

2013 East Valley Information Center Officers and Coordinators

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AA Liaison	Lynn H. Lea P.
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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

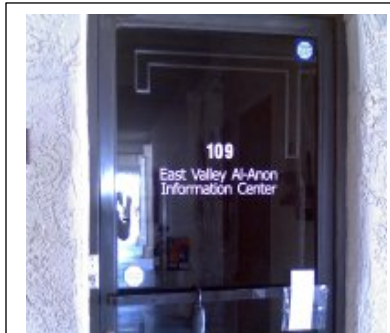
Office is on the north side of Broadway between Stapley and Gilbert in Mesa.

Office staffed by volunteers:

Hi Everyone,

May you have **courage, hope, peace, and joy!**

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

Step Three : How to enjoy the Ride

By Paula W., Arizona

One afternoon, while working on Step Three with a sponsee, we were discussing what it feels like to “Let Go and Let God” guide our life, to turn our will and our life over to His care. One afternoon, while working on Step Three with

a sponsee, we were discussing what it feels like to “Let Go and Let God” guide our life, to turn our will and our life over to His care. Our conversation led me to recall an experience from many years ago, when I first started dating my husband. We were still in high school. He had a motorcycle and I had no experience riding motorcycles. I wanted to ride because I wanted to spend time with him, but I had a lot of fear. I had no idea how to be a passenger on the back of a motorcycle. We lived in a small town where the primary weekend activity was cruising up and down Main Street. All of our classmates would cruise from one end of the street to the other. Cruising included circling around the town square, which like any other square, had four rather sharp corners. Each time we would make our way around the square, I became extremely fearful of falling over sideways. My boy friend very naturally eased into the turns with his body, while I sat very rigid behind him on the seat. I completely resisted his guidance around the corners. body, while I sat very rigid behind him on the seat. I

Continue on next page

completely resisted his guidance around the corners. After a few weekend outings on his motorcycle, he explained to me that if I would trust his body language and leaned into the turns, in unison with him, I might enjoy the ride. He was right. As I gradually let go of my fear and began to trust him to guide me into the turns, I was able to relax and enjoy the ride. I related this long-forgotten motorcycle memory to my Al-Anon program and working Step Three. In the beginning, I was full of fear and very resistant to the idea that change had to come from me. I began to understand that if I continued to resist the guidance of a Higher Power, as suggested in the Third Step, I would not experience the freedom and joy that acceptance would bring to my life. If I wanted to experience life to the fullest, I would need to entrust my will and my life to the care of God. Turning my will and my life over to the care of God does not mean throwing my hands in the air and giving up. Today, my understanding of this Step is to work in unison with God: to hold on to Him, to lean into the curves of life along with Him, and to allow Him to guide my life's journey, trusting that He will care for me.

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Laughter Lightens the Heart

By Susan M., Iowa

When I married my husband, the one thing I wished we had was the ability to laugh together. We were both very "serious" about life and ourselves. The following year, he and I got into recovery. When I went to my first Al-Anon meeting, I was stunned that they were laughing at such "serious" issues. I was judgmental and defensive, all to make myself more comfortable. As time went on and I chose to stay, my resistance started to wear down. I found myself smiling, giggling, and onto out and out belly laughing. It felt great! Strangely enough, things at home began to change also. As I lightened up, the whole household began to brighten up. Today, 25 years later, my husband and I have a good belly laugh several times a week. Humor has softened the edges of our friction and brought joy into our home. We are leaving a legacy of laughter for our children—memories of caring and sharing joy and fun. When I die, I hope they'll tell stories beginning with "Remember when mom and dad would start laughing and couldn't stop?" Thank you, Al-Anon for turning fears and tears into love, laughter, and fun. Laughter lightens the heart and loosens the belt on the soul.

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Coming Events:

- *March 23th Sup n Share Chili Dinner coming*
- *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 Two

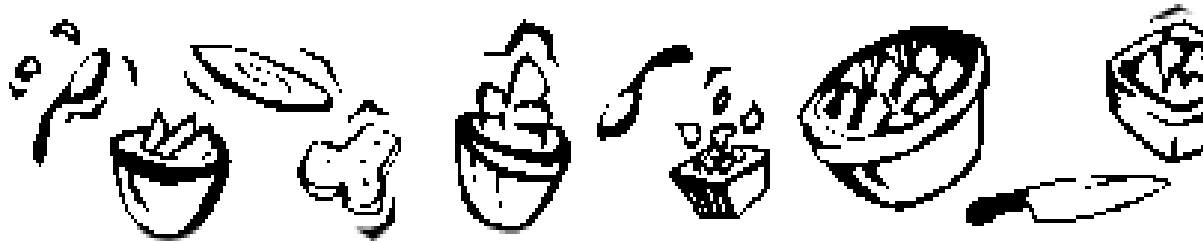
Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.



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



EVIC SUP-N-SHARE -- CHILI DINNER!

Dinner @ 5:30 Speakers start 7:00

Come and Join us for fun and fellowship!

