

Serenity News

Quarterly Newsletter | Volume | Issue | July 15, 2020

Al-Anon Information Service

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

Website: HYPERLINK "http://www.okcalanon.org" www.okcalanon.org | Email:
okcal-anon@coxinet.net

Phone: 405-767-9071

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

Upcoming Events & Cancellations...

August 1 | 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

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

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

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

October 9, 10, 11 | Fall Serenity Conference

| The Lodge at Sequoyah State Park | 19808 Park 10, Hulbert, OK 74441

| Lodge Phone # 918.722.2545

*This event has been CANCELLED due to COVID-19 ***Check the AIS Website for instructions on registration fee refunds****

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 is TBA pending updates with COVID-19

Upcoming Events & Cancellations...

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 location (in person or Zoom) is TBA pending updates with 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 location (in person or Zoom) is TBA pending updates with COVID-19

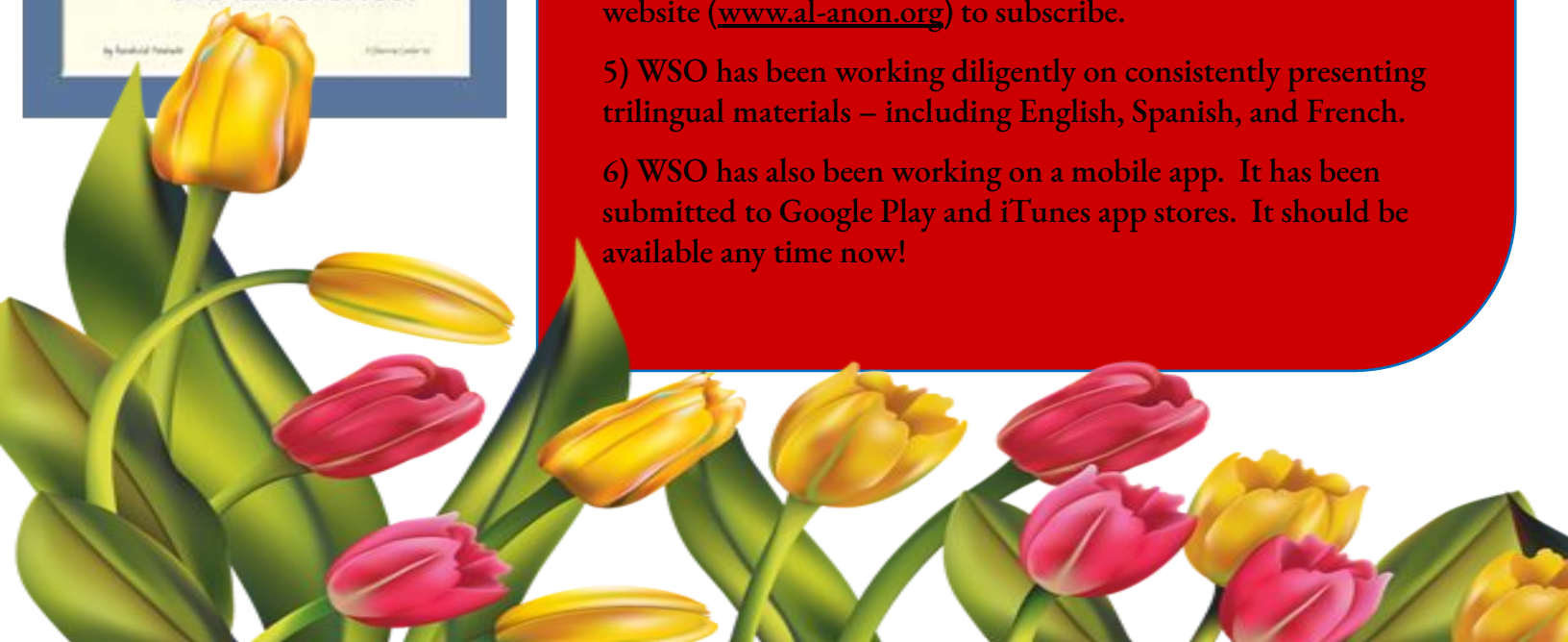
Quick Facts from Area Assembly on July 12, 2020

- 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 53rd out of 57 in the frequency of donations, however, Oklahoma ranks 38th 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) 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 should be available any time now!

God grant me
the *Serenity*
to accept the
things I cannot
change, the
Courage
to change the
things I can
and the *Wisdom*
to know
the difference.

