

# *East Valley Information Center*

# *Newsletter*



June 2015

District 11, 12, and 13

Issue 5

### **East Valley Information Center Officers and Coordinators**

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

### ***I Got My Answer from Al-Anon***

I went to my first Al Anon meeting almost two years ago. I had a problem with an alcoholic relative and needed a quick answer. Knowing nothing about what Al-Anon was all about, I went to ask what to do. My plan was to ask my question, get the answer, and be on my way. Now I look back and it makes me smile. Oh, I got my answer alright but not the way I thought.

I watched and listened as each person spoke. After each one was finished, I thought to myself, "I know what they need" or "I know what they should do." Luckily I kept my mouth shut while I learned the Al-Anon process.

Each person had a different problem. Kind of. All had a problem that was so different, yet the same. We all have an alcoholic in our life. Some are spouses, some children, some are parents or friends. But we all have or have had one.

Back to my visit. I was going to wait until the meeting was over and ask someone what I should do. What I found was this: By the time the conversations had gone around the room and each person spoke, I found my answer. They *all* told me what to do but while telling their story. I found that I could leave and take a small part of what each person said with me.

What I also learned is I wanted to come back. Everyone made me feel so comfortable and glad I was there. I realized the answer is not found in one meeting. No matter how many meetings we attend, we still learn something. The other part of being there is being there for each other.

I will keep coming back because it works if you work it and you are worth it!

— Pam G.

#### ***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.*

***KJZZ “We Are the Valley” interview offers comments from local members who found serenity in the program...***

Listen to two area Al-Anon members as they describe the comfort of being in “the rooms.” Matt and Anna protect their anonymity by using pseudonyms while they discuss differing feelings about their experience as new members and how the program offers them peace and serenity. This fifteen-minute interview is a great resource to share with those who are contemplating giving Al-Anon a try!

<http://kjzz.org/content/74283/al-anon-offers-support-those-loved-ones-affected-alcoholism>

**EVIC Family Recovery Night**

**Trivial Pursuit  
Potluck and 50/50 Raffle**

St. Peter’s Lutheran Church  
1844 E. Dana Ave. – Mesa  
Saturday, June 27th

Al-Anon and AA Speakers

Potluck suggested items by first name:

- A-G: Appetizers
- H-M: Entrees
- N-Z: Desserts

Fellowship — 5:30  
Trivial Pursuit — 6:00  
Meeting — 7:00

Babysitting available during the speakers



***That First Meeting***

Ever wonder how you could have been so far off about something? That was me when I attended my first Al-Anon meeting. My first mistake was walking into the wrong room. I saw a sign that said AA, walked in, sat down, and started chatting. After several minutes, someone finally said "Oh, you want Al-Anon, not AA."

The Al-Anon group was in the middle of the Serenity Prayer and I felt I was interrupting. One woman graciously welcomed me, then we took turns reading the Twelve Steps and Twelve Traditions. Just my luck it was my turn when we got to the last Tradition. I nearly jumped out of my chair when I got to the final three words and everyone in the room nearly shouted "principles above personalities."

On the way home I kept going over what that Welcome Woman had said: “We didn’t cause the alcoholism.” That was a big relief to me. On the other hand, I was doing most of the "don'ts" on their list. Maybe another meeting or two wouldn't hurt.

The meeting list they gave me included several locations within fifteen minutes of my house. How did I not know about Al-Anon until now? I made it to six meetings at six locations in my first couple of weeks. The more I went, the more I realized how much I needed Al-Anon and the more I knew I belonged.

Every meeting contains new insights as people share their own experience, strength and hope. Even when someone shares their sorrows, it reminds many of us that we are not alone. If I want to continue to grow via Al-Anon, I need to keep coming back. After all, it works — and like you, I'm worth it.

*-- Jes, District 13*

*You don't have to see the whole staircase. Just take the FIRST STEP!!*

***From a constant listener . . .***

When I am at an Al-Anon meeting, I am a listener. A grateful listener. I listen, not because I have nothing to say or contribute. I listen because I have been taught that it is better to remain silent and be thought a fool than to open my mouth and prove it. If I speak up, all these fine people will discover what I am trying to hide. They will learn that I am not eloquent, witty, or intelligent. They will quickly see that I am not the best reader, which has always embarrassed me. I also fear that I might say something insensitive or even offend someone, which would be mortifying.

Many in my meeting may have experienced my awkward hugs and some have noticed that when I am nervous I sometimes shake or talk funny. Anxiety is a b\*\*\*\*. I may try too hard to be funny or clever out of desperation because I so want you to like me. I lack the confidence to just be myself and know that I am good enough as I am. At times I can share my thoughts in smaller groups, but when I do I always beat myself up after. I replay my words over and over in my head and think about how I either could have said that better, or perhaps not at all. Then I think, "Oh, how these people must think I'm stupid."