Al-Anon, AA and possible Ala-teen speakers

Date: Saturday, March 23, 2013

St. Peters Lutheran Church

1844 East Dana

Mesa, Arizona

(Cross Streets Main and Williams-between Gilbert and Stapley)

Speakers:	Ann B.	Al-Anon
	Norm N.	AA
	_____	Ala-teen

Hosted By: Mesa Step & Tradition Meeting,
Wed. Night, Victory Lutheran, Mesa

Raffles

50/50

Baby sitting provided during the Speaker Meeting Only

Proceeds Benefit the East Valley Information Center

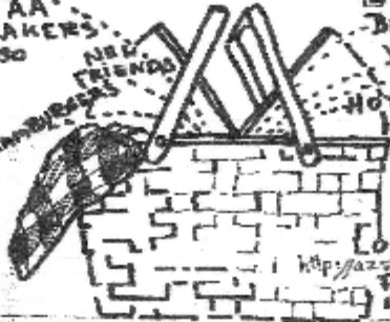
DISTRICT II FAMILY PICNIC

AL-ANON +
AA
SPEAKERS
1:30

HAMBURGERS
HOT DOGS

DIG HIKE 10:00 AM
WALK IN THE PARK
HIKE 10:30 AM

LUNCH
NOON



SUNDAY

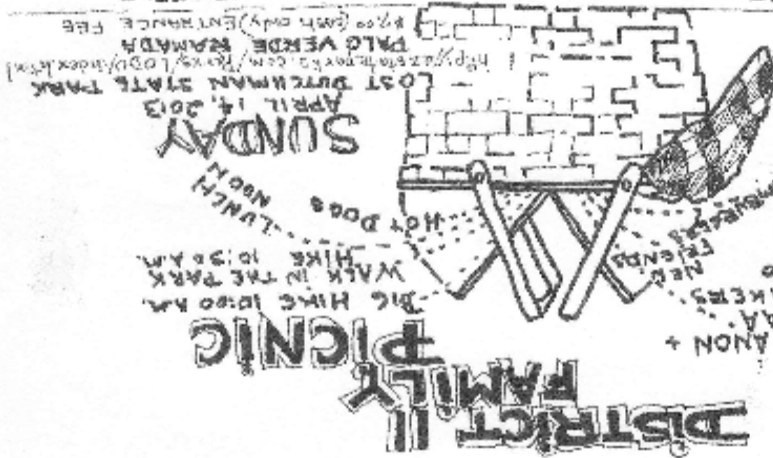
APRIL 14, 2013

LOST DUTCHMAN STATE PARK
<http://azstateparks.com/Parks/LOSD/index.html>
PALO VERDE RAMADA
\$7.00 (cash only) ENTRANCE FEE

GROUPS → PLEASE DONATE BASKET FOR RAFFLE
BRING FRIENDS, FAMILY + CHAIRS

FREE HAMBURGERS + HOT DOGS
BRING SIDE DISH OR DESSERT
WATER + SODA AVAILABLE TO PURCHASE

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BRING SIDE DISH OR DESSERT
FREE HAMBURGERS + HOT DOGS
BRING FRIENDS, FAMILY + CHAIRS
GROUPS → PLEASE DONATE BASKET FOR RAFFLE



AL-ANON +
AA
SPEAKERS
1:30
HAMBURGERS
HOT DOGS
LUNCH
NOON
DIG HIKE 10:00 AM
WALK IN THE PARK
HIKE 10:30 AM
SUNDAY
APRIL 14, 2013
LOST DUTCHMAN STATE PARK
<http://azstateparks.com/Parks/LOSD/index.html>
PALO VERDE RAMADA
\$7.00 (cash only) ENTRANCE FEE

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

BIG THANK YOU!!
To all who served
and came to Sup n
Share in February!!! 😊

Looking for Al-Anon member's stories to put into newsletter: experience, strength and hope. Simple human stories. Thank you.

Format: Title if want to, name and location if want to put in and 300-500 words. Any questions? Give me a call 623-516-7712 or email me at: news@alanoneastvalley.org or pag313@msn.com

Thank you for your time😊

Joke for the month!😊

How many Al-Anon's Members does it take to twist on a light bulb?

ANS: None they just detach and let it twist it's self on!!!

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Serenity Prayer

God grant me the serenity to except the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

Everyone is Welcome HUGS Al-Anon

LONG TO MERS TEA

Al-anon is for EVERYONE!

When: Saturday April 13th, 2013

Time: 1:00 - 3:30pm Speakers:

Where: St Peter's Lutheran Church
(1844 E. Dana Mesa Az 85204)

Cindy M.

