

# East Valley Information Center Newsletter



October 2015

District 11, 12, and 13

Issue 9

## East Valley Information Center Officers and Coordinators

Chair Mary Ann N.  
Vice-Chair Johnene B.  
Secretary Tammie J.  
Treasurer (open)

Office Mgr. Nancy E.  
AA Liaison Lee  
Alateen (open)  
Archives (open)  
Events Jean  
Fundraising Chris  
Home Calls Kate H.  
Info. Distrib. Kate H.  
Institutions (open)  
Literature Catherine  
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](mailto:office@al-anoneastvalley.org)  
<http://al-anoneastvalley.org>



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

On Tuesday, October 27th, your East Valley Information Center will be electing new officers and coordinators at their regular monthly meeting. This is your opportunity to get involved in service work at the local level

Keeping our Information Center open and stocked with literature makes it possible for local groups in District 11, 12, and 13 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. They maintain the website at [www.al-anoneastvalley.org](http://www.al-anoneastvalley.org) and facilitate fundraising. Weekly meetings are held in the E.V.I.C. office at 1320 E. Broadway.

We need YOU to help to “carry this message to others, and to practice these principles in all our affairs.” There are many ways in which you can serve. Below is a list of open positions that we seek to fill at the October meeting. 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).

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|---------------------------|-------------------------------|
| * Chair                   | * Home Calls Coordinator      |
| * Vice-Chair              | * Information Distributor     |
| * Secretary               | * Institution Coordinator     |
| * Treasurer               | * Literature Coordinator      |
| * AA Liaison              | * Meeting List Coordinator    |
| * Alateen Coordinator     | * Newsletter Coordinator      |
| * Archives Coordinator    | * EVIC Liaison                |
| * Events Coordinator      | * Public Outreach Coordinator |
| * Fundraising Coordinator | * Website Coordinator         |

### ***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.*

## ***Fixing Everyone But Me***

“I wanted to change everyone but myself.” I’ve heard that said many times in different forms since coming to Al-Anon. I came to realize that my attitude used to be similar. I just hadn’t stopped to think about it. After all, my motives were always good. “If he would just show up to work on time, everyone would like him better.” “If she didn’t gossip so much, we might actually be friends.” It didn’t occur to me that if *I* weren’t so critical, I would be a more likable person.

How many failed relationships have I seen that ended with “I thought I could change him or her”? Actually, how many relationships have *I* had that ended that way? How many times has someone given up on me because they couldn’t change something in me? How many times have I been disappointed that the person that I thought was perfect turned out to have flaws? No matter how many times I heard it, the saying about “no one is perfect” didn’t seem to take hold in my mind. If someone was perfect, they would be too good for me. I wouldn’t be able to live up to them.

It was too easy to see faults in others while ignoring my own. I got used to me. I came to accept myself the way I was. One of my criticisms of others was “If that person just had more self-confidence, they would be more fun to be with.” Looking back, that may have been the biggest criticism that other people had of me.

Al-Anon has made me realize that I cannot change anyone but me. If someone else needs changing, it’s not up to me to change them; that would be *their* job. Lucky for me, changing myself is a full-time project!

— *Chuy*

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.*

## **Family Recovery Night & Speaker Meeting “Fall Celebration”**



**Saturday, October 24<sup>th</sup>  
5:30 p.m.**

St. Peter’s Lutheran Church  
1844 E. Dana Ave. — Mesa

Chili, Cornbread, and Salad provided  
Donations are welcome!

50/50 Raffle and Luminary Pumpkin Raffle  
Proceeds benefit E.V.I.C.



**Al-Anon and AA Speakers  
at 7:00 p.m.**

Babysitting available during the  
speakers meeting only

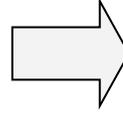
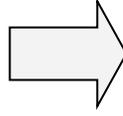
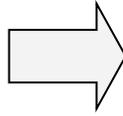
**Hosted by “Thank God It’s Al-Anon”**

**Sometimes when things  
are falling apart, they  
may actually be  
falling into place.**

# SAVE the DATE

for the  
**Family Recovery  
Winter Extravaganza**  
**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)



### Donations needed:

- Empty containers to make centerpieces (baskets, ceramic, plastic, terra cotta saucers)
- Undecorated wreaths (pine/grapevine/garlands)
- Dry foam blocks for silks
- Dry sheet moss and Spanish moss
- Ornaments
- Strings of lights (for wreaths)
- Anything else you desire

### Themes are

**Halloween, Thanksgiving, and Christmas**  
Thank you!!!

Items can be dropped off at the EVIC office.  
Contact: Amber B. 480-262-8195

### *Practice makes....ALMOST perfect?*

When my boys were young, we use to take a couple of trips each summer to see the Cleveland Indians play baseball. We liked to go early. I don't know how it works now, but in those days they would let us into the field at 9:00 in the morning for the 1:00 ballgame.

