

# East Valley Information Center Newsletter



January 2016

District 11, 12, and 13

Issue 11

## East Valley Information Center Officers and Coordinators

Chair	Mary Ann N.
Vice-Chair	Johnene B.
Secretary	(open)
Treasurer	Chelsea G.
Office Mgr.	Nancy E.
AA Liaison	(open)
Alateen	(open)
Archives	(open)
Events	Jean G.
Fundraising	Chris S.
Home Calls	(open)
Info. Distrib.	Julie W.
Institutions	(open)
Literature	(open)
Meeting List	Cecelia
Newsletter	Marty M.
EVIC Liaison	(open)
Public Outreach	(open)
Website	(open)
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>

## *E.V.I.C. Service Positions Open! Seeking Volunteers!*

Your East Valley Information Center has begun electing new officers and coordinators for the new year. We thank the members who have accepted E.V.I.C. service positions. Their names are listed to the left. The remaining open positions are listed below. Anyone interested in standing for any of these service positions should come to the next E.V.I.C. meeting at 7:00 p.m. on Tuesday, January 26th, or contact Nancy at the office.

- |                        |                               |
|------------------------|-------------------------------|
| * Secretary            | * Home Calls Coordinator      |
| * AA Liaison           | * Institutions Coordinator    |
| * Alateen Coordinator  | * Literature Coordinator      |
| * Archives Coordinator | * E.V.I.C. Liaison            |
| * Website Coordinator  | * Public Outreach Coordinator |

Keeping our Information Center open and stocked with literature makes it possible for local groups to provide important materials to their members. The meeting list for these Districts is maintained and distributed by E.V.I.C., and these are the people who answer the phone and handle questions and information for new members.

*(Continued on page 2)*

## *Where have we been?!*

If you've missed getting your E.V.I.C. newsletter for the past few months, it's because email and website problems have kept us from distributing it till now. This "mini" issue is to let you know that we are up and running again and glad to be back. Expect to see announcements, stories, and events here each month in the new year!



### *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.*

## Hide the keys and lock the doors...

Grandma's on the loose and heading to the Friday Night Beginner AFG Bingo Night!



Come and enjoy an amazing Al-Anon and AA Speaker while enjoying **fellowship** and **potluck** and



Suggested Items by First Name:

**A-G: Appetizers**

**H-M: Entrée**

**N-Z: Desserts**

Join Grandma and the rest of the family on **Saturday, January 23rd, 2016**

St. Peter Lutheran Church  
1844 E. Dana Ave., Mesa, AZ

Fellowship starts at 5:30 p.m.

Bingo starts at 5:45 p.m.

Meeting starts at 7:00 p.m.

*Babysitting available during the meeting*

## *This is your life...*

How many times do we worry ourselves sick over something that never happens? We all do it.

- ◇ Is he going to take another drink?
- ◇ Is he going to ruin the upcoming holiday?
- ◇ Is she going to embarrass me at the family gathering?
- ◇ Is he driving home drunk?

The stress of worrying can be sickening. All that time wasted when you could be enjoying taking the kids to the park or meeting a friend for lunch (that you put off due to not wanting to go because you were too stressed.).

"Worry is a terrible waste of time." (from District 11/Marin newsletter)

THIS IS YOUR LIFE. THERE ARE NO SECOND CHANCES. YOU HAVE ONE CHANCE TO MAKE IT AS GOOD AS IT CAN BE. DON'T RUIN IT!

— Pam J.

*(Continued from page 1)*

They maintain the website at [www.al-anoneastvalley.org](http://www.al-anoneastvalley.org) and facilitate fundraising.

We need YOU to help to "carry this message to others, and to practice these principles in all our affairs." For more information on any of them including duties, time commitment, etc., contact Nancy at the E.V.I.C. office by phone at 480-969-6144 or write to her email at [office@al-anoneastvalley.org](mailto:office@al-anoneastvalley.org).

***Our next regular meeting will be held on Tuesday, January 26<sup>th</sup>, 2016, at 7:00 p.m. at the E.V.I.C. office.***

## *Did you know . . . ?*

You can now purchase two important Al-Anon publications in electronic format! *How Al-Anon Works* and *Courage to Change* are both available on Kindle and iBooks. The newest, *Courage to Change*, comes in two parts that must be purchased separately.

*Al-Anon members now have electronic access to two great readers wherever and whenever we need, via smartphone, PC or Mac!*