

Serenity News

Quarterly Newsletter | Volume 1 Issue 3 | January 25, 2021

Al-Anon Information Service

3801 NW 63rd, Bldg. 3, Suite 129 | Oklahoma City, OK 73116

Website: www.okcalanon.org | Email: okcal-anon@coxinet.net

Phone: 405-767-9071

Hours of Operation: COVID-19 / Spring | Monday – Thursday 10:00 am – 2:30 pm

Upcoming Events & Cancellations...

January 23 | 2021 Spring Into Recovery Zoom Workshop | 2:00 pm - 4:00 pm | Tulsa ISO Virtual Fundraiser

| Location: Virtual Event on Zoom

| *See Attached Flyer For Registration & General Information*

February TBA | Board of Trustees Special Meeting | Time TBD | Location: Zoom |

| This meeting will NOT be followed by a Membership meeting as it is solely for the purpose of re-establishing banking quarters as we voted to do during 2020. The Membership meeting we had last was in December and will resume again in April.

February 27 | 2021 Spring Into Recovery Zoom Workshop | 2:00 pm - 4:00 pm | Tulsa ISO Virtual Fundraiser

| Location: Virtual Event on Zoom

| *See Attached Flyer For Registration & General Information*

March 13 | AWSC (Area World Service Committee Meeting) @ 6:00pm

| Location: Holiday Inn Oklahoma City North-Quail Springs

| 13800 Quail Springs Pkwy, Oklahoma City, OK 73134 | (405) 286-9393

| Anyone can attend this event, however, the voting only members consist of: Area Officers, Area Coordinators, and District Representatives.

| *TBD whether or not this event will be held face-to-face or virtually on Zoom. It will likely be Zoom.*

March 14 | Area Assembly @ 9:00 am

| Location: Holiday Inn Oklahoma City North-Quail Springs

| 13800 Quail Springs Pkwy, Oklahoma City, OK 73134 | (405) 286-9393

| This is for *anyone* who wishes to attend! Voting members will only be GR's.

| *TBD whether or not this event will be held face-to-face or virtually on Zoom. It will likely be Zoom.*

Upcoming Events & Cancellations...

April 8 | AIS Board of Trustees Meeting @ 6:00 pm | Membership Meeting @ 7:00 pm
| Location: St. Stephen's Presbyterian Church 2424 N.W. 50th (Villa) OKC, OK 73112
| *TBD whether or not we will meet in person or via Zoom.*

April 24 | 2021 Spring Into Recovery Zoom Workshop | 2:00 pm - 4:00 pm | Tulsa ISO Virtual Fundraiser
| Location: Virtual Event on Zoom
| *See Attached Flyer For Registration & General Information*

Further On Down The Road:

