

# The ALANEWS

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## Upcoming Events



# SAVE THE DATE

Utah Area Assembly

Panel 63 Elections

September 16-18, 2022

Sons of Utah Pioneers Museum

3301 East 2920 South

Salt Lake City, Utah

More Information coming soon.



Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

Working Step two, I had to admit that I am powerless, and that my life was, and still can be unmanageable. Today, I believe that a power greater than myself, who is God, can restore me to sanity, one day at a time. Even if I did not have a perfect knowledge or faith in the God of my understanding, I had the little seed of faith in God that helped restore me to sanity. Look back, it seems to me that God was in my life all along, but I didn't recognize His hands at the time.

I have several experiences in my life where the hand of God was protecting and walking with me. I would like to share one of my experiences with you. I recall I was 8 or 9 years old. I remember walking along a paved look-out path with my family, contemplating the powerful beauty of the Pacific ocean from the look-out, a sheer drop-off between the ocean and me. We decided to descend to the ocean. I decided I would arrive first. Instead of using the safe zig-zag path to descend, I decided to take a short-cut. I would carefully walk straight down the middle, not recognizing I defying the law of gravity and the steepness of the cliff. I thought I was invincible, powerful, and smarter than my siblings. I proceeded slowly, but my body lost balance, I fell, and started rolling & rolling, out of control, until I suddenly stalled at the edge of a cliff. I hit a single rock that stopped me from dropping off the cliff to a grave of rocks and water, 1000 feet below. A Power Greater than myself, saved my life at that young age.

This memory was one of my first experiences that taught me of my powerlessness and that my life is at the mercy of a power greater than myself. I started to believe that God had a plan for me and my future.

I am grateful to participate in the Al-Anon recovery, and to continue learning that God can help me when I surrender to Him willingly. God restores me to sanity one day at a time.

## WHEN I STARTED SAYING YES

When I first came into Al-Anon, I was not willing to be of service. You couldn't finish your sentence before I'd be telling you, "No thanks, I'm too busy. I already have too much on my plate." Then things began to change. My brother started attending A.A. a month before I started attending Al-Anon. He was told that, if he wanted to stay sober, he should get involved in service work. Before our first year of recovery, I would have quite self-righteously told you that while my brother may be five years older than me physically, emotionally he's five years younger. However, when he became involved in service in his program, I saw him catapult past me in maturity and recovery. I would have none of that, and within six months I was beginning to say yes to service opportunities that came my way, I jokingly refer to it as competitive service---never underestimate the power of sibling rivalry.

Overtime, I began to see that all three Legacies---the Steps, Traditions and Concepts of Service---are essential to my recovery. I discovered that, when I stopped doing for others what they could do for themselves, I was no longer too busy to be of service, and my recovery became a priority. I also found that taking a spiritual pause before saying or doing just about anything helps guide me in my response to daily situations and opportunities. I learned that when I pray without meditating, I'm talking without listening. When I take that spiritual pause, however, I'm allowing my Higher Power to guide me, rather than letting my self-will run rampant. I have since become willing to serve my group, District, Area and the World Service Office in a variety of ways, but my favorite form of service has been answering calls to the information line. It is such a privilege to be on the end of the line with someone who is hurting, like I was, and reaching out for help. I can make a difference in that person's life because I am willing to do something as simple as picking up the phone and letting it begin with me,

By Anonymous Article from October 2018 Forum

**Plan ahead. Another flyer will follow closer to the event. Any volunteers to assist contact Darla 801-455-1324 or [grandmaby@hotmail.com](mailto:grandmaby@hotmail.com)**

# **Holiday Boutique**

## **Annual Al-anon Fundraiser**

**Saturday December 3, 2022**

**Alano Club 5056 South 300 West Murray,  
UT 84107**

**\*Opportunity Drawing \*Silent Auction**

**\*Soups, Chili and more.**

**\*Santa Claus will visit 12:00 - 2:00**

**Come join and enjoy.**



Albuquerque, New Mexico, USA

**June 29 – July 2, 2023**

[al-anon.org](http://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”!

