



## 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 4<sup>th</sup> Tuesday of every month at 7:00 pm. All are welcome to attend.**

**East Valley Information Center**  
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Office is on the north side of Broadway between Stapley and Gilbert in Mesa.

Office staffed by volunteers:  
please call before come over.

## Hello,

*May you all attain in your journey, hope, peace, courage, faith, trust and serenity.*

Trusted Servant Patrick



Come on over to the **Book Store** and see the selection of **books, pamphlets, etc.** It's located at the East Valley Information Center.



Check out the **Library** at the East Valley Information Center too, were there is a **variety of DVD's, tapes, etc.** to check out.

## My serenity... and my sister's relapse

*By Terry C., Louisiana*

The day I had not worried about came today—the day she decided to drink again. I have no idea how the pain of drinking brought her to sobriety, and how the pain of living brought her back to drinking. I just know my beautiful sister is suffering and our family is grieving the loss of the brightness that came with her sobriety. My heart is full of compassion, sadness, and love.

I recall with gratitude our joyous reunion during the time of her sobriety. I wish that it could go on forever, that I

Could keep the relationship that we have begun to build. We grew closer, shared our ups and downs, and encouraged one another. We had a special connection, having survived 40 years of an alcoholic home and alcoholic relationships together, and now recovery.

It's been a privilege to watch her find her own way through difficult times with the help of her loving God and the rooms of Alcoholics Anonymous. Recalling with gratitude helps me to heal today, and to let go.

I don't know what the next day will bring, so I won't worry. For today, I extend compassion to myself, to my family, and to my loved ones as the scenery changes on our path. For today, I will be kind to myself and reach out for the kindness of my Al-Anon community. They are with me. For today, I will see beyond the disease of alcoholism to the light of a lovely spirit, and employ the magnanimous hope that recovery offers for another day's reprieve.

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### **Step Four**

*Made a searching and fearless moral inventory of ourselves.*

## **I Took a Risk**

*By Lisa M., Washington*

Just before going to sleep

*Continue on next page*

last night I started thinking horrible thoughts. I focused on my inability to find a job. Then I concentrated on being with my husband or not being with him. I criticized myself for being a failure at making friends. My loneliness led me to feel that I am not okay.

This morning the alarm woke me with a start and I crawled out of bed to go for an early morning run. While I was running in the early morning light I heard the first flock of geese heading south for the winter. Just when I started to feel good and I wanted to keep running, I remembered my agenda. I planned to eat right, take a shower, and meditate before sharing a long ride to our Al-Anon writing workshop. I filled my mind with dread about being with people for such a long drive. I imagined they might have all sorts of bad moods. I wondered if there was any point in attending another Al-Anon function while my life remained so unmanageable.

The women in the car turned out to be very considerate and chatty. I identified with almost everything they said, but I avoided talking because I have a tendency not to listen. Eventually I admired their courage for speaking out and felt safe enough to join the conversation. I tried to be myself and share, which I did a little, but I really enjoyed listening, too. Sometimes I wonder if it is healthier to Listen and Learn or to blurt out whatever is on my mind. Taking short time-outs to listen really helps me understand, but I also want to quit censoring myself. I would like to relax with who I am, in-

stead of experiencing so much doubt, hesitation, and fear. I would also like to learn how to be myself and appreciate others, without criticizing or feeling off balance.

By coming here today for an Al-Anon writing workshop, I took a risk. I got up early, went for a run, ate right, made myself presentable, and prayed. Now I am writing my thoughts and feelings because I trust I have something worth saying, that I am a good person and I deserve to be happy. I would really like to just relax and be myself.

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### Popcorn Sup n Share

Went to this gathering and bought some raffle tickets and got some popcorn to eat. Sat at the front table by the microphone, which wasn't easy for me to do. Higher power gave me strength to do this. Then was able to hear jokes and talks from a variety of speakers from the audience. This was a real treat to see and hear. Then raffle went on and the one raffling, won twice and believe it or not, I won one too. A beautiful time of sharing and caring with one another. **"Big Thank Youuuus"** to everyone who came and served. **Great job everyone!!!!** To those who couldn't make it but wanted too, thanks for any willing thoughts

#### **Tradition Four**

*Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

### Public Outreach /Institutions Coordinator

needs people to be a Liaison to run Al-Anon programs by finding parents of kids who are or were in Rehab programs. These parents could speak at monthly meetings. The following rehab centers need programs.

#### **Chandler Valley Hope Rehab Center**

501 North Washington St.  
Chandler

#### **Tempe Valley Hope**

2115 E. Southern  
Tempe

We need a liaison for each rehab center.

If interested, please contact Barb T. at 480-235-1456, or email at [sweetacaci@aol.com](mailto:sweetacaci@aol.com)

#### **Concept Four**

*Participation is the key to harmony.*

#### **Coming Events:**

- **Ice Cream Social**  
June 23th
- **Pancake Breakfast**  
August 4th
- **Save the date "Craft Fair"** Nov. 10th

*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.*