

The ALANEWS

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Upcoming Events

The **Area Spring Assembly** is coming up on March 18 - 20, 2022.

Attached is a flyer for the Assembly.

Attitude is a little thing that makes a big difference.

WINSTON CHURCHILL



EMBRACING OUR RECOVERY THROUGH ABUNDANCE, UNITY AND UNDERSTANDING UTAH AREA SPRING ASSEMBLY

March 18-20, 2022

Sons of the Utah Pioneers Museum

3301 East 2920 South, Salt Lake City

Friday – Registration opens at 5:00 pm with a variety of activities including love gifts, writing, surprises, Sharing meeting starts at 7:00 pm

Saturday - Area Business 8:00-11:30. Lunch with speaker. Area Business continues until 5-ish. Dinner and guest speaker followed by evening of games and more surprises

Sunday – Spiritual experience and sharing meeting, 9:00-11:00

REGISTRATION FORM (Please complete separate form for each individual)

Name _____ Phone _____ Text Yes/No (Circle One)

Address _____ City/Zip _____

E-Mail _____ Service Position _____

Registration \$20.00 before March 10; \$25.00 after \$ _____

Hybrid Zoom Donation ...\$10.00.....Zoom link to be sent when registered \$ _____

Lunch...Potato/Salad Bar . \$12.00..... \$ _____

Dinner from Zao’s\$15.00..... \$ _____

Gluten free or vegetarian available Please specify

Total Enclosed (Make checks payable to Utah Area AFG) _____

Mail to: Denise Lauer, 3243 West 5775 South, Salt Lake City, UT. 84129-7116

Venmo payment available @darla-knighton

_____ I am willing to be of service at this Assembly

Questions/comments – Denise L at 801-971-3629

Primary Purpose of Al-anon to Me

Our Fifth Tradition lets us know that our primary purpose is to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

I became aware and started to understand Al-anon is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope to solve similar problems in our lives. I soon discovered that Al-anon was for me to improve my attitudes and view my problems in their real light without my old twists and spins. With time, I started to see small but sure improvements in how I was addressing my family issues.

I also have started to see improvements in my relationships as my understanding has grown that alcoholism as a disease. This helps me to have more compassion, empathy, and love for the alcoholics in my life and others in my daily life. I have enjoyed a spiritual journey with Al-anon that has given me a renewed relationship with GOD.

I'm hopeful I can give back to my Al-anon family, as they have provided me continued Love, help and understanding. I grateful our Fifth Tradition embraces us all.

Kurt L., Utah

I am Entitled to a Life

My home group prefers to avoid cross talk during the discussion portion of the meeting so everyone will have an opportunity to speak. If more than 12 members attend, we split into smaller groups and discuss the Al-Anon topic of the evening. After the meeting, anyone going for coffee invites everyone, including long-timers and newcomers. Sometimes the meeting after the meeting continues where the actual meeting left off, and other times it is purely social. Many people exchange experience, strength, and hope just as freely over coffee and dessert as they did during the meeting.

When I was a newcomer, I had a hard time connecting with people during the regular meeting. They spoke a strange language about slogans, Steps, serenity, detachment, and all sorts of other touchy-feely things. They held hands, prayed, and smiled a lot—all of which were pretty foreign to me. After the meeting they asked me to take more time away from my job to go to coffee.

My goodness, I had already been gone from home for an hour and a half. Who was checking up on the people who lived in my house while I was gone? Would the alcoholic get home? Would the kids be okay? Who would be in charge? "No, thanks," I said, "I have to get home."

It took quite a few years before I understood that I am entitled to a life—and so are the others in my household. I was not in charge of their lives, only mine. Part of my life needed to be social, and who better to practice this with than my new friends? When I say practice, I mean exactly that. My social life had consisted of following my spouse around, checking on his behavior, sitting by the window, and waiting to see where his socializing had led him that evening.

After I got to know people a little better by participating in some of these informal gatherings, I actually used my phone list. Sometimes I was in dire straits when I called, and sometimes I was just trying to be sociable. I also found a sponsor. All of these things helped me practice the program and become a real person again.

Today all but a very few of my closest friends are Al-Anon members and we do many things together. Our impromptu get-togethers have helped strengthen my faith in the program. As a result, I have real friends who discuss real life problems that time does not allow us to deal with during our weekly meeting. My program friends know me well enough that they can tell when I need a little extra encouragement. Without these informal contacts outside of the meetings, I don't believe my growth, enthusiasm, and many other blessings would have flourished as they have.

By Ann B., Illinois March, 2001

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Al-Anon Family Groups Incorporated, Virginia Beach, VA

Welcome, Newcomer

Welcome! As a newcomer you may be wondering what Al-non will do for you or what it will do about the alcoholic in your family. You have tried everything, you think. You might not like the response to those questions but stay for the entire meeting; we believe you will hear something that will help your situation, if just for tonight.

We hope you will try another meeting after your first one tonight. The welcome packet you received includes a schedule of other meetings in this district. A district is a geographical designation for Al-Anon and Alateen groups who can meet together to discuss group needs, problems and ideas for introducing our program to newcomers.

You may have found our meeting tonight because of this outreach. Each district submits their current schedule to the area website for electronic posting and they also send a copy to the area information service to relay to new members who call them.

Anyway, you have choices of meetings to attend nearby. Choose meetings from the schedule that are convenient for your location and your schedule. Those will be easier to get to, and you will be less likely to find reasons they “don’t work for me”.

Attend a meeting several times. Many factors make a meeting different each week: the number of people attending, the literature used, the weather. No really! Even the weather can change our mood and thus our receptiveness and our willingness to be around others. We’re human! A slip on the ice with or without an alcoholic in the home can set a mood for fault finding. And you never know what that mood will encounter at a meeting. (But you have to go to know!)

Read the pamphlets in the newcomer welcome pack a few times. Even if you sped-read the entire thing before the meeting started, read it again a little bit at a time to let it take root. It is neither an answer to all problems or a definitive response to alcoholism, but it will introduce the Al-Anon philosophy that alcoholism is an illness that affects everyone in the family – not just the drinker – and that while we cannot change “them” we can make some changes in the way we respond.

Take numbers with you tonight! Alcoholism is a 24/7 dilemma, but Al-Anon has someone who understands 24/7 as well. If you heard someone with a similar situation, ask them for their number. Or take a shot of the group’s phone list- on your phone! We write our numbers down knowing someone sometime may need more than the meeting provided. Don’t go home alone with this problem on your shoulders. We have been there; we know what it’s like.

Take your time to see if Al-Anon has something for you. Keep the pamphlet – our gift.

Is your loved one suffering from a problem other than alcoholism? Keep coming back until you have seen that these suggestions don’t apply to you. We don’t meet everybody’s needs, but it is up to you whether you belong here or not, whether it helps or not.

We’ll open the meeting again next week because we found it helped us. And we’ll be glad to see you whenever you come back.



Albuquerque, New Mexico, USA
June 29 – July 2, 2023

al-anon.org

The **2023 Al-Anon International Convention** will be held in Albuquerque, New Mexico, United States, Thursday, June 29, through Sunday, July 2, 2023. Come celebrate Recovery, Unity, and Service with thousands of your closest Al-Anon family and friends from all around the world. Join us for lots of fun during special events, workshops, and Big Meetings as we find “New Hopes, New Friends, Renewed Recovery”!

