

East Valley Information Center Newsletter



July 2015

District 11, 12, and 13

Issue 6

East Valley Information Center Officers and Coordinators

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Vice-Chair	Johnene B.
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AA Liaison	Lee
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Archives	(open)
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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>

PRAYER FOR TODAY

Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive; it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

—As printed in the *Just For Today* bookmark

Al-Anon emphasizes the need to recognize a Higher Power. Whether that power is called Lord, Divine Master, God, Nature, Fate, Karma, Al-Anon, or any other name, He is necessary for our growth. He is the power that is greater than us, who loves us, and knows what is best for us. He guides us if we let Him. If we trust Him.

The rest of this prayer is our acceptance of Him and His will. He has given us the ability to be His instrument. I can *and should* sow love where there is hatred. So does that mean I should love the terrorist group that was responsible for the attacks on 9/11? No, but I can let go of my hatred and let God take care of the consequences of that attack. Maybe by letting go I can be part of the bridge to peace.

How many times have we been injured by an alcoholic in our lives? Over the years I have been injured by many different people. Should I just forgive the ones who were not alcoholics? Of course not, for “it is in pardoning that we are pardoned.” I need

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

Attitude of Gratitude is 30!!
In honor, we are hosting
Family Recovery Night
Saturday, July 25th

Fun, food, and fellowship at 5:30 p.m.
Al-Anon and AA Speakers at 7:00 p.m.

Surprise Raffle and 50/50
Balloons, Bubbles, Hula Hoops, Party Hats,
Taco Bar, and Cake!!!

**DON'T FORGET
THE CAKE!!!**

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



Babysitting
available
during the
speakers only

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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forgiveness just as much as I need to forgive others.

Doubt, despair, darkness, sadness -- we have been offered the power to overcome all of these. We have the free will to accept that power or to dwell in sorrow. If I accept that gift of power, I am able to grow beyond my own issues and begin to help others. I can begin to console, I can focus on understanding others, I can love without the requirement of first being loved. I can serve my Higher Power by helping people just as I have been helped in Al-Anon.

Our spirituality differs from person to person. For some of us, religion guides our spirituality. Others of us have never been religious or have given up on it. We can all share in our recognition and acceptance of a Higher Power without focusing on those differences. Many truths are found in both religious and non-religious sources.

As we continue to learn and grow in Al-Anon, we eventually come to realize that we have had a spiritual awakening. So many times I have come to an Al-Anon meeting and have heard myself or someone else say, "This is exactly what I needed to hear today." It could be Al-Anon at work, or it could be a Higher Power working through Al-Anon and the people in attendance. Either way, spirituality is involved. When I am able to grow beyond my expectations, it is due to the grace of my Higher Power. Seven of the twelve steps reference a Higher Power, God, or spirituality. Religion can be a touchy subject, but spirituality should not be.

— Anonymous



Fall AWSC

August 8, 2015 — 8:30-4:00

Community Presbyterian
Church of Pinetop
1940 S. Penrod Lane
Pinetop, AZ 85935

Fully self-supporting...

Tradition meetings are never my favorite, but I always sit up and pay attention when Tradition 7 is examined. *Every group ought to be fully self-supporting, declining outside contributions.* It wasn't until we read and discussed the corresponding chapter in *Paths to Recovery* that I fully understood how the words of this tradition could lead my *own* life in a positive direction.

Initially, it didn't seem to apply to me personally. After all, I *was* fully self-supporting. I had held down a job all my life and, since I had retired, my pension provided all that I needed to maintain a comfortable lifestyle, travel to see family and friends, and make sure my bills were paid. How lucky I felt to not have to worry about finances as many people have to do in their later years.

But after an Al-Anon Tradition meeting one day, a little thought started gnawing at me. How self-supporting would I be in the future if I continued to pay not only my own expenses but also those of my qualifier? How long could I go on paying *all* the housing costs, *all* the travel costs, *all* the entertainment costs. He was trying to get a job, something commensurate with his skills and abilities, but it had been one year, then two, then three, and nothing seemed to be popping up on the horizon. How long did I think I could go on like this?

I had to admit that I had cashed in one of my retirement accounts in order to keep my (our) head above water. I had racked up some credit card bills that I wasn't really comfortable with. I had robbed Peter to pay Paul on many occasions. So really, how self-supporting was I?

