

June 15, 2013

Osseo AA Newsletter

Suburban North Alano Vol. 2 Issue 11

www.OsseoAA.org

“One Day at a Time”



Happy Father's Day

Greetings,

I would like to take this time to recognize a man who has been instrumental in my and many other people's sobriety. He has given many years of his program and his life for our club and its functions. He can be abrasive at times, but his heart is made of gold. He has befriended many and helped us recover from our common addiction. He is always available to help others. By listening to him, I found my higher power and peace in a hectic world. Let us all take time to pray for Bob G's speedy recovery.

On another note, there has been talk about the weapons sign that was posted. As I recollect, the board did not make a rule about this. We only wanted to post a sign saying that we discourage any weapons being brought into the club. This was discussed at the June Squad Leader's meeting and the Board meeting. Thank you to all who attended and contributed to the discussion. It was decided that this will be brought to the General Membership for a vote on July 17th at the 8:00 General Membership meeting. All pledging members are encouraged to attend and vote.

Thanks for your time,

Bob W.

If anyone would like to get on the mailing list for this newsletter, please just submit your name and email address to any board member or email Rebecca T. at becthomas23@gmail.com

Email addresses can be found on the club website: OsseoAA.org

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Want to Contribute?

- Contact Rebecca T. or any Board Member with stories or suggestions
- Check the website often as it's constantly changing. It's also a good way to keep up with the news. If you have club news, please send it in.
- Edited by: Julee E.

Step 6

Were entirely ready to have God remove all these defects of character.

From Tools For Fools

Simple? – Yes. – Easy? – No!

At first I couldn't see why the founders and early members of the AA program said that this was the step that separated the men from the boys. It didn't look that hard. I frequently don't see too well.

I think that I was always consciously or subconsciously aware of what my character defects were. And, I was perfectly willing to have God remove them. But only if He would make my father and mother, my wife and everyone else quit doing what they were doing. I read this step many, many times before I actually realized, that nobody's name but mine was mentioned. That this is completely worked by my attitude.

As I understand this step today, I am saying this. I am trying to be entirely ready to have God remove all my defects, (even the ones I enjoy) even if He never changes another living soul. At this moment, I am not particularly concerned with whether my God removes these defects. I am only concerned with my willingness to have them removed.

My first reaction to this is that it will leave me completely defenseless. I will no longer be able to pre-serve my rights as a human being. If someone tells a lie about me, don't I have a duty to strike back? How else can the society I live in learn that I'm someone to be reckoned with?

In the first place, I have to learn to live with me, before I can learn to live with society. And the acid I am preparing to pour on you eats me up infinitely more than it damages anyone else.

My strength is not going to come from my ability to knock you down; it will come from my willingness to hold me up.

In the continental Congress when the founding fathers were tempted to compromise ideals in the name of immediate expediency, George Washington made a memorable speech; "It is very probable that no plan we propose will be adopted. If, to please the people, we offer what we ourselves disapprove, how can we afterwards defend our work? Let us raise a standard to which the wise and honest can repair. The event is in the Hand of God."

Isn't this just as true of the individual and his behavior?

First, I must try to develop a consistent set of standards for myself. My list of defects today is quite a far cry from my list of defects when I first came on the pro-gram. My partially drugged mind was incapable of consistently rational thought. I was either excessively hard on myself, or rationalized an apparently legitimate excuse for my behavior. Frequently for the same type of action.

It is a continuously hard lesson for me to remember, that the people I resent have motives at least as good as mine. It is even harder to remember, that it is not my problem whether or not they are passing judgment on my motives.

When I was younger, it disturbed me a great deal that almost everything I did was prompted by more than one motive. Usually, one of the motives seemed more desirable than the others. When I would let myself think about this, I would see myself as a terrible hypocrite and something less than human.

As the years went by, and I tried to gain a little more maturity, I came to realize that this condition of "multiple motives" was part of being human. I was not unique. I have a right to grow and to grow up emotionally.

As I see it, growing up emotionally is sort of like having the mumps. If you go through it in your youth, when you're supposed to, it isn't too painful or too serious. If you wait until you are 30, 40, 50 or 60, it's pretty painful and darned serious.

One of the qualities of youth that makes the young attractive is this immaturity. It is not attractive in the adult. I held on to my immaturity a great many years after it ceased to be attractive.

When I finally became willing to try to grow up emotionally, I found it very, very difficult. I still do. But even though I am unable to grow as fast as I would like, I find it very satisfying to try. What held me back so long? I believe now, that it was my fear of failure. I had not yet learned that maturity begins with my willingness to try to do the things that I believe my God would want me to do according to my standards today. To *DO* them - not necessarily to get them done perfectly.

Someone very wise once said that right actions will promote right thoughts more quickly than right thoughts will promote right actions.

I believe this begins when I become entirely ready to become completely emotionally mature, knowing that I'm going to fail the goal, but gain the direction.

