

# East Valley Information Center Newsletter



February 2015

District 11, 12, and 13

Issue 1

## East Valley Information Center Officers and Coordinators

Chair Mary Ann N.  
Vice-Chair Johnene B.  
Secretary Tami J.  
Treasurer Barb T.

Office Mgr. Nancy E.  
AA Liaison Lee  
Alateen (open)  
Archives (open)  
Events Jean  
Home Calls Kate H.  
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



Email: [office@al-anoneastvalley.org](mailto:office@al-anoneastvalley.org)  
Website: <http://al-anoneastvalley.org>

To my fellow Al-Anon Members,

My Higher Power has been working overtime in my life lately. About a year ago, I made the move to Chandler from the Ft. Myers area of Florida. The short story involves my son and his wife, his promotion to the West Coast area, and the impending birth of my first grandchild. I love an adventure and jumped at the chance to move here, experience life in another part of the country, and get to know my new granddaughter.



Once I got settled, I found the Al-Anon meeting that I now consider my home group. I've met many wonderful people there and, wanting to get involved in service again, I volunteered as their treasurer. That brought me to the E.V.I.C. meeting a few days ago as a stand-in for our GR, who was out of town at the time.

I was a little late, it was a crowded room, there was only one familiar face, and it was difficult juggling all the papers and information while trying to take notes, keep track of my bottle of water, and balance on my folding chair. I must admit that I was a little grumpy, but it's pretty hard to stay grumpy at an Al-Anon meeting.

All around me, I saw interested and excited people. I felt their energy as they worked their program in service to others. I learned some names and found out how their work facilitates my own group. Strong and capable leaders managed to work their way through the agenda in just a little over an hour. After the meeting, I was offered a ride to the AWSC later in the month in Green Valley by a woman who was a total stranger to me when I walked in. Aren't Al-Anon members just like that?

*(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.*

## **ANNOUNCEMENT!!**

New Al-Anon Meeting in Mesa  
Finding Hope, AFG

Starts on Thursday, February 5<sup>th</sup>  
1:30-2:30 p.m.

Eternal Life Lutheran Church  
7025 E. Main Street  
(East of Power Rd., South of Main St.)

*(Continued from page 1)*

Most importantly, I found out that they needed a newsletter coordinator. Here was the service opportunity that I had been hoping for. I had some experience publishing the newsletter for my teachers' association in Western New York for many years, so this seemed right up my alley. I've spent the past few days doing some research, looking over the older publications from this group, and talking with the former coordinators and the EVIC office manager. A special thank you to Jody, Diane, and Nancy for the many ways in which they have helped me!

Who would have thought that filling in at an E.V.I.C. meeting would bring this to me? I'm looking forward to exercising my creativity and writing skills again, and I thank my Higher Power for bringing this opportunity when I least expected it. I am so grateful to serve all of you and hope that I can contribute to your program as well.

I'll include information about upcoming events and opportunities for service and pass along interesting articles. I'll share information about the books and materials that are available and write an article or two myself in which I share my experience, strength, and hope. But I can't make this a valuable publication on my own; I'm going to ask you to help me in the process.

Here is *your* opportunity for service at a time when *you* least expected it. There is so much wisdom in our rooms. Won't you consider sharing some of it here? Please think about writing an article to share with fellow members. Tell us

## **Spring AWSC Area World Service Committee Meeting**

Saturday, February 21, 2015  
8:30 a.m. - 4:00 p.m.

Lutheran Church of the Risen Savior  
555 S. La Canada Drive  
Green Valley, AZ 85614

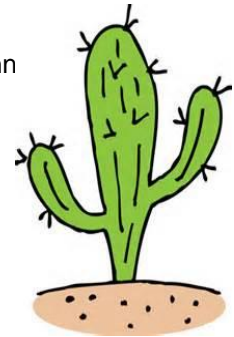
All members of Al-Anon and Alateen  
are welcome to attend!

*Consider bringing another member  
to experience this day  
of Area Al-Anon Service.*

For more information, call (480) 969-6144.

If you are overnighting:  
Best Western Green Valley Inn  
111 S. La Canada Drive  
Green Valley, AZ 85614  
(520) 625-2250

Please mention you're  
with Al-Anon Family  
Groups to receive  
the discount.



about an experience you had that changed your thinking or an "a-ha" moment that clarified an issue for you. Tell us about something a member said that helped you deal with a qualifier or the slogan that helps you the most throughout your day. Come on! You know you've been wanting to do this! Take that first step and put some thoughts down on paper. Send your submissions, thoughts, or questions along to me at [news@al-anoneastvalley.org](mailto:news@al-anoneastvalley.org). Also feel free to call me at 716-969-6519.