By Randall Peck

© 1960 by Peck



Donations: The Spirit of the 7th Tradition

December 2019 | January 2020 | February 2020

23RD & Council | A-1 Study Groups | A-1 Study Saturday 9:30 | A New Beginning#1 | A New Beginning | Bethany Home Place | Choctaw Into Action | Clinton AFG | Courage & Hope Parents | Courage To Change- Ponca City | Courage To Change-Stillwater | District 13 | District 17 | Downtowners | Duncan AFG | First Things First | Free To Be Roundtable | Friday Night AFG-Stillwater | Friday Noon Men's/Monday Noon | Here and Now | Journey to Serenity | Just For Today | Keys To Serenity | Lakeroad AFG Too | Midwest City AFG | Monday Morning Freedom | Monday Night Family | Moore Unity | Mustang AFG | Newcastle Newlife | New Hope AFG | No Expectations | One Day At A Time | Paths To Recovery | Reaching Out | Saturday Serenity | Southside Hope | Springlake Study Group | Start Fresh | Sunshine Tuesday Afternoon | The Eleventh Hour | Threshold To Freedom | Tuesday 5:30 Men's | Unity | Wed. Morning Literature | Wednesday Wisdom | Women's Awareness | Yukon You Are Not Alone | Individual Donations from 18 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

Gratitude During a Pandemic

I would have never dreamed that I would use the words *gratitude* and *pandemic* in the same sentence! It is this fellowship, your shared experience, strength, and hope, as well as a power greater than myself that allowed my gratitude list to grow during the last several months. Here are a few things that have been added to my list:

Zoom, those members who set it up, and those that have logged in. Because of you, we have continued our meetings and were given the opportunity of fellowship. I affectionately call us "Zoomers."

Spending more time with family...as in we weren't coming-and-going at a frantic pace!

A renewed acceptance of powerlessness.

A Higher Power that is listening to all our prayers.

My list went on and on and I am reminded that I am where I needed to be. I am grateful to you for helping me get there.

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!

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 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!



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).

“What we are meant to know will come to our knowledge without any action on our part.”
One Day at a Time, page 131

Spotlight on Service

Tradition Seven: “Every Group ought to be fully self-supporting, declining outside contributions.”

For our group purposes, self-supporting is more than the generous contributions each group receives when the basket is passed. Part of this wonderful journey we are privileged to enjoy is giving back through service. Contributions to your group through service keep groups healthy as well as support growth and healing on the individual level. Volunteering at a group meeting is a great way to start the journey of service.

Here are some of the ways a group member can give back:

*Arrive early to help set up the meeting. | Make coffee/serve coffee. | Welcome newcomers. | Chair a meeting. | Share your experience, strength, and hope. | Attend the group business and group conscience meetings (Your input is very important to the group!). | Stay to chat with a newcomer after the meeting.

*Help clean up after the meeting.

*Ask your group.... What service can I provide?

Our Three Legacies

RECOVERY | UNITY | SERVICE

“Early in my recovery program my sponsor explained that this program is so much bigger than just the room we meet in each week. I did not understand this until I started my service journey.”

SERVICE SPONSOR: Being a service sponsor is a special relationship that allows one to provide his/her experience, strength and hope with a focus on service to a member he/she may not sponsor in any other capacity. A service sponsor is beneficial to a member that is unsure of what positions are available or how long the term of service may be for each position (determined at the group level). A member can grow personally while acquiring new skills in terms of service. It is common to have a sponsor in addition to a service sponsor. Take a few moments during a meeting to discuss how service benefits the personal journey, the group, and Al-Anon as a whole. Service Sponsorship can be beneficial as a single interaction as well as long-term in nature. Either way, your service experience will help carry the message to others.

“It was as though I placed a lifetime of feelings in unlabeled cans on a shelf, and I didn’t know what I was going to get when I opened them.”

Hope for Today, page 107



Three C's Chicken Salad

Remember, we didn't cause it, we can't control it, and we can't cure it! But we can make chicken salad for a light dinner or hearty lunch!

I measure this stuff with my soul, so I don't have exact measurements. I will try to estimate!

- Whole chicken (store-bought rotisserie or roast one yourself, whatever you have time for)
- Hard-boiled eggs (the more, the better! Seriously, I use at least 8)
- Mayo (I use Hellmann's real mayonnaise)
- Horseradish (just a little goes a long way and it gives great body to the mayo)
- Spicy brown mustard (I firmly believe in using both! I like a 2:1 ratio mayo : mustard and I start with just a little of both and add until it looks right – not too creamy, not too dry)
- Equal parts sweet relish and dill relish (I think each by themselves is just not right...I like a 1:1 ratio of them both)
- Chopped celery (I use most of a “bunch”)
- Chopped onion (I usually use a whole medium-ish yellow one, but any onion is fine)
- Grapes (I usually use seedless red and slice them in half or quarters)
- Honeycrisp apple (chopped up to match onion)
- Pepper (You can use salt too, but I don't usually)
- Garlic Powder (or minced garlic)

In a large mixing bowl, I tear apart the rotisserie chicken into tiny bite-sized pieces and remove extra fatty pieces and bones. (My husband's family makes poultry stock, so I freeze the stuff I take out to send to them!)

