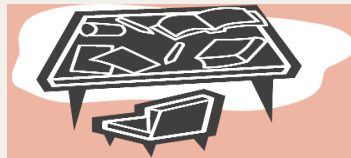


**Providing up-to-date information and events for the East Valley and surrounding areas.**



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We aren't perfect so you may find mistakes in the newsletters. If you have an issue with this newsletter, please email me or tell me directly.

**Thank you.**

**Jody C.G., Newsletter Editor**

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

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

This newsletter is intended primarily for online purposes. But please feel free to

**MONTHLY BUSINESS MEETINGS ARE HELD MONTHLY AT EAST VALLEY INFORMATION CENTER:**



What happens at our monthly business meetings? Al-Anon members discuss group issues, new ideas, and EVIC news. Group Representatives vote, and all Al-Anons do have voice, so come share yours.

The business meetings are held on the fourth Tuesday evening of each month from 7 to approximately 8.

**ALL AL-ANON MEMBERS ARE WELCOME!**

## Tradition Seven:

Every group ought to be fully self-supporting, declining outside contributions.

The Seventh Tradition is a vital way to carry out our primary purpose, as expressed in Tradition Five.



As our Seventh Tradition suggests, Al-Anon is a self-supporting fellowship. As individuals, we learn to take responsibility for our own words, thoughts, feelings, and actions. As members of our group, we do whatever it takes to assure that our group remains strong and vibrant. We are self-supporting when we give our group the time, talent, energy, and money it needs to help the families and friends of alcoholics. We don't accept help from outside our fellowship, but we do reach out beyond our group to assure that "When anyone, anywhere, reaches out for help," Al-Anon and Alateen will be there to provide it.

Some of the ways that members contribute are:

### Group:

- Attend regularly; welcome newcomers
- Help with set-up and clean-up
- Serve as a Group Representative, Information Service Representative, or officer
- Encourage reports from the Group Representative and Treasurer
- Give what you can when the basket is passed

### District:

- Attend District meetings and events
- Send personal or group contributions
- Serve as a District Representative, officer, or committee member

### Al-Anon Information Service:

- Volunteer to answer phones
- Send personal or group contributions
- Serve as an officer or committee member
- Attend fundraising events

### Area:

- Attend the Area Assembly and events
- Send personal, group, or district contributions



CONCEPT 7

## Concept Seven

The Trustees have legal rights while the rights of the Conference are traditional.

CONCEPT 7

Step Seven: Humbly asked God to remove our short comings.

Excerpts from Al-Anon members on Step 7:

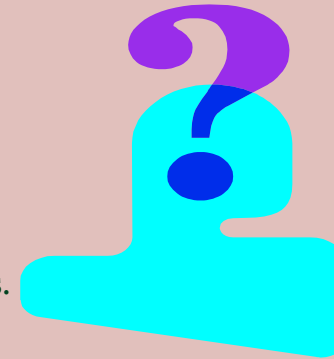
In this step, we are asking our Higher Power to do something. It is the only step where we ask for something; all of the other steps are directives.

Who does the seventh step: Our Higher Power or us...or both of us?

I am working Step 7 once again. In Step 6 I became entirely ready to have HP remove my many shortcomings. I saw how much pain my anger, resentment, self pity and fear caused ME. I also saw how judging others, and gossiping and blaming everyone kept me isolated and angry all the time. I slowly developed new coping tools so that I was acting in a positive fashion and not reacting with my old defective tools. I wanted all of these defensive tools lifted and humbly ask my HP each morning to remove them. One day I awoke and the pain of the anger and resentments were gone. I am now doing another round of the steps and am again peeling the onion a bit deeper and am at the place where I have to again trust that HP will free me from my new defects that of being always wanting to be right, entitled to be sad (my son died after all), entitled to be mean and on and on. I am again asking HP to help. I cannot change me I can pick up my wonderful Al-Anon tools and go forth and know HP will remove them in His time.

Concerning Character Defects we've:

- \* uncovered them in Step Four...
- \* accepted them in Step Five...



Do you want to be involved in Alateen service?  
Do you have at least 2 years in Al-Anon?  
Do you regularly attend Al-Anon meetings?  
Are you at least 23 years old?

