

One Day at A Time

Stories of recovery, news, and fun in the Marin County Fellowship



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SOMETHING OLD IS NEW AGAIN. IT'S OUR HISTORY!!!

KNOWLEDGE BASED DECISION MAKING

- Did you grow up in a home in which decisions were made without your input or understanding?
- Did you have an opportunity to ask questions and offer opinions before the decision was made?
- Did you find out information after the fact that had you known you may have made a different decision?
- Did you attend your first Al-Anon meeting with lots of questions, but leave with them unanswered?
- Did you think the long-timers were withholding information?
- Were you confused and bewildered during group conscience discussions and votes?

I did and have been confused in business meetings recently by Knowledge Based Decision Making, (KBDM). While an ancient concept in 12 Step Programs, KBDM was adopted by Al-Anon Family Groups in 2006. I hope you'll appreciate this compilation of shares I've found on a multitude of Al-Anon websites and newsletters.

Let me begin with question number one: The difference between a Recovery Meeting and a Business Meeting? In the Recovery Meeting, there's no crosstalk. In the Business Meeting, everything you say can, (and will) be challenged. Our early leaders were all engaged in conversation. They offered information and they listened when others were offering theirs. Thus, today, we talk to each other and reason things out. In Knowledge-Based Decision Making, most important and FIRST is the conversation. In Business Meetings, accomplishing the business is secondary.

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ADDICTION

The Greeks did sum it up
'addictus' means a slave to...
So when you can't give it up
As your mind's on something you crave too!

Be it sex or another movie
A martini or (someone) groovey...
If repeated over'n 'or...
Until your life is almost over
Then you would have to admit
You are in a powerless pit

Unmanageable effort yielded not..
(but "I made it better",...or so you thought)
An unmanageable life is a big concept
An admission that's hard from the onset
So if you're sticking a needle in your neck...
Or (obsessing) from dawn without regret -
'what the heck'!

You might just be an addict too
But fear not there's a place for you...
It's right here by my side
In a meeting - you needn't hide!
Trust (HP) - Clean House - Help Another...

From these three we do recover!!!



KBDM, continued from page 1

There is no standard format. NOT Robert's Rules of Order, (coming from alcoholic homes, we believe there must be a rule for everything). KBDM is based on open communication between team members - family members, work team, leadership, and membership. Making a good decision is more important than who makes the decision. This includes:

- Dialogue before deliberation - talk, talk, talk!
- Common access to all information for all involved in making a decision.
- Exists in a culture of trust.

The benefits of the KBDM process in Al-Anon?

- Allows thorough examination of issues without an end or action in mind.
- Provides for ongoing strategic thinking and strategy development.
- Develops a reputation for value and nimbleness in carrying the message.
- Collaboration and deliberation yield good information resulting in support for decisions made.
- Better participation by members listening to and sharing information; more voices are heard; more ideas are generated.

Key Elements

- Open communication
- Dialog before Deliberation
- All Decision Makers have Common Access to Information
- We Exist in A Culture of Trust

The Process

- Create a framework for discussion
- Answer the five KBDM questions
- Provide all background info before discussion
- Answer all questions first - seek clarity on facts before debating pros & cons

Framing

- Background history
- Relevance
- Context
- Conclusion

Benefits outside the fellowship include? We are more actively involved in decision making at home and at work. We accept the decisions made in our family and at work because we had the opportunity to gather the information and have our questions answered. We start thinking about the greater good for the greatest number....

We accept the group conscience.

There are five elements to Knowledge-Based Decision Making process to reach an informed group conscience:

- The conversation might or might NOT lead to a motion.
- Start with an agenda: Frame the discussion by selecting the basic questions.
- Some people need decisions. Some people need conflict. But the discussion must precede the motion. The group needs to find out what we want/need before proposing it.
- The motion is for the purpose of recording the decision.
- Suggest at least 3 meetings for each issue: week 1: Define the issue; week 2. Discuss the issue; week 3. Vote. Before taking the final decision.

