

2013 East Valley Information Center Officers and Coordinators

| | |
|-----------------|------------------------|
| Chair | Michelle G. |
| Vice Chair | Open |
| Secretary | Lisa W. |
| Treasurer | Stacy D. |
| Office Manager | Nancy E. |
| AA Liaison | Lynn H. Lea P. |
| Alateen | Lea P. |
| Archives | Kathrien |
| Events | Amber |
| Home calls | Open |
| Info. Dist. | Kate |
| Institutions | Clem |
| Literature | Bev |
| Meeting List | Patrick G. |
| Newsletter | Open |
| EVIC Liaison | Lisa R. |
| Public Outreach | Jacque W. Leslie E. |
| Website | Sara |

Evic Business meetings are held on the 4th Tuesday of every month at 7:00 pm. All are welcome to attend.

East Valley Information Center
1320 E. Broadway #109 Mesa, Az
85204 ph.480- 969-6144
office@al-anoneastvalley.org

Office is on the north side of Broadway between Stapley and Gilbert in Mesa.

Office staffed by volunteers:

Hi Everyone,

May you have, [peace](#) and [joy](#) on [your journey](#).

Trusted Servant Patrick



Here is the front door of **Hope**, Welcome to **East Valley Al-Anon Information Center**.



Come on inside to see the many selection of **books, pamphlets, etc., that we have.**



Check out the **Library** too, were there is a variety of **DVD's, tapes, and books, etc.** to check

‘In the middle of the night’ I trust the light will come around again

By David M.,North, Carolina

I got up in the middle of the night last night and stubbed my toe. I wanted to scream, but screaming would have startled my sleeping wife, scared the

dog, and would not have accomplished anything for me.

My aching toe made me think of how my behavior “in the middle of the night” relates to how I work this program for me. “In the middle of the night” has great meaning for my program and me. So how do I work this program when I am, “in the middle of the night?”

Rarely do I hit the rewind button of life these days, but I remember the darkness in the middle of the night. I remember the darkest of the dark. By its very nature, the middle of the night is the darkest time of our lives. But also by its very nature, it will pass. The light will come around again. Now, I don’t panic in the middle of the night. I accept that the darkness then is normal. “This too shall pass,” if I choose to work this program. If not, then I may panic in the darkness.

When I’m panicked, I tend to do stupid, insane, and irrational things. I bump into things. I stub my toe. If I wait for some light, some clarity, then the decisions or even the non-decisions I make are usually pretty good.

Continue on next page

“In the middle of the night,” I keep “First Things First.” In working this program, first for me is my own spiritual, emotional, and physical health. The Steps, the readings, the books, the meetings, and the other people in the program help me keep “First Things First.” My spiritual, emotional, and physical well-being are like gauges of how my program is working for me. If they are out of balance or in the red, then I am not working the program in a way that is healthy for me. “In the middle of the night,” I will remember that my well-being is not dependent on another person’s actions or inactions.

“In the middle of the night,” I liken the program’s guidance to how my body reacts to the cold. My body will sacrifice less important parts to preserve the important. My body will send blood away from my fingers and toes to my vital organs to keep me alive. I may lose a toe, but my life will be preserved. I may have to detach from a loved one, and that may be painful. I may have to set a boundary that seems so counter-intuitive that I don’t think I will survive, but I will.

As I work my program, I may be required to give up something important to me, but I will keep my life. Detaching and setting

boundaries made me fear I would lose a valued relationship or lose a person’s love, but that hasn’t been the case for me. When I use detachment and Set boundaries, I do it not only with love, but with a spirit of reconciliation.

“In the middle of the night, I focus more on my Higher Power. No matter which way I go, life will be okay. I will live life on life’s terms because my Higher Power is there to take care of me. If I will try to do only what I can do and let Him do what only He can do, then I will make it through the middle of the night and into the light of morning.

“In the middle of the night,” I don’t need complex, complicated, and confusing answers. All I need is this simple yet not simplistic program. All I need is to work it and trust that the light will come around again. When I am in the brightness of day, I know that I have to prepare for the night to roll around again. I work the program and prepare to be stronger the next time I find myself “in the middle of the night.” I enjoy the brightness, but I also stay “programmed up” to be ready for the next slip I make, and the next dark hour. I can’t be perfect, but I can progress.

“In the middle of the night,” we all can progress by working the program to the best of our ability.