What were all the ballplayers doing four hours before the game was set to begin? Practicing!! Fielders were running, stretching, and throwing to each other. Pitchers were warming up. Hitters were taking their turn in the batting cage. Everyone was working at something.

We saw many great players in those days. I was always amazed that the big stars were not just standing around goofing off. In fact, it was the really *good* players who you'd think would just walk onto the field and show off their phenomenal skills who were practicing the *hardest*!

I think of those days sometimes when I'm sitting in the Al-Anon rooms. When I first came into

the program, I didn't realize how much I would have to practice the skills I would need to play the "game" of living with a qualifier while maintaining my peace and serenity. I was unaware of how listening to the experience, strength, and hope of others would prepare me for getting "up to bat" when someone's disease was ruining my day. And I didn't realize how practicing patience, compassion, kindness, and understanding for others would help me hone my own skills and get rid of some of the nasty habits that I had developed over the years.

No matter what you're preparing for, it's rarely fun to practice. It takes time and attention to detail. It's boring at times and frustrating at others. It takes good old-fashioned hard work when we are tired or afraid. And we're not always sure that the practice will have the desired effect — making us a better "player" in the game of life and giving us peace.

One thing that I remember from those ballgames, though, was that the players treated their practice

*(Continued on page 4)*

<p><b>Step 10:</b> <i>Continued to take personal inventory and when we were wrong promptly admitted it.</i></p>	<p><b>Tradition 10:</b> <i>The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.</i></p>	<p><b>Concept 10:</b> <i>Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.</i></p>
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time with a willing spirit. An outfielder dropped a pop fly but came right back and tried harder to get the next one. A batter persevered when he couldn't hit anything but foul balls and then congratulated himself when he finally hit a long straight shot over the outfield fence. In fact, batters were standing in line, eagerly waiting for their chance to practice because they knew it would make them better hitters. They had faith that this practice was going to pay off in the game, and they took it seriously.

That's the way I try to deal with my Al-Anon skills. When someone cuts me off in traffic, I try to smile and give them room to maneuver. When a family member gets particularly trying, I con-

centrate more on my own serenity and give them some space. I try to be compassionate and patient. I work at being kind and remembering that others have their own problems.

People who buy their tickets and go through the gates a few minutes before game time might think that the players just roll into the locker room a few minutes before 1:00, put on their uniforms, and show up on the ball field, but I know how much practice it takes each and every day to be that good. Those players are good for a reason! I know how much practice I need every day to find the peace and serenity that Al-Anon can give me. And I have faith now that all this practice will pay off eventually!

— *Marty M.*

### **Would you like to help? We need YOU!!**

**Volunteers needed to work at the EVIC office for either the morning (9:30-1:00) or afternoon (1:00-4:30) shift on Thursday or Friday.**

Volunteers will be trained and there is an office worker's notebook to refer to.

Your duties will include:

- \* answering the phone
- \* selling literature
- \* fielding questions
- \* distributing materials

Feeling energetic and want to do more work at the office? You can:

- \* vacuum and clean up
- \* organize literature
- \* spruce up the place

Feeling like you've got a lot of your own things to do? You can:

- \* read a book or write a letter
- \* knit or sew
- \* bring your laptop or tablet — we've got wi-fi!

Call Nancy at  
480-969-6144 or 480-832-5611

### ***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 staffed during 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: (call ahead)  
Friday: (call ahead)

Anyone willing to volunteer to fill in any of the openings above may contact Nancy at 480-969-6144 or 480-832-5611 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.





**The Forum  
and Al-Anon Faces Alcoholism:  
Two very different purposes!**

Many of us had to overcome multiple challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing, and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still others believed that no one could possibly understand what they were going through.

*Al-Anon Faces Alcoholism* is designed to address those challenges. Members write about their own denial, or share how they overcame the fear of reaching out. Most of all, members share hope, understanding, and compassion with the potential newcomer. In *The Forum*, members share how the various tools of the program including the Twelve Steps, Traditions, and Concepts of Service have helped them find—and keep recovery!

Even the newcomer walking through the door for the first time, someone who has already overcome the challenges of reaching out for help, could benefit from reading the experience, strength, and hope that we share in *The Forum*. They may be confused by our Legacies and even some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a *potential* member, someone who may have never even heard of Al-Anon, to read about Concept Three or Tradition Five for example.

**With that in mind, please encourage members and groups in your Area to share *The Forum* with one another and share *Al-Anon Faces Alcoholism* with their community!**



**Grow in Service at Perryville Prison**

Share your Experience,  
Strength, and Hope

Volunteers needed!

Help conduct Al-Anon meetings  
for inmates

For more information, details on the orientation process, and other additional requirements, or if you would like someone to speak at your meeting concerning prison service, please contact James W. at 480-773-2549

Commitment: One Friday night per month  
Requirements: One year in Al-Anon

Open to both women and men

**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>