Once all the chicken is prepped, I start chopping vegetables. I start with the egg, then add roughly equal amounts of chopped celery, onion, apple, and grapes.

In a smaller mixing bowl, I start my sauce base. I usually use about four heaping kitchen tablespoons of mayo and two heaping tablespoons of spicy brown mustard. Then I add 1 measured teaspoon of horseradish. My husband and I love relish, so I just squirt “equal squirts” of both dill and sweet—it may be roughly 3 heaping kitchen tablespoons of each. Then I dust the top lightly and evenly with black pepper and garlic powder and mix it all up well. I dump the sauce base onto the chicken and vegetables and stir well. I usually ask my husband to taste it at this point and add whatever he thinks, but if I say so myself, this is usually pretty good as it is. I hope you enjoy it as well! We usually do the same with salmon, tuna, or just more eggs with no other meat when we want to change it up a bit. This recipe also works well for potato salad! With fish, I sprinkle a smidge of dill weed in there, but everything else is the same. Contribute instead to your culinary delight and peace of mind and enjoy!

Book of the Quarter

Lois W. is the co-founder of the Al-Anon Family Groups, and the widow of Bill W., co-founder of Alcoholics Anonymous. Here she recalls her childhood and life in Brooklyn as the protected daughter of a leading doctor, and her romantic marriage to Bill during World War I. She also tells how AA and Al-Anon started and how they have brought hope to more than a million alcoholics and those who love them.

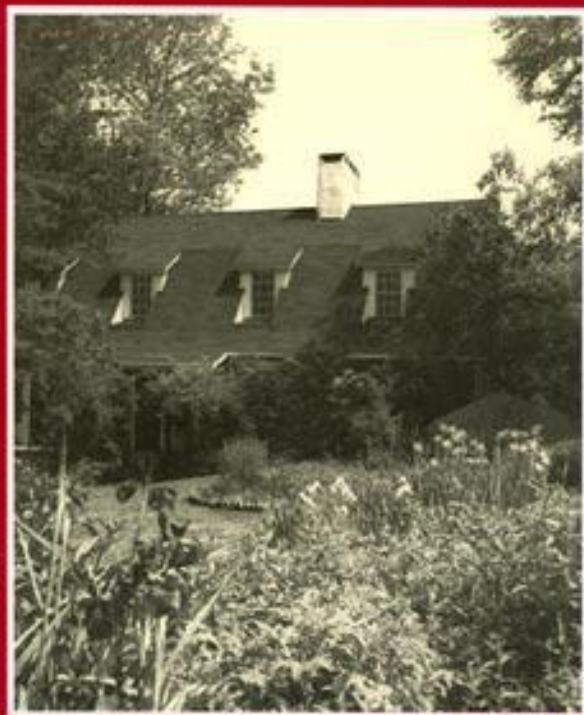
She recalls idyllic summer days in beautiful rural Vermont and long hiking and motorcycle trips with Bill. Later came darker times when she and Bill tried vainly to conquer his illness of alcoholism. Then Bill's spiritual awakening led to his meeting with Bob. S. in Akron, Ohio, and the formation of Alcoholics Anonymous.

Lois tells how the Twelve Steps and Twelve Traditions grew out of the early experiences of AA members and groups and were later adopted by Al-Anon. Her steadfast support and love for Bill were important throughout their marriage, but she found she needed her own program of recovery. Out of this need, and that of other spouses and children of alcoholics, grew Al-Anon for alcoholics' families and friends and Al-Ateen for their children.

Here is the personal story of the co-founders of AA and Al-Anon as Lois recounts it, beginning with the early struggles – some heart-breaking, some hilarious – all from her own unique perspective.¹⁾

¹⁾ This description is as it is found on the back of the book *Lois Remembers*.

Lois Remembers



Memoirs of the co-founder
of Al-Anon and wife of the co-founder
of Alcoholics Anonymous

Meet The Board: Lisa B-C

Gratitude and giving back to a program that saved my life has brought me to an opportunity to serve as a newly elected member of the AIS board.

My recovery began 35 years ago in Sapulpa, Oklahoma and I have been a member of the Choctaw Into Action group, Choctaw, Oklahoma, these past 13 years. I have served many positions for the group, District, and Area levels—as well as Delegate 2013-2015. I am currently a DR. The effort with each position has led to countless and ongoing rewards.

Because of service, I have become a more confident and committed individual. I did not have the self-esteem nor thought I had the ability to do the task given to me, but after completion I found that I had acquired more skills than I thought were possible.

I'm honored to have the opportunity to serve the fellowship I love with friends and future friends who love the fellowship as well.

Lisa Baker-Casey

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. ***

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

**World Service Office
Website**

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

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.