

East Valley Information Center Newsletter



April 2015

District 11, 12, and 13

Issue 3

East Valley Information Center Officers and Coordinators

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Vice-Chair	Johnene B.
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Info. Distrib.	Kate H.
Institutions	(open)
Literature	Kathy
Meeting List	Elisabeth B.
Newsletter	Marty M.
EVIC Liaison	Lisa R.
Public Outreach	Rebecca
Website	Scott C.
District 11 DR	Sue H.
District 12 DR	(open)
District 13 DR	Elisabeth B.

EVIC business meetings are held on the fourth Tuesday of every month at 7:00 p.m. All are welcome to attend.

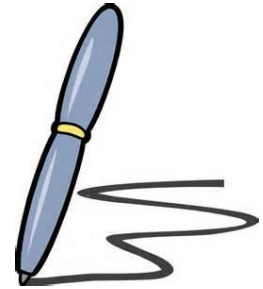
East Valley Information Center
1320 E. Broadway Rd. #109
Mesa, AZ 85204
480-969-6144



office@al-anoneastvalley.org
<http://al-anoneastvalley.org>

Hope for a Newbie . . .

Being new to Al-Anon, I realized right away there was a lot to learn. The three C's -- I didn't *cause* it, I can't *control* it, and I can't *cure* it -- got it; some guidelines such as don't pour out the booze or mark the booze level on bottles -- got it; and twelve steps *plus* twelve traditions -- okay that may take a little time. Luckily at my first meeting I found a book called *How Al-Anon Works* that included all this stuff. My worries were over; I was sure I could knock this out within a month and all the problems my wife and I were having would be behind us.



The plan was to read and understand the book, then whip through the Twelve Steps. By then my wife would have been cured through her AA program. It would be easy enough to double up on meetings and go to two or even three a week if needed.

The book started off a bit slow for me, but it soon became quite interesting. I found a lot of good stuff that would help anyone. You didn't even need to have an alcoholic in your life to take the good advice to heart. Around the third meeting someone mentioned going to 90 meetings in 90 days. Who would do that? And who would take that long to get the message? After all, it's really the alcoholic that needs to get fixed, right? Then the message about getting a sponsor for myself started to sink in. What was up with that?

Okay, so I was a slow starter. By the second week in Al-Anon, I heard and understood that this was a lifetime plan. Still just partway through the book, I was wishing I had started this program in my 20's instead of so much later in life. My three meetings a week moved up to four, five, or six meetings per week. The information

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Al-Anon Declaration

*Let it begin with me.
When anyone, anywhere,
reaches out for help,
let the hand of Al-Anon and
Alateen always be there, and
-- Let It Begin with Me.*

Serenity Prayer

*God give 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.*

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from the book was supplemented by great people sharing personal experiences and results in the meetings. Soon I could see changes in myself as I was starting to implement some of the teachings such as detachment with love (that took some practice), taking care of myself, and even admitting that I was a big part of the problem.

Within a few months I felt the need to actually work the Twelve Steps. The first three seemed easy enough. I live an unmanageable life and can't fix it alone, God loves me and can get me through this, and I trust Him to do it. Then Step Four: Make a searching and fearless moral inventory of ourselves.

Not falling for my own "this is going to be simple" way of thinking, I decided Step Four would require another book. The one I'm using is called *Blueprint for Progress, Al-Anon's Fourth Step Inventory*. With this in-depth workbook and God's guidance, I can get through this step. Once it is done, Step Five will include sharing my wrongs with another person. That idea scares me even more than listing my wrongs and sharing them with God (He already knows). For me, a sponsor seems like the best choice for choosing someone to share this with.

As I am working my way through Step Four, I will be looking for a sponsor who has a lot of experience in Al-Anon, and who has gone through all the steps themselves. It might be a difficult task for me to find the right match, but I know it's not too difficult for my Higher Power to find the right sponsor for me.

How about you? Where are you on this journey? Looking for a sponsor? Willing to be one? Working the steps for the first time like me? My advice would be to trust your Higher Power to keep you moving forward and "Keep coming back!"

Jes, District 13



Seeking grateful Al-Anon members to volunteer in service positions at E.V.I.C.

