

2012 East Valley Information Center Officers and Coordinators

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Meeting List	Becca A.
Newsletter	Patrick G.
EVIC Liaison	Lisa R.
Public Outreach	Jacque W. Leslie E.
Website	Scott C.

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-oneastvalley.org

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

Office staffed by volunteers:
please call before come over.

Hello Everyone,

Prayer is a action, I try to do throughout the day. Talking, and meditating to my Higher Power. Serenity and joy to all.

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 came to Al-Anon to help my wife, I came back to help me

By Michael H., New York
I heard the First Step, and not much else, at my first meeting. My wife's treatment program counselor had told me to go to Al-Anon. "If it will help her, I'll do it," I said.

"...I realized it was the first Time anyone had listened to me without telling me what to do."

It was all women at that meeting. As I saw it, they all had alcoholic husbands and I had an alcoholic wife—a completely different situation. One man came in a few minutes late. Afterwards, as I was fleeing, he tackled me in the parking lot. He suggested the Wednesday night men's meeting. What kept me coming back was the hour-long conversation with two men in the parking lot afterwards—they listened. On the way home, I realized it was the first time anyone had listened to me without telling me what to do. We eventually became life-long friends.

I quickly settled into several meetings and found a home group that had many men in attendance. A long-time said that I should make coffee. I said, "Someone already has." She replied, "I said, "Someone already has." She replied, "I meant for October, November, and December." I am still unsure if that was a suggestion. My over-developed need to please got me there every week, which was the whole idea.

After a while, my name appeared on the calendar to speak at the meeting. I asked the person next to me what I should talk about. "Serenity," he said. "I don't think I have

any,” replied. “Talk about how you lost it,” he said. It is so nice to have choices!

Soon my young children began attending Alateen and our behavior started to change. After several years in Al-Anon, I sensed the universality of the program while listening to a young woman tells her story at an anniversary meeting.

I don't recall if she was the A.A. or Al-Anon speaker, but she qualified for both. At the time, I was a mid-50s white male raising two daughters. She was a 25-year old African-American woman who was bisexual, cross-addicted, and a dual member.

Our stories were very different, but the feelings that led her to what she did were the same feelings that led me to do what I did. It was clear to me that our lives had put us on different paths with a common destination-recovery.

After 25 years in the program, I noticed the Preface to *Courage to Change* (B-16) and I quote, “Because these selections are based on sharing's from individuals, they contain references to gender and specific relationships, but the thoughts are applicable to people in all walks of life”.

Al-Anon helps me make sense of the changes in my life. Being with other Al-Anon members helps me realize I am not alone. We are going through the same kinds of changes and we are doing it together.

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Husband's relapse posed spiritual challenge

By Denise P., New Jersey

Even in the mist of storms in our lives, I have come to realize that my Higher Power gives me refuge and provides serenity. All I need to do is ask for help, be aware, and listen for a reply.

Recently, my husband relapsed while we were visiting our daughter out-of-state. We missed our flight home because this disease was in full tornado mode. After changing our flight and eating the fee, we were waiting at the gate to board our plane.

“It was then I remembered, I had choices and I could do something.”

The storm was at a steady down-pour at this moment, with sharp words and comments from both sides. My mind went into a tailspin, not knowing what else to do to stop the storm from escalating. It was then I remembered, I had choices and I could do something.

I removed myself to a quieter area of the terminal and reached out to my Sponsor by telephone. Her calming words were like an umbrella sheltering me from the storm. And her laughter, even in the midst of my turmoil, wrapped my shaking, cold body in a hug. I started to calm down and actually felt my heart beating in a more normal state. When I hung up with her, I followed her guidance and began to seek refuge from the subsiding storm by praying to my Higher Power.

My primary thoughts was Step One and how so very

subsiding storm by praying to my Higher.

My primary thought was Step One and how so very powerless I was. After 16 years in Al-Anon, I had never felt the depths of powerlessness quite like this before. Could it be because my husband had just finished an amazing 30-day inpatient rehab just prior to us vacationing with our daughter, and he already relapsed again? Could it be that I was questioning our 34 years of marriage? Could it be that I was so very, very tired and didn't know how I could go on doing the same thing over and over?

