

The ALANEWS

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Thought from new ALANEWS Coordinator

I hope this edition finds everyone in good health. Since sending out the last edition of the Ala-news our world has changed.

I have received very little to put in our news letter and upcoming events are unpredictable. We will be having a virtual Utah assembly that was originally to be our Spring Assembly.

Michelle E has started a new Al-Ateen group in Heber.



THINK is it..?:
Thoughtful.
Honest.
Intelligent.
Necessary.
Kind.

“If only I can learn to quiet my mind before I speak! I do not want to act with impatience and hostility, for I know it will react on me. It is a mistake to think this requires self-control; patience can be acquired by learning to let go of self-will. Jonathan Swift said: “Whoever is out of patience is out of possession of his soul. Men must not turn into bees who kill themselves in stinging others.”
(One day At a Time in Al-Anon pg. 20)

Upcoming Events

JUNE 20, 2020

Utah Area Assembly 2020

This assembly will be held in Zoom

Today when difficulties arise, I find myself looking to my program first for answers. Lorraine O., NB from May 2020 Forum

Utah's First Virtual Assembly

JUNE 20, 2020

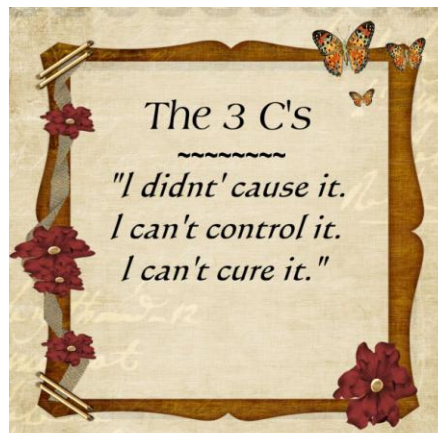
10 AM - 2 PM

News from WSO

The WSO has informed us of 5 eBooks and 3 Audio books.

The newest eBook is the "Hope for Today" daily reader. The other 4 eBooks are "How Al-Anon Works, Courage to Change, Al-Ateen – Hope for Children of Alcoholics, and Having had a Spiritual Awakening".

The 3 Audio books are "One Day at a Time, How Al-Anon Works, and Courage to Change".



Getting through this together

We see 'getting through this together' everywhere and it has been advertised as a group effort, but it hasn't felt like a group effort. Our groups have/are not able to meet face to face, some are meeting on Zoom and that is great, but it doesn't feel the same.

This is a time when my Alanon tools have really been put to use, like dealing with alcoholism in a family member or friend, this is an inside job. I have to be the one to deal with my own panic over the virus and the ongoing news, yes things are getting better and we are coming out of the worst parts of COVID19, but I am still using my tools.

"Just for Today", has been a big one for me. I have not been able to work at my usual place of employment, and sitting at home was hard on me, but things have turned out better than I thought they would, as a home based business has come out of all of this.

The next tool I have used is "Let Go and Let God" Just as in dealing with my 2 sons who are alcoholic/addicts, I have no control over them and their situation and I had to turn that over to the God of my understanding. This situation is bigger than I can comprehend on my own and my trust in a 'Power Greater than Me' has been tested.

There were times when this was hard for me, although I thought I had this down, this situation took me back to steps 1, 2 & 3. My life is out of my control, There is something or someone bigger than me out there, and I think I will let my Higher power take this situation for me. Even if it is simply that I have decided to turn my life and will over to the God of my understanding, before I have a full belief that He/She can really help the whole world recover from this frightening disease, that is enough to put me on the path toward Serenity.

Mine is not a perfect program, I have doubts, I freak myself out at times and I do some tail spinning, but I do have a program. The only way we can get through this together is to become responsible to reach out to other members, ask for help both from our Higher Power and from our friends in the program. Isolation is one of the things that we try and overcome in Alanon and we have been in mass isolation, which tends to bring out old fears and habits. But by working the program, using the tools and friendships that we have formed we can each pull ourselves out and up.

I have found that my friendships in and out of the program have become strengthened through this situation, that my Higher Power has a higher vision of what I need in my life and that I am just fine turning things over. I wish all of my Alanon friends 'good luck, God Bless, or at the very least that you each come to possess the power of endurance, as you each may require in your own lives. This is an internal job and we will sink or swim upon our own personal belief in a Power Greater than Us. This has been a time to find out exactly how strong we can be.

All my love to my Alanon Family,

Beverly J

UTAH AREA ASSEMBLY

Utah's First Virtual Assembly

**JUNE 20, 2020
10 AM - 2 PM
ZOOM**

The Zoom login information will be available on the Utah
Al-Anon Website June 14, 2020

utah-alanon.org

Suggested donation of \$10 can be mailed to:
Utah Area AFG, 5442 South Spinnaker Row,
Salt Lake City, UT 84123

Donations can also be made through the
Utah Al-Anon web page