

The ALANEWS

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Upcoming Events

June 11th-13th, 2021 UTAC Alateen Conference

June 19th, 2021 Delegates Day

July 9th, 2021 Bees Game sponsored by AAIS

August 20th, 2021 Alanon in the park

September 17th-19th,

October 22nd-24th, 2021 USAW – Bryce Canyon

Mobile Serenity

Searching for tranquility? Consider adding “mobile serenity” to your gratitude list by subscribing to the premium content in the *Al-Anon Family Groups* mobile app. In doing so, you will receive a year’s worth of “Today’s Reflection” entries, thus ensuring daily bursts of easily accessible serenity while on the go. This can be an especially welcome resource throughout the year!



Step 2 has been life changing for me.

It has taken time for me to fully understand the power it affords but I'm grateful I stayed with it until I more fully understood its lesson.

Recent events have afforded me the opportunity to rely on step 2 and implement its concepts into my life.

Financial pressures, work problems and family issues have all come upon my shoulders at the exact same time.

Historically these events in concert cause me to fall into emotional and physical paralysis.

I become unable to function as an individual, at work and in all my relationships.

Step 2 has taught me that I'm not alone. I don't have to carry the weight of my seemingly unbearable problems by myself.

I now believe my higher power is there for me at all times, that he can help carry the weight of my problems. I've learned to surrender to my higher power that which feels overwhelming to me.

I no longer feel so alone all the time. I don't need to be a "lone-wolf" and isolate. A process which comes so easily to me.

I trust in a higher power which is greater than myself. In doing so I release myself from the yoke of despair.

I now have hope where once I felt hopeless. I have direction where I once felt lost. Trusting in my higher power reminds me that I'm being watched over at all times.

I have faith that I'm loved and that nothing will be given me that cannot be overcome with his help.

Step two has also afforded me more opportunity to work with my sponsor. As I shed the lone wolf ideal I become more open and willing to work more closely with my sponsor, who is so willing to help remind me that I'm not alone.

Faith in step 2 helps speed my recovery. Where once I would be incapacitated for weeks on end now I may have a day or two before I'm back on my feet.

Results of implementing step 2 in my life has now given me the opportunity for serenity. Peace is now achievable.

Finally I can better learn to love myself, to believe in myself.

Thanks to the implementing step 2 my life is now more serene.

Chad Seal

DELEGATES DAY 2021

**ENLIGHTENING, ENJOYABLE, ENVIABLE...?
MAYBE, BUT, DEFINATLY SOME FELLOWSHIP
AND INFORMATION. LEARN WHAT OUR
DELEGATE EXPERIENCED AND LEARNED AT
CONFERENCE THIS YEAR. SHARE IN THE
EXCITEMENT OF OUR FIRST FACE-FACE
GATHERING IN A YEAR. ALL GR'S ARE
ENCOURAGED TO ATTEND, AND EVERY
ALANON IS WELCOME.**

LET'S CELEBRATE!!!

**COME AND JOIN US... FACE TO FACE, FOR DEL
2021
AT RAMADA INN 1454 S UNIVERSITY AVE. IN P
PM**

**LUNCH WILL BE CATERED BY RUBY RIVER,
FILL OUT THE REGISTRATION FORM AND MAIL IT BY JUN
WE WILL ATTEMPT TO CREATE THIS AS A HYBRID MEETING IF YOU
PERSON
KEEP AN EYE ON THE WEBSITE FOR MORE INFORMATION**

UTAC Registration Form

June 11–13, 2021

One form is needed for each person attending camp. The cost is \$40 for a single day and \$100 for the weekend. This includes all meals, events, and activities.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Fellowship (circle one) Alateen Al-Anon AA Gender

(circle one) Male Female

Weekend Registration \$100 _____

Day Registration \$40 _____

If you are interested in receiving a scholarship please contact Adam L. 801-548-8991 or Beverly J. 435-232-5047

Registration Options:

Snail Mail: Send this form to the address listed below along with a check for payment. Please make checks payable to UTAC - PLEASE DO NOT SEND CASH.

