

growing oaks



OAKLAND COUNTY
AL-ANON FAMILY GROUPS
QUARTERLY NEWSLETTER - WINTER 2017

Al-Anon's Gift To Me



At a recent gratitude meeting, we were asked to name the things we were most grateful for. Of course, family, friends, my home and belongings came to mind immediately. But upon further reflection, I realized that I would not be able to enjoy any of those things if it were not for Al-Anon. Program has given me one of the most precious gifts of all -- the Gift of Time.

Thinking back on pre-program days, I realize that I spent an inordinate amount of time trying desperately to control others, manipulating, lying, bullying, threatening or criticizing to get my way. Not only was all of that scheming time-consuming and exhausting, but also led to even more problems. When the people in my life refused to take my sage advice, I would of course have to waste time being resentful, angry, and depressed. Next came the arguing, judging, and blaming. I realized I was living my life in a constant state of chaos and drama, which made me worried, fearful and drained. The habits I learned dealing with the alcoholic spilled over into my everyday life and soon I was approaching every person and situation in this twisted and sick way. That left little time to enjoy my family, friends or any blessing in my life.

Thanks to Al-Anon, I realize that people have the right to live their lives their own way. Everyone has their own Higher Power, and I am not it! Once I embraced this, I was able to practice detaching with love, turning worries over to my Higher Power, and taking care of my own side of the street. Admitting I was powerless

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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:
hoperemains2009@gmail.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

2017 BOARD MEMBERS

Chairperson: Theresa M. - tjmac1207@gmail.com

Co-Chairperson: Ruthanne O. - rokun7@yahoo.com

Treasurer: Mitch S. - mitch@mitchmaster.com

Secretary: Karen B. - kbartos@twmi.rr.com

Members at Large:

Heather D. - mason.H321@gmail.com

DeeZee - denisez@sbcglobal.net

Milena C. - milenac0217@gmail.com

VITAL TRUSTED SERVANTS

District 12 Rep:

Bill C. – hoperemains2009@gmail.com

District 12 Alternate Rep:

Debbie D. - debdrop@wowway.com

District 14 Rep:

Michelle B. - obrillhart@aol.com

District 14 Alternate Rep:

Lynda E. - lynda_easterday@yahoo.com

AWSC Liaison:

Heather D. – mason.H321@gmail.com

Alateen Sponsors/Contacts:

Mitch S. - mitch@mitchmaster.com

Alisa B. – alisabell422@gmail.com

Ron V. – rva59@aol.com

Office email: oaklandcountyafg@aol.com

Literature Coordinator:

Mike A. – mikeandrus49@gmail.com

Public Outreach Contacts:

Josie C. - connolly900@comcast.net

Therese Marie – tm@meettherese.com

Website Contact:

Karl W. – surcuitpac@aol.com

Newsletter Contact:

Bill C. – hoperemains2009@gmail.com

over people, places and things allowed me to take time for self-examination. This led to time for prayer, meetings, journaling, and gratitude lists, which in turn allowed me to forgive and heal. Now when something doesn't go my way, instead of wasting valuable time blaming others, I now try to reflect on my own part. This allows me to skip the judging, gossip and drama, and instead focus on taking responsibility for my own actions. Only when I am truly aware and honest with myself can I hope to change my behavior. Thanks, Al-Anon!

Madilyn G.

