

# Serenity News

Quarterly Newsletter | Volume 1 Issue 2 | October 25, 2020

## Al-Anon Information Service

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

Website: [www.okcalanon.org](http://www.okcalanon.org) | Email: [okcal-anon@coxinet.net](mailto:okcal-anon@coxinet.net)

Phone: 405-767-9071

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

## Upcoming Events & Cancellations...

November 7 | Eat-N-Speak | Lunch @ 1:00 pm | Speaker @ 2:00 pm

| Location: Community of Christ Church | 921 S.W. 70th St. (Behind Braum's)

*This event has been CANCELLED due to COVID-19*

November 7 | Craft Fair | 10:00 am - 2:00 pm | Come-&-Go

| Location: Community of Christ Church | 921 S.W. 70th St. (Behind Braum's)

| PLEASE WEAR A MASK | No food or drink | Purchase handmade crafty items to support your local AIS Office

| See flyer for additional details

November 7 | AWSC Meeting @ 6:00 pm

| Location: Holiday Inn Express & Suites Oklahoma City NW-Quail Springs

| 3520 NW 135th St, Oklahoma City, OK 73120 • (405) 751-8900

| This is for District Representatives and Area Committee Chair Members

*This event will be held virtually on ZOOM due to COVID-19*

November 8 | Area Assembly @ 9:00 am

| Location: Holiday Inn Express & Suites Oklahoma City NW-Quail Springs

| 3520 NW 135th St, Oklahoma City, OK 73120 • (405) 751-8900

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

*This event will be held virtually on ZOOM due to COVID-19*

December 10 | AIS Board Meeting @ 6:00 pm | Membership Meeting @ 7:00 pm

| Location: St. Stephen's Presbyterian Church 2424 N.W. 50<sup>th</sup> (Villa) OKC, OK 73112

*This event will be held virtually on ZOOM due to COVID-19*

## Quick Facts from Area Assembly on July 12, 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 projecting a \$1.6 Million shortfall of meeting their budget for 2020. COVID-19 has drastically affected the number of contributions sent on to WSO.
- 2) Oklahoma ranks 53<sup>rd</sup> out of 57 in the frequency of donations, however, Oklahoma ranks 38<sup>th</sup> out of 57 with respect to amounts donated.
- 3) 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 a newsletter called *The Loop* and you can go to the website ([www.al-anon.org](http://www.al-anon.org)) to subscribe.
- 5) WSO has been working diligently on consistently presenting trilingual materials – including English, Spanish, and French.
- 6) WSO has also been working on a mobile app. It has been submitted to Google Play and iTunes app stores. It is actually available now, but they are working tirelessly to fix some bugs and kinks!



## *Donations: The Spirit of the 7th Tradition*

*July, August, & September*

A New Beginning Roundtable AFG | A-1 Study Groups | Ardmore Grand AFG | Bethany Home Place AFG | Chickasha AFG | Clinton AFG | Courage And Hope Parents AFG | Easy Does It AFG | El Reno AFG | First Things First AFG | Friday Noon Men's AFG | Monday Noon Men's AFG | Here And Now AFG | Keys To Serenity AFG | Lakeroad AFG Too | Monday Morning Freedom AFG | Monday Night Family AFG | Mustang AFG | New Beginnings - Norman | New Hope AFG Norman | New Hope AFG | Newcastle Newlife AFG | No Expectations Group | One Day At A Time AFG | Paths To Recovery | Reaching Out AFG | Saturday Serenity AFG | Serenity On The Couch AFG | Springlake Study Group AFG | Start Fresh AFG | Step 11 Open AFG | The Way Out AFG | Threshold to Freedom | Tradition Two AFG Ardmore | Unity AFG | Western Club | Individual Donations from 35 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 7<sup>th</sup> 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*

## *Gratitude During a Pandemic*

The holidays are fast approaching and with that comes the hustle and bustle of shopping for a turkey along with all the trimmings! And, of course, making a list and checking it twice.

In the midst of it all, I remind myself what the upcoming days are all about...family and friends....gratitude and thanks and the traditions that are so much apart of our celebrations. So, I thank all of you for sharing your experience, strength, and hope. I am grateful that you are part of my family. My hope is that your New Year is joyous and serene.

Above all, I am humbled by the greatest gift I have ever received...the gift of Serenity that each of you have given me through the fellowship and friendship of Al-Anon.

Gratefully, Sharon S. | 2020 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](http://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 | We have a newsletter now! 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!