July 2021 Al-Ateen Camp

July 8, 2021 Board of Trustees Meeting & Membership Meeting

July 10 & 11, 2021 AWSC & Area Assembly

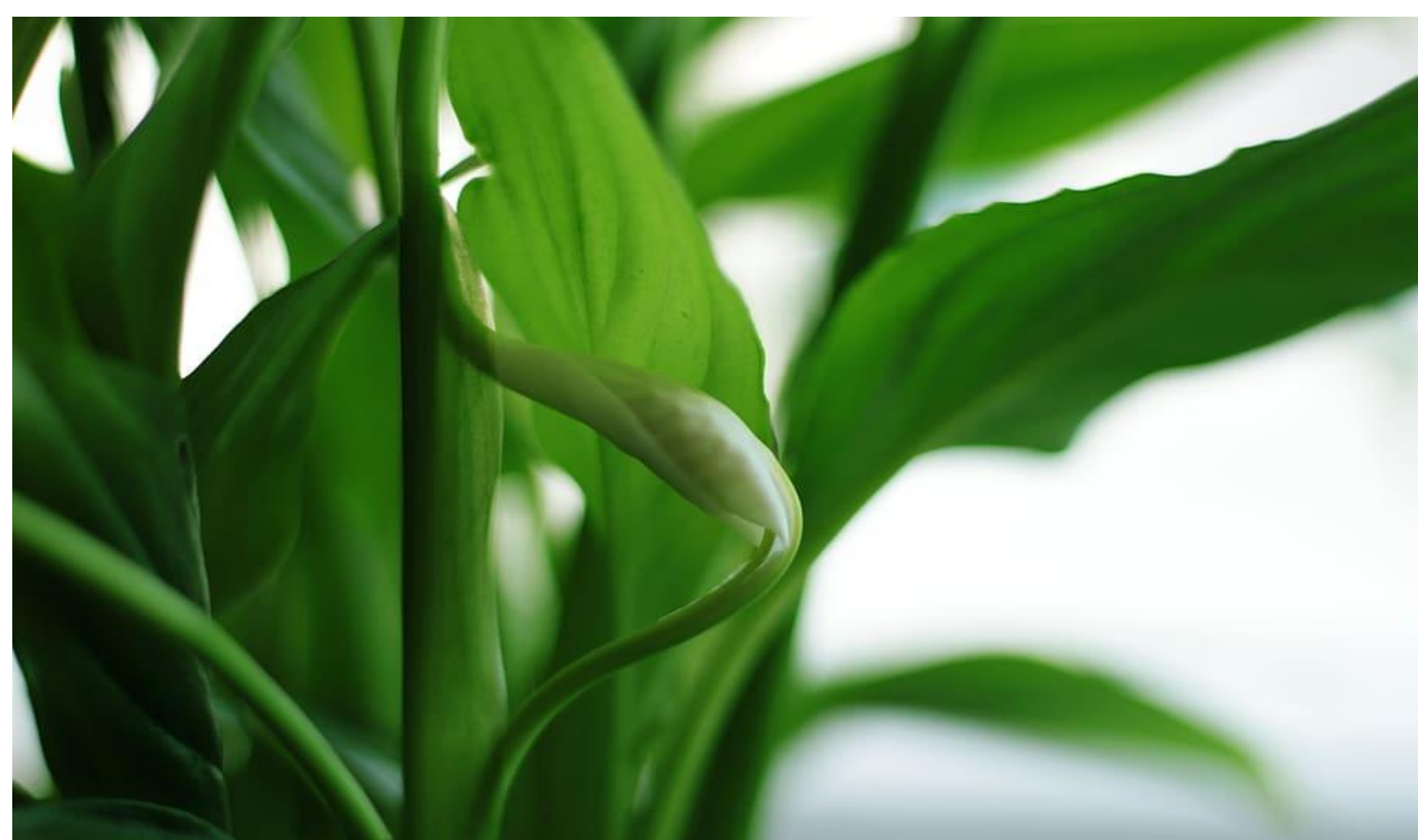
August 2021 Summertime in the Ozarks

October 7, 2021 Board of Trustees Meeting & Membership Meeting

October 2021 Oklahoma Al-Anon/Al-Ateen Convention: Fall Serenity Celebration

November 2021 Elections: In November of the third year of our Delegate's term, elections take place to elect a new Delegate, Alternate Delegate, & Treasurer to begin terms at the beginning of the following year

November 13 & 14, 2021 AWSC & Area Assembly



Quick Facts from Area Assembly on November 8, 2020

God,
GRANT ME THE
serenity
TO ACCEPT
THE THINGS
I CANNOT CHANGE,
Courage
TO CHANGE THE THINGS
I CAN, AND
wisdom
TO KNOW
THE DIFFERENCE

1) During Samantha M.'s Delegate Report, she shared with us that WSO is extremely grateful for the contributions sent by groups and members. As mentioned before, WSO made huge efforts to reduce costs by furloughing staff members and travel restrictions. *For the first time since 1954, our donations sent to WSO have exceeded the amount made from literature sales.*

2) Samantha is on the Outreach Committee and reviews approximately 100 sharings a month for various social media posts.

3) (From July 2020) It is estimated that WSO spends roughly \$305.00 per group per year. This number may help some groups vote on a goal to meet in the future when contributing to WSO.

4) WSO has also been working tirelessly to continue to remove kinks from the new mobile app. It is available on Google Play and iTunes app stores. The basic app is available at no cost and a premium version is available for a charge of \$19.99 plus tax.

5) (General Info) WSO has a free newsletter called *The Loop* and you can go to the website (www.al-anon.org) to subscribe.

6) (General Info) WSO has been working diligently on consistently presenting trilingual materials – including English, Spanish, and French.



Donations: The Spirit of the 7th Tradition

October, November, & December

A New Beginning Roundtable AFG | A-1 Study Groups | Bethany Home Place AFG | Choctaw Into Action AFG | Clinton AFG | Courage To Change AFG-Stillwater | Duncan AFG | Easy Does It AFG | Elgin AFG | Friday Night AFG-Stillwater | Friday Night AFG | Friday Noon Men's AFG | Monday Noon Men's AFG | Full Measurers | Here and Now | Libertad GFA | Monday Morning Freedom AFG | Monday Night Family AFG | Newcastle Newlife AFG | No Expectations Group | One Day At A Time AFG | Paths To Recovery | Saturday Serenity AFG | Serenity At Noon AFG | Springlake Study Group AFG | Step 11 Open AFG | The Way Out AFG | Individual Donations from 42 people

Words cannot express the greatness of this collective effort to observe the Traditions of our program. Each group and each individual contribution this quarter (and any quarter) truly make a difference! We rely on each other in so many ways, and our groups and individuals that participate in the 7th Tradition—especially in light of the difficult times our world is facing right now—is truly amazing. Supporting our local AIS Office is fundamental and meaningful to many members. Thank you all for your help in this endeavor to continue to be fully self-supporting!

