

East Valley Information Center Newsletter



August 2015

District 11, 12, and 13

Issue 7

East Valley Information Center Officers and Coordinators

Chair	Mary Ann N.
Vice-Chair	Johnene B.
Secretary	Tammie J.
Treasurer	Barb T.
Office Mgr.	Nancy E.
AA Liaison	Lee
Alateen	(open)
Archives	(open)
Events	Jean
Fundraising	Chris
Home Calls	Kate H.
Info. Distrib.	Kate H.
Institutions	(open)
Literature	Catherine
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>

Choose Your Battles...

I try to live my life using sayings like this one. I love sayings, mottos, words of encouragement.

Life is full of decisions. I raised three boys by myself and actually lived to tell about it. Life was very frustrating for me and I seemed to always be angry. I would yell all the time. As time went on and my boys were all in their teens, I realized I was doing a lot of yelling and not getting very far.

It was around that time I heard this saying. It really gave me pause. From then on, when I got angry, I would stop and think.

Is it *that* important? Am I going to win? Does it *really* matter?

Many times it was not worth it. As I thought about the situation, I realized I was angry because I was tired and had a hard day at work; it was not the situation at all.

The boys grew up, we all survived, and although they still sometimes make decisions I don't feel are correct, I keep my thoughts to myself (mostly) and I also realize these are not my decisions to make. I raised them to make good choices. Now it is time to take a step back and see how well I did.

Life went on and back into my life came alcoholism. I was raised in an alcoholic home but had moved on. In time I realized that having to deal with alcohol in adults is not much different than raising my boys. I still have to choose my battles. I still have to step back and look at the situation. I still have to think. Is it *that* important? Am I going to win? Does it *really* matter?"

I am not happy that my family member, my friend, is having to go through this fight with alcoholism. I can say I am here for them but does that make them feel less alone? I don't think so.

(Continued on page 2)

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, Courage
 to change the things
 I can, and Wisdom to
 know the difference.*

Family Recovery Night Saturday, August 22nd



St. Peter's Lutheran Church
1844 E. Dana Ave. — Mesa

Desserts and
Root Beer Floats
at 5:30 p.m.



Al-Anon and AA Speakers at 7:00 p.m.
Vali F. and Travis M.

Babysitting available during the
speakers meeting only

Hosted by H.U.G.S.

Arizona Area Assembly

October 3-4, 2015

Francisco Grande Resort
12684 W. Gila Bend Highway
Casa Grande, AZ 85193

(520) 836-6444 or (800) 237-4238
Hotel reservations must be made
by September 2nd

Register online:

<http://al-anon-az.org/assemblyregistration/>

Mail-In Registration:

<http://al-anon-az.org/media/assemblyregistration.pdf>

Hotel Information:

<http://al-anon-az.org/media/francisco.pdf>

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Some days I want to take their pain away. Some days I want to hit them and scream. Some days I want to hold them and promise I will be there through thick and thin. Some days I want to tell them I want to leave.

It is not easy dealing with alcoholism whether you are the alcoholic or the family member or friend, but I have Al-Anon. I am surrounded with some very special people, many of whom have it worse than I do, yet they are here for me as well. We all have a special bond. We do not judge. We just all are there for each other as well as ourselves.

Thanks to Al-Anon I have learned that alcoholism is a disease, not a life choice. I am always reminded that this is not my battle but theirs, yet it affects my life too. We, the family and friends, have a battle every day as well. I thank my Higher Power and Al-Anon every day for being here for me. I do not feel alone.

— Pam G.

THANK YOU!!

Much appreciation to
Attitude of Gratitude!!
Thanks to their 30th birthday party
at our last Family Recovery Night,
E.V.I.C. was presented with
a check for \$495.01!!

*Forgive others not because
they deserve forgiveness but
because you deserve peace.*

Help Needed

When I first came to Al-Anon my message was: “Help me. My spouse is an alcoholic!” No one had told me what Al-Anon was like, but my wife's AA counselor said I needed to go. My goal was clear; I needed help to fix my wife.

I knew very little about the Twelve Steps. In fact, the only one I was even vaguely familiar with was the one about telling people you are sorry. I had seen that one on TV shows and wondered how my wife would handle that step. I was actually thinking how glad I was that I wasn't the one who had to go around making amends to people I had wronged. Now that would be quite a list!

The first meeting I attended I learned that I can't fix my wife's problems. Al-Anon is here to help me fix *my* problems. I realized that I didn't know how to set boundaries or how to communicate my needs or expectations properly. I didn't even know that many of the changes in my wife's life were due to the *disease* of alcoholism, not by her conscious choice.

I learned that I was doing a lot of the wrong things like covering up for her, trying to change her, trying to control her. And after some deeper thought about myself in general, I also learned that I can sometimes be resentful, intolerant, withdrawn, etc. In fact, a lot of things that I was doing wrong in our marriage also applied to my other relationships. I need help...to fix *me*!

Al-Anon is right; although I cannot change my spouse, I can change myself. Al-Anon meetings and sponsors do help. I will even be able to tackle my own list of amends.