KBDM develops confidence in the competency of our partners — "I" am not the ultimate authority. And if you, like me, have found yourself confused with the Knowledge-Based Decision Making process, below are a few good questions to ask yourself when deliberations in business meetings get 'rough':

1. What do we know about our members' or prospective members' needs that is relevant to this discussion?
2. What do we know about the capacity and strategic position of the organization relative to this issue?
3. What do we know about the current realities (membership, culture), evolving dynamics of the world and our fellowship's environment (technology, our Legacies, and spiritual principles) that is relevant to this discussion? What are the pros and cons?
4. What are the ethical implications of our choices (pros and cons)? In other words, will our decision be consistent with our spiritual principles?
5. What do we wish we knew, but don't?

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Out of evil much good has come to me –

Letter from C.G.Jung: an influence on Bill Wilson forming AA, 1930s via letters

By keeping quiet, repressing nothing, remaining attentive and accepting reality, taking things as they are and not as I wanted them to be, unusual knowledge has come to me – unusual powers as well, such as I could never have imagined before.

I always thought that when we accepted things they over powered us in some way or other. This turns out not to be true at all. For it is only by accepting them that we can assume an attitude towards them.

So now I intend to play the game of life, being receptive to whatever comes to me; good and bad, sun and shade, forever alternating and in this way accepting my own nature with its positive and negative sides. Thus everything becomes more alive to me. What a fool I was...how I tried to force everything to go according to the way I thought it ought to be.

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From an AL-Anon blog,

When I came to Al-Anon I saw myself as a victim. I had been harmed. I wanted justice, and justice meant that those who harmed me should be punished. That was my perception. Others did not always see things as I saw them. In my alcoholic home I was seen as the problem rather than the one who was victimized. Others wanted justice. To them, justice meant I should be punished. I felt confused when others did not see things as I saw them.

Al-Anon's Eighth Step taught me to make a list of all those I had harmed and become willing to make amends to them all. Fortunately I had worked the previous steps. By then I realized growing up in an alcoholic home distorted my perceptions. I realized my marriage relationship had been impacted by my past experiences growing up in alcoholism. I learned feelings were not right or wrong, good or bad. They just are. What made them right or wrong was how I responded to them.

What were my thoughts and beliefs about my feelings? My thoughts and beliefs were distorted. I learned that what I believed was not always true. Who should go on my list? Who had I actually harmed?

<http://al-anonfamilygroups.org> - a blog post by Chris R.



Shame

by Colleen

Shame was the topic at an AFG meeting today and there was a lot of good information going around the room. I sat back, put on my listening ears, and learned a few new things, first and foremost on how my thoughts and interactions with shame have truly changed since I began Al-Anon.

Today I appreciate shame just as I appreciate hunger or being tired. I take it for what it is like all things and feelings that tell me to reconnect with my body and re-evaluate my situation or needs of a given moment. Shame, today is another tool that gets me in touch with myself. But it wasn't always that way. There was a day that I didn't have enough self-esteem or confidence to understand that there could be another option.. I lived in shame; I lived from shame – and I put it all on myself. Saw it everywhere I went, in everything I did, in all my interactions with others. I lived in shame.

With the help of my HP and many people, however, today I can feel shame then step aside and detach from the humiliation or fear that may well up in my gut and talk with myself with the tools working the 12 Steps have taught me. I did this today as the wisdom was going around the room and the fear welled in my gut as I realized I would speak, but in the early days of the program I couldn't do that. Not at all. Shame is an ugly feeling. Not a place anybody really wants to be

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***KNOWLEDGE=BASED
DECISION MAKING
Saturday, 3/28/15**
12:30 pm - 3:30 pm
UUCM Church 240
Channing Way, San
Rafael CA

*** AL-ANON NCWSA 2015 CONVENTION**

"Color{Your} World with Recovery"

APRIL 17th-19th, 2015 @ Doubletree

Hotel, Modesto. Want to help?

Donation Draw — Marie 209-579-7747

Greeters — April 209-993-1872

Hospitality Line — 209-484-0748

Registration — Michelle 209-595-7554

*** A NIGHT OF FAMILY RECOVERY**

The C.M Friday night Al-Anon Meeting
presents a Speaker Event with AA

Participation. **April 25, 5:30 - 9:30 PM**

MILL VALLEY COMMUNITY CENTER 180

Camino Alto Mill Valley, CA

AA Speaker: Mickey C. from Downey, CA

AFG Speaker: Nancy C. from Downey, CA.

