

East Valley Information Center Newsletter



May 2015

District 11, 12, and 13

Issue 4

East Valley Information Center Officers and Coordinators

| | |
|-----------------|--------------|
| Chair | Mary Ann N. |
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| Treasurer | Barb T. |
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| AA Liaison | Lee |
| Alateen | (open) |
| Archives | (open) |
| Events | Jean |
| Fundraising | Chris |
| Home Calls | Kate H. |
| Info. Distrib. | Kate H. |
| Institutions | (open) |
| Literature | Kathy |
| 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>

The Twelve Steps...or...I Worked His Program to the Best of My Ability

--from the March 1980 Forum



1. Informed him that he was powerless over alcohol and his life had been unmanageable without me.
2. Came to believe I could restore him to sanity.
3. Made a decision to turn his will and his life over to my power because I understood him.
4. Made a searching and fearless moral inventory of him.
5. Told him the exact nature of his wrongs.
6. Was entirely ready to remove his defects of character.
7. Expected him to be humble when I removed his shortcomings.
8. Made a list of all persons he had harmed and told him to make amends to them all.
9. Expected him to make amends to me first.
10. Continued to take his inventory and when he was wrong promptly told him about it.
11. Suggested he improve his communication with me so as to know my will and carry it out.
12. Having had a spiritual awakening as a result of this make-over, I persisted with my message and practiced these principles in all his affairs.

-- Roberta W., Fort Nelson, B.C., Canada

Editor's note: A long-time member passed this on to me. I'm reminded that we've all come a long way since our first Al-Anon meetings!

Al-Anon Declaration

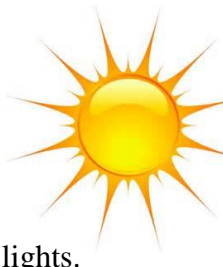
*Let it begin with me.
When anyone, anywhere,
reaches out for help,
let the hand of Al-Anon and
Alateen always be there, and
-- Let It Begin with Me.*

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.*

Being a GR

Today my Higher Power turns on lights in my soul, so I can become what I was meant to be! Becoming a Group Representative is one of those lights.



While challenging, the service allows me new opportunities to honor my Higher Power and rise to greater heights of respect for Al-Anon as I see more fully the scope of its benefits. The ultimate goal of Al-Anon is a human being fully alive. Progress, not perfection, and one day at a time, the transformation is happening.

Thank you, God, for bringing me to Al-Anon.

-- Jane W.

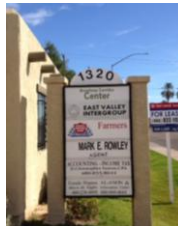
From Nancy E., Manager at the E.V.I.C. Office –

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.

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.



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

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

**** We have a *special need* for a Literature 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: OPEN)
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 or wanting to chair a task force 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 May 26th at 7 p.m. at the EVIC Office, 1320 E. Broadway.

Step 5:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5:

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

Concept 5:

The rights of appeal and petition protect minorities and insure that they be heard.

Walking the Dog

I don't much care for dogs. There is a guy in one of the Al-Anon meetings that I attend who says he doesn't like cats, however he feeds four strays. Not only does he feed them, he has named them and gotten them spayed and neutered. He has also taught them to do tricks, and I think he is considering putting them through college. But that's not what I mean when I say I don't like dogs.

I don't want to feed a dog, take it to the vet, pick up dog food, clean paw prints off the floor, or remove dog vomit from the carpet. I don't want to deal with dog hair, training, or barking. Well, you get the idea. I'm not a dog guy.

A couple of years before I heard about Al-Anon, a counselor suggested that I let my wife get a dog. We could work on our marriage as we spent time together taking it for a walk every day. Within days we were at a PetSmart store picking up a dog named Salty. To say that I wasn't very enthusiastic is an understatement. I couldn't even remember his name; I called him "Sparky" for months.



Salty loves going for a walk. He and I often walk through the neighborhood stopping only for him to "do his business" and for me to clean it up. All the while, my wife is still in bed sleeping. Not exactly the plan, but after a couple of years it has softened me up *a little* about disliking dogs. I kept the wife and the dog but replaced the counselor.

