

East Valley Information Center Newsletter



February 2016

District 11, 12, and 13

Issue 12

East Valley Information Center Officers and Coordinators

Chair Mary Ann N.
Vice-Chair Johnene B.
Secretary Calena O.
Treasurer Chelsea G.

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AA Liaison Lee
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Archives (open)
Events Jean G.
Fundraising Chris S.
Home Calls Michelle C.
Info. Distrib. Julie W.
Institutions (open)
Literature Tammy
Meeting List Cecelia
Newsletter Marty M.
EVIC Liaison (open)
Public Outreach (open)
Website (open)

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>

Silence is Golden

I have always heard that slogan. I think this goes hand in hand with "choose your battles." The hardest part is knowing WHEN to be silent.

I remember years ago when my boys were teenagers. My oldest son was overweight. I worried so much about his health. When he would go for his second sandwich or third helping of potatoes, I would always make comments, asking him not to eat anymore because he really needs to lose weight, even though my sixth sense was screaming at me to shut up.

Years went by and he became an adult. I asked him one time, "When I used to nag you about overeating, did you do it because of me?" He said, "Yes. One bite for me and two for you."

Now here I am with my youngest, who is an alcoholic in denial. I want so badly to tell him to get help. I had tried that a while back. It didn't go well. My sixth sense was screaming at me then also, but again, I didn't listen.

The overeater and the alcoholic are NOT going to say "Mom, whenever you tell me to stop it, it just makes me do it more." They are just going to get mad and defensive and do it more....for me. So I keep my thoughts to myself, relive the adult conversation with my oldest, and keep repeating the Serenity Prayer until the urge passes and I move on.

—Pam G.

Thank You... ...to all who helped with and contributed to the Winter Extravaganza!!
The contribution to E.V.I.C. was \$5,711!!!!

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.*

Turning Point

When a fellow Al-Anon member shared that her turning point was when she realized she *really couldn't* change anyone else and that her only real option was to allow her loved one and his Higher Power to work out his issues, it got me to wondering...what was *my* turning point? At what point did I fully embrace the Al-Anon program? Did I even really have an “ah-ha!” moment?

I'm sure you have heard the example of turning a cruise liner around in the ocean. It's slow going, but it eventually gets done. That's what my turning point was like. In my first meeting, two things happened: I saw a list of things that I shouldn't be doing, and I bought the *How Al-Anon Works* book. Even before getting home from the meeting, I decided to trust the program enough to stop checking up on my spouse's drinking. That was a big change for me. Then I started reading the book, and it seemed to me that any program that has been around for so long must work.

As I attended more meetings, everything I was learning made sense. My life was clearly unmanageable, God had the power to restore my sanity, and I needed to let Him do it. The first three steps applied to me perfectly.

As I work on my personal inventory, I continue to see room for improvement... but I also see continued successes. I am still learning and growing, but the people closest to me have already noticed positive changes. Even without one particular “ah-ha!” moment, my long string of seeing Al-Anon work in so many lives has made me a big proponent of the Al-Anon program.

Have you had one particular moment that made you realize that you are in the right place at Al-Anon? Or are you like me -- trusting the program enough to give it a try, then gradually embracing it after seeing it work? Either way, we are in the right place!

-- Chuy



Family Recovery Night

Let It Begin With Me

Saturday, February 27th

Fellowship and Italian dinner at 5:30 p.m.

Al-Anon and AA Speakers at 7:00 p.m.

Raffles:

2 baskets and 50/50

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

Babysitting available
during the speakers only

You won't want to miss this!

**You're invited
to a very special**

Lasagna Luncheon and Speaker Meeting

Joan and Kevin M. share the podium to talk about the family disease and share their solutions by answering your “Ask It Basket” questions!

A delicious lasagna luncheon will be served.