From the Chair

New Beginnings

I am writing this on December 31st and in a few hours 2020 will just be a memory. I will look back on the past year ... probably stare ... just a little to remind myself that no matter what my plans were God had something different in mind.

I will wake up tomorrow to a new year which I will embrace one day at a time. I will not make any resolutions but instead write a gratitude list, say the serenity prayer and keep my tool box close.

Happy New Year to all of you and may it bring serenity, hope, and strength.

Gratefully, Sharon S. | 2021 AIS Board of Trustees | Chairperson

Who Knew?!?

Our Steps & Traditions suggest that we attract rather than promote. It is important to help members get access to information they need to learn how to apply these principles and take what they like while leaving the rest!

Visit the Web | We have a website available 24 / 7 / 365! Please visit www.okcalanon.org!

Purchase Literature | Our local office is an excellent resource for literature. Purchasing literature through our office is a way to assist in our efforts to be fully self-supporting rather than ordering from another source such as Amazon, EBay, Craigslist, etc.

Meeting Info | Current info is posted regularly on our website indicating any changes in meeting times, places, or platforms (i.e. in person vs. online, etc.).

Event Info | See our website or visit our office in person to get updated Event information. Especially right now with COVID-19, it is very important to get information updated and available as often as possible. Our Office strives to do just that!

Check out our Blog | We want a safe place our members can read stories just like their own and hear the message of Al-Anon. Check out the blog!

Donations | Our office operates just as our meetings do – it strives to be fully self-supporting. If you don't have a home group you make regular contributions to and wish to support the office, you can do so! If you have a home group, it is suggested to take a group conscience to see if your group can send money to the office. Many members may not know that our Groups, Districts, Areas, and local offices (OKC or Tulsa) have different financial responsibilities and they all strive to be fully self-supporting.

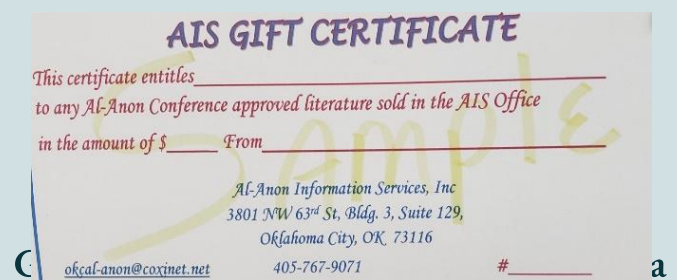
Newsletter | The Board of Trustees' goal is to have a newsletter available every quarter with important information for our members! The great thing about the newsletter is that members can view it online at our website!

Gift Cards!

Another great reason to stop by our office is to snag a Gift Card or two! These are great resources for that Al-Anon friend or family member that you want to purchase a book for but aren't sure if they have it or not.

Gift Cards are also wonderful options for raffle prizes.

Purchasing Gift Cards has been a common response in an effort to support local businesses and restaurants during the COVID-19 pandemic. They work for the AIS Office too! Help us keep the lights on and information available to our members!



loved one a surprise!

Gift Cards can be purchased in person at our AIS Office with cash, check, or card. Gift Cards can also be purchased over the phone with card information and they can be mailed to you (\$10.00 minimum purchase, please).

*"The way I speak
often reveals
more than what I
say."* ODAT page 190

Spotlight on Service

Pool Members for the Convention Committee...huh?
For the *what??* We swim??

Pool Members are important members of the Convention Committee. They serve 1 year terms. They attend all Convention Committee meetings. (They have a voting voice only during Convention Committee Meetings.) They also help Hospitality Committee Members prior to and during the Convention -- this is really important because Hospitality is a tough job and it takes a group effort to succeed. It is helpful to have Pool Members available! Another important reason to have Pool Members is that they are able to take over a position for a convention committee member should something happen and they must end their term early. I personally had to end my term early and was very grateful there were Pool Members to take my place.

What *Convention*, you ask? *The annual Al-Anon/Al-Ateen Convention: A Fall Celebration of Serenity!* The biggest Oklahoma Convention of the year! Last October, it had to be cancelled due to social complications from Covid-19. This year, we all have our fingers crossed we get to meet in person!

