

The ALANEWS

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Upcoming Events

Holiday Boutique	December 4, 2021
PRAASA	March 4-6, 2022
Spring Assembly	March 18-20, 2022



Starting my Al-anon Journey

Al-anon has been such a blessing in my life. Life was very crazy before I walked through the doors to my first Al-anon meeting. At my first meeting the Group chairperson had someone read "An open letter from an alcoholic". That letter really touched my heart. A few quotes from the letter really stuck out--Don't let your love and anxiety for me lead you into doing what I ought to do for myself, Don't Believe everything I tell you-it may be a lie, and Don't let me take advantage of you or exploit you in any way. I felt like someone had been in my home and knew the person that I came to Al-anon to fix. After the meeting someone came up to me and made me feel welcome by being interested in my story and sharing their story. My second al-anon meeting I felt the strength to share. Oh, what a raw feeling that was for me to bare my soul to people I did not know. I was so raw because of my share that I could not talk to anyone after the meeting. I fled to my car not speaking to anyone. After subsequent meetings I continued to feel welcome. I was able to feel a part of the Group. I found a sponsor and started working the Steps. I discovered the Al-anon journey was for me to improve me--not the alcoholics in my life. Slowly but surely, I start coming back into the light with my life and out of the shell I had built to protect myself from the world around me. I have started to see progress in my life even though adversity is still around me. Living "One day at a Time" and continuing to learn and grow, I am seeing the fruits of my recovery which has been so helpful and a blessing in my life. I have a renewed relationship with GOD and my days of anger toward GOD have mostly subsided. I'm forever grateful for my Al-anon family, my sponsor and GOD for continued Love, help and understanding.

Thanks for letting me share.

Kurt L., Utah



Be of Service!

Just Kidding about the wrench. Here is a wonderful opportunity to serve, which is part of our Al-Anon recovery program.

From **When I Got Busy, I Got Better**: “Service and recovery...are not independent of each other. Both are part of the spiritual awakening that continues to guide us.

The more willing we become to practice all of this program, the more progress we can make in recovering from the effects of another's alcoholism and in living our lives more fully.”

The Al-Anon Information Office, known as AAIS or “The Bookstore,” needs volunteers to offer the pre-pandemic service. Before the Covid-19 pandemic, the bookstore in the Alano Club, 5056 South 300 West, Murray, was open six days per week, six hours per day. Now we are able to stay open three days a week for four hours each day, 12 hours per week instead of 36. We would like to be there to sell books, answer the phone, and offer “experience, strength, and hope” to families in need.

The shifts in the bookstore are four hours. Even once a month would be appreciated. Training is part of the fun. Members are available for consultation by phone when there is a volunteer at the bookstore. In other words, lots of support is provided and this is not a hard job! Concerned about Covid? You may put tape across the door and speak to people from a distance.

For more information, call Ked, our office manager, at (801) 262-9587.

Hilary

God...

Such a controversial word.

I wanted to know more about this word “**God**” mentioned in so much of the Al-Anon literature, so I enlisted the help of the Merriam-Webster online dictionary and searched the word to gain more knowledge. This definition was one that I could work with:

gòd \: a spirit or being that has great power, strength, knowledge, etc., and that can affect nature and the lives of people.

As I sat and meditated about the word God, I came, in part to this understanding:

I think it brilliant that Bill W., self-proclaimed agnostic, choose to use the word God, when he co-wrote the “**Twelve Steps**” of Alcoholics Anonymous (1939), which were later adopted by Al-Anon.

I cannot think of any other word that would cause me to search my soul so deeply, so thoroughly, so desperately to find a Higher Power, or God as we understood him.

When I finally crawled into my first Al-Anon meeting, I felt very broken in every possible way; physically, mentally, emotionally, spiritually, and financially. I desperately needed something—anything to alleviate the devastating, debilitating pain, and anger that I was feeling.

Kintsugi is the Japanese art of embracing broken and flawed things by putting broken pottery pieces back together with 24 karat gold lacquer. It’s built on the idea and understanding that in embracing flaws and imperfections, one can create an even stronger, more beautiful piece of art for its having been broken.

For me, God is that gold which painstakingly and with exactness and strength holds my broken pieces together and makes me a kinder and more beautiful human being than I was before, helping me to find joy, strength, and happiness in my day-to-day life.