The next counselor suggested AA for my wife and Al-Anon for me. Within a few short weeks I could see a positive change in our marriage. I was learning about serenity, patience, tolerance, setting boundaries, letting go, living one day at a time, and a lot more. After a few months, our marriage was in much better shape than it was before the first counselor -- *and* before the dog. I understand that Al-Anon is a

After brother's treatment, woman finds support in Al-Anon

When the court ordered my brother to enter a treatment center, his family became active with the treatment center's family program. I saw big changes in my sister-in-law. I was attracted to those changes and started to attend her group sessions. During an intake meeting, the counselor said I had to attend Al-Anon once a week in order to participate in the family session.

Being a good girl and doing what the counselor told me to do, I attended Al-Anon. I received some healing from the treatment center's program, but found my real recovery in Al-Anon. I learned skills and received tools and a support system I never knew existed. Walking into my first Al-Anon meeting was like walking into the middle of a really good conversation. I didn't know what the Al-Anon members were talking about, but I liked what I heard. Al-Anon was the first place where I felt like I fit. Now I feel like I fit into life!

-- Debbie P., Arizona

from: <http://al-anon.org/after-brothers-treatment-woman-finds-support-in-al-anon>

***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.

long-term program, and I'm looking forward to the continued teaching and support from the Al-Anon groups and literature. Sometimes I even look forward to walking the d... Well, you get the idea.

-- Jes, District 13

Mother copes with son's problem drinking and drugs

I thought if I could keep my teenage son away from his "bad" friends, he would come to his senses and stop drinking and drugging. I spent years of my life trying to rescue him from his poor choices. It was like he was walking toward a deep, dark chasm, and I was trying to stop him from falling in, but he kept pushing me aside so he could go down. I eavesdropped on his conversations, grounded him from everything, and trailed him day and night. Nothing helped.

I was so very, very tired. I lost weight and was barely hanging on to my job. I didn't enjoy life anymore; I stayed away from friends because I didn't want them to ask about my son. I was determined to reason with him. My obsession was full-blown.

Late one night—I rarely slept anymore—I saw a car pull up to the driveway with its lights out. Out of the shadows, I saw my son approach. I darted out the door to stop him from leaving. Seeing me, he jumped in the car, and they sped off with me running full-speed, screaming and waving at them to stop, dressed only in my nightgown.

Since I neglected to put on my glasses, I didn't have a license plate number to call the police. I knew who he was with by the color of the car. He would be gone for a few days and would return when the money ran out.

This scene, and many like it, was insanely repeated over and over again.

After my son was in a treatment center, they suggested I go to Al-Anon meetings. I attended sever-



BBQ and BINGO Family Recovery Night

**St. Peter's Lutheran Church
1844 E. Dana Ave. – Mesa
Saturday, May 23rd**

Food served at 5:30
Bingo begins at 6:00
Al-Anon and AA Speakers start at 7:00

-- Sandwiches and drinks provided --
-- Pot luck and side dishes welcome --

Babysitting available during the speakers

**Looking for group to sponsor June
Family Recovery Night on
Saturday, June 27th**

Contact Jean at
events@al-anoneastvalley.org

al. Each one I liked a little more; there was such warmth and serenity. I finally found a place where I could rest and rejuvenate. I felt the love at each meeting, even with complete strangers, because we had a common bond—living with the effects of alcoholism.

My son did not stay in A.A., but that was his

(Continued on page 5)

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>

(Continued from page 4)

choice to make. He moved to his own place when he turned 18. We keep in touch and have a very healthy relationship. I have attended meetings for more than two years now. I have a Sponsor and read Al-Anon literature daily. I am very proud of the progress I have made. I have discovered the real me through the Twelve Steps. I have also learned to love my son unconditionally.

Last week he called to see if he and his friend could come over and watch a ballgame with the family. He sounded fine, so I said okay. We cooked, played pool, watched TV, and played baseball. When it was finally time to go, my son and his friend said their goodbyes with hugs and kisses. As they pulled out of the driveway, I noticed a cell phone on the couch. I grabbed it and ran full speed out the door and after the car, down the street, waving and screaming for them to stop. They got out to see what I wanted and burst into laughter at the “déjà vu” of the situation. At least this time I didn’t chase them in my nightgown.

-- Caroline G., Kentucky

from: <http://al-anon.org/mother-cope-with-sons-problem-drinking-and-drugs>

CHANGE OF LOCATION...

**The Tuesday night meeting
(Tempe 12 Step AFG at 7:15)
has temporarily moved to:**

**Christ Life Church
1137 E Warner Rd
Tempe, AZ 85284**

The meeting will stay there for up to 2 1/2 months and will leave as soon as a permanent location is approved.

There will be a sign on the door of the old address for a couple of weeks.



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.

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!

