

# The ALANEWS

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## Upcoming Events

Our **Zoom fundraiser** is coming up on Saturday, February 27, 2021.

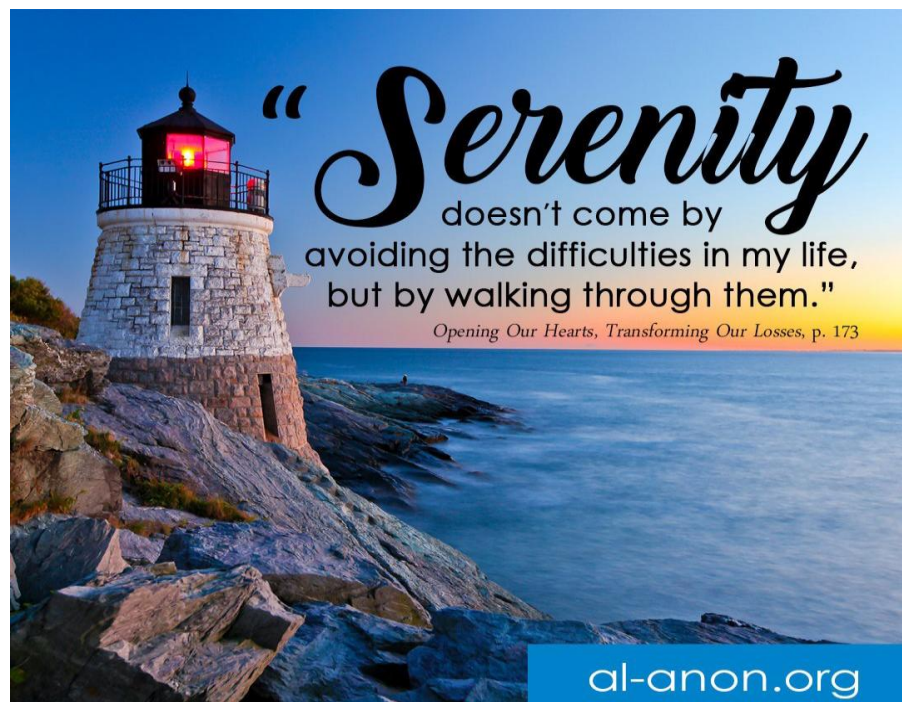
The **Area Spring Assembly** is coming up on March 19 - 21, 2021. A chairperson is still needed to plan the Friday night social, Saturday speaker, and Sunday Spiritual meeting. Attached is a flyer for the Assembly.

**SWRDM** – 46<sup>th</sup> Annual Southwest Regional Delegates Meeting

Friday March 12<sup>th</sup> starting mid afternoon and all day Saturday

March 13<sup>th</sup>, 2021

Virtual Meeting – Host Area – New Mexico/El Paso



## UTAH AREA ALANON

### 2021 SPRING ASSEMBLY

SAVE THE DATE: March 19th – 21st

Please save the date to join our Utah Area Alanon 2021 Spring Assembly on the 3rd weekend of March, from March 19th to 21st. Below is some helpful information. An agenda and more details will be coming in the next month. Below are the current plans for the assembly weekend.

#### SCHEDULE:

- Friday Night Activity and Alateen Updates: Friday March 19th [Utah Area Zoom]
  - o Time TBD (~6-8 pm) – Join to get updated on our Area Alateen program and possibly an activity, (flyer and details TBD).
- Business Meeting 2021 Spring Assembly – Saturday March 20th 9 AM to 3 PM [Utah Area Zoom]
  - o 8:30 AM – 9:00 AM – Meeting before the meeting: Socializing with members of our Area before the business meeting (optional).
  - o 9:00 AM to 3:00 PM – Business Meeting (GR voting will be between 2-3)
  - o 3:00 – 3:30 – Meeting after the meeting: Socializing with members of our Area after the business meeting, (optional).
- Spiritual Meeting: Sunday March 21st [Utah Area Zoom]
  - o 9:00 AM to 10:30 AM – Open sharing meeting.

#### DETAILS:

- This will be a fully virtual event using our Utah Area Zoom account, (to be provided).
- All Alanon members are welcome to join, so please spread the word.
- All Group Representatives (GR's), District Representatives (DR's), Area Committee Chairs, Area Coordinators and Area Officers are requested to attend the business meeting.

· If you are a member of the Area World Service Committee (AWSC) or a committee chair, please submit your reports not later than Friday March 5th to the following: o  
Lynnetey88@gmail.com: Lynette Y – Utah Area Website Coordinator o  
kirkhamked@gmail.com: Ked K – Utah Area Secretary

· All supplementary documentation relating to the assembly will be provided at least 2-weeks prior to the business meeting, (March 6th). This will be posted to the website and emailed through the Area and Districts to GR's to share with their groups.