— *Jes*

District 11 invites you to its
second annual summer workshop

Spiritual Creativity Spending Plan

August 15, 2015

Gilbert Presbyterian Church
235 Guadalupe Road—Gilbert

1:30 p.m. Fellowship
2:00-5:00 p.m. Workshop

This workshop focuses on how we actually spend our time and money, how we'd ideally like to spend our time and money, and ties it all into the spiritual principles of our program.

An outstanding guest presenter will guide us on how to get from where we are to where we want to be.



Please bring a notebook and pen/pencil.

Bottled water will be available.
If you desire, you can bring some snacks to share. Suggested snacks would be cut up veggies, nuts, pretzels, wrapped candy, and things that are finger food and only require a napkin. This is optional and totally up to you. We will pass the 7th Tradition basket to cover expenses.

This is an “open meeting” workshop.
All are invited.

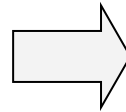
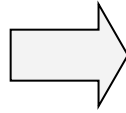
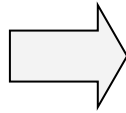
There is no babysitting, however.

<p style="text-align: center;"><i>Step 8:</i></p> <p style="text-align: center;"><i>Made a list of all persons we had harmed, and became willing to make amends to them all.</i></p>	<p style="text-align: center;"><i>Tradition 8:</i></p> <p style="text-align: center;"><i>Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.</i></p>	<p style="text-align: center;"><i>Concept 8:</i></p> <p style="text-align: center;"><i>The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.</i></p>
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SAVE the DATE

for the
**Family Recovery
Winter Extravaganza**
Saturday, November 14th

Anyone wishing to work on
planning should contact Mary Ann
at chair@al-anoneastvalley.org



Donations needed:

- Empty containers to make centerpieces (baskets, ceramic, plastic, terra cotta saucers)
- Undecorated wreaths (pine/grapevine/garlands)
- Dry foam blocks for silks
- Dry sheet moss and Spanish moss
- Ornaments
- Strings of lights (for wreaths)
- Anything else you desire

Themes are

Halloween, Thanksgiving, and Christmas

Thank you!!!

Items can be dropped off at the EVIC office.
Contact: Amber B. 480-262-8195

Grow in Service at Perryville Prison

Share your Experience,
Strength, and Hope

Volunteers needed!

Help conduct Al-Anon meetings
for inmates

For more information, details on the
orientation process, and other additional
requirements, or if you would like
someone to speak at your meeting
concerning prison service, please
contact James W. at 480-773-2549

Commitment: One Friday night per month

Requirements: One year in Al-Anon

Open to both women and men

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 infor-
mation, and buy literature. We are currently
staffed during the following hours:

Monday: 9:30 a.m. – 4:30 p.m.

Tuesday: (call ahead)

Wednesday: 9:30 a.m. – 4:30 p.m.

Thursday: (call ahead)

Friday: (call ahead)

Anyone willing to volunteer to fill in any
of the openings above may contact
Nancy at 480-969-6144 or 480-832-5611
or email her at office@al-anoneastvalley.org

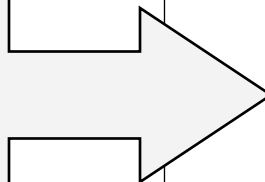
*Call ahead to make sure we are
here if you want to come in!*

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.

**Would you like to help?
We need YOU!!**

Volunteers needed to work
at the EVIC office.

Call Nancy at
480-969-6144 or 480-832-5611





Service Opportunity!

- Are you available on Sunday mornings at 9:00 a.m.?
- Have you been through all 12 Steps with an Al-Anon sponsor?
- Would you like to share Experience, Strength, and Hope about how you worked the steps and how they worked for you?
- Are you able to make a five-week commitment?

If so, the Sunday Beginner's Step Speaker Meeting is looking for you!

Week 1: Steps 1, 2, and 3

Week 2: Steps 4 and 5

Week 3: Steps 6 and 7

Week 4: Steps 8 and 9

Week 5: Steps 10, 11, and 12

Pigeon Coop – 4415 S. Rural Road
Behind Denny's next to the bowling alley

Contact Elisabeth for more information
at (480) 567-4829

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

Alateen Coordinator
Archives Coordinator
Home Calls Coordinator
Website Coordinator

Anyone interested in an open coordinator position 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 July 28th at 7 p.m. at the EVIC Office, 1320 E. Broadway.



Appeal to all groups from E.V.I.C.

Dear Fellow Al-Anon Family Group Members,

Thank you for your support of EVIC! Since we first opened our doors in 1982, we have offered help and hope to families and friends in the East Valley.

Contributions of time and money from individuals and groups have kept our doors open, our phones answered, Al-Anon/Alateen literature available, and fellowship opportunities growing.

Most of us have connected to EVIC — maybe it's how you found your first Al-Anon meeting. Or, maybe you volunteer at the office...get literature and meeting lists for your home group...pick up donated Al-Anon books for an Institution Meeting...or attend our Speaker Meeting on the fourth Saturday of the month.

Group and individual donations are essential to keep EVIC available for all of us. Please send your contributions to:

EVIC
1320 E. Broadway Rd., Suite 109
Mesa, AZ 85204

Thank you for your support!



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.