Warren, Michigan

Grateful member of Al-Anon

reprinted from MIAFG Serenity Sentinel Winter 2016/2017

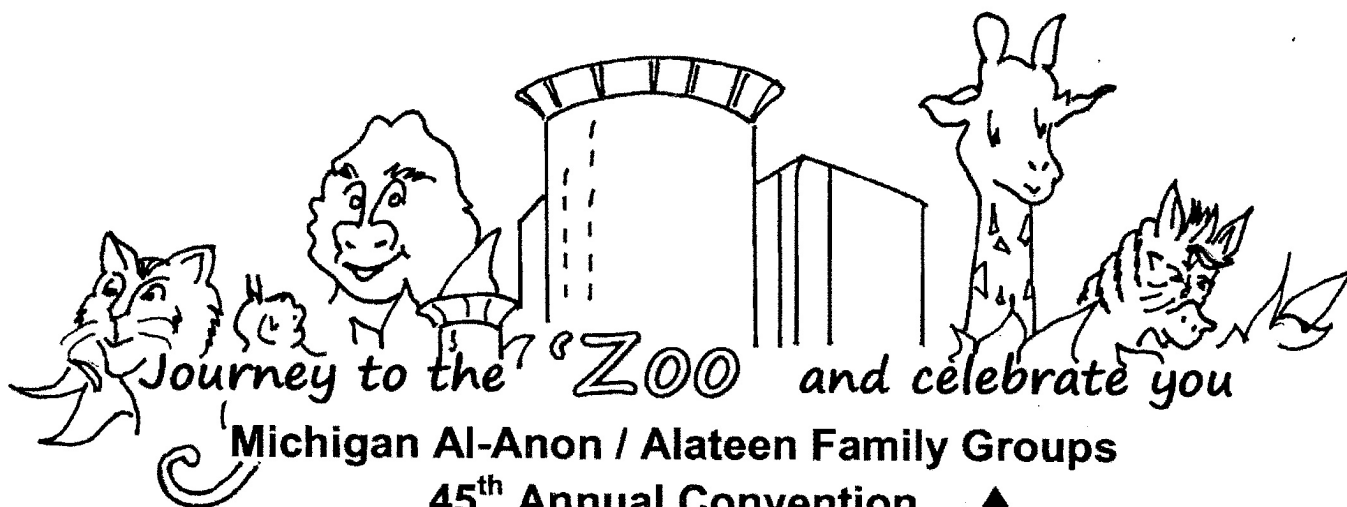
Calling all Alateen Alumni!

Looking for all Al-Anon members who were in Alateen! This year, Alateen turns 60 years old, and we are planning a celebration in the fall. To participate, contact Alisa: alisabell422@gmail.com



*Hope and Help for Young People who are the relatives
and Friends of a Problem Drinker*





with AA Participation



Friday May 19 to Sunday May 21, 2017

Convention registration begins on Friday at 3:00

Radisson Plaza Hotel - 100 W. Michigan Ave., Kalamazoo, MI 49007

---Hotel reservations must be made prior to April 27, 2017---Book hotel early to ensure room availability---

- Friday: Al-Anon/AA Speakers - Cory W. & Kelly W. - Michigan
- Saturday: Al-Anon Speaker - Corrie L. - Alabama
- Saturday AA Speaker: Kenny K. - Michigan
- Saturday: Alateen Speaker - Julie E. - Michigan
- Sunday: Al-Anon Spiritual Speaker - Michele B. - Pennsylvania

Make checks for convention registration payable to: **Michigan AFG Inc.**

Mail convention registration to: **PO Box 51538, Kalamazoo, MI 49005**

Convention Registration Form

Name (s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

	BEFORE 4-21-2017	AFTER 4-21-2017	TOTAL
AL-ANON	\$ 20 x _____	\$ 25 x _____	\$ _____
ALATEEN	\$ 5 x _____	\$ 5 x _____	\$ _____
AA	\$ 20 x _____	\$ 25 x _____	\$ _____
GUESTS	\$ 20 x _____	\$ 25 x _____	\$ _____
REGISTRATION FEE(S) SUBTOTAL			\$ _____

No meal package - ample restaurants within walking distance

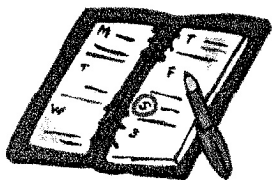
SATURDAY BANQUET \$ 35 per person x _____ \$ _____

(Complimentary Saturday pizza party for registered Alateens)

SPECIAL DIETARY NEED _____

TOTAL AMOUNT \$ _____

No Refunds after April 27, 2017



SAVE THE DATE!