**** Literature Coordinator ****

Alateen Coordinator

Archives Coordinator

Home Calls Coordinator

Website Coordinator

Fundraiser Co-Chair Coordinator

**** We have a special need for a Literature Coordinator!**

Volunteers needed to chair the two open task forces below:

1. Finance Task Force (Chairman: Johnene B)
2. Service Description Task Force (Chairman: Kathy)
3. Tech Task Force (Chairman: OPEN)
4. Incorporation Task Force (Chairman: OPEN)

Anyone interested in working on any of the task forces should contact the chairman of that group.

Those interested in any of the open coordinator positions or wanting to chair a task force may email Nancy at office@al-anoneastvalley.org

OR

call the EVIC office at 480-969-6144

OR

attend the next EVIC Business Meeting on April 28th at 7 p.m. at the EVIC Office, 1320 E. Broadway.

Step 4: <i>Made a searching and fearless moral inventory of ourselves.</i>	Tradition 4: <i>Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.</i>	Concept 4: <i>Participation is the key to harmony.</i>
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“A life I chose didn’t choose me...”

When I heard those words at a meeting one morning during my first year in Al-Anon, a light bulb went off for me. My life had definitely *not* turned out as I had expected, and I had been spinning my wheels, making mistakes, and waiting for things to straighten out so that I could start enjoying my life on *my* terms.

But who of us actually gets the life he or she chose? We have each had to accept that things are not as we might have wished they would be. If it were that easy, there would be a lot more beauty queens, NFL superstars, and millionaires in this world, all happily living with their perfect soul mate.

The trouble came for me when I refused to realize that my life was going in a different direction than I had anticipated. I had gotten to a crossroad where my Higher Power had erected a sign pointing off to the left that said, “This is where *I* want your life to go” and a sign pointing off to the right that said, “This is where *you* want your life to go.”

Of course, I headed off to the right, thinking I actually had control over everything. All along the way, I encountered hazards, dead ends, and problems that forced me to reorient myself or turn back. After encountering so many setbacks, I got frustrated and angered, and eventually humbled. I ended up back at the crossroad with the opportunity to simply head off to the left and accept my life as it was probably always meant to be.

The question became, *Am I going to live my life with a permanent cloud floating over me from morning till night, or am I going to accept things as they are and enjoy the journey?*

I decided to head off in the other direction, the path which my Higher Power had originally intended. I started attending Al-Anon meetings, and the cloud of despair and uncertainty started to dissipate. My life circumstances remained unchanged, but my attitude improved. I became willing to accept life as it *was*, not as I *expected* it to be. And when my attitude changed, every-

***From Nancy E.,
Manager at the E.V.I.C. Office –***

Thank you to everyone who has come to the E.V.I.C office to attend meetings, get information, and buy literature. Our sales are up, and we are now fully staffed for the following hours:

Monday: 9:30 a.m. – 4:30 p.m.

Tuesday: 9:30 a.m. – 1:00 p.m.

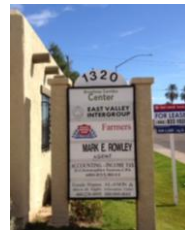
Wednesday: 9:30 a.m. – 4:30 p.m.

Thursday: 9:30 a.m. – 1:00 p.m.

Friday: 9:30 a.m. – 1:00 p.m.

Call ahead to make sure we are here if you want to come in!

We are looking for used Al-Anon books that we can resell for half price. We have a some gently-used books available for purchase.



We were lucky to be chosen to submit the literature order for the upcoming assembly. That order has been placed and all proceeds will supplement the EVIC treasury.

Looking for volunteers!!

The EVIC needs volunteers to work at the office on the following days:
Tuesday and Thursday -- 1:30-4:00 p.m.

If you are interested, contact Nancy at office@al-anoneastvalley.org or call the EVIC office at 480-969-6144.

thing got better.

I learned to live with my qualifier without letting his behavior influence mine from morning till night. I learned to turn a bad day into a better one by picking up a daily reader and getting some advice from others who had been in my shoes. I learned to not judge myself by someone else’s standards. And I learned to choose the life that chose *me* and trust in my Higher Power to lead me through it.

Marty M.

One in Four Children is Affected by a Parent's Alcoholism

According to the National Association for Children of Alcoholics (NACoA), one in four children in the United States is affected by a parent's abuse of alcohol and other drugs. During Children of Alcoholics Week in February 2015, Al-Anon Family Groups offered hope for these children and for anyone else affected by a loved one's drinking.