I'll make myself available at any juncture of your writing, whether it's simply to accept your finished copy, proofread the draft that you feel isn't quite ready for publication, or take notes and write the material that you don't feel comfortable doing. You can even write anonymously if you like. Let's do this together!

-- Marty M.



***Pubic Response to  
Al-Anon Podcast  
Expresses Pain and  
Anger About a Loved  
One's Drinking***

Al-Anon Family Groups' "First Steps to Al-Anon Recovery" podcasts offer families and friends of problem drinkers an opportunity to comment on topics of interest to people who have been affected by a loved one's drinking. Visitors express pain and anger about their relationship with the drinker in their lives.

"A popular podcast this week," according to Al-Anon Information Analyst Pamela Walters, "is entitled 'How do you deal with unacceptable behavior?' Not every visitor leaves a comment," Walters said, "but comments typically express pain and anger about a loved one's drinking."

Linda is an anonymous podcast visitor who discovered her new husband drinks way too much to be a social drinker. She describes him as having up-and-down mood swings and drinking vodka before going to work.

"Everybody thinks he's just the sweetest, most gentle person around. Well, unfortunately they don't live with him," Linda said. "Last night he moved all his things downstairs and was moving out, then talking suicide. He called his family to say goodbye, that he was committing suicide, and that it was all my fault."

In her podcast comment Linda said, "I deserve better in life, coming home to a quiet house with no issues of walking on eggshells, no worrying about what mood he is going to be in, no verbal abuse. I have a nursing career, but he belittles me on that also. A person deserves a life of happiness, of tranquility and joy—I'm getting none of those."

Find Al-Anon podcasts on your computer on their website at <http://al-anon.org>  
On your iPad, smartphone, or other tablet, search "First Steps to Al-Anon Recovery" on the podcast app.

**Topic Potluck:  
Living with an Alcoholic**

Book: *In All of Our Affairs*  
Date: February 21, 2015  
Time: 3:00-5:00 p.m.  
Place: Pigeon Coop  
4415 S. Rural Rd., Tempe



Pop and water - \$1  
50/50 raffle to benefit EVIC  
Bring a dish to share

There will be an open microphone like a poetry reading, but we'll be reading and sharing about selections from *In All of Our Affairs*. Reading is voluntary; sharing is optional. There will be a book at the podium and a limited number of copies for sale.

Questions: Contact Elisabeth  
at (480) 567-4829

***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.

We are also looking for used Al-Anon books that we can resell for half price. We have a small collection of gently used materials available to those who are interested in purchasing.



## *I'm putting my son in Your care*

*I've thought about my relationship with my Higher Power and my relationship with my son. Here's what I think my Higher Power would say to me:*

Shelley,

You want to hear from Me about letting your son go. You are not abandoning him, as much as it may feel like it. You are simply transferring his wellbeing from your care to Mine.

It was never My intention for you to direct, guide, and control his life. That is My role. Yours in the beginning was to love him, protect him, and teach him. You've done that. He was never yours to keep.

To have peace, you must let him go. Your stubborn self-will only gets in the way of the plans I have for him.

I know it is not your intention to interfere, but you are. You are *not* all-wise and all-powerful. You cannot remove his disease. You cannot love him to wellness. Only I can do that.

You must trust that I care for your son's well-being. You must trust that I love him more than your humanly love. My thoughts, My ways, My plans are bigger than you can comprehend. Your lives are so short, yet you waste so much in worry and fear.

Yes, your son may cut his life short. That is not My intention, but it is his choice. He must trust Me also, and seek to have a relationship with Me. Only then can I work in his life. I will not force Myself on him or you. I am more than willing to be involved in your lives, but only to the degree you let Me. We both know what a struggle trusting Me has been for you.

You can't make it any easier for your son to trust Me. He has to find Me on his own, and he's doing that to the best of his ability. Let him do that. Get out of the way. Love him as My child, the way I love you. But let him go so that he can be himself, whoever that may be.

We're in this together. You can come to Me any-

## **Finding Balance Workshop**

Hosted by Al-Anon District 11



February 28<sup>th</sup> – 2:00 p.m.

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

*Details coming soon!*

[District11@al-anon-az.org](mailto:District11@al-anon-az.org)

District 12

## **Al-Anon Longtimers Tea**

Saturday, March 21, 2015

1:00-4:00 p.m.