And just as importantly, my willingness to enable my qualifier by paying all his bills left *him* not fully self-supporting. How was he ever going to

be motivated to get a job and take care of his own expenses if I provided him a safety net month after month? Why would he even try? And how could he regain the self-confidence and self-respect he so badly needed if I kept stealing it from him every time I wrote out a check?

Attending that tradition meeting showed me in a way that nothing else could that I was not only cheating myself out of a successful future, but I was also cheating *him* out of the same. It was with that thought in mind that I gained the courage to explain why I needed him to leave. It was something I didn't do *to* him but *for* him. And for myself. Because after all, if we can't take care of ourselves, how can we hope to be of service to others?

It wasn't easy for me to take that step, but I have never looked back. I have made the changes I needed to make in order to live on my own with the help of my Higher Power, and so has he. Our lives don't intersect very much anymore, but I like to think that he provided a lesson I very much needed.

— Amanda S., District 13

*We must be willing to let
go of the life we have
planned so as to have the
life that is waiting for us.*



— Joseph Campbell, Mythologist

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!

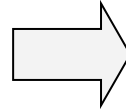
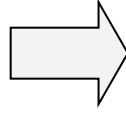
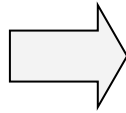
-- Marty M.

<p>Step 7: <i>Humbly asked Him to remove our shortcomings.</i></p>	<p>Tradition 7: <i>Every group ought to be fully self-supporting, declining outside contributions.</i></p>	<p>Concept 7: <i>The Trustees have legal rights while the rights of the Conference are traditional.</i></p>
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SAVE the DATE

for the Al-Anon Craft Fair 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

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: (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 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.



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

Dealing with my parents' alcoholism— one teen's story

There are many trials in life that one must go through, and everybody deals with these problems differently. Some write. Some fight. Everyone in my family seemed to drown their problems in alcohol.

As a six-year-old, I didn't see the problems that my family faced. The world was big and full of wonder in the eyes of a curious little boy, but having alcoholic parents made my world a lot smaller. I couldn't put into words how scared I was.

I learned quickly to figure out what my parents were thinking and feeling. I needed to know if I was coming home to the warm, loving place that a home should be, or to a war zone where people were afraid to speak their feelings.

At some point, my parents thought it would be a good idea for my mother to leave. During this time, my mom and my dad jumped in and out of sobriety.

One time my dad left on a Friday night, leaving me and my friend at home. When he didn't come home, we went to my friend's house. My dad picked me up hung over. He said he wanted to change.

I saw my mother after that, and she was sober. She brought up Alateen. I told her I would give it a try. I told my dad that I wanted to go, and he decided to go to A.A. We began the journey to recovery together.

I remember my first meeting pretty well, though it feels like it happened ages ago. There were a lot of older kids, and all were complete strangers. I was trying to find a dark corner to hide in when an 18-year-old girl came up to me and knelt down so we were eye level. With a soothing voice and a loving smile, she asked me, "Are you nervous?" I hesitantly nodded yes. She grabbed my trembling shoulders, shook them with great excitement, and screamed, "Don't be nervous!" I jumped. Everyone laughed and gave me a hug.

At that moment, all the fear and tension I had in my heart was lifted. For some reason, that was the

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.

most loved I had felt in years. I couldn't stop myself from smiling and laughing along with the rest of the group. I was truly happy for the first time in years.

During that first meeting I shared and I cried. It felt so good—like walking on air. I went for years without missing a meeting.

I think about what my life would be like if I had never gone to that first Alateen meeting. I could have hurt myself or someone else. I could have ended up in jail or maybe become an alcoholic. When I picture the alternate world I could have possibly made for myself, I feel blessed that my Higher Power cared about me enough to lead me into the program.

Alateen didn't "fix" me or make me perfect. It showed me where to put things in my life so I could love the finished product. I learned that life is worth living. Being happy is when I look at the cards that God has dealt to me, relax, and smile. I may not have been dealt the best hand, but I don't have the worst.

— by Jeremy

This article is reprinted from a press release available on the Al-Anon website: <http://al-anon.org/dealing-with-my-parents-alcoholismone-teens-story>