Al-Anon Workshop

Saturday, April 22, 2017

9:30 a.m. – 2:30 p.m.

St. David's Episcopal Church
16200 Southfield, MI 48076

This Workshop will be geared toward current Group Reps, Alternate Group Reps and anyone else who would like to learn more about Al-Anon group service.

More will be revealed in the near future! For updates (or to volunteer) please contact your local Al-Anon Information Office:

Oakland County Office
248-706-1020 or info@oaklandafg.org

Metro Detroit Office
313-242-0300 or info@al-anon-semi.org

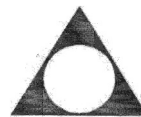
Al-Anon Open Talk

Saturday, February 25th, 2017

11:00 A.M.

Michelle B.

Rochester Sunday Night



Al-Anon
Family Groups

Our Lady of Refuge

3750 Commerce Rd, Orchard Lake Village, MI 48324



Public Outreach Coordinators
Office Workers
Assistant Editor for Newsletter
Assistant Literature Coordinator

If interested or for more info, email
oaklandcountyafg@aol.com

**KEEP
COMING
BACK**

**IT WORKS
IF YOU WORK IT**

Oakland AFG Group Rep Information Page

COMMON ABBREVIATIONS

AFG-Al-Anon Family Groups
AWSC-Area World Service Committee
CAL-Conference Approved Literature

DR-District Rep
GR-Group Rep
WSO-World Service Organization

WEBSITE INFORMATION

Oakland County AFG--www.oaklandafg.org. Most current meeting lists, event flyers, reference materials, etc.
Michigan AFG --<http://www.miafg.org/>

Al-Anon World Service Organization-- www.al-anon.alateen.org/members; www.al-anon.alateen.org; www.al-anon.org; www.alateen.org

Phone Meetings--<http://www.phonemeetings.org/>

FAQ'S

Q. How do I get a flyer posted on the Oakland AFG website?

A. All flyers must be approved by the board before posting. Email the PDF file to oaklandcountyafg@aol.com and it will be reviewed and forwarded to the webmaster or returned to you for modification, if needed. Text DZ at 248-514-0079 to let her know you're sending the email in case it goes to spam or doesn't go through.

Q. How do I submit something for the Growing Oaks Newsletter?

A. Email Bill C. at hoperemains2009@gmail.com. Text Bill at 248-565-7605 to let him know you're sending the email in case it goes to spam or doesn't go through.

Q. How do I order literature via email?

A. Group Reps may pre-order by emailing oaklandafg.literature@gmail.com with "Literature Order" in the subject line. Include full name of book, quantity, name of group and group rep, and phone number; or email completed "CAL Shopping List." Cash only for pre-orders. Pre-orders are final sales.

Q. What is the email address for Public Outreach?

A. outreach@oaklandafg.org

Q. What is the purpose of the email address info@oaklandafg.org on the Oakland AFG website?

A. This email address is for anyone looking for more information about Al-Anon. The webmaster either answers the inquiry or refers the email to the office for response.

Q. How do I update information about my group such as a new Group Rep or meeting time?

A. Go to www.alanon.org and then to the tab entitled "Member's Site." Log in using the name of your home group followed by "AFG." (Or click on any link to be prompted for the login screen.) Click on the link for Group Registration/Update Form>then "Changes to an Existing Al-Anon Group" and download the GR-1 form. Submit the completed GR-1 form to your DR, not to WSO.

Q. How can I order *The Forum*?

A. Go to www.alanon.org and then to the tab entitled "Member's Site" and log in using the name of your home group followed by "AFG." Then Individuals>Featured Publications>The Forum. Here you will find links to order online or to print a hard copy order form.

Q. What are some additional resources to turn to for answers?

A. Your service sponsor, or other more experienced Group Rep; Al-Anon/Alateen Service Manual (available electronically on Oakland AFG website); your District Rep; Guidelines publications found on Members' Site on the WSO website.