If you are interested, we need to fill 2 vacancies this year for Pool Members. Please let your District Rep know before the March AWSC meeting so they can announce your willingness to serve. If you don't know who your District Rep is, please reach out to a GR so they can spread the word (they may also be able to tell you who your DR is).. Plan on being at the Area Assembly on March 14, 2021 to stand for your position!

Our Three Legacies

RECOVERY | UNITY | SERVICE

Al-Anon's three Legacies, Recovery through the Steps, Unity through the Traditions, and Service through the Concepts, interconnect to create the foundation of our program. Recovery through the Twelve Steps of Al-Anon is the heart of the program in which anyone affected by the disease of alcoholism and addiction, can find a new way of life in the fellowship of the Al-Anon Family Groups. Al-Anon is a spiritual Recovery program. The word "recovery" implies that we are regaining something we once possessed but have lost or set aside. And for each individual, the Recovery process is personal, and in many ways intimate. With the help and guidance of the Twelve Steps, of others who have gone before us, and a Higher Power, the Twelve Steps nurture us through our Recovery process in a kinder, and gentler way today. Leading us and encouraging us to uncover our truth about our fears, doubts, and hopelessness. And as we journey through, we begin to realize we are recovering an essence of who we were, who we are becoming, and who we are meant to be. As the Twelve Steps continue to work in us and through us, our Recovery process uncovers our drive to not only survive, or feature a form of existence, but whether, our Resolve to overcome, and to live with a better understanding of "who I am."

Eric S. Board of Trustees Member At Large

Resources are "How Al-Anon Works..." (Preface, pg. 42), "Al-Anon's Twelve Steps & Twelve Traditions" (Preface-ix, pg. 5), and C2C (November 22, pg. 327).

Control-Free Cream Cheese Chicken Chili

2 Chicken Breasts

1 can of Rotel

1 can of Corn

1 can of Black Beans (drained & rinsed)

1 8oz package of Cream Cheese

1 tablespoon of cumin

1 teaspoon of chili powder

1 teaspoon of onion powder

“As soon as I am willing to dig into the program and put the 12 steps and the slogans to work, by daily reading and constant application, I will forget to be *mad* at people, forget to be *sorry for myself*. And that leaves a world of room and think time for serenity, acceptance, and gratitude for what is good in every day.”

ODAT, page 184, Today's Reminder



Place chicken breasts in the bottom of a crock pot. Pour the other ingredients over the chicken. Add the block of cream cheese. Cook on low for 6-8 hours.

Meet The Board:

Hello fellow Al-Anon and Al-Ateen members! My name is Shayna M. and I am a grateful member of this program. My life would be extremely different if I had not been blessed enough to have found these rooms almost 12 years ago.

I am currently serving as a GR for the Unity AFG out of the Western Club. I was elected in 2020 to the Board of Trustees and agreed to be the Secretary and the Newsletter Editor.

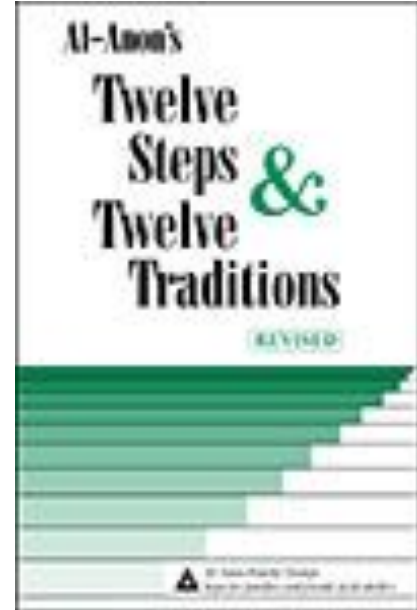
In the past, I have been group secretary many times, group literature coordinator, an ISR, a Board Member in the Tulsa Area, and I served a short while on the Convention Committee. I have also attended the Al-Ateen Camp to help in the Kitchen for 7 years, minus last summer because of Covid. I do my very best to be available for an Oklahoma City Al-Ateen meeting called Hope Starts Here should one of the two Co-Sponsors need it. I am not yet willing to be a permanent Co-Sponsor, but I am happy to cover for one if they have something come up.

Some of the most important things I feel I can do for my meetings are setting up chairs & tables, making & serving coffee, and gathering trash. I also try not to go too long without chairing a meeting to do my part for the group. I believe these small things make such an important difference in my attitude. A reasonable amount of service is a great way for me to get out of my own stinking thinking...however, I must be diligent not to take too many service positions at once to avoid feeding a character defect or two.