Coming Events:

- April 13th Longtimers Tea
- April 14th District 11 Family Picnic at Lost Dutchman State Park !
- May 17- 19 2013 Arizona Area Al-Anon / Alateen Convention
- July 11-14 55th ICYPAA Phoenix, Arizona

Step Three

Made a decision to turn our will and lives over to the care of God as we understood him.

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept Three

The Right of Decision makes effective leadership possible.

From there we can live more serene lives and do as the Twelfth Step suggests to us: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs."

Reprinted with the permission of The Forum, Al-Anon Family Group Hdqts., Inc., and Virginia Beach, VA.

She carried the message until the end

By Lynne M., Florida

It was one of the darkest times of my life. By the age of 36, I had been married and divorced twice, had numerous committed relationships fail, and my latest relationship with an alcoholic was falling apart.

My son was eight years old, and we had moved 15 times in his life span. He was doing poorly in school. I worked on the night shift in a hospital intensive care unit, which left me sleep-deprived and emotionally depleted all the time. I felt helpless and worthless.

One of my patients was a woman at the end of her life. She was in a coma, and on a ventilator. As I cared for my patient, her husband, who had been sitting vigil at her side all night, told me how much he loved her, and said that she had saved his life. He said he was a recovering alcoholic. She had started going to

Al-Anon before he stopped drinking.

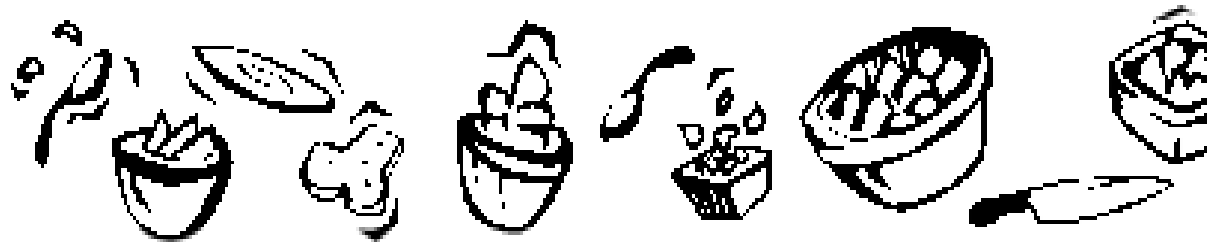
He told me her changed attitude and behavior helped him to realize he had a problem. I told him my parents had recently called me from Florida and announced that they had joined A.A., which I thought was odd because my father had been a successful businessman. My parents had suggested I go to Al-Anon. The husband gave me his wife's book, *One Day at a Time in Al-Anon* (B-6, B-14), a

gift and wished me well. Hope was that my alcoholic would kind of devotion and gratitude towards me. That was not to be. Today, I wish that man well and realize that God had much better things in store for me. I have been happily married for 13 years to a wonderful, supportive husband. I have a fulfilling job as a school nurse, with regular hours and no nights, weekends, or holidays. My adult son is on his own recovery journey. I understand, through Al-Anon, that the most loving and helpful thing I can do for him is to practice my own recovery program.

Twenty-four years after that night in the ICU, I still attend Al-Anon regularly. I still treasure that tattered *ODAT* book from a dying

.Al-Anon member who gave me a lifeline.

Reprinted with the permission of The Forum, Al-Anon Family Group Hdqts., Inc., and Virginia Beach, VA.