February 6, 2016
10:00 a.m. to 2:00 p.m.
Resurrection Catholic Church
3201 S. Evergreen Rd.
Tempe, AZ 85282



- \$5+ suggested donation
- 50/50 raffle
- Babysitting provided during speaker meeting



SPONSORSHIP – EVERYTHING YOU NEED TO KNOW

On the extra day of this year:
Monday, February 29, 2016

A panel of three longtime Al-Anon members will share their knowledge and experience about Sponsorship and why it's important to have a Sponsor. There will be time for questions and other sharings.

This is an open meeting of the Monday Morning One Day at a Time meeting at 10:30 a.m. in Apache Junction at St. George Catholic Church, 300 E 16th Avenue, Apache Junction 85119

So, if you're ready to "leap" into the year with getting a sponsor or being a sponsor, or learning more, please come.

**Thank you and
Happy New "Leap" Year!!!**

Snacks and water will be available.
No babysitting is available.

National Director of Children's Programs at the Betty Ford Center talks about the effects of a parent's or other loved one's drinking on their children

Welcome to "First Steps to Al-Anon Recovery" from Al-Anon Family Groups. This podcast features an interview with Jerry Moe, National Director of Children's Programs at the Betty Ford Center. In this interview, Jerry talks about the effects of a parent's or other loved one's drinking on their children.



Click on the link below (or copy into your address window) to listen to this podcast:

<http://al-anon.alateen.org/Podcasts/FirstSteps/>

Did you know . . . ?

You can now purchase two important Al-Anon publications in electronic format! *How Al-Anon Works* and *Courage to Change* are both available on Kindle and iBooks. The newest, *Courage to Change*, comes in two parts that must be purchased separately.

Al-Anon members now can have electronic access to two great readers wherever and whenever we need via smartphone, PC or Mac!



2016 Al-Anon Convention Items for sale at E.V.I.C.

Insulated Tote Bag — With zipper closure — \$10.00

Power Bank — Keep your portable devices charged — \$15.00

Carry this message to others...

During my first years in Al-Anon, I would invariably end up at a meeting where they were talking about a Step I hadn't yet arrived at. I heard people say that you should work the Steps in order, but it seemed odd to me to put off working other Steps simply because I was still back at Step 1, 2, or 3. Surely I could think about my own shortcomings before I got to Step 4. And certainly I could make amends to someone I had wronged before I got to Step 9.

In my "dis-eased" mind, it followed that I could "carry this message to others" as well, especially since I was getting healthier with each meeting I attended. As I got more and more experience, strength, and hope under my belt, I wanted to spread the word to others who were having problems in *their* life. I thought Step 12 gave me the permission to do that.

What I found, however, is that others were not ready to receive the message. I was disappointed that I couldn't share my good fortune with my family and friends. In examining my motivation, I realized that I had forgotten that I also have to "practice these principles in all our affairs." It wasn't what I *said* to others but how my behaviors and attitudes had changed since I began to work the program.

Who was I to decide who should be changing and how? What control did I have over the actions of others? Why would I think that they needed to address *their* shortcomings when I hadn't fully addressed my own?

That brought me right back to Step 1, 2, and 3. I realized that I can only be responsible for my own choices, and I can't do that without the help of my Higher Power. I needed to get back to basics so I would be really ready for the Steps that followed. By doing that, I would be *practicing these principles in all my affairs*.

— *Anonymous*



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

Area Liaison
Alateen Coordinator
Institutions Coordinator
Public Information Coordinator
Archives 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 February 23rd at 7 p.m. at the EVIC Office, 1320 E. Broadway.

Step 2:

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2:

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.

Concept 2:

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

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.*

Renowned Expert Reveals Three Things Children Need to Recover From a Parent's Alcoholism

In a newly released Al-Anon podcast interview, the National Director of Children's Programs at the Betty Ford Center discusses how Al-Anon and Alateen can help families and children affected by a loved one's drinking.