Children of Alcoholics Week gave voice to young people growing up in homes where one or both parents are suffering from alcoholism. "When I was little, I felt scared to death of my dad," said Ethan, an anonymous member of Alateen, Al-Anon's program for children and teenagers. "I never knew what he might do next because he was drunk most of the time. He used to hit my mom, my brother, and me. One day my mom left my dad. I became less physically afraid, but I was still hurting emotionally."

Madison, another anonymous Alateen member said, "After years of living with an alcoholic, I'd given up hope for myself and my family. I'd tried everything – tears, screams, threats, and leaving home. I'd even tried to kill myself, but nothing seemed to work."

"The disease of alcoholism has deep and long-lasting effects on more than just the alcoholic," said Pamela Walters, Marketing Information Analyst for Al-Anon Family Group Headquarters, Inc. "When children in their developmental years are faced with the extreme pressure of dealing with a parent's alcoholism, they are at a disadvantage in life—likely to become alcoholics themselves, or to end up potentially marrying an alcoholic." Walters said, "Al-Anon and Alateen meetings provide a safe environment for young people to share their feelings. They discover tools they can use to live happier and healthier lives, now and in the future."

Walters added, "The barriers to a young person getting the help they need in Alateen or Al-

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mark YOUR calendar!

**"Get your act together!"
Family recovery night
talent show!**

**St. Peter's Lutheran Church
1844 E. Dana Ave. – Mesa
Saturday, April 25th**

Non-judgmental, family-friendly, no prizes, no special equipment provided.

Doors open at 5:30
Al-Anon and AA Speakers start at 7:30

Flier coming soon!

Contact Elizabeth
district13@alanon-az.org

**Looking for group to sponsor May
Family Recovery Night on
Saturday, May 23rd**

Contact Jean at
events@al-anoneastvalley.org

SOCCER BALL SLOGANS!



Come have fun,
fellowship, and kick
around some slogans!

Who: Hosted by District 13

What: Soccer ball slogans - the latest innovative way to explore everyone's favorite tool!

Where: Pigeon Coop

When: Saturday, April 11, 3:30-5:30 p.m.

Why: Because it's fun!

How: Come find out! ☺

Soft drinks and water will be available

Bring a snack to share

No cleats required

Contact Elisabeth, 480-567-4829

(Continued from page 4)

Anon are real. We often hear that parents want their lives to be kept private, and they don't want their children talking about the problems at home. In many cases, the young person is fearful to try an Alateen meeting." "I was afraid that if I talked to people, they would judge me," said Benjamin, an anonymous Alateen member. "I thought no one would care what I felt and that if my friends found out I went to Alateen, they wouldn't like me anymore."

Benjamin continued, "Eventually I lost my fears and began to believe that I actually did belong. Finally I found a place where no one judged anyone. It was the greatest feeling in the world."

*This article is reprinted from a press release available on the Al-Anon website:
<http://www.prweb.com/releases/2015/02/prweb12495053.htm>*

CHANGE OF LOCATION...

**The Tuesday night meeting
(Tempe 12 Step AFG at 7:15)
has temporarily moved to:**

**Christ Life Church
1137 E Warner Rd
Tempe, AZ 85284**

The meeting will stay there for up to 2 1/2 months and will leave as soon as a permanent location is approved.

There will be a sign on the door of the old address for a couple of weeks.



Share your experience, strength, and hope. Submit your story to news@al-anoneastvalley.org

If you want to share but need some help, I can assist. Let's work together to help others!

-- Marty M.

AFG of Arizona Area Convention "Changed Attitudes Aid Recovery"

May 1-3, 2015
Call 1-888-566-3791

www.azal-anonconvention.org
www.al-anon-az.org

Desert Diamond Casino Hotel Resort
7350 S. Nogales Hwy. – Tucson, AZ
Special AFG Hotel Rates
April 28 - May 6, 2015
AFG Group Rate code: 150501AFGA
(Free RV Parking All Weekend)

- Spiritual Speakers
- Al-Anon Meetings and Workshops
- Saturday Night Banquet
- Alateen Panel
- A.A. Program
- Spanish Program
- Fellowship
- Ice Cream Social
- Hospitality
- Hotel Pool and Spa
- On-Site Eateries
- ...and more!