## Certification Training August 23<sup>rd</sup> from 1-3:30

Be certified to be of service to Alateen:

- ✓ Be a group sponsor
- ✓ Be a back-up group sponsor
- ✓ Provide support & encouragement to Alateen groups

## Queen Creek Meeting House

19729 E. San Tan Blvd  
*(between Hawes & Sossaman)*

So that we have enough handouts, let us know if you think you might attend. (Drop-ins welcome)

Sue: 480-463-5504  
suecasa@live.com

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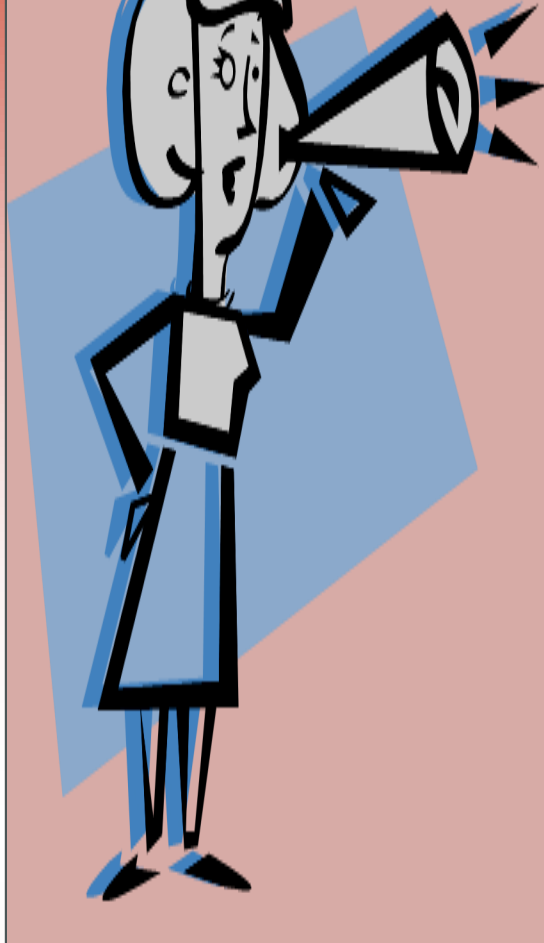
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Sue: 480-463-5504  
suecasa@live.com

"In Alateen I found love, friends,  
understanding, and faith—  
all the things I had  
lost."

*Alateen Talks Back on Serenity pg. 21*





**ATTENTION!!!**  
**CALLING ALL**  
**AL-ANON MEM-**  
**BERS!!!**

**WE NEED YOUR INPUT FOR**  
**“OUR DAILY REPRIEVE,”**  
**EAST VALLEY INFORMATION**  
**CENTER MONTHLY NEWSLETTER!**

**If you don't feel comfortable writing an**  
**article yourself, the newsletter editor will**  
**interview you and write it for you.**

**Submission Guidelines: The Al-Anon/Alateen**  
**Our Daily Reprieve EVIC Newsletter welcomes**  
**submissions such as reflections, revelations,**  
**and humorous anecdotes. You may also in-**  
**clude comments or suggestions, as this news-**  
**letter is just for you.**

**Please submit your article by the 10th of the**  
**month to: [news@alanoneastvalley.org](mailto:news@alanoneastvalley.org). You**  
**may sign your first name, last initial and/or**  
**city, or anonymous.**



**LIVES HAVE BEEN EFFECTED BY  
SOMEONE ELSE'S ALCOHOLISM...  
BUT YOU DON'T HAVE A LOT OF TIME ?**

**HOW CAN YOU HELP? WE NEED YOUR DONATIONS  
TO KEEP THE DOORS OPEN TO THE EAST VALLEY  
AL-ANON INFORMATION CENTER!  
WE AREN'T ASKING FOR MUCH!**



**HELP EVIC KEEP THE DOORS OPEN SO WE  
CAN HELP OTHERS BY CONTINUING TO:**

- ◆ Answer phones 24 hours a day, staffed mostly by volunteers
- ◆ Sell literature such as Al-Anon books, pamphlets, booklets
- Provide and update a meeting list for Mesa and surrounding
- ◆ Provide and maintain an up-to-date website

Call 480-969-6144







# INFORMATION

**Submission Guidelines:** The Al-Anon/Alateen Our Daily Reprieve EVIC Newsletter welcomes submissions such as sharings, reflections, revelations, and humorous anecdotes. You may also include comments or suggestions, as this newsletter is just for you.