I am learning to accept the love of others in small doses, but in larger groups I feel overwhelmed by your love. It is difficult to comprehend receiving love that I feel I have not yet earned. The greatest fear of all is that I might share what is truly in my heart and become emotional. If I allow myself to feel, I might cry in front of all of you and further expose my weakness. Ironically, when I see others do this, I respect them for it. I think they are brave. I admire them and aspire to one day be like them. So wise and wonderful they are. But, if I do this before I am ready and allow you all

into my secret hell, the tidal wave of your love might rise up and swallow me whole. I have seen this wave in meetings and witnessed those with experience deftly get up and surf on it. For me, as I am just learning to swim I will linger a while longer in the shallow end hoping that one day I can let that wave wash over me without fear.

So, keep encouraging me and the other constant listeners to take that chance to raise our recovery to another lever. Nudge us along gently and remind us we are safe. Let us learn that by watching how you treat each other when you share. We will get there in our own time with the love and support of the program. Just please be patient with us. We are each growing at different rates, but we all want to grow up to be just like you. Happy, Joyful, and Free!

*-- Mariam E., Cape Coral, FL*



**SAVE**  
the **DATE**

**for the**  
**Al-Anon Craft Fair**  
**Saturday, November 14<sup>th</sup>**

Anyone wishing to work on planning should contact Mary Ann at [chair@al-anoneastvalley.org](mailto:chair@al-anoneastvalley.org)

<p><b>Step 6:</b> <i>Were entirely ready to have God remove all these defects of character.</i></p>	<p><b>Tradition 6:</b> <i>Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.</i></p>	<p><b>Concept 6:</b> <i>The Conference acknowledges the primary administrative responsibility of the Trustees.</i></p>
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## What professionals say . . .

The following links are found on the Al-Anon website and connect to videos of professionals as they discuss the role of Al-Anon in their work:

<http://al-anon.org/tim-cermak>

<http://al-anon.org/ellen-morehouse>

<http://al-anon.org/cathy-barrick>



## Public Service Announcements

Available on the Al-Anon website. Click and listen. Share with a friend.

<http://al-anon.org/psa-1>

<http://al-anon.org/psa-2>

### *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 open during the following hours:

Monday: 9:30 a.m. – 4:30 p.m.

Tuesday:

Wednesday: 9:30 a.m. – 4:30 p.m.

Thursday: 9:30 a.m. – 1:00 p.m.

Friday:

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](mailto: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.



### ***Report from the Convention:***

Our EVIC office was responsible for sale of literature at the 2015 Convention in Tucson. We realized a profit of \$257.03 as a result. Thank you to all who helped with this project!

### ***Woman broke from pattern of abusive relationships***

I was suffering in a verbally abusive relationship—not my first—when I attempted to join Al-Anon. I'd heard that it could help me with my problems. I went to a meeting and asked a woman afterward if I had to know someone who drank to join. She said I did. Disheartened, I phoned the central office in my Area and asked the same question. I received the same response.

Ten years and two more abusive, obsessive relationships later, I dragged myself to an Al-Anon meeting hoping I finally qualified. The latest relationship disaster was with a man who'd decided to stop drinking 13 years earlier. I didn't know if that meant he was an alcoholic, but I decided that had to be enough to get me through the door. I was desperate.

To my relief, no one asked me for my credentials. The woman I asked to sponsor me didn't ask me if I knew any alcoholics. Eventually I told her what had happened ten years earlier. She shook her head in dismay and told me that if anyone came to the meetings and related, they needed to be there.

I've attended meetings and worked the Steps for more than five years now, and the program has changed my life. I still don't know if there are any alcoholics in my family, but I suppose I really do qualify because I'm in a wonderful relationship with a man who has been sober in A.A. for eleven years.

Needless to say, I welcome newcomers with open arms, and if they ask me if they belong in Al-Anon I tell them that's up to them to decide. I

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encourage them to try out different meetings and tell them that if they feel like they belong, they belong.

I know now that I did qualify all those years ago. Every one of those earlier, difficult relationships had been with adult children of alcoholics. Alcoholism had most definitely and profoundly affected my life. I just didn't know it at the time.

--Anonymous

This article is reprinted from a press release available on the Al-Anon website: <http://al-anon.org/woman-broke-from-pattern-of-abusive-relationships>



**Fall AWSC**  
August 8, 2015 — 8:30-4:00  
Community Presbyterian  
Church of Pinetop  
1940 S. Penrod Land  
Pinetop, AZ 85935

**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>



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

**Alateen Coordinator  
Archives Coordinator  
Home Calls Coordinator  
Website Coordinator**

Volunteers needed to chair the one open task force below:

1. Finance Task Force (Chairperson: Johnene B)
2. Service Description Task Force (Chairperson: Kathy)
3. Tech Task Force (Chairperson: Julie)
4. Incorporation Task Force (Chairperson: Mary Ann)

Anyone interested in working on any of the task forces should contact the chairperson of that group. Anyone interested in the open coordinator position may email Nancy at [office@al-anoneastvalley.org](mailto:office@al-anoneastvalley.org)

**OR**

call the EVIC office at 480-969-6144

**OR**

attend the next EVIC Business Meeting on June 23rd at 7 p.m. at the EVIC Office, 1320 E. Broadway.

Share your experience, strength, and hope. Submit your story to [news@al-anoneastvalley.org](mailto: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.