I had to dig very deep into my soul to find and understand my God, my Higher Power.

Roma L.

Perhaps you have heard that line: *there are two ways to look at any problem, my way or the wrong way*. At a recent meeting we discussed tolerance and accepting unacceptable behavior. Al-Anon has shown me that there are myriad ways to look at a problem – or a solution, or even just a situation.

“I have been patient!” cried a member one evening as we spoke, but I wondered, patient or long suffering? It seemed a matter of attitude to me. Attitude or perspective. Patience and tolerance. Neither of these terms in themselves indicate I need to be abused in the interest of love or responsibility. Yet I have manifested them that way!

Even when tolerating the heat – or cold – I have a better attitude and I do something about it. Turn on a fan or put on a wrap, I do not just sit suffering and judging and expecting the condition to change. I take some action on my own behalf!

A change in attitudes can aid recovery. You have heard that one too, I’m sure. Tolerance is not martyrdom, I think. Am I being patient when I watch someone degrade our relationship over and over?

I am being patient when I am in the left turn lane and the arrow has not appeared for me yet. I am not being patient when I am blacklisting someone for not attending a business meeting. These are not their actions, they are my attitudes!

A change in my attitude can aid my recovery! I have seen it can also aid another’s, but mine is my responsibility, my program’s purpose.

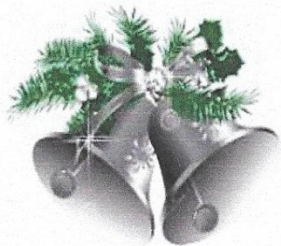
Still, I have been known to coax the arrow: "Come on, come on! The road is clear!" Even here I am less upset, because my expectations for a traffic light are different than those for others - even others in Al-Anon!

A page in one of our five daily meditation books* suggests that even after some time in Al-Anon I continue to accept abusive behavior: from myself. And just as subtle and deniable it is possible that others are tolerating unacceptable behavior or attitudes from me as well. There is a solution! I am discovering choices! If I am patient, I can begin to work on this. If I am tolerant, I will accept myself as I am – just for today, but I will begin to do something about it. I will accept that alcoholism has taken a toll on my self esteem and my expectations of others and apply my recovery tools to this.

I will either do something – or quit fretting, because today I know those are two of my choices. I will attend meetings and reason things out with others to gain and to share more choices.

*These are B-6, One Day At A Time in Al-Anon; B-10, Alateen – a day at a time; B-16, Courage to Change; B-26, Living Today in Alateen; B-27, Hope for Today. All are available at the AAIS bookstore.

ALANON *Holiday*



BOUTIQUE DISTRICT 3'S ANNUAL FUNDRAISER

Buy your Christmas presents here



Unique gifts, crafts, prizes

Good Food, Treats, Games

Opportunity Drawing

Silent Auction

Fun for the Whole Family!

Bring the kids to see **Santa** from Noon to 2:00 PM

Saturday, December 4, 2021

11:00 am to 3:00 pm

Alano Club, 5056 Commerce Drive, Murray, Utah

For questions, text Martee at **801-678-6246**

Oregon Area Al-Anon Fun, Fellowship & Service

Pacific Region Alcoholics Anonymous Service Assembly

has invited

Al-Anon to Participate Save the Date! March 4-6, 2022

Pacific Region States Include: Alaska, Hawaii, Washington, Oregon, Idaho, California, Nevada, Utah, and Arizona.

For more information & to volunteer, email: alanon.praasa@gmail.com

To learn more about what PRAASA is, register when it becomes available in the Fall, and for the future agenda, go to

<https://www.oregonal-anon.org/events-list>

**Oregon Area Al-Anon
welcomes all Al-Anon members
to participate in Portland, OR!**

Al-Anon Speakers, Games,
Skits and Workshops all with a hint of Service!

The Al-Anon/Alateen Information Service (AAIS) bookstore (5056 S 300 West, Murray, UT) has a limited supply of Serenity Prayer tote bags available for sale. They are black or navy blue, made of sturdy cotton and sell for \$10 each. The bookstore's pandemic hours are Wednesday-Saturday from 12:00 noon to 4:00 pm and the phone number is (801) 262-9587.