My friends and family in these meetings support me in such a way that allows me to try new things, to grow, and to learn better solutions than I already have access to. These things are so much more valuable to me than I ever thought possible.

Another important part of my recovery is to do my best to make regular contributions to my group. I may not always have the extra money, but I try very hard not to let myself go too long without sticking a few in the basket because I need to contribute to things that are good for me. I was once told a story by a member that I will never forget. It was about the 7th Tradition and paying for the Fall Conference. At first, her story made me angry. Upon further reflection, I learned a different meaning: my priorities are what I make them. I have many defects, and one of them is not making myself or things I care about a priority. Being conscious of my group contributions helps me put myself first.

Shayna Mahan, Board of Trustees Secretary & Newsletter Editor



Book of the Quarter

Countless thousands of people around the world have been restored to joyful living by practicing the principles embodied in Al-Anon's Twelve Steps and Twelve Traditions.

The Steps outline a program of personal recovery from the often devastating effects of another's alcoholism. The Traditions, which are the gentle guides used by Al-Anon groups, are readily adapted to healing personal relationships.

1) This description is from the back cover of the book Al-Anon's Twelve Steps & Twelve Traditions Revised.

Build Your Al-Anon Toolbox

The beauty of this program is the enormous amounts of growth that are available to us—even better—we can grow at our own pace in a safe environment to do so! It is common to hear “Al-anon Tools” or “Use your toolbox” or some other phrase like that during meetings, when members share, and at events such as workshops. Even with your sponsor, you could very well be told, “Think about which Al-Anon Tool you could use for that.” Here is a sampling of ideas that could be used—ask about these tools in your meetings or with your sponsor!

Conference Approved Literature Slogans

These are slogans found in our CAL and often posted throughout the rooms we meet in. From *How Al-Anon Works for Families & Friends of Alcoholics* on page 65:

But for the Grace of God	Keep Coming Back	One Day at a Time
Easy Does It	Keep it Simple	Participation is the Key to Harmony
First Things First	Let Go and Let God	Progress Not Perfection
How Important Is It	Let it Begin with Me	THINK
Just for Today	Listen and Learn	Together We Can Make It
Keep an Open Mind	Live and Let Live	

Member Suggested Acronyms & Abbreviations

DENIAL Don't Even Notice I Am Lying	HOPE Happy Our Program Exists	Steps Condensed 1-3 Peace with God, 4-7 Peace with Ourselves, 8-10 Peace with Others, 11-12 Keeping the Peace
DETACH Don't Ever Think About Changing Him/Her	HOPE Honest Open Progress Earnest	THINK Thoughtful Honest Intelligent Necessary Kind
FEAR False Evidence Appearing Real	HOW Honest Open Willing	Three A's Awareness, Acceptance, Action
FEAR Forget Everything And Run	LOVE Let Others Voluntarily Evolve	Three C's I didn't cause it, I can't control it, I can't cure it
FOG Fear Obsession Guilt	NUTS Not Using The Steps	Three C's Plus I didn't cause it, I can't control it, I can't cure it, but I can contribute to it
Four Unwanted M's Martyrdom Managing Manipulating Mothering	QTIP Quit Taking It Personally	Three G's Get off their back, get out of their way, get on with your own life
FROG Fully Rely On God	SHAME Should Have Already Mastered Everything	Three Unwanted P's Perfection Procrastination Paralysis
HALT Hungry Angry Lonely Tired	STEPS Solutions To Every Problem	
WAIT Why Am I Talking	Steps Condensed I can't, God Can, I will let Him	
WILLING When I Live Life I Need God		

Member Suggested Sayings

Acceptance has to occur before change can

An expectation is a resentment waiting to happen

Anger is just one letter short of danger

Are you seeing the disease or the person

Balance is everything

Be honest

Boundaries: If I want to stand on them, I will stand on them. If I want to sit on them, well, then I will sit on them

Call your sponsor BEFORE “fill in the blank”

Think! Listen and Learn

This moment is your life

This too shall pass

Use it or lose it

We are all different

What's to be will be

When I got busy, I got better

Would you rather be right or happy

Doing service is like getting on the super highway to recovery

Detachment, not amputation

EGO | Easing God Out

Fake it 'til you make it

Feel good about saying “No”

Feelings aren't facts

Forgive or relive

Forgiveness is giving up hope for a better past

Foster an attitude of gratitude

I F.E.A.R. when I am in a F.O.G.