Potluck Dinner & Entertainment, \$10

Suggested Donation

*** May 15 - 17, 2015 33rd**

Growing Together Weekend!

2015 Westminster woods, Occidental
GTW2015@gmail.com

Ways to Connect & Grow

"Al-Anon Faces Alcoholism 2015"

Al-Anon's newly-updated "Al-Anon
Faces Alcoholism" is a great
introductory pamphlet for the whole
family. You can read or download a
copy for free - <http://www.marinal-anon.org/media/pdf/afamagazine.pdf>

Alcoholics Anonymous (S.F. &
Marin 24-hour Hotline (415)
499-0400 or help@aasf.org Website:
www.aasf.org

Al-Anon Phone Meetings:
712-432-8733 - code 52639# or
www.phonemeetings.org/

Electronic Al-Anon meetings Try
e-mail, or chat @ <http://www.al-anon.alateen.org/electronic-meetings>

El grupo "Nuevo Amanecer"

Domingos 9:30-11:00
Mercedez 415-892-6031

General Al-Anon Web - <http://www.al-anon.org/>

Members' Web - <http://www.al-anon.org/members/> for CAL
publications, The Forum, Calendar,
blogs, WSC Summary, Service
Manual, other newsletters, ...

WSC Meeting Information:

(888) 4AL-ANON (425-2666)

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cause "I can fix this GDI!" , or so I liked to tell myself. It was the first three steps that helped me to break that barrier. Step One - my control issues - is where it began. Accepting that the world isn't mine to control or all about me helped me come to realization that I can feel shame then step aside and detach from myself. It taught me about the control I do have.

Step Two - "Came to believe in a power that could restore me to" serenity I liked to say, but it is "sanity" . The God I grew up with was not a loving, giving, supportive God so my sponsor had me re-define my God, and the Higher Power/God I created put me here with intent. Good intent. I realized I have a lot of really good elements and gifts, many of which I still don't know, but it may not be my job to know. Bottom-line is that by redefining and learning to trust my HP I began to believe in me. It feels nice.

Step Three, "Made a decision to turn my will..." my will being all my feelings, thinking, attitudes, and other internals, "and my life..." the actions - yes, inaction is an action - "over to the care of God...". I summed this up into a little prayer that is constantly changing in phrase, but holds to one concept and is my basic mantra. Currently it is "Because I have faith in thee HP, I believe in me. I trust, support, and encourage We." It is this basic mantra that has turned shame into just another tool and it all goes back to those early days



Alateen is now on Facebook!



Thanks to the input from Alateen members in an on-line survey, the "Alateen WSO" outreach Facebook page is now a reality! Search "Alateen WSO" to find it! Al-Anon and Alateen members can "like" the page and share the posts to show support for our program without revealing membership!

Important information: Like the Al-Anon WSO Facebook page, Alateen WSO is a source of information about Alateen, not a place for members to share with each other. It is intended to deliver an Alateen message to the many young people who are on Facebook. Members sharing their program with each other would violate our Tradition of anonymity. Our Alateen WSO Facebook page states, "This Facebook page provides information for anyone interested in the effects of alcoholism on the younger relatives and friends of problem drinkers. Membership in Alateen is neither assumed nor implied for any visitors to this site."

On Facebook, look for Alateen WSO. You will notice that there is not a "Friend" option on the page. Again, WSO is sharing information that we hope you will pass on to others, but also remember that Tradition Eleven asks members to maintain personal anonymity in the public media, (i.e. your Facebook page). If you want to "follow" the posts of Alateen WSO, simply click "Like" to like the page. However, remember that indicating on your Facebook page that you "like" Alateen could also be understood as a public statement that you are a member. If you have clicked on the "Like" option, you can change it!

Please share this information within Al-Anon and Alateen! All members are invited to "carry the message" of Alateen recovery! Try www.al-anon.org or wso@al-anon.org.

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