With the Holidays approaching fast and the pandemic possibly changing many of our plans, Gift Cards are wonderful ways to send a 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).

**Keep It  
Simple**

## Spotlight on Service

A Group Representative (GR) is an elected position within each Al-Anon Family Group that serves a three year term. They meet three times per year (referred to as Area Assembly) following an AWSC meeting. Each GR votes on issues involving Al-Anon, so it is important to be at the meetings in order to represent your group.

Serving as a GR enables one to learn a great deal about the Al-Anon program. During each meeting, the GR's divide into four groups: Fellowship Communications, Group Services, Membership Outreach, and Public Outreach. These small groups allow an excellent opportunity to become familiar with many parts of Al-Anon. Being a GR provides opportunities for service work.

I have enjoyed being a GR. It has been a good way to bond with so many wonderful people who have a wealth of knowledge to share.

Beverly P.

GR for Bethany Homeplace, AFG

## ***Our Three Legacies***

### RECOVERY | UNITY | SERVICE

From the 2018-2021 Al-Anon/Al-Ateen Service Manual (page 14), our Three Legacies are described as this: Recovery through the steps, Unity through the traditions, and Service through the concepts.

Unity through the Traditions comes up in many ways. For example, in the Manual on page 22, it talks about "Three Obstacles to Success in Al-Anon." The manual describes the three obstacles to be "***Discussions of religion***: Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter what affiliation or none. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs.

***Gossip***: We meet to help ourselves and others learn and use the Al-Anon philosophy. In such groups, gossip can have no part. We do not discuss members or others, and particularly not the alcoholic. Our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together. ***Dominance***: Our leaders are trusted servants; they do not govern. No member of Al-Anon should direct, assume authority, or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. We progress in our own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony."

# Easy Does It Casserole

1 pound sausage

1 envelope Lipton Noodle  
Soup

1 medium onion, chopped

3 cups boiling water

1 cup celery, chopped

2/3 cup rice

**“I always wanted to mold myself  
into what somebody else wanted  
me to be instead of being  
responsible for myself.”**

**Kathy B.**



Preheat oven to 350.

Brown sausage with onion in a skillet and drain.

In a greased casserole dish, put boiling water and the contents of the noodle soup envelope and mix well.

Then add the rest of the ingredients and stir thoroughly.

Bake in the oven for 45 minutes at 350 degrees Fahrenheit.

# Meet The Board:

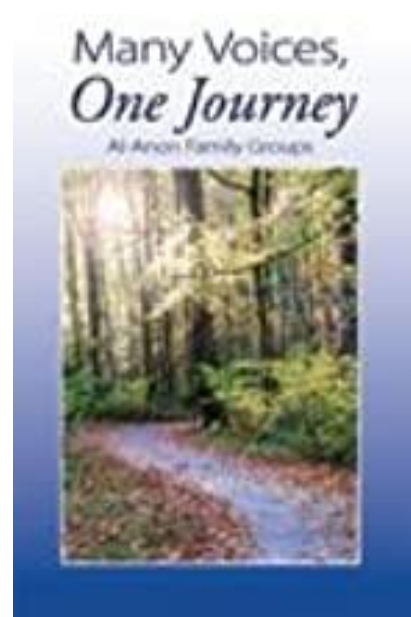
Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

*By practicing, by encouraging and understanding, and by welcoming and giving comfort...it was some 22-years ago when I first heard those words spoken from Tradition Five. Grant it, I don't recall actually hearing them until sometime later, and it wasn't until a few years later when I began noticing and acquiring a glimpse into their power...and their Hope. I do know, however, at my very first meeting, I found Hope, or should I say, Hope found me in Al-Anon. Indescribable Hope. I believe anyone who has traveled in the footsteps as those struggling to understand this powerful, cunning, and baffling disease of alcoholism, can testify the essence of this Hope. I believe there are many individuals; family and friends, strangers and co-workers, who are asking "why?" And it is for this reason, I believe, why we of Al-Anon do as we do, called as we are called...and seemingly with very little effort, initiate a positive, empowering change, in any given situation, in any circumstance, regardless how uncomfortable or uncertain that change may appear at the time.*

*Hope is one of many reasons why I am serving as a Board Member. Hope to continue what so many and the God of my understanding began so long ago; Hope to witness the enlightenment of a Newcomer, the hurt transforming into strength and courage, and countless epiphanies of a long-time member. Hope, and through Al-Anon, our Program, we will continue to practice, we will continue to contribute to this indescribable Hope, by encouraging and understanding, and being able to love, expressing compassion, all the while, comforting those in the midst of the hurting, just as we when we first heard of Hope in Al-Anon, and Hope found us.*