If in doubt, don't

Take care of yourself

Take God out of the box

Take your own inventory (not someone else's)

Talk and grow

Terminal Uniqueness

The elevator to recovery is broken, please use the Steps instead

The past is a place of resentment and the future is a place of fear

The voice of my Higher Power can't be heard if I am doing all the talking

Keep the focus on yourself

Lazy perfectionism

If one leg is in yesterday and the other leg is in tomorrow, you are crapping all over today

Is it worth my serenity

It is impossible to be grateful and resentful at the same time

Live at peace with ourselves and others

Look back without staring

Mind my own business

My Ego is not my Amigo

My mind is like a bad neighborhood – I should never go there alone

NO is a complete sentence

Obedience to the unenforceable

Pain is inevitable, suffering is optional

Principles above personalities

Quiet the mind open the heart

Say what you mean, mean what you say, but don't say it mean

Shame and guilt are two different things

Success is getting what you want, happiness is wanting what you get

You're just not that important (not everything revolves around you)

***Special Note: The concept of the Toolbox section was displayed in the June 2020 issue of the newsletter *The AI-Anoncer*, which is distributed out of the Los Angeles area in California. The editor gave me permission to use some of his material. I tried to put my own personality into it, but the concept was, without question, seen in that newsletter. Thank you, Larry, for letting me use your concept! If you are interested in a free subscription to that newsletter, email aisla@alanonla.org to get electronic copies. ***

The Al-Anon Declaration

Let it begin with me: when anyone, anywhere, reaches out for help...let the hand of Al-Anon and Al-Ateen always be there, and let it begin with *me*.

The Serenity Prayer (short version)

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and wisdom to know the difference.

The Lord's Prayer

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on Earth as it is in heaven. Give us this day, our daily bread, and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil, for Thine is the kingdom, the power, and the glory forever, amen.

**World Service Office
Website**

<https://al-anon.org/>

Al-Anon

ABC Soup

AFG – Al-Anon Family Groups

AIS – Al-Anon Information Service

AMIAS – Al-Anon Members Involved in Al-Ateen Service

AWSC – Area World Service Committee

CAL – Conference Approved Literature

DAL – District Al-Ateen Liaison

DR – District Representative

GR – Group Representative

GSO - General Service Office (for countries outside of the USA)

