

East Valley Information Center Newsletter



March 2015

District 11, 12, and 13

Issue 2

East Valley Information Center Officers and Coordinators

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Newsletter Marty M.
EVIC Liaison Lisa R.
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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.

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Mesa, AZ 85204
480-969-6144



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Be the Change You Want to See

When I was new in Al-Anon, "Let it Begin With Me" was a slogan I found to be particularly annoying. Why does it always have to begin with ME? Hello-o, once in a while it would be nice if someone else did some work for a change!

As I have grown in the program I have come to understand that it begins with me because I am the one who wants recovery. If I am the only person in my life actively working a program, the only place anything *can* begin is with me, so if I want different results I have to do the work to get them. Even when, perhaps *especially* when, I want someone else to go first.

But what about within the program? Surely here in the rooms of Al-Anon everything doesn't have to begin with me. What about everybody else? Supposedly we're all in recovery together. Well, what I'm finding is that if there is something specific that I would like to see go differently at one of my meetings, at the EVIC, or in my district, it isn't always enough to speak up. Speaking up is important, definitely, and often that is all that is needed, but sometimes it really is not enough. If I want to see more events happening in my district so that newcomers have places to go and things to do because that was important to me in my early recovery, then I need to be willing to step up and start making it happen. I need to re-define my part to be a little bigger than it used to be. I need to do my part plus a little. I need, in short, to be the change I want to see.

I have found that if I keep it simple and do only what seems manageable to me, everything quickly falls into place around me. What changes would you like to see and what do you think it would take to Be that change?

Elisabeth B.
District 13 Representative

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.*

ANNOUNCEMENT!!

New Al-Anon Meeting in Mesa

Thursdays from 1:30-2:30 p.m.

Eternal Life Lutheran Church
7025 E. Main Street
(East of Power Rd., South of Main St.)

DISTRICT 11 ANNUAL



When: Saturday, March 14

Where: Lost Dutchman State Park
Palo Verde Ramada
<http://azstateparks.com>

What time: The charcoal BBQ will be ready about **noon** for lunch

1:30: AA and Al-Anon Speakers

Bring: Whatever meat you want to grill PLUS a side dish to share.....

This is a big ramada with plenty of tables, benches, and shade, but you might want to bring a comfy lawn chair.

The voluntary 7th Tradition basket will be passed to keep us self-supporting.

**BRING FAMILY AND FRIENDS!!
COME EARLY AND HIKE ANYTIME!!**

Note: Parking \$7/car

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.

Does someone's drinking
bother you?
Are you 12-18 years old?

You are not alone!

New Alateen Meeting

Mondays at 6:00 p.m.

Queen Creek Meeting House
19729 E. San Tan Blvd.
(between Sossaman & Hawes)

THE SERENITY PRAYER: THE MINI 12 STEPS

Why do we like the Serenity Prayer so much? Why do we actually feel better when we say it? Those are the questions I was asking myself at my regular Al-Anon meeting where the Serenity Prayer was the topic.

I happened to glance at the banner of the 12 Steps hanging on the wall when all of a sudden it came to me. The Serenity Prayer is like a mini 12 Steps! Accepting the things I cannot change is letting go, the same thing we learn to do by working Steps 1, 2 and 3. Having the courage to change the things I can is working Steps 4 through 9. And gaining the wisdom to know the difference between what we need to let go of and what we need to learn to change comes through working Steps 10, 11 and 12.

When we say the Serenity Prayer we are quickly asking God to help us work the Steps, quickly!

So *that's* why I found myself saying the Serenity Prayer over and over early in the program before I had even worked the steps! And *that's* why it helps me yet today when I am in need of God's help!

Mary N.

**Listen to Al-Anon
Podcast as Members
Express Pain and
Anger About a Loved
One's Drinking**



Find Al-Anon podcasts on your computer on their website at <http://al-anon.org>
On your iPad, smartphone, or tablet, search "First Steps to Al-Anon Recovery" on the podcast app.

**Just for today
I will have a program...**

I always love reading these words during our meetings. *Just for today* means I don't have to worry about looking too far ahead. *I will have a program* reminds me not only that I'm not in this alone but that I have some actual tools to get me through tough times.

When I think about my life before I got to Al-Anon, I imagine myself on a tightrope -- tense, afraid, worried about falling. I took steps tentatively and feared the worst. I was living with an alcoholic and had tried everything I knew to make things better. I didn't feel the least bit confident about being in that position, and I didn't know what to do. I walked on eggshells every day and worried about every step. I was standing in the middle of the tightrope with nowhere to turn.

What seemed like failure turned out to be my best option. I let go and "fell" into the safety net of Al-Anon. When I gave up and gave in, I found the exact option I needed.

Now I realize that I don't need to feel alone

**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. Our sales are up, and we are now fully staffed for 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. – 4:30 p.m.
- Friday: 9:30 a.m. – 1:00 p.m.

We are also looking for used Al-Anon books that we can resell for half price. We have a small collection of gently-used materials available to those who are interested in purchasing.



Call ahead to make sure we are here!

and afraid any longer. I have people who understand what I'm going through and tools to use in my life. I am developing skills that I didn't know I had and learning new ways of dealing with things by listening to the experience, strength, and hope of others.