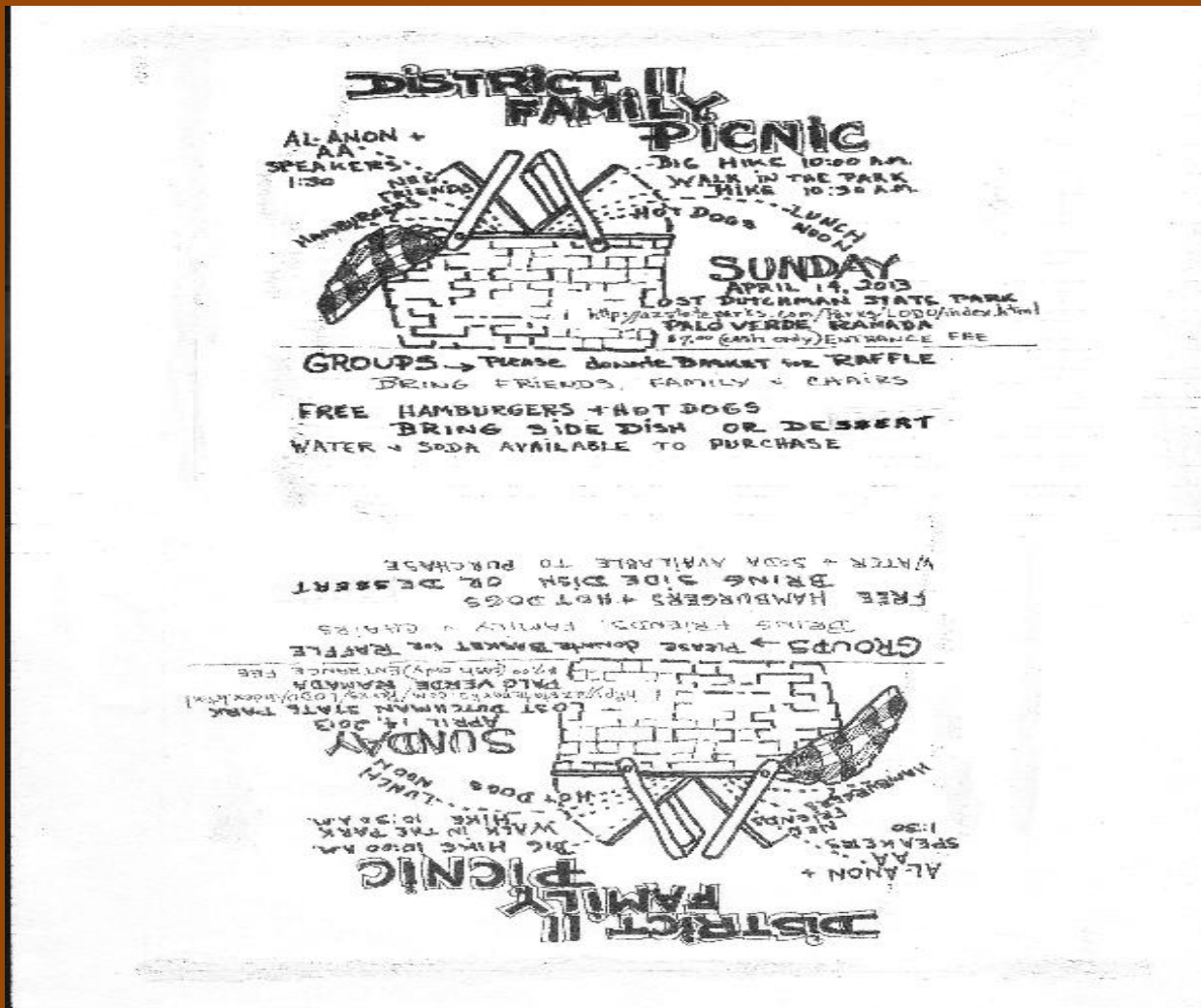
EVIC is looking for groups to host a monthly Sup-N-Share! This is a fun, easy way to support our EVIC.

- ***Please talk to your groups about hosting a month!***
- ***Our sup-n-shares are on the fourth Saturday every month.***
- ***Plenty of slots to choose from: May, June, July, August, September, October, and December.***

If interested please call or e-mail Amber B. at **480-241-3860**
Brewer1111@yahoo.com

St. Peter's Luthern Church
1844 E. Dana Ave.
Mesa, Az 85213





District 11 Family Picnic Sunday, April 14, 2013. At Lost Dutchman State Park "Palo Verde Ramada" \$7.00 (cash only) park entrance fee per car

"All East Valley Al-Anon members and families are invited."

- Hot Dogs & Hamburgers and the fixin's will be furnished
- Bring a side dish or dessert
- Water & soda will be available for purchase
- Bring family, friends, & chairs
- Big Hike: 10:00 a.m.
- Walk in the Park Hike: 10:30 a.m.
- Lunch: 12 Noon
- Speakers: 1:30 p.m. Al-Anon & AA
- Interesting BASKETS for raffle

Dorothy B.
District 11 Secretary

Perryville Prison needs volunteers!

You can help conduct meetings
for inmates
one night each month

It's an incredibly rewarding way to grow in
service and carry the Al-Anon message

The only requirement
is at least one year in Al-Anon

For information about
the orientation process call

Cindy B.
(623) 238-1571