

Around the Coffee Pot...

Serenity House - Alano Club of Charlevoix

September 23, 2006

Volume 3, Issue 7

Board Notes...

(1) The Board decided at their September meeting to cancel plans for having a booth during the Apple Festival due to lack of a primary coordinator for the event. In order for the 3 day event to be successful, one person is needed to coordinate the activities of the volunteers. (2) The outside of the buildings were power washed and look much better. (3) New literature and materials are available for purchase at the club. This is the first large book purchase in the past 18 months. \$860 has been collected from book sales in the past year. (4) Net income for August was \$39.05; net income for 2006 is \$5,918.47.

NEXT BOARD

MEETING

MONDAY,

OCTOBER 16th

6:30 p.m. at BASES

(208 W Lincoln Street)

WHAT IS ENABLING?

Enabling usually means helping or supporting something or someone. However, in the addictive family, what's being enabled (supported) are unhealthy behavior patterns. An enabler attempts to shield the person from the full impact of the harmful consequences. An enabler helps the other person delude themselves that their behavior is not the problem. When enablers cover up, the addict doesn't realize the effects of their behavior and has little reason to change. They miss the opportunity to gain what they need the most which is insight that their behavior is the problem. Without insight, the addict will remain the victim of their behavior. Simply put, doing something for someone else that they normally would do for themselves is enabling.

Two common rationalizations in response to inappropriate behavior involves: 1) excusing the behavior as unusual but still normal, 2) excusing the behavior because it's seen as the result of another problem.

The enablers frequently become the target of blame from the unhealthy person as they attempt to avoid their own guilt and remorse through projection onto others shown by

statements such as, "if you'd do _____, then I'd be okay," or "with all the pressure you put on me, of course I _____."

With these conflicts, enablers may avoid the person or situation altogether. This avoidance allows the harmful behavior to progress because the offender has no description of the behavior that strained the relationship. If the offender is closely related to the individual and avoidance is not possible, the enabler may begin to believe that they are somehow responsible for the inappropriate behavior and may do things in attempt to control the other person's behavior such as take on more responsibilities that the offender used to perform.

Breaking the cycle of enabling requires the enabler to gain knowledge and awareness about unhealthy behavior patterns. With this new awareness will come the skills that will allow the enabler to stop shielding the offender from harmful consequences of their own behavior while realizing that by doing so is not cruel nor uncaring. The enabler may be able to help the offender by talking directly about the problem and stop hiding from the issues that need to be changed. This new information may help the offender identify the seriousness of the situation. With

The "Serenity House - Alano Club of Charlevoix, Inc." was organized in 1986 to provide a meeting place for 12 step meetings. The organization is a non-profit corporation governed by a Board of Directors elected from its membership.

Club membership is never required and should never be implied for participation in 12 step meetings held at the club.

We request each group to organize itself as suggested through their respective 12 step program to avoid any violation of their traditions.

The Alano Club is a group of people interested in helping those seeking relief from addiction related problems by providing a place for 12 step meetings to be held.

insight, enablers and offenders can both seek appropriate help they need to lead happier and healthier lives. Many alcoholics are sober today because the enablers in their life stopped supporting their harmful behavior. If you are not supporting another's healthy behavior, are you enabling?

Based on "The Family Enablers" by Johnson Institute and Hazelden, 1987.

Detachment

“Detachment isn’t something you can learn instantaneously and permanently. Like sobriety, it will come gradually, often painfully, and not always smoothly. But it is not a mystery. It is a manageable, orderly process.

Like many of us, you probably walked into your first Al-Anon meeting exploding with frustration, anger and pain. And when you tried to unload some of it, chances are one of the old-timers told you, “But you’ve got to detach...!” So you backed off, confused and hurt, perhaps believing you had been advised to ignore the alcoholic in your life and stifle your own misery.

That’s not detachment! Squashing yourself and your feelings is a form of denial, and the pressure of your unresolved anger and pain can only hurt you and everyone around you.

If you’re new and overwhelmed and someone tells you abruptly to detach, you might respond with, “You’re right, I need to do that, but it’ll take time - and I don’t want to stuff my feelings.” That should be a good reminder for you and still keep the lines of communication open.

Detachment is many different things. It is a gradual discovery of the truth about the family disease of alcoholism. It is the process of learning to see things objectively. It is learning to “unhook” yourself emotionally from the alcoholic system. And it is learning at last to act in your own best interest - what’s good for you - instead of constantly reacting to whatever the alcoholic does.

The result is a new, life-giving attitude. Without it you will stay mired in the destructiveness of the alcoholic system, unable to breathe or take effective action. With it you are on the road to recovery, to emotional health, and the alcoholic’s own chances of recovery will improve enormously.”

“Detachment” by Knowlton & Chaitin, published by Hazelden, 1985 (pp. 1-3)

Meeting Schedule Changes for Fall / Winter / Spring

Sunday 8 pm, Monday 8 pm, Wednesday 8 pm dropped from schedule for off-season due to lack of meeting contact people to chair.

Sept 2006 thru May 2007 Meeting Schedule

Sunday 10:30 am - AA
 Monday 12:00 noon - AA
 Monday 6:30 pm - Women’s AA
 Tuesday 8:00 am - Men’s AA
 Tuesday 12:00 noon - AA (12 & 12 Study)
 Tuesday 8:00 pm - AA
 Wednesday 12:00 noon - AA
 Wednesday 6:30 pm - Al-Anon
 Thursday 8:00 am - Men’s AA
 Thursday 12:00 noon - AA
 Thursday 6:30 pm - Over-Eater’s Anonymous
 Thursday 8:00 pm - AA
 Friday 12:00 noon - AA (Big Book Study)
 3rd Friday only - Speaker Meeting
 Saturday 8:00 am - Men’s AA
 Saturday 9:30 am - Women’s AA

Speaker / Potluck Meeting on 3rd Friday of the Month moving back indoors to the club meeting room until next summer.

Scheduled Speaker:

October 20 - Dick H. - Boyne City

Potluck at 6:30 / Speaker Following

2006 Board of Directors

Richard O’Leary - Chair
 Kent Warner - Vice-Chair
 Sonny Wright - Treasurer
 Sue Goodwin - Secretary
 Tony Blake
 Betty Collins
 Liz Gooch
 Terry Left
 Joanne Beemon (Alternate)
 Tony Swann (Alternate)

<i>Member-ship Updates</i>	<i>Sept. 22, 2006</i>
Past Due	5
Due in ‘06	5
Due in ‘07	37
2008+	8
Lifetime	13
TOTALS	68

Newsletters & updated Alano Meeting Schedules now available on the internet!! Email to Scott to get more info: scott@basesteencenter.org

Serenity House—Alano Club of Charlevoix

106 Mason St.
 Charlevoix, MI 49720
 231-547-9184

Your membership dues expiration date is listed on the mailing labels for those receiving them by mail. Email recipients are notified periodically.

Laughter is good medicine...

“I dialed the number of a newcomer and got the following recording: “I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes.””

***Richard M., Golden, Colorado
 October ‘06 Grapevine***