TRADITION SIX

of Alcoholics Anonymous

"An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

From www.Friendofdrbob.com

"We sometimes congratulate ourselves on the Traditions as though they were a list of virtues singular to us. Actually, they are a collection of the lessons of our past experience during the early days of A.A." Bill W.

"These Traditions are not fixed absolutely. There may be room for improvement. However, they should not be lightly cast aside, since they bear on our unity, survival and growth under Gods grace." Bill W.

The 6th tradition is important for us because if you're like me I still want to run the show at times re-reading the traditions helps me find my real motives in what I am trying to do. I want to be able to help thru suggestions not control

AA has done fine long before any of us have gotten sober and the twelve steps and twelve traditions have lead the way If we suit up show up and be of service as humbly as humanly possible we will stay sober

I have enough trouble focusing on myself without complicating it with outside issues It seems to follow that AA as a whole has enough to do without getting involved in outside issues The founders know from experience it's best not to get involved

It made me feel more secure about the whole AA program ...that their real goal was about helping people recover not about making money or any other commercial crap. I believe the traditions are what makes AA and the steps are what makes us. With out them we'd have neither

I must admit I don't use the traditions like I do the steps but they are very necessary Imagine the insanity of bunch of alcoholics without the structure and boundaries that the traditions create!!

Tradition is the passing down a custom from one generation to another. It is also a time honored set of practices, principles, beliefs etc.

HEARTLAND ROUND UP IS SEPTEMBER 7, 8, 9. which is a great chance to get away. There are speakers, fellowship etc. We will have a cabin or two and Park Rapids is a beautiful area in the fall. Several people went last year and had a wonderful time. Please contact Amber B or Jenny B if you are interested.



Thursday night—Squad 12 had the honor of helping celebrate the sobriety of two great guys!!

I encourage everyone to submit articles , pictures for the newsletter. I think it would be especially helpful for the squad leaders to submit a monthly tidbit to let everyone know what is going on with their squads. For example sobriety celebrations, opportunities for service, any events.

ATTENTION ALL PLEDGING MEMBERS OF SUBURBAN NORTH ALANO

July 17th General Membership meeting
8:00pm there will be a vote put to the General Membership of Suburban North Alano. This vote is to include but not limited to

- ◆ Weapons policy
- ◆ E-Cigarettes

If you are a pledging member please plan to come—have a voice and a vote.

Please be aware that you need to be a pledging member to vote. Please allow extra time at the meeting to verify your pledging status.

If you are not a pledging member, you are welcome to attend but may not vote.



Our Annual picnic is on the 2nd Saturday in August– Come and bring friends and family. It is a great time and a wonderful way to get to know others in our club (oh, and great food too!!)

I know that there have been some of you asking when the newsletter is coming. Great! I'm very glad to know you are reading it. I waited until after the board meeting in case there was any contributions from board members or squad leaders.
***** Enjoy*****

There are many opportunities for service. Not only at our club but in the district and 12 step opportunities.

There is information posted on the board at the club or you can attend a squad leader meeting the 1st Wednesday of the month or a Board meeting on the 2nd Wednesday of the month.

There are almost always opportunities to speak at the General Membership meeting every Wednesday at 8. See a squad leader if you are interested in telling your story.

Al-Anon/Alateen Affirmations

A new group in Al-Anon began last October. It is an adult children of alcoholics support group named AC/DC (Adult Children/Determined Child) which is for anyone who grew up in an alcoholic or dysfunctional family. It is based on the ACA (Adult Children of Alcoholics) twelve steps, and the “Laundry List” of the 14 characteristics adult children seem to have in common due to being brought up in an alcoholic household. We are focusing on the Twelve Steps of Adult Children Steps Workbook.

The concept of the adult child is used to refer to the great number of adults who were parented in a home affected by alcoholism. The adult characteristically experiences greater difficulty in their ability to trust, to identify and express feelings, and to ask for what they need. They experience greater difficulty in intimate relationships and are more prone to experience depression. As is true for the alcoholic and spouse, the adult child is in need of direct therapeutic intervention, and the opportunity to enter a recovery process.

The primary focus is on adult child issues. Here adult children can begin to understand how their present life has been dominated by the past, can learn how to grieve the past appropriately, and can discover for the first time many valuable things they never had the opportunity to learn as children.

In AC/DC, we work toward the solution of becoming our own loving parent. It is a safe place to find freedom to express all the hurts and fears that has been kept inside and to be free of the shame and blame that are carry-overs from the past. We will become an adult who is imprisoned no longer by childhood reactions and will recover the child within us, learning to love and accept ourselves.

Please help us to spread the word about AC/DC to anyone who may need it. **AC/DC meets on Mondays for an hour and a half starting at 10:00-11:30 AM** at the club.

Kris R.



PLEASE BRING ALL OF YOUR ALUMINUM CANS TO THE CLUB!!!

We'll even take BEER cans!!!

If we all participate in a can drive, it will fund our annual picnic. If you can, please bring cans (preferably crushed) to the club and throw them in the trailer on the side of the building.

No plastic bottles please

Not your brand of soda?
Let me know. I'll change
the picture!

