

ODAT / Courage to Change Skit

CAL: Hi I'm CAL. I'd like you to meet some members of my family

ODAT: Hi, my name is ONE DAY AT A TIME. (My middle name is ATTA) I am 34 years old. I was born in 1968. My mother was Alice B. and I came about (*pause*) – well, was written – while she was chairman of the AI-Anon literature committee.

Alice: I am a self-taught writer and I contributed professionally to the Ladies Home Journal and other Hearst publications. I put my life experiences into a series of short stories such as “Wannamaker Ladies Wear Hats”, but none were ever successfully published. As a member of the AI-Anon literature committee, I edited and revived book on alcoholism which were published by AI-Anon. It was felt that there was a need for a book that could inspire, comfort and sustain people who were living with alcoholism. I was asked to try my hand at writing. So I combined my talent and my experience with the AI-Anon program and poured myself into my life's work.

ODAT: *MOI !!*

Alice: I was at it for more than a year, sitting hour after hour at my typewriter in a little cubbyhole at the top of the stairs in my house. When people asked me how I wrote ODAT, I would tell them I just sat down at my typewriter and waited for it to come.

ODAT: **Now --- about me!** My favorite color is blue, and I come in two sizes --- small and large. My life has been most extraordinary. I have traveled all over the world and am still finding my way to other countries. I speak Finnish, French, Flemish, German, Italian, Japanese, Norwegian, Portuguese, Spanishwell, actually I speak 17 languages. (*Pause*)

I have touched the lives of all sorts of folks whose lives have been affected by the disease of alcoholism. Many of my pages use the word “we”, as in, “Together we can do what we cannot do alone!” People spend time with me alone (*Pause and gesture*) --- -- and in group meetings. I am a principled person and grounded in the willingness to seek some other power than myself, One Day At..... ATime

CTC: Hello. My name is COURAGE TO CHANGE. I am principled as well, and we have many things in common; daily readings, the Serenity Prayer, and the Steps and Traditions. As a matter of fact, in the month of June both of us have readings on the 12 steps in sequence. The AI-Anon World Service conference voted to create me in 1988 and I was actually born in 1992. I come in the small size, and the large size, and in a soft cover edition for institution meetings. I too have traveled all over the world and am still finding my way to other countries. I have been translated into French, German, Italian, Norwegian, Portuguese, and Spanish.

ODAT: Our World Service Office has now given Russia permission to translate and print their own literature, and I'm sure *!!!* be the favorite.

CTC: Well, my daily readings are based on sharing from individuals, but the thoughts

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are applicable to people of all walks of life. Like ODAT, I can be a daily source of strength – serving as a symbol of the lifeline that connects Al-Anon members at all times – whether we are alone or together. We obviously come from the same family- however, we have our differences as well. From 1968 when ODAT was born until 1992 when I was born, lots of things have changed.

ODAT: Yeah, like you being born. I was quite enjoying being an only --(pause) daily reader until **she** came along.

CAL: Al-Anon has grown up as a program. We have learned a lot about addiction and a lot about the disease of alcoholism. We wondered how we could show you the growth of the program. What topics have changed in our books?

CTC: “Abuse” is the first topic in my index

ODAT: But it’s not in my index. “ Acceptance”, however, is in the index of both books.

CTC: “Action” was added to me. And “Advice on Alcoholism, a disease,” appears in both indexes.

ODAT: I have “Changing what I can” in my book.

CTC: In Courage to Change it is now “Changing the things I can” -- perhaps to make it match the serenity prayer. Notice that “dealing with crises” and “creating a crisis” are no longer in the index.

ODAT: However, “Detachment”, a marvelous Al-Anon concept, is still there. You will see other changes too, but when you get to “Faith” and “Fear” No changes for those topics!

CTC: “Helping the alcoholic” was shortened to “Helping”..

ODAT: Well, “resentment” and “self-pity” are in both books.

CTC: Notice that I have added 4 slogans to the index. They are “How Important Is It?”, “Just For Today”, “Keep An Open Mind”, and “Let It Begin With Me”

ODAT: The 12 Steps are all listed in both indexes.

CTC: But if you look at the traditions, you will notice that writings on some of the traditions were not in ODAT, but were added in Courage to Change.

CTC: Over the 50 years of Al-Anon growth, part of recovery is have the Courage to.....change

ODAT: One..... Day At A Time using the 12 Steps.

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CTC: Along with our slogans, the 12 Traditions and the 12 Concepts, which **ARE** in my book.

CAL: My family of daily readers now includes, “Living Today in Alateen” and this year I gave birth to my new infant, “Hope for Today” which is for AI-Anon Adult Children.

Spend some time with us every day.