*Because Al-Anon was first alive and living, I am alive and living.*

**Eric S. | Member-At-Large**



## Book of the Quarter

***As with any Al-Anon book, the purpose of Many Voices, One Journey is to share recovery. The history of our program is just as important as a means to that end, not as history for its own sake. Members tell their stories - and Al-Anon's story - in their own voices, from the point of view of their own path to recovery. They speak for themselves only, in the context of their time. They use modes of expression that may have since changed, but were appropriate in their day.***

***In some respects, Many Voices, One Journey more resembles a daily reader than an ordinary history book. It is divided into short segments that can be read aloud at a meeting. Many of these segments are followed by questions for group discussion or personal reflection. While the book lacks the continuous narrative of a conventional historical account, it gives readers an authentic sense of what it was like to personally experience these times by sharing from archival papers, official documents, published articles, and personal recollections.***

1) This description is an excerpt of the introduction of the book Many Voices, One Journey.



# 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](mailto: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

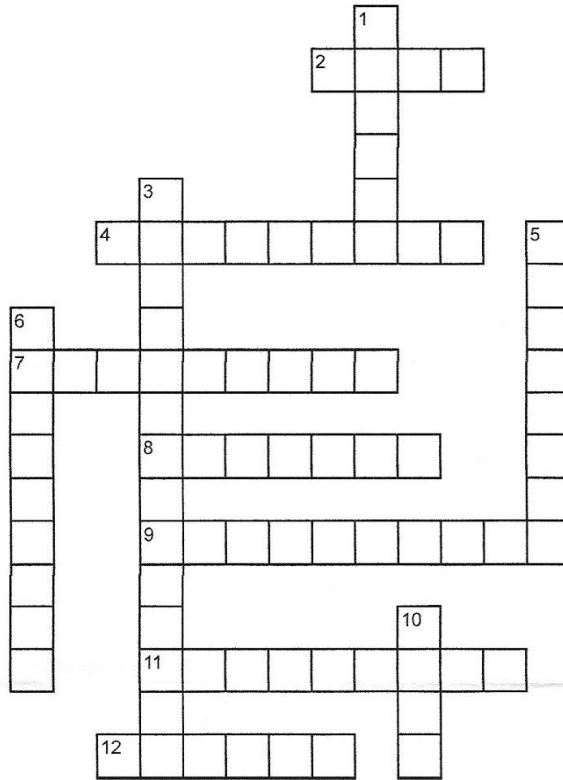
PO - Public Outreach

PSA – Public Service Announcement

WS – World Service

WSO – World Service Office

## Newsletter Puzzle #2



**Across**

- 2 One day at a \_\_\_\_\_
- 4 When a person is new to Al-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 Al-Anon program is a \_\_\_\_\_ way of life
- 10 \_\_\_\_\_ for Today

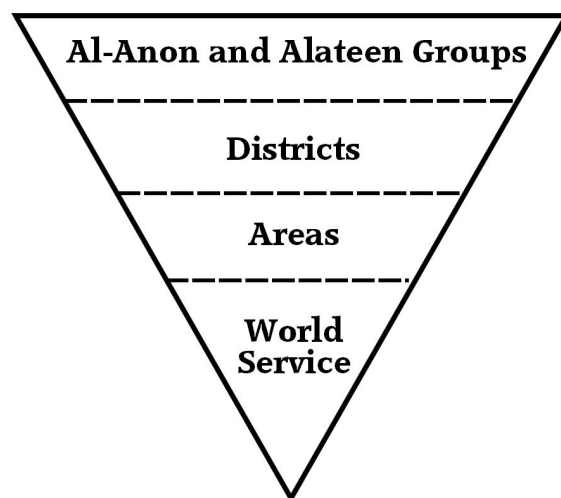
## A Letter From The Editor:

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.

I am beyond grateful for the opportunity to give back to my friends and family in Al-Anon. I am constantly surprised by how often the Steps, Traditions, and Slogans help me with life in general as well as in this program. I have found many new ways to learn and grow in Al-Anon since agreeing to work on the Newsletter and to be a board member again. I am overjoyed at the number of kind words and encouraging statements made by members who read the first newsletter. I truly hope to continue to provide helpful and accurate information in a creative way to each of you.

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.



Friends are like stars.  
You don't always see them,  
but they are always there