

The ALANEWS

INSIDE THIS ISSUE:

Feelings aren't facts	1
Upcoming Events	2
Ongoing Events	2
News from District 1	3
PRAASA Flyer	4
Spring Assembly Agenda	5

Thought from new ALANEWS Coordinator

In the past many of us learned to make choices strictly on the basis of our feelings, as if feelings were facts. If we were frightened about taking a certain action, for example, then it was best avoided. There was no middle ground and no room for more than one feeling at a time.

Part of Al-Anon recovery involves learning that feelings aren't facts. I am a complex, fascinating human being with a wide range of emotions, experiences, and thoughts. There is more to my identity than one feeling or another, one problem or another. I am a wealth of contradictions. I can value all of my feelings without allowing them to dictate my actions.



Today I can feel anger toward someone and still love them. I can feel afraid of new experiences, yet move forward through them. I can survive being hurt without giving up on love. And I can experience sadness and still be confident that I will be happy again.

Today's Reminder

Today I am learning to embrace my complexities and contradictions and to be grateful for the richness they bring.

"Life, for all its agonies ... is exiting and beautiful, amusing and artful and endearing ... and whatever is to come after if- we shall not have this life again." Rose Macaulay

I am posting this from December 4th Courage to Change. It has great meaning to me as I ventured through this new position.

Upcoming Events

MARCH 6-8, 2020

PRAASA (Pacific Region AA Service Assembly) with Alanon Participation
Tucson, Arizona

MARCH 20-22, 2020

Spring Assembly 2020

LDS Hospital
Education Center
8th Avenue and C Street

MARCH 15-17, 2020

SWRDM

San Rafael, CA

APRIL 4, 2020

AAIS Soup and Chili Fundraiser

ST James

“One Day at a Time,
I set out on my new
way of living-
awakening each day
to a sunrise of
possibility and new
beginnings.”

Melanie A FL

ONGOING CURRENT EVENTS

OGDEN COMBINED SPEAKER MEETING

Third Saturday Of Each Month
8 to 9 PM

*Ogden Regional Medical Center
5475 South 500 East
Washington Terrace UT*

LOGAN SPEAKER MEETING

Sunday Night Al-Anon Speaker Meeting

Usually the third Sunday of Even Numbered Months
6:30 PM
St. John's Episcopal Church
85 East 100 North, Logan, UT

SPIRITUAL QUEST AFG SPEAKER MEETINGS

Second Sunday of five Sunday months
6:30 PM
Holladay United Church of Christ
2631 East Murray-Holladay Blvd.
Holladay, UT

NEWS FROM DISTRICT 1

News from the Ogden Al-Anon Information Center

The Al-Anon Information Center in Ogden has made some changes! Depending on when you last looked, we have a new home, a new board and a few new hurdles to jump to find us. I am proud of us. Two Out of Three Ain't Bad, I am told.

We have relocated the office to the Alano Club, 684 24th Street, Ogden. We are in a small office just inside the upstairs door on 24th Street. You can also get to it from the north side of the building, but this leads you through the large meeting room; if a meeting is in progress please go downstairs and come up the back door of the dining room.

One of the hurdles is that we have dropped the land line telephone. The District One schedule provides a contact number for each group, so if you – or a newcomer – wishes to confirm a meeting time or place or wants general information you can reach us. Every group in District One has a key to pick up literature for their group needs, so let your GR know if you want a particular piece of CAL.

The board meets the third Thursday of every month. The incoming chairperson is Ked K, whose contact number is on the schedule. Long time treasurer, Norma D, has stepped down and Lorna P has stepped up. THANK YOU! Both Norma and Lorna. We like to think you get out of the program as much or more than you put in – and you both must be getting something special, as we all do who have picked up the service tools. Connie, Valerie and Jamie continue in their positions.

Watch for events coming up. Relying on group contributions of one district requires us to hold events that raise funds. To that end, we will make them fun and



Let It Begin With Me

When anyone, anywhere,
reaches out for help,
let the hand of Al-Anon and
Alateen always be there,
and Let It Begin With Me

PRAASA 2020



PRAASA 2020 **March 6th - 8th, 2020** **Tucson, AZ**

The Pacific Region Alcoholics Anonymous Service Assembly is an annual assembly hosted by one of the 15 areas in the Pacific Region of Alcoholics Anonymous each year and it therefore moves around the region.

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and areas of the Pacific Region.
- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.
- The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

Hosted by Arizona Area 03 in Tucson, AZ.

Come join over 1000 excited AA members from all over the Pacific Region and be part of this unforgettable event.

The entire weekend is packed with panels, round table discussions, presentations, open mike sharing, speakers, wonderful meals and ongoing fellowship.

[Registration and more Information at PRAASA.org](http://PRAASA.org)

SPRING ASSEMBLY MARCH 20, 21, 22, 2020 Agenda

Jon & Karen Huntsman Education Center

C St East, Salt Lake City, UT 84143

March 20, 2020

Classrooms D, E, and F (Enter Double doors from C Street) classrooms are on left down the hall across from the cafeteria

5:00 PM to 7:00 PM - Registration Introductions and Activities; The Cafeteria will be open until 8 PM

7:00 PM to 9:00 PM, "Learning to Stand for ourselves with dignity, without Standing Against Others", from page 267 *Survival to Recovery*

Carole Bennett, MA in Clinical Psychology, will lead Al-Anon and Alateen attendees and volunteers in a discussion of key words and phrases to use in the difficult conversations members of Al-Anon and Alateen have with friends and relatives who have a problem with alcohol, per the 3rd Tradition. Build your courage to stand for yourself without standing against your loved ones. Following the discussion Volunteers from Al-Anon and Alateen will practice various situations in role plays.

Seating limited to first 50 registrants

March 21, 2020 (Seating Limited to first 100 Registrants)

North and South Auditorium (Enter Double doors from C Street)

Breakfast on your own, there will be coffee, tea, water fruit and snacks in the Auditorium at the Hospitality Table – 7th Tradition donations accepted

8:00 AM to Noon and 1:00 PM to 5:00 PM AREA BUSINESS MEETINGS

Noon to 1:00 PM – Catered Luncheon and Guest Speakers from Alateen and Al-Anon

5:00 PM to 7:00 PM Catered Dinner

7:00 PM to 8:00 PM Carole Bennett will share her Al-Anon story

8:00 PM to 9:00 PM Entertainment by Mustang Sally

March 22, 2020 (Seating Limited to first 50 Registrants)

Classrooms D, E, and F (Enter Double doors from C Street) classrooms are on left down the hall across from the cafeteria.

9:30 AM to 11:00 AM Al-Anon / Alateen Sharing Meeting