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



Seating is limited

Reservations are recommended

For reservations or questions,  
call Sheri S. (480) 892-0466

To set table, email Barb T.  
[district12@al-anon-az.org](mailto:district12@al-anon-az.org)

Speakers: Cecilia K. and Linda W.

time to tell Me your worries and concerns. I'll listen. I always have. But I may choose to be silent. That's My way of stretching you and growing you.

I know you love your son, and I love you for that. But ultimately, he is My child, and I know what's best for him. Entrust him to Me and you will grow. You will find the peace you want. You have so much in your own life to focus on. Focus on growing yourself, and let Me worry about your son.

Loving you always,

Your Higher Power

-- from <http://al-anon.org/for-parents/item/600-i-m-putting-my-son-in-your-care>

<p><b>Step 2:</b>  <i>Came to believe that a Power greater than ourselves could restore us to sanity.</i></p>	<p><b>Tradition 2:</b>  <i>For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants – they do not govern.</i></p>	<p><b>Concept 2:</b>  <i>The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.</i></p>
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***You're not riding a bicycle;  
you're playing golf...***

*by Marty M.*

Do you remember when you learned to ride a bike? I do. I remember where I was (in the park across the street), who taught me (my father), what the bike looked like (small, blue, with no fenders), and how many times I fell before I was successful at staying upright (three). I also remember the feeling of “getting it” – the feeling of taking off and knowing that I wasn’t going to fall anymore. The feeling of balance and control, leaning into curves, stretching forward and pedaling hard to speed up, and putting my foot down to engage the kick stand when I came to a stop. After years of not riding, I’m pretty sure I could get on a bicycle today and ride fairly well. I wouldn’t fall. Once you get it, you really get it.

I’ve often thought that it would be nice if working my Al-Anon program was as easy as riding a bike. I could go to a few meetings, read a book or two, practice some skills, and just “get it.” Once I did, I could just live the rest of my life in healthy peace and serenity.

Ah, but that is not the case. Working my Al-Anon program is more like playing golf. It takes a long time to learn to play well, and you’re always fine-tuning your swing. You’re never really an expert at driving, chipping, or putting. Getting out of the woods and back onto the fairway is often a trying endeavor.

At the beginning, your drive is just as likely to end up in a sand trap or a lake as it is to land safely on the green. There are times when you swear and throw your club back into your bag in disgust. There are clubs that end up wound around a tree. And there are times when you walk off the course vowing that you’ll never come back. It’s tough

work sometimes -- not for the faint of heart.

That is what makes it like working my Al-Anon program. When I started, I felt clumsy and inept. The vocabulary was unfamiliar, and I had to learn which skill to use in each different situation. Each “shot” was new, and I was only as good as my last attempt.

I still have to work at it every day. I have to expect setbacks and failures. I can’t feel too smug when I do something well. Success is fleeting, but oh so wonderful when I finally make some progress. Sometimes I find myself in unfamiliar territory and have to figure my way out of it. At times, I need to call in help from a friend who is more experienced than I. Learning to play golf is very humbling; so is working my Al-Anon program.

But the more I work at it, the better chance I have of ending up on the fairway, hitting my shot straight and true, and finding myself in a good position on the green. I get more calm as I prepare to putt, I regroup more easily when I miss the hole, and I record my score with pride, knowing that I did my best and that I can use the mistakes I just made to do a better job next time.

Many people hire a pro to help them improve their game. In Al-Anon, we seek out a sponsor. Mine spent hours listening to me and sharing her experience, strength, and hope. She was available to me when I got into trouble and there when I needed a tune-up.



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In the same way that people love the peace and beauty of the golf course on a sunny day, I love the peace and serenity of “the rooms.” I know that I can go there to escape, to learn some new skills, and to regroup for what I’ll find when I get back home. I “get it” a little more each day, but I’ll never be perfect. That is why I keep coming back. ☘

## AFG of Arizona Area Convention “Changed Attitudes Aid Recovery”

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

[www.azal-anonconvention.org](http://www.azal-anonconvention.org)  
[www.al-anon-az.org](http://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!

## 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

## NEW TRAINING AND RE-CERTIFICATION FOR AMIAS!

(Al-Anon Members Involved in Alateen Service)

February 14, 2015

10:00-12:00: New Certification Training  
(includes those whose certification  
has lapsed)

Bag lunch – Bring your own

12:30 – 2:30: Continued New Training and  
Re-Certification for Current AMIAS

Where: Salt River Valley  
Al-Anon Information Service  
2432 West Peoria Ave., Ste. 1027  
Phoenix, AZ 85029

Contact: [alateencoord@al-anon-az.org](mailto:alateencoord@al-anon-az.org)