Please submit your article by the 10th of the month to: [news@alanoneastvalley.org](mailto:news@alanoneastvalley.org). You may sign your first name, last initial and/or city, or anonymous.

Be sure to look for this month's personal share on page 7.

## Here are some newsletter topic ideas:

\*Honesty

\*Love of Self vs. Self-Love

\*Death

\*Meditation

\*Who would I see if I saw myself walking towards me?

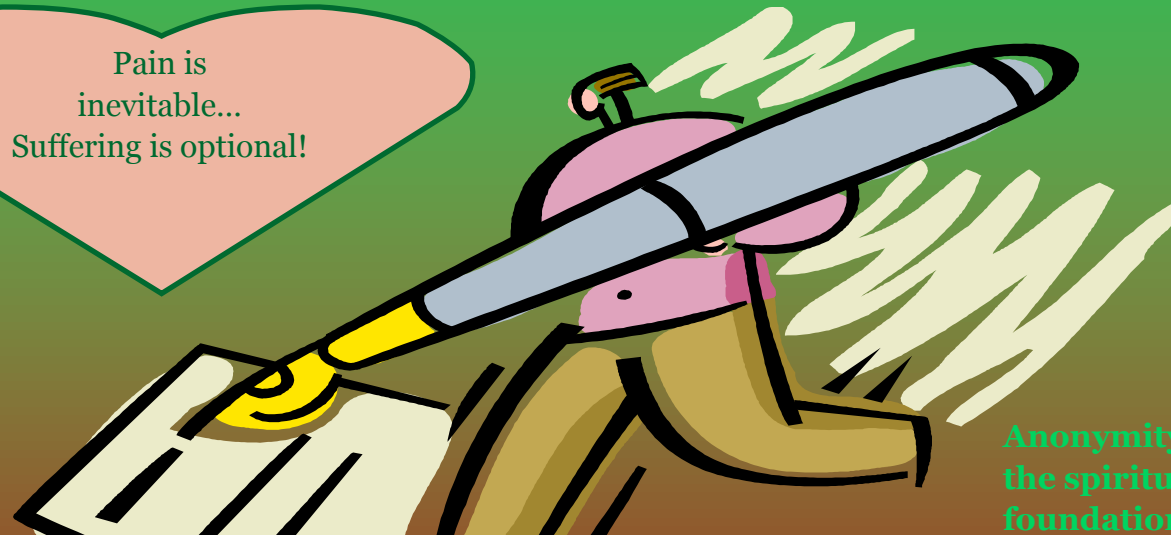
\*Maturity

\*Importance of Newcomers

\*Communication/Commitment/Comprise

\*How do I deal with an Al-Anon who has disappointed me?

Pain is inevitable...  
Suffering is optional!



Anonymity is  
the spiritual  
foundation

2014

OFFICERS:

<b>CHAIR:</b> Michelle G	<b>VICE CHAIR:</b> Stacy D.	<b>SECRETARY:</b> Tammie
<b>TREASURER:</b> VACANT		
<b><u>COORDINATORS</u></b> <b><u>&amp; STAFF:</u></b>		
<b>AA LAISON:</b> Molly G.	<b>ALATEEN:</b> VACANT	<b>ARCHIVES:</b> Catherine
<b>EVENTS:</b> Amber	<b>HOME CALLS:</b> Kate	<b>INFORMATION DISTRIBUTION:</b> Kate
<b>INSTITUTIONS:</b> VACANT	<b>LITERATURE:</b> Kathy D.	<b>MEETING LIST:</b> Elisabeth B.
<b>NEWSLETTER EDITOR:</b> Jody C.G.	<b>EVIC LIAISON:</b> Lisa R.	<b>PUBLIC INFO:</b> VACANT
<b>WEBSITE COORDINATOR:</b> Scott	<b>OFFICE MANAGER:</b> Nancy E.	