Seating is Limited

Reservations are highly Recommended

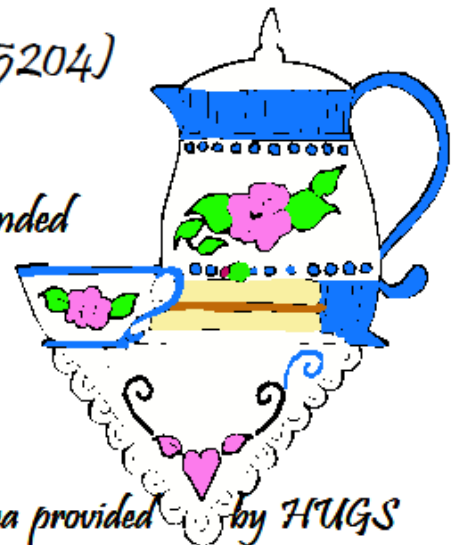
For reservations contact Hallie G. 480-257-7940

To set a table please contact Hallie G. 480-257-7940

Or email Hallie G.. district12@al-anon-az.org



By Donation



e-mail district12@al-anon-az.org

Have Questions? Call - Chris S. 602-538-8798 Food & Tea provided by HUGS



Help support the
2013 Al-Anon Area Convention
by purchasing these
fundraising items:



*With a simple click, be inspired,
uplifted & encouraged with this
Serenity Prayer and Slogan Pen
Price: \$3.00*



*Keep your Al-Anon books and personal
items safe in this easy to carry
Royal Blue nylon Drawstring
Backpack.
Front zippered pocket has the
2013 Convention theme & logo in
silver, printed in English & Spanish.
Price: \$7.00*

Call Fundraising Chairs if interested:
Rhea E. 623-330-5077; Nancy B 623-594-6960

**Remember, by purchasing these fundraising items, you are
supporting the 2013 Al-Anon Area Convention!
And they make lovely gifts for yourself and others!!**



**2013 Arizona Area
Al-Anon/Alateen Convention
May 17-19, 2013**

Come **enjoy** the fun in beautiful Prescott, Arizona!

Al-Anon Programs, AA Participation, Workshops, Spanish Meetings, Alateen panel,
Basket raffle, Hospitality room, Fellowship

****Contact the hotel directly to book your room****

Prescott Resort and Conference Center
1500 E. Highway 69 - Prescott, AZ 86301
Phone 800-967-4637 - www.prescottresort.com

Please register early.

Use Group Rate #G2341
by April 17, 2013 for the
following room rates:

\$85.00 Single/Double
\$95.00 Triple
\$105.00 Quad

One registration per person for Convention only (see above for hotel reservation)

Name _____
Address _____
City /State/Zip Code _____
Email _____ Telephone _____
Name & City for name tag _____

Registration Fees:

\$ _____ Al-Anon \$15.00 each
\$ _____ AA \$15.00 each
\$ _____ Visitor \$5.00 each
\$ _____ Alateen \$5.00 each

*Note: Alateen sponsors are only responsible
for the teens during Alateen meetings.*

\$ _____ Saturday Night Banquet (\$30.00 per person)
Banquet reservation deadline is April 17th.
Circle one: **Chicken Beef Vegetarian**

\$ _____ Donation (to help cover convention expenses)
\$ _____ Total Enclosed

Would you like volunteer
with any of the following?

- Decorations
- Entertainment
- Fundraising
- Registration
- Literature
- Marathon Meetings
- Hospitality

Make check payable and mail form to:

Arizona AFG Convention, PO Box 1474, Sun City, AZ 85372-1474

Registration Contact Info: convregistration@al-anon-az.org

INTERNATIONAL CONFERENCE OF YOUNG PEOPLE
IN ALCOHOLICS ANONYMOUS presents the

55TH ICYPAA

Phoenix, Arizona



AT THE HISTORIC ARIZONA BILTMORE
www.arizonabiltmore.com

2400 East Missouri Avenue, Phoenix, Arizona 85016 USA

JULY 11-14, 2013



PRE-REGISTRATION: \$30

(No Refunds)

You must register **ONLINE** to receive registration confirmation & receipt.

FOR ONLINE REGISTRATION & DETAILS VISIT:

55th.icypaa.org

Join our email list for updates!

Room rates for ICYPAA are \$99 per night. Group Rate: ICYPAA

To reserve your room call 1-800-hiltons or reserve your room online at www.arizonabiltmore.com

To pre-register by mail, complete & mail this form with payment to ICYPAA, P.O. Box 80116, Phoenix, AZ 85060
Make Checks payable to 55th ICYPAA.

Name _____

ZIP Code _____ Country _____

Phone _____ Email _____

Sobriety Date _____ Birth Date _____ Male Female

Please check one: AA Al-Anon Alateen



SPECIAL NEEDS (please check, if applicable):

Deaf Hard of Hearing Wheelchair Access

Other _____

I want to help with outreach for the conference

I want to be of service at the conference

I want to be added to the mailing list

Please be sure to check all that apply and fill in the appropriate dollar amounts:

Pre-Registration (\$30) \$ _____

Scholarship Donation \$ _____

Total enclosed \$ _____

For more info email contact@icypaahost.org

To volunteer email volunteer@icypaahost.org

55th.icypaa.org

Meeting Service Opportunity: Can your meeting help cover the Evic Phones on Saturday?

Sunday EVIC phones have two shifts. 9 a.m. to 5 p.m. and 5 p.m. to 9 a.m. Monday morning. You would need to have your members rotate the shifts throughout the month. If you would like the commitment of covering Sundays please call Barb T. at 480-235-1456. This is a great service opportunity to help the new- comers that call for help.

One more Joke!

What is the difference between an Al-Anon and a pit bull?

Ans: Meetings!, Meetings!!, Meetings!!! 😊