My life certainly was unmanageable! For goodness sake, I was sitting in an airport terminal with tears streaming down my face, feeling the storm starting to escalate again, not even knowing what to do next.

But I did know what to do next. I closed my eyes, bowed my head, and once again talked to my Higher Power—this time truly admitting how very powerless I was over this disease and how my life had become unmanageable. I said that I was truly surrendering and asked my Higher Power to let me know He was there for me.

I kept saying over and over, “I am powerless, I am powerless, I am so very powerless,” all the while praying for my Higher Power to show me that He was with me. Then the most amazing thing happened. As I felt my breathing calm down, I opened my eyes, and the first thing I saw was a huge advertisement on the wall of

Continue on next page

the airport with an inscription that said, in capital letters, "I AM POWERFULL!" I smiled and felt the storm subside as the inner calm of my Higher Power's words were there before my very eyes, letting me know that I may be powerless, but there is One that is powerful and will help me find serenity, even in the midst of the storm! I snapped a photograph of that advertisement, and keep it in my journal to this day, letting me know that my Higher Power is, oh, so very powerful!

Sept. Sup n Share

At this event I did some mingling among the members bought baked goods, entered the raffle and enjoyed the speaker. The event was a joy to be present to experience the unity and serenity of the members. **BIG THANK YOU!!!** to all that came. Plus to all those who served. **BIG THANK YOU!!!** 😊

Oct. Sup n Share

I wasn't able to be at this one, but got some insight from a member who did go. They had mingling going on, selling deserts and eating deserts. A husband and wife team for speakers, that were inspiring. Also a raffle for a "Big Cookie." Yum. So **Thank You** to all that **Came!!!**. Plus **Thank You** to all that **Served!!!!** 😊

Concept Eleven

The World Service Office is composed of selected committees, executives and staff members.

Coming Events:

- Save the date "Craft Fair" Nov. 10th
- January 26th Sup n Share by New Horizon group

Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

Step Eleven

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Al-Anon Faces Alcoholism 2012

Strength and hope for families and friends of problem drinkers

Therapist explains effects of addiction

I thought I was to blame

How Al-Anon helps me



The EVIC has around 50 **2012 Al-Anon Faces Alcoholism** and about 50 **2013 Al-Anon Faces Alcoholism** Public Outreach booklets available for your group to purchase at **\$.50 each**. This is a wonderful **12th Step project** for your group to purchase and distribute in public places such as airports, libraries, waiting rooms, give to professionals such as doctors, lawyers, pastors, counselors, give to school counselors and anyplace you choose to leave this booklet. (You can read it yourself before you hand it out.) Call Dorothy B. EVIC Chair if interested at **281-639-1216**, Thank You

Coming Events:

- *Save the date "Craft Fair" Nov. 10th*
- *January 26th Sup n Share by New Horizon group*



EVIC Annual Craft Fair !!!!!!!

November 10th, 2012

Dinner Starts and
Silent Auction Starts at:
5:00pm

Live Auction at 6:30pm and
Winners for the Silent
Auction will be announced
before speakers!

Speakers at: 8:30pm-9:30pm

St. Peter's Lutheran Church
1844 East Dana Avenue



Volunteer Help Needed for Nov. 10th Craft Fair Sup n Share in these areas:

- **Groups to make a basket**
- **Making Dinner**
- **Set up**
- **Clean up**
- **Baby Sitting**
- **Crafters to make Crafts**

Contacts: Nancy E. 480-832-5611

**Like to make crafts for
Nov.10 Sup n Share contact
Nancy**

480-832-5611

Coming Events:

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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.*

**Like to make crafts for
Nov.10 Sup n Share contact
Nancy**

480-832-5611

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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 program people stories to put into newsletter: experience, strength and hope. Simple human stories.

Format: Title if want to, name and location if want to put in and 300-500 words. Any? Give me a call 480-807-1241 or email me at: news@alanoeastvalley.org or pag313@msn.com

Thank you for your time.

Meeting Service Opportunity: Can your meeting help cover the EVIC phones on Sundays?



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.

Hurray note:

**Welcome Payson Al-Anon
Members to EVIC**

**Thank You for coming
down here.**

“Wow service in Action”

“Doing the foot work”

“Ya Hoooo”!!!!

Thanks Again 😊