

2012 East Valley Information Center Officers and Coordinators

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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
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office@al-anoneastvalley.org

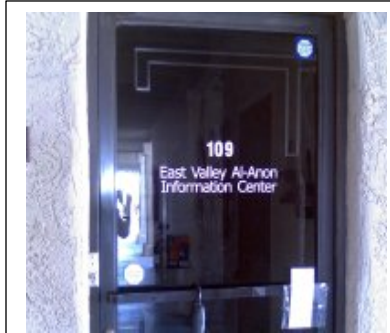
Office is on the north side of Broadway between Stapley and Gilbert in Mesa.

Office staffed by volunteers:

Hi Everyone,

Happy New Year, a New Year is here, hope this year brings you much Serenity and Hope.

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

I am not powerless over my attitude

By Catherine, United Kingdom
So Much depends upon my attitude and learning to put my problems into their true perspective.

When I first came to Al-Anon, my attitude was that

of victim. I didn't want anyone to know about my insane life, yet I wanted sympathy. I expected them to be able to give it to me without them knowing why I needed it.

I began recovery when my alcoholic went to rehab, and suddenly realized how my attitude had affected his self-esteem. I had used blame attitude to make all accidents drink-related, whether they were or not, and tried to make him feel responsible for everything bad that happened. I ruined many days by expecting the worst, even though it didn't happen. I was constantly waiting for the next crisis. I was "crisis managing" before they happened.

Even as we both started working our programs, I could easily sabotage a day by laying my expectations in him, or by trying to control what he did. My attitude was that he needed my guidance to succeed in his recovery. Fortunately, I gradually let go, and let God and my alcoholic work out their own ways. My new attitude was that I needed to check on my own behavior, not his. I began to watch the words I used and check my motives for why I said and did things.

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Seven years down the line, things are much easier. It began on the day I turned my will over to my Higher Power and asked to be guided in thoughts, words, and actions. And actions throughout the day.

Naturally, there are times when I forget this desire, but when I do, I realize it fairly soon after, and make amends for my behavior.

I learned early on that the quickest way to a harmonious relationship was to try to keep my side of the street clean. Cutting out the “shoulda, woulda, coulda,” stops me from interfering and thinking I can change other people, especially my alcoholic. Nowadays if I disagree with what he does, I can look at my part, change it if need be, or just let it go.

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My Sponsor’s unconditional love was the turning point

By Carol W., Arizona

When I first started working the Steps with my Sponsor, I was scared to death—scared to death to share the secrets of the disease that I had carried with me. Some that I had had since childhood. It wasn’t until we got to Step Five that my new self awareness started to become comfortable.

I was sitting there in a little pizzeria with someone

who knew who I was and accepted me for who I was. I felt connected to the world in a completely new way. I no longer had to go it alone as I had done for so many years. To have the unconditional love from another human being without being judged, without feeling ashamed, was a great turning point for me in my recovery. I had been working long and hard, but always alone. Now I was connected. My Sponsor told me I was very courageous for sharing.

“The fear I lived with (because of my secrets) had changed to hope, because someone took the time to care.”

When I think of that moment when I first shared my story with her in that little pizzeria, I will always be grateful for her taking the time to listen unconditionally. I drove past the pizzeria the other day, and it had shut down. That was a reminder to me that things change. Sometimes, they can change for the better. The fear I lived with (because of my secrets) had changed to hope, because someone took the time to care. It gave me the courage to move forward in my recovery with confidence.

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Coming Events:

- *February 23rd Sup n Share coming*

Step one

We admitted we were powerless over alcohol that our live had become unmanageable.

Tradition one

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Concept one

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

2012 November Sup n Share

At this **Big Event** I helped some with the food serving, then checked out the crafts for sale, plus brought in some magnetic crafts to sell. Mingling among the members bought baked goods, entered the raffle and enjoyed the speakers. The event was a joy to be present to experience the unity and serenity of the members. **BIG THANK YOU!!!** To all that came. Also to all those who served. **BIG THANK YOU!!!** Plus here are some pictures of it.



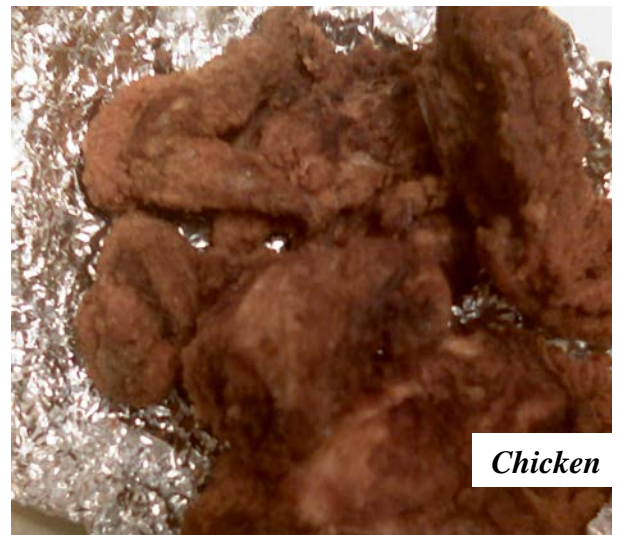
Crafts



Crafts



Desserts



Chicken

Perryville Prison, located at 2105 N. Citrus Rd., Goodyear, AZ 85395, is looking for a **new coordinator of Al-Anon meetings in the prison complex**. Volunteers need a year in Al-Anon and a desire to serve. Orientation will be provided to the new coordinator. Also, the new coordinator will provide an orientation to all volunteers who sponsor a meeting in the all-female prison. **Contact Cindy B.** at **623-238-1571** for details. Cheryl is willing to stay on board until the new coordinator is comfortable in the position. Please also contact **Barb T.** at **480-235-1456**. I am the Public Outreach/Institutions coordinator for the East Valley Information Center of Mesa.

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☺

**BIG THANK YOU!!!
To all who served
EVIC in 2012 ☺
Plus may you have
Serenity & joy...**

Coming Events:

- *February 23th Sup n Share coming*

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.*



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!!**

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.

“Happy New Year”! To all Al-Anon members everywhere!!!