

NO MORE FOOLIN' AROUND..

I almost went an entire day without getting fooled. Almost. However, sitting down to type up this newsletter, I received a text from a good friend, it was a photo of a HUGE alligator they caught on vacation. Of course, I believed them. — (they did not catch no gator) April fools at it's finest.

When I walked into the room, I was all about jokes, laughing, poking fun, kidding around... BUT there were some things I had to reflect on. For example, things I would say under my breath to my spouse in a bratty voice slash "masking as

as a joke". I mean, come on, I didn't really have to say, "the dish soap homes itself underneath the sink babe, just incase you forgot & needed to be reminded". (followed by a laugh of course)

And again, that's just ONE example. These types of things would leave my spouse feeling some type of way.

Now, what is it we say? We didn't cause it, can't control it and can't cure it. But man, I don't know about you, but my "dish soap jokes" can sure add up and contribute to it. I am just so glad that I found Al Anon and found


a seat with my name on it, a place where I can learn to stop foolin' around. A place to reflect on the areas in my life that need attention and work.

By looking inward, I am able to see character defects. This way I can be a better partner to my spouse. And those around me.

This program really is the best!

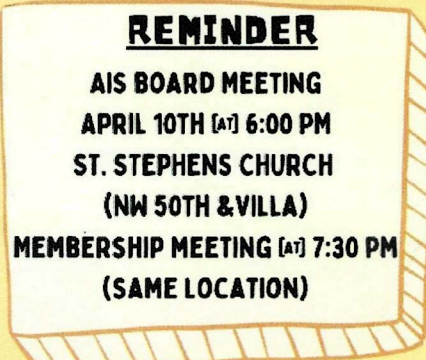
*Do you have a story you'd like to share about how Al Anon is working in your life? Reach out to me at jkahtone@gmail.com

LOCAL EVENTS & HAPPENINGS



4TH STEP INVENTORY WORKSHOP
FOR ALANONS & ALATEENS

Saturday, April 26, 2025
11a-2:30p
(Lunch Provided)
St. Patrick's Episcopal Church



REMINDER

AIS BOARD MEETING
APRIL 10TH [A7] 6:00 PM
ST. STEPHENS CHURCH
(NW 50TH & VILLA)

MEMBERSHIP MEETING [A7] 7:30 PM
(SAME LOCATION)



HAVE YOU HEARD?!?

Last month I received an email from a reader asking about WSO events. I have listed what I have found online below. Thank you for the feedback! You can find more information at al-anon.org/wso-events/

Upcoming WSO April Events

4-6

**HOPE HEALING
HAPPINESS**
Ontario, CA

25-
27TH

**2025 VT AL-ANON
ALATEEN CONVENTION**
Manchester, VT

26TH

**NEW BEGINNINGS:
HOW AL-ANON WORKS**
NYC Al-Anon Intergroup Workshop

NEW ALATEEN MEETING

*Where: New Beginnings Norman
1700 E. Eufaula Street*

When: Every Tuesday @ 8 pm

Ages 12-18

Today's Reminder

One morning, as I was walking, I spotted a puddle, shining and smooth. It was simple and beautiful. Then I ran through it, making it dark and muddled.

I realize now how our lives are like that. We all have puddles of feeling inside of us. They'll stay clear and shining if we don't let others upset us. But they'll grow dark and murky if we start to let people control our lives.

Alateen shows me that I have a choice. I can keep my puddles clear and serene or I can allow others to muddle my puddles. It's up to me.

Things to Think About

I'm in charge of me. Do I want other people to take away my good feelings about today? Alateen gives me the right to make that choice for myself.