Part of having a program is acknowledging and trusting in my Higher Power. When I fall into my safety net, I am really falling into His loving arms. No wonder it feels so good when I finally Let Go and Let God!

Now when I get that nervous, anxious feeling that trouble lies ahead, I can take a deep breath and relax a little because *I have a program*.

Marty M.

<p>Step 3: <i>Made a decision to turn our will and our lives over to the care of God as we understood Him.</i></p>	<p>Tradition 3: <i>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.</i></p>	<p>Concept 3: <i>The right of decision makes effective leadership possible.</i></p>
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Young woman finds path to healthy relationship with hard-drinking boyfriend

I came to Al-Anon Family Groups at the suggestion of my ex-boyfriend, a recovering alcoholic.

Our relationship was rocky, and I blamed him for it. I wanted him to change to make me happy, but I was unsuccessful at changing him no matter how hard I tried. His recovery and program were a priority in his life and I didn't understand it. Our relationship was lacking some of the fundamental elements I desperately needed.

Although I was ready to dissolve my relationship with my boyfriend when I first came to Al-Anon, I took members' suggestion to wait six months before making such a decision. I was told that after a few months of recovery, my perspective, attitude, and reactions would change and give me the tools to make a better decision.

I began working the Al-Anon program. During the first few months, I attended several meetings a week, found a Sponsor, took service commitments within the groups, read the literature, and kept in touch with members on the phone.

It didn't take long for me to recognize my part in the dysfunctional relationship. I became aware that my needs and behavior patterns were a result of having been deeply affected by alcoholism: I was once engaged to an active alcoholic but never recovered from that relationship. I also became aware that the disease ran in my family.

Slowly, my relationship with my boyfriend seemed to be getting better because I stopped trying to force my will on him. I stopped reacting. It wasn't easy, but with the help and encouragement of my Sponsor and other Al-Anon members, I began to focus on myself instead of him.

District 12 **Al-Anon Longtimers Tea**

Saturday, March 21, 2015
1:00-4:00 p.m.



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

Seating is limited
Reservations are recommended

For reservations or questions,
call Sheri S. (480) 892-0466

To set table, email Barb T.
district12@al-anon-az.org

Speakers: Cecilia K. and Linda W.

SAVE the DATE

Family Recovery Night

“Put a Spring in Your Step!”

Saturday, March 28th
St. Peter's Lutheran Church
1844 E. Dana Ave. – Mesa

Details coming soon!

As I got better, I slowly began to discover that the only person who can make me happy is me. I began to take care of myself physically, emotionally, and spiritually. I reconnected with my Higher Power.

A point came in our relationship where I felt that “this is as good as it gets,” but I still wanted more. Because of his alcoholism, I accepted that he simply didn't have it to give. I didn't know what to do. I loved him and wanted him in my life, but was miserable. My emotional

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needs weren't met, and our life together was without a future. Furthermore, he completely depended on me; I knew I was enabling him, but I didn't know how to stop being the caretaker.

Realizing my powerlessness, I turned the situation over to my Higher Power. I surrendered. It was the only thing I could do.

It was an overwhelming feeling. I trusted my Higher Power, who guided me in the next few months. He helped me find a way to break my unhealthy patterns, remain friends with my ex-boyfriend, and be free to move on with my life. I felt as if I was being carried by a Power greater than myself, and I wasn't devastated as I feared I would be.

Today, my ex-boyfriend and I are still very close. Without me pushing, interfering, enabling, and controlling, he is able to work his own program better, take care of himself, and live his own life. We managed to keep what was good between us and let go of the bad. For that I will be forever grateful.

The best compliment I get is when my ex tells me how proud he is of me for how I work the program. I have been in Al-Anon 16 months

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>

now. I attend four meetings a week, diligently work the Steps, read the literature daily, work with my Sponsor, and keep in touch with Al-Anon members. I also sponsor others and work at the Information Service Office. I often speak at other meetings and try to give back what Al-Anon has given me: a new chance on relationships.

For the first time in my life I am in a relationship that is very healthy. As a result of working the Steps, I was also able to put the past behind me, forgive, and let go of old resentments. Now my relationships with my family members are the best they have ever been.

By Tami P., New York

from <http://al-anon.org/young-woman-finds-path-to-health-relationship-with-hard-drinking-boyfriend>

**AFG of Arizona Area Convention
"Changed Attitudes Aid Recovery"**

May 1-3, 2015

Call 1-888-566-3791

www.azal-anonconvention.org

www.al-anon-az.org

Desert Diamond Casino Hotel Resort
7350 S. Nogales Hwy. – Tucson, AZ
Special AFG Hotel Rates
April 28 - May 6, 2015
AFG Group Rate code: 150501AFGA
(Free RV Parking All Weekend)

- Spiritual Speakers
- Al-Anon Meetings and Workshops
- Saturday Night Banquet
- Alateen Panel
- A.A. Program
- Spanish Program
- Fellowship
- Ice Cream Social
- Hospitality
- Hotel Pool and Spa
- On-Site Eateries
- ...and more!