IR/ISR –

Intergroup/Information Service Representative

PI – Public Info

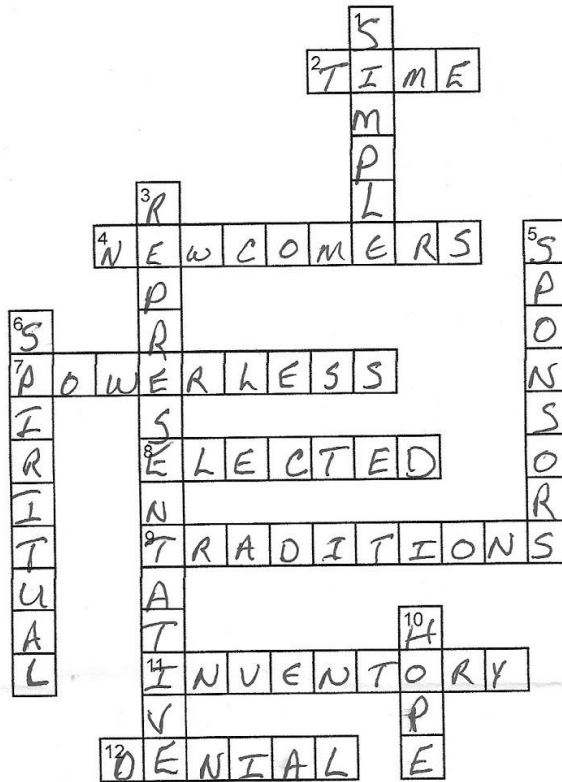
PO - Public Outreach

PSA – Public Service Announcement

WS – World Service

WSO – World Service Office

Newsletter Puzzle #2



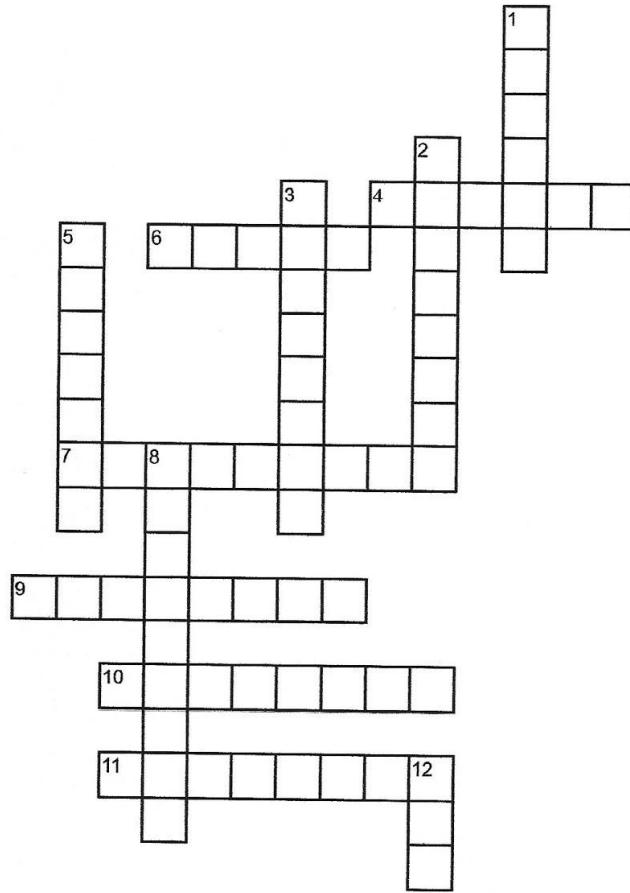
Across

- 2 One day at a meeting
- 4 When a person is new to AI-Anon they might attend a _____ meeting
- 7 We are _____ over alcohol
- 8 District representatives are _____ by the GRs
- 9 Anonymity is the spiritual foundation to all our _____
- 11 Continued to take personal _____
- 12 _____ is a symptom of the effects of alcoholism

Down

- 1 Slogan - Keep it _____
- 3 Each group should have a group _____
- 5 _____ help members to work their steps
- 6 The AI-Anon program is a _____ way of life
- 10 _____ for Today

Newsletter Puzzle #3



Across

- 4 Our _____ welfare should come first
- 6 Came to believe that a _____ greater than ourselves could restore us to sanity
- 7 Actively practicing _____ can help promote attitude adjustments
- 9 Al-Anon is for _____ and families of alcoholics
- 10 _____ is one of the underlying thoughts of the twelve steps
- 11 Recovery can lead to as much unlearning as _____

Down

- 1 We all have _____, hopes and plans for our future
- 2 Step four is meant to include _____ as well as negative characteristics
- 3 At some meetings we say the _____ prayer
- 5 _____ to Change
- 8 So much of our recovery depends on our changed _____
- 12 Let go and let _____

“2021 Spring into Recovery”

Workshops via Zoom

Saturdays, 2~4 pm

January 23rd, February 27th, April 24th

\$10 (for one, two or all 3 days)

Tulsa ISO fundraiser, Hosted by Tulsa Area districts

Workshops

January 23	Gratitude
January 23	HALT (Hungry Angry Lonely Tired) – Taking Care of Ourselves
January 23	FEAR – False Evidence Appearing Real
February 27	LOVE (Let Others Voluntarily Evolve) – Acceptance, Minding Own Business
February 27	HOPE (Happy Our Program Exists) - Slogans
February 27	FROG (Fully Relying On God) – Spirituality, Higher Power
April 24	3 C’s - Didn’t Cause it, Can’t Control it, Can’t Cure it
April 24	3 A’s – Acceptance, Awareness, Action
April 24	HOW – Honest, Open, Willing

Registration & pay online:

<https://www.eventbrite.com/e/2021-spring-into-recovery-tickets-133181450303> Password: Recovery