Virtual: Scan or take a picture of this form and send it to Adam L. at loveridgea@gmail.com. You may also pay via Venmo at @uniquelyadam or PayPal at loveridgea@gmail.com

If you have additional questions please email Adam L at or text him at 801-548-8991

Parents be aware we are requesting campers leave ALL their electronics at home. This is to allow time to be focused on recovery and connections with the other campers. If for some reason they have electronics at camp, staff will hold on to it and return it to them at the conclusion of UTAC.

UTAC follows the UT ASBG.

Send completed form and camp fee to:

Adam Loveridge, 618 S 800 W, Lehi, UT 84043

UTAC June 11–13 2021

UTAH ALATEEN CONFERENCE

UTAC is a 2 night, 3 day summer recovery camp for adolescents' who have been affected by a family member or friend's alcoholism or addiction.

The camp is located near Liberty Utah in the beautiful mountains.

To attend and sleep in the cabins you must be at least 7 years old. If younger children want to attend they may if their parents accompany them for the weekend. If you need help with the cost UTAC has set up a scholarship fund, please contact Beverly J for more information at 435-232-5047 or Adam L. at 801-548-8991

UTAC follows the UT ASBG

Send Registration to Adam L:

Adam Loveridge, 618 S 800 W, Lehi, UT 84043 text: 801-548-8991

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I became ill with the virus that has had the world upside down for a year now. I believe I am back to my pre-pandemic capacities, but perhaps I am not my best judge. I feel fine, gratefully. I hope you are well and remain so.

As I began to feel better, I started going through boxes and drawers of old papers. Many of these from my early service years. Sometimes I would think, "OH! I remember this activity!" and other times, "What did I keep this for?"

I remember receiving service leaflets titled Al-Anon Family Groups Service Plan. They continue today in other forms but these were part of a five year plan. Each had a short questionnaire for the Member, the Group, the District, the Information Service and the Area. The 1997 edition asked, Why the Service Plan? Inventory! The theme that year was Renew, Rediscover, Reinvigorate, Rejuvenate and Revitalize and aligned each with a different level of participation and service. Renew the individual member, revitalize the Al-Anon Group, etc. For 1999/2000 the theme was Stretching Our Outreach with inventories for the Growing Group, the Dynamic District and so forth.

In 1997 it stated, "the time has come to take an inventory. Are we on the right track? If so, we can proceed ahead with confidence. Are we going the wrong direction? Then it is time to alter our course. It may also be a time to look back on our accomplishments and feel renewed as we go from strength to greater strength."

Inventory, as many discussions in our literature suggests is a taking stock, an accounting of what we have that is unused or even has gone bad. Rather than throw our hands in the air it is also of what is working, what has brought the desired results, what we enjoy.

Perhaps you have read the Utah Area Survey 2020. We asked GRs, DRs and Area Trusted Servants to respond and return the survey as a tool to take an Area inventory. Inventory is a tool for any individual, group or service organization.

Going back to these Service Plans, in 1997 for Renewal, the Individual member was asked: Do I have a sponsor? (If not, who can I ask to be my sponsor?) and Do I share my recovery in meetings or do I let others do all the talking? Another: What do I need to do when a meeting strays from Al-Anon principles? To Reinvigorate, the AIS was asked: What can we do to expand the pool of answering service and

office volunteers? Or How can we make the newsletter more exciting (for the groups we serve)? To Rejuvenate, the District had this: What can we do to insure representation of Alateen groups at district meetings? Another: How can we disseminate information to groups that do not have a GR or GRs who miss district meetings?

In 1999/2000 the Enthusiastic Individual was suggested to reach out and “increase my enthusiasm” by: (checking all that apply) offering a phone number and an ear to a newcomer, calling a long-time member who is going through personal difficulties, chairing a meeting or becoming a group representative. Public Outreach activities for the individual included organizing a group public outreach campaign or speaking before a non-Al-Anon audience. The Dynamic District might check the boxes for developing programs for members with special needs such as hearing or visual impairments, while the Soaring Area might set the goal of increasing GR attendance at each assembly or developing a plan for having Alateen members transition into Al-Anon and participating in community health fairs.

A personal inventory might show us what is holding us back from living our best life as well as the strengths we have kept buried that will get us there. Surely an Area – or Group or District – inventory can do the same!

I unloaded pounds of paper as I continued my space cleaning, but also discovered gems such as these! What do you have in your life waiting for an inventory to discover?

Ked K

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.

