

# Growing Oaks

## Oakland County Al-Anon Family Groups Summer, 2023

“Summertime and the livin’ is easy ...” is the beautiful, opening line in the song from the opera Porgy and Bess. The lyrics are by DuBose Heyward, the author of the novel Porgy on which the opera was based, and music by Ira Gershwin. The song is sung these days by one grandma to her granddaughter as a lullaby while hanging out at the family cottage.

It’s mid-August as I write this, ignoring all the back-to-school ads, and arrival of Fall plants at the garden center, I remind myself - and you - that Summer doesn’t technically end until mid-September. Still time for a Summer Bucket List. How might the list help as we take care of ourselves, detach with love, and “Easy Does It”?

Summer may be a season for slowing down and relaxation. For many of us, though, summer can still be a time of activity, simply shifting gears. Might you have a Summer Bucket List? Creating one may help with a focus on yourself, your needs, desires, as well as connecting joyfully to others.

Some items, for instance might be:

- Get and read a book from the library.
- Go to an outdoor concert.
- Find a lemonade stand (as a customer?)

- Eat a popsicle.
  - Get in a water fight.
  - Go to an outdoor restaurant.
  - Swim in a place new to you.
  - Fly a kite.
  - Play a board game.
  - Help with an outdoor project.
- (Keep the project a fun, as well as productive time)



Thinking about the rest of the song, it goes: “One of these mornings You gonna rise up singin’

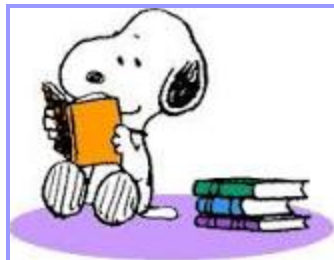
Yes, you'll spread your wings And you'll take to the sky

But 'til that morning There is nothin' can harm you With mammy and daddy standin' by.”

The lyrics suggest some support, comfort, protection. Someone else is there for you, standin’ by. Maybe the folks at your Al-Anon group? A sponsor? A reading that is just what you need at that moment? At my home group, sitting by a large window looking out at a woods, one member noted a fawn, then a deer following behind. Was she the mom, worried about her baby? Wanting nothing bad to happen? Exhausted? “Mom’s looking for a meeting”, said another member, and we all had a chuckle, cherishing our fellowship. God’s gift for the moment, and we didn’t miss it. - Shirley B.

## READ ANY GOOD BOOKS LATELY?

Some of us have a “go to” piece of Al-Anon literature. Maybe it’s a daily reader, marked up with underlining and with phone numbers in the front or back. Maybe it’s a workbook, like the “Blueprint for Progress” that has been used several times for Fourth Step study. Did you know there are over 20 books in print, some large print and soft or hard cover? There are also many pamphlets and several workbooks available, as well as a subscription to The Forum.



When might you do your reading? Short moments in the morning? At night? A few interesting facts about Conference Approved Literature (CAL):

- Top five-selling books/booklets of 2021:  
#1 How Al-Anon Works. #2 Courage to Change.  
#3 One Day at a Time in Al-Anon. #4 Paths to Recovery. #5 Hope for Today.
- What was first Al-Anon book? The Al-Anon

**Growing Oaks is a publication of:**

**Oakland County Al-Anon/Alateen**

**Family Groups**

**P.O. Box 155**

**Keego Harbor, MI 48320-0320**

**Editor: Shirley B.**

**Articles and Announcements  
are welcome!**

**Email to:**

**OaklandAFGnews@gmail.com**

**©2023 Oakland County AFG**

Family Groups (B-5). Published 1955.

- Languages in which CAL is published: Simplified Chinese, Estonian, French, Hebrew, Icelandic, Italian, Korean, Polish, Russian and Spanish.
- New reader: A Little Time for Myself (B-34)

One long-time member’s favorite is Paths to Recovery: Al-Anon’s Steps, Traditions and Concepts (B-24). Each chapter has a reading, members’ shares and questions for thought and discussion.

Defects of character (p. 75). “Sometimes I need to know how a defect has benefitted me. That way I can tell what it will cost me to give it up. Then I will have to find another way to receive the same benefit.”

**Trusted Servants** Our leaders are but trusted servants—they do not govern. (Tradition 2)

### **2023 Board Members**

Chairperson: Paul R. 248-330-3631

Co-chair: Nora A 313-300-0024

Secretary: Ken L. 248-763-5439

Treasurer: Jackie F. 248-321-0749

Members-at Large: Jennifer W. 248-961-0415

Ruth O. 248-229-2709

Sharelle 248-396-8805

### **Vital Trusted Servants**

District 12 Rep. Sue F. 248-585-7917

District Rep. Alternate - Mike K. 248-464-9415

District 14 Rep. Jeanette H. - (TBA)

Website editor: Greg B. 202-345-3681

Alateen coordinator: Kelsey K.. 248-461-7054

Literature Coordinator: Doug D. 248-259-7027

Please contact Jennifer W. at

248-961-0415 for help finding a meeting.

## 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 optional)



Much will depend on technology at sites, meeting room availability and Zoom account information. **For most updated list, please check: [oaklandafg.org/meetings](http://oaklandafg.org/meetings).**

## What about Time for Alateen?

With school starting, and all the activity that goes with it, middle and high schoolers will have a lot on their minds. Scheduling is a must, whether the details are placed in a planner, on a family white board, or phone - probably all of these.

As our district AMAIS volunteers (Al-Anon Member Involved in Alateen Service) work to get more Alateen groups going in Oakland County, how can we encourage teens who might benefit to put it on their schedule? How can we inform parents about this program and help get their young people there?

Some teens have been attending adult Al-Anon groups, often with a parent, to address alcoholism and drug addiction in their families. Wouldn't it be great to have their own meeting with their peers? AMAIS volunteers provide organizational details, such as keeping finances and location set up. The teens run the meeting themselves, using Alateen material.

For further information, and AMIAS training details, contact Alateen coordinator: Kelsey K.. 248-461-7054.

## Mark Your Calendar

F.Y.I.

Saturday, Aug. 12, 8:30 p.m. - Open Talk in-person. Al-Anon and AA speakers. Southfield - AFG. St. David's Church, 16200 W. Twelve Mile, Southfield, 48076.

Monday, Aug. 14, 9 a.m. - Peace at the End of the Road Anniversary Meeting. In person breakfast, hybrid meeting begins at 9:30 a.m. (Bring dish to pass).

Saturday, Sept. 9, 9:45 a.m. Group Rep meeting in-person. Districts 12 and 14. Pilgrim Church, 3061 N. Adams, Bloomfield Hills. This is our new district permanent location! Literature will be available for pickup to sell at groups. (Meeting is normally first Saturday of the month. Virtual codes will be available).

Oct. TBA - Writer's Workshop. Pilgrim Church.

## Alateen "Just for Today"

**Just for today** I will try to keep up with my schoolwork. I will not let anything interfere with my responsibility to "get smart."

**Just for today** I will try to make my own decisions I will not let other teenagers influence the way I think or feel.

**Just for today** I will try to organize myself. This will help me to keep up with my schoolwork and home responsibilities, and give me more free time.

**Just for today** I will accept others as they are. I will not try to change others, but will try to improve myself.

**Just for today** I will smile. I will keep myself clean. I will be grateful for what I have instead of concentrating on what I don't have.

*(Excerpts from Alateen bookmark—M13)*