The National Director of Children's Programs, Jerry Moe, at the Betty Ford Center, a part of Hazelden Betty Ford Foundation, said in a podcast interview with Al-Anon Family Groups during National Recovery Month, we should be "very concerned" about the children who are

exposed to a parent or other loved one's drinking.

"What we know is that one out of every four children in the United States, today, is growing up in a family and they love someone who suffers from the disease of alcoholism," said Moe.

Moe said, "I look at three important things for programs, specifically for boys and girls growing up in families that have been challenged and hurt by alcoholism.

"Number one, programs need to provide information – accurate, solid, age-appropriate information," said Moe. "Boys and girls need to learn

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Would you like to help? We need YOU!!

Volunteers needed to work at the EVIC office for either the morning (9:30-1:00) or afternoon (1:00-4:30) shift on Friday.

Volunteers will be trained and there is an office worker's notebook to refer to.

Your duties will include:

- * answering the phone
- * selling literature
- * fielding questions
- * distributing materials

Feeling energetic and want to do more work at the office? You can:

- * vacuum and clean up
- * organize literature
- * spruce up the place

Feeling like you've got a lot of your own things to do? You can:

- * read a book or write a letter
- * knit or sew
- * bring your laptop or tablet — we've got wi-fi!

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

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. We are currently staffed during the following hours:

Monday: 9:30 a.m. – 4:30 p.m.

Tuesday: 9:30 a.m. – 4:30 p.m.

Wednesday: 9:30 a.m. – 4:30 p.m.

Thursday: 9:30 a.m. – 1:00 p.m.

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.



that alcoholism is a disease. And, in both the Al-Anon and Alateen programs, boys and girls, teenagers, and family members learn the three C's: 'I didn't cause the alcoholism, I can't control it, and I can't cure it.' Also, boys and girls need to learn that they're not alone. And, that's the sad irony, I believe - one out of every four kids in the United States - and yet so many think and believe they're the only ones contending with this problem."

Moe continued, "Second – skill building, and in Alateen, boys and girls, teenagers, learn a variety of skills: communication skills, problem-solving skills, and ways to positively cope and take good care of themselves. They develop listening skills; they deepen emotional intelligence, and really get a sense of hope. In Alateen, they can build skills that can serve them for the rest of their lives, in all aspects of their lives.

"The third one is bonding and attachment. There's something to be said about a sense of belonging, a sense of deep connection, feeling a part of something. And when grownups sit in a room where there's an Al-Anon meeting, or teenagers are in an Alateen meeting, they report back to me, on a regular basis, that sense of camaraderie, hope, a sense of belonging. And, I believe these are key spiritual aspects that deepen one's healing from this awful disease."

"When it comes to information, skill building, and bonding and attachment, Alateen does this so very well," said Moe.

Al-Anon Family Groups are for families and friends who have been affected by a loved one's drinking. Nearly 16,000 local groups meet throughout the U.S., Canada, Bermuda, and Puerto Rico every week. Al-Anon Family Groups meet in more than 130 countries, and Al-Anon literature is available in more than 40 languages. Al-Anon Family Groups have been offering strength and support to families and friends of problem drinkers since 1951. Al-Anon Family Group Headquarters, Inc. acts as the clearinghouse worldwide for inquiries from those who need help or want information about Al-Anon Family Groups and Alateen, its program for teen-



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

¡ HOLA!

We welcome our new Spanish meetings to E.V.I.C.

Lois AFG

Wednesday and Friday night
7:00-8:30 p.m.
(beginning November 4th)

1320 E. Broadway Rd. — Suite #109

age members.

For more information about Al-Anon Family Groups, visit al-anon.org and read a copy of Al-Anon's annual public outreach magazine "Al-Anon Faces Alcoholism 2016." Find a local meeting by calling toll-free: 1-888-4AL-ANON.

This article is reprinted from a press release available on the Al-Anon website: <http://www.prweb.com/releases/2015/08/prweb12883967.htm>