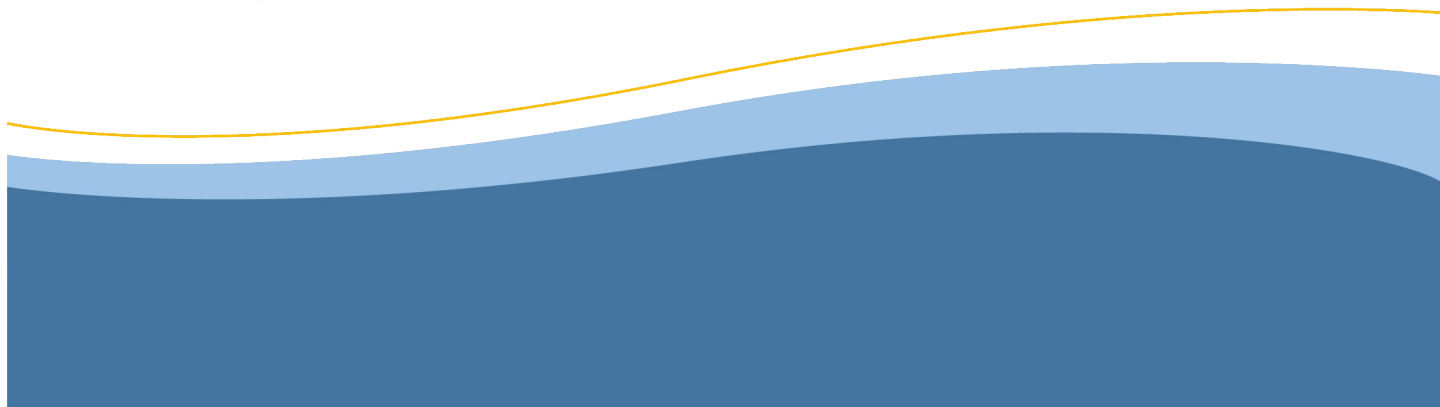
Novi Noon Al-Anon Open Talk/Luncheon

* Novi Noon Al-Anon meets every Tuesday and Thursday at noon. We have decided to expand our meeting to include an annual open talk and luncheon. Our speaker for our first annual open talk is a long-time member of Al-Anon and Alcoholics Anonymous and has been an Alateen Sponsor for many years. We hope you will join us!

Tuesday, June 19, 2018, 12:00 Noon

Ron V.

St. James Catholic Church
46325 West Ten Mile Road
Novi, MI 48374



Looking for a Friday Nite Al-Anon Meeting?

Come to

Rochester AFG

*****Fridays, 8:00 pm*****

University Presbyterian Church
1385 S Adams Road, Rochester Hills

Located south of Avon, on the east side of Adams
(AA at the same place and time)



Oakland County AFG, Tel: (248) 706-1020
Phoenix Square Office Building
3720 Elizabeth Lake Road(One block west of Cass Lake Road), Waterford, MI 48328

You can help support Royal Oak Alateen!

How?

By attending Royal Oak Al-Anon on Thursday nights at 8 pm, Good Shepherd Lutheran Church, 814 N. Campbell Rd. (south of 12 Mile).

Attendance at this Al-Anon meeting has been very low lately, making it difficult to meet expenses. Royal Oak has the only Alateen meeting in southern Oakland County. The only other one, Ferndale, had to close a few months ago because there wasn't sufficient Al-Anon attendance to continue to pay for the building. Please help our teens save their meeting! If you are able, please commit to attending this meeting, if only once a month. Every little bit helps! Thank you!



YOUNG PEOPLE OF AL-ANON MEETING!



**TUESDAYS – 7 PM – COMMUNITY
CHURCH OF CHRIST – 1990 CRESCENT LK
RD, WATERFORD**

*****ALL AGES ARE WELCOME! THE MEETING IS
FOR ANYONE WHO HAS ROOM TO GROW*****

NEW WHITE LAKE ALATEEN MEETING

Starting Wednesday, May 2nd, 2018

EVERY WEDNESDAY FROM 7 PM TO 8 PM

WHITE LAKE PRESBYTERIAN CHURCH

4805 HIGHLAND RD (BTWN BOGIE LK & ORMOND RD)

THERE IS ALSO AN AL-ANON & AA MEETING AT THE SAME TIME & LOCATION



**"Alateen: hope and help for younger
family members and friends of
alcoholics"**

FOR MORE INFO PLEASE CONTACT:

Kelsey K. (248) 461-7054

Haley K. (248) 461 7053

OR VISIT www.oaklandafg.org FOR MORE INFO ABOUT ALATEEN

And finally, if you can't find a good enough reason to come to Al-Anon for all of the great reasons that are out there, here's another! The members of Al-Anon know how to decorate! Here are a few photos from the New Beginnings AFG Love-In held on Valentines Day (Wednesdays at 10am at First Congregational Church of Birmingham) where we talked about loving our qualifiers, our spouses,



our children or ourselves, and enjoyed too much sugar before lunchtime, and here's the spring floral decor from the welcome table at the recent Area World Service Committee March 24 in St. Louis, MI.



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