Registration & pay by cash or check: complete the form below

Online registration closes on January 22nd, February 26th & April 23th

Mail registration must arrive before April 17th, Feb 20th, & April 17th

Once your payment is received, you will receive the zoom link

.....
Name: _____

E-mail: _____

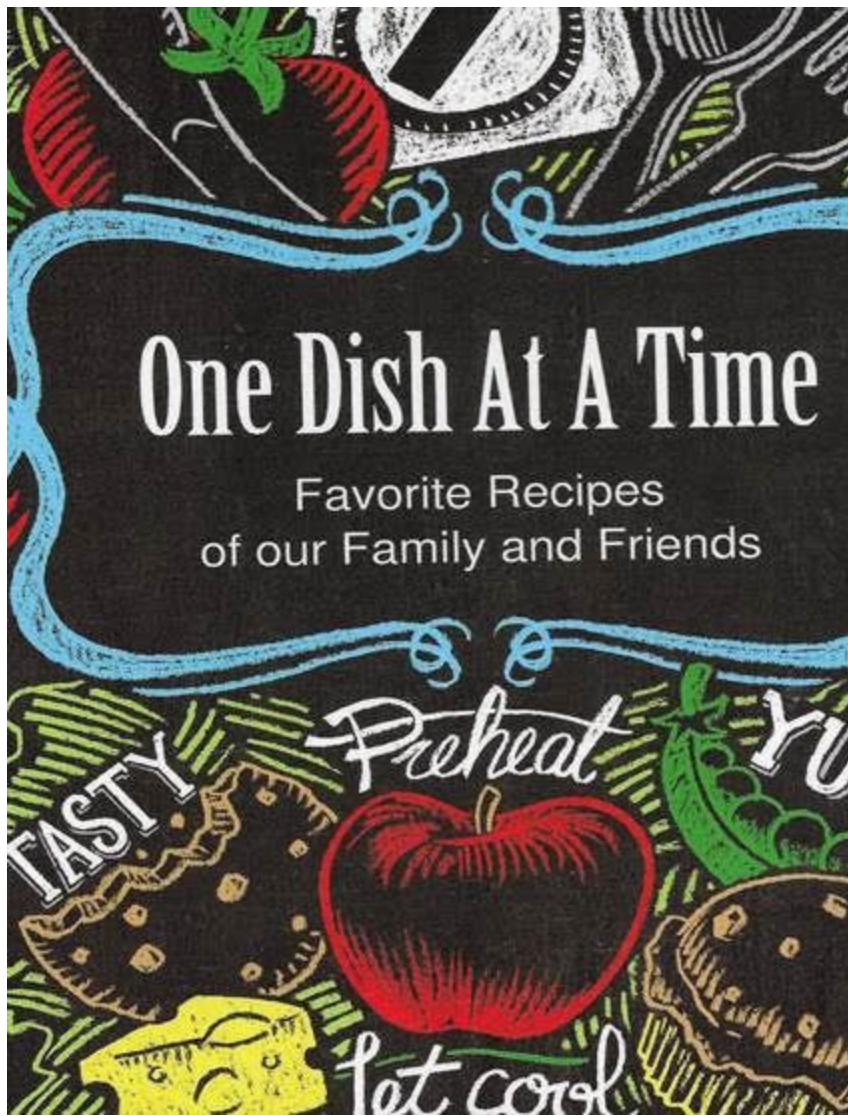
Phone: _____

Make check out to Tulsa ISO

Mail registration & check:

Jane Stuart, 27422 E 5th St, Catoosa, OK 74015

Questions: janeks@peoplepc.com or 918-230-6178

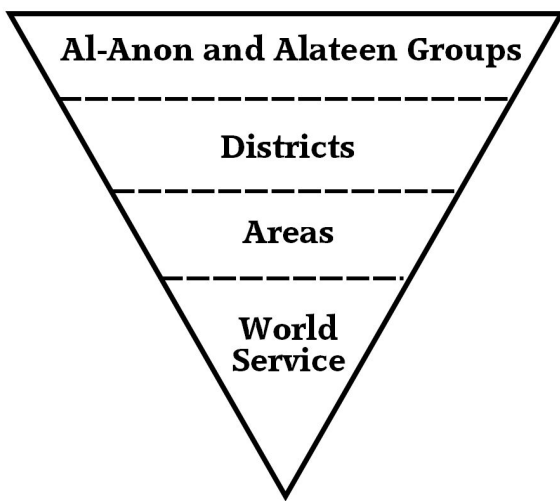


\$20.00 each

COOKBOOKS ARE STILL ON SALE
FUNDS BENEFIT THE AIS OFFICE

You can pick one up at the AIS office or if
you need it shipped
contact the office and pay by credit/debit
card and it will be shipped to you.

AIS Office
3801 NW 63rd St., Bldg.3, Suite 129
Oklahoma City, OK 73116
Phone: 405-767-9071 email: okcal-anon@coxinet.net



A Letter From The Editor:

Hello, everyone! My name is Shayna M. I have been a member of Al-Anon since July, 28, 2009. I am currently a GR for Unity AFG out of the Western Club and I also serve on the AIS Board of Trustees as Secretary and Newsletter Editor.

It's that time again for a new issue of the newsletter. I hope that it has been informational and has brought a smile to your face! I appreciate all of your patience while I work to compile the information in a useful way. It seems to change just a bit every time, which I think is a good thing. As each issue comes together, I find things that I want to add or things that I want to do slightly differently. I hope you find the presentation and information to be just what you need to keep you informed! If there is an event flyer you wish to add or if you have suggestions, please feel free to email the office at Okcal-anon@coxinet.net.

Thank you all for your support and for your willingness to share. I am very much looking forward to helping provide the newsletter every quarter. Thank you all for reading and sharing with your groups!

Shayna M.