If there are questions, please contact:

Celestia Garner, Utah Area Chair

Cell: (801)558-6389 (phone or text) Email at [celestia.garner@gmail.com](mailto:celestia.garner@gmail.com)

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# UTAH'S DISTRICT 3 ALANON (2020) FUNDRAISING SPECIAL EVENT **ZOOM-A- THON** **IN THE SPIRIT OF SERVICE**

***Saturday, February 27, 2021***

***11:00 AM to 1:00 PM***

***ZOOM Virtual Meeting – Link will be provided on the  
website <http://utah-alanon.org/>***

- VIRTUAL SILENT AUCTION – *BIDS ACCEPTED VIA ZOOM CHAT AND  
WILL BE AT THE ALANO CLUB FOR PICK UP*
- SHARING – *IN THE SPIRIT OF SERVICE, HOW HAVE YOU SERVED?  
WHAT HAS SERVICE DONE FOR YOU PERSONALLY IN THE PROGRAM*
- SPEAKER
- READINGS

**SEND DONATIONS TO:**

DARLA K  
335 WEST 1000 NORTH  
BOUNTIFUL, UT 84010

**OR VIA VENMO**

DARLA-KNIGHTON@VENMO  
DIGIT IS 1324

**For questions contact via text or call Miguel at 310-869-  
2101 or Martee at 801-678-6246**

# Reaching Out to Help Children of Alcoholics

It was a cold, dark, February night when I came to my first Al-Anon meeting. I was young in years (only a couple years too late for Alateen), but I felt ancient, worn-out, and totally lost in spirit. The effects of my mom's alcoholism had ravaged me, but all I could focus on was my desperate attempt to save her. The members at that meeting welcomed me and assured me I was in the right place. Their stories were different than mine, but they shared the same feelings. I went home that night feeling hope, and as if a thousand pounds had been lifted off my shoulders. I was no longer all alone.

My road toward recovery has not been easy or short, but as members helped me let go of the many coping mechanisms I developed as a child, I began to feel better every day. I can never give back as much as I feel I owe to Al-Anon, but today I do whatever I can. As my Al-Anon anniversary comes around each February, I celebrate it by honoring the kindness of those members who encouraged me by offering that same kindness to other children of alcoholics still in pain. I let them know they are no longer all alone.

How appropriate it is that this year in the US, Children of Alcoholics Week will be held February 14-20, to bring national awareness to the effects of alcoholism on children. Throughout the month, the World Service Office (WSO) will be publishing content to draw attention to the support that Al-Anon and Alateen meetings provide across the globe to adult children of alcoholics and teenagers living in alcoholic homes. It's the perfect time for local service arms and groups to plan special speaker meetings focusing on children of alcoholics, to reach out to local community support agencies about how Al-Anon can help, or to provide Al-Anon speakers for educational meetings held at institutions, facilities, or schools. Individual members can also participate by sharing WSO content on social media. Let's do all we can to let anyone who has been affected by parental alcoholism know that Al-Anon and Alateen can make a difference.

*By Tom C., Associate Director—Literature*

*The Forum, January 2021*

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## **AAIS is Alive and Well and Living in Murray**

**A Short Introduction for our Newcomers:** Al-anon Al-ateen Information Service (AAIS) provides a way to contact Al-anon for newcomers, members, and the community with questions or concerns about Al-anon and our services. AAIS serves all Al-anon members and groups in Utah. AAIS answers the phone 24 hours per day, although we expect late callers are truly experiencing an emotional or spiritual crisis! Call AAIS at (801) 262-9587. The office cum bookstore (it's a closet with windows) is located on the second floor south side of the Alano Club (operated by Alcoholics Anonymous), 5056 S Commerce Drive (300 West), Murray, UT, and currently has "pandemic hours." The office, which is staffed by volunteers, is open Wednesday through Saturday, 12 noon to 4 PM.

The AAIS bookstore sells the same Al-anon-Approved literature that is available on line at [www.al-anon.org](http://www.al-anon.org), at the same price. You may purchase Al-anon literature at the AAIS bookstore or order for delivery by calling. The charge for shipping is only the actual postage. Books and pamphlets may be paid for with cash, credit or debit cards, or check.

### **Objectives of AAIS:**

- A. Provide and Maintain an Information Service for all Utah Area Al-Anon groups.
- B. Serve as a point of contact with Al-Anon for the general public, accepting and relaying to the nearest group, pleas for help.
- C. Cooperate with Alcoholics Anonymous in providing information concerning these services.
- D. Act as a Clearinghouse for information on Al-Anon meetings and other activities, maintaining current list and making the information available to all groups and individual members of Al-Anon as well as to visitors and interested parties.

**AAIS weathers the pandemic:** AAIS is open 16 hours per week now, instead of 36 hours per week. The bookstore is, of course, staffed by volunteers. Enough of us are old enough that we do not want to go out now, hence the limited hours. If you are young and/or perky and would like a very warm and fuzzy experience, please volunteer for one or more 4 hour shifts a month at the bookstore. The office manager has taken impressive precautions to make it a safer environment. Volunteers answer the phone to provide information about meetings around Utah, how Al-anon works, speak with people in need, make book recommendations, and sell books and pamphlets. AAIS operates on donations from Al-anon groups and a small amount of revenue from book sales. The volume of book sales in 2020, dropped by about 50% compared to 2019. If you or your group is able to make a donation to AAIS, we will appreciate it!

**Kudos:** Heartfelt thanks to the volunteers who have kept this very important lifeline, the AAIS bookstore and telephone service, going through the pandemic. I believe you are risking your lives to bring Experience, Strength, and Hope to people struggling in alcoholic families.

Also thanks to our capable, dedicated, hard-working, clever, and friendly, never-miss-a-beat office manager. He never loses his cool, has a wicked sense of humor; and what's more, the man can add a column of figures correctly. He has a long commute but has kept the bookstore open literally through rain, shine, sleet, and snow; sometimes with a car, sometimes via UTA. He has suffered through Covid quarantine due to a family member's illness, then actual Covid itself. Folks, I don't know how we got this lucky. They don't make 'em like our office manager anymore. So modest, he doesn't want me to print his name.

Hilary