BLESSINGS

I learned one of my best qualities from my dad, and that is the ability to respond positively to bad situations. When bad things happened, he'd remind us kids, take the good out of them and move on. I think back on my life and can focus on two defining moments when this lesson was invaluable. The first one was in 1980 while in law school in Indiana. I suffered a very serious injury while a passenger in an automobile accident. I was in a coma for 3.5 weeks and in the hospital for 2.5 months. I did graduate from law school – one year later than the class I started with, but I did graduate. And yes, I have residuals but (truthfully) when writing this, I struggled to remember what they are. My lack of coordination and balance is one for sure – but my dad (when he was alive) reminded me – “you know, dear, you were never that coordinated before.” But nothing else significant came immediately to mind. Instead, more than 35 years later, I'm able to look at “my accident” as a positive experience. I now have a better appreciation for the little things in life – having almost lost it all.

And the same goes for the second defining moment in my life, in the late summer/early Fall of 2012, when I first realized that my precious child – the light of my life, my sunshine – was an alcoholic and addict. How did this ever happen to me, I asked. But now, 3 years later – he has almost 18 months of sobriety under his belt – I'm able to accept this situation – to take the good out of it and move on. For me, it's opened an entirely new dimension to my life. I now have a deeper sensitivity to the challenges that so many of us face, a better understanding of other people, an additional group of friends (my circle of friends is getting wider), and a better and broader perspective on life with a new and different way to live. Sometimes, I wish I had come across an alcoholic relative 20 years ago and incorporated the principles of the program into my daily living; life certainly would have been a whole lot easier. Oh yes, I also have a better and stronger relationship with my son - because we're both living the principles of the program – one day at a time.

Yes, my dad (actually both my parents) would be proud of me and my child. We've faced a difficult situation and made it manageable. Life has a whole new meaning for us both, as we live each day to the fullest.

And - as it's been said before – Taking stock of our blessings from time to time helps us to remember where we've come from and where we're going. Remembering to count my blessings has helped me immensely. I hope it does the same for you.

Ruth O. 2016

“To forgive
is to set a prisoner free
and discover
that the prisoner
was you.”

-Lewis B. Smedes



OAKLAND AFG DISTRICTS 12 & 14 CALENDAR OF EVENTS*

February 2017

February 25: Open Talk, Michelle B. at Our Lady of Refuge, 11:00 a.m.

March 2017

March 4 : Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

March 10-12: Al-Anon/Alateen participation at March Round Up (AA)

March 11: AWSC, St. Louis, MI

March 17-19: Al-Anon participation at Together We Can Conference (Troy Marriot) with Al-Anon speaker

Friday Night, Alateen Panel Saturday and Midnight Alateen Meeting

March 19: Rochester Sunday Night Open Talk

April 2017

April 1: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

April 22: GR Workshop, location St. David's in Southfield

May 2017

May 6: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

May 19-21, 2017: 45th MI AFG Convention, Kalamazoo

June 2017

June 3: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

June 17, 2017 Spring Assembly (area/state wide Group Rep & Member Guests meeting) St. Louis, MI

July 2017

July 28-30: KOMIAC (Alateen camp) ISU, Terre Haute, IN

August - December 2017

August 5: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

August 12, 2017 AWSC, St. Louis, MI

September 9: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

September-Oakland AFG Fall Workshop

October 7: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

Oct 14, 2017 Election Assembly, St. Louis, MI

Oct 27-29: Al-Aon participation at Tri-County Conference

November 4: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

November 11: AWSC, St. Louis, MI

December 2: Oakland AFG Board Meeting (8:30 am) followed by Group Rep Meeting (9:35 am)

2018 and Beyond

May 2018: 46th MI AFG Convention, Shanty Creek

July 6 - 8, 2018: Al-Anon International Convention, Baltimore, MD

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

*Includes Al-Anon participation. See Oaklandafg.org>Events /Flyers for more information on Al-Anon events.

Information as of 02/03/2017