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UTAH AREA ALANEWS | April 2023

Upcoming Events

See the end of this newsletter for upcoming event flyers

- [The Annual AAIS \(Al-Anon, Alateen Information Service\) Fundraiser](#), May 13, 2023 - SLC, UT
- [UTAC \(Utah Alateen Conference\)](#), June 9-11, 2023 - Near Liberty, UT
- [International Convention](#), June 29-July 2, 2023 - Albuquerque, NM
- [USAW \(Utah Social Al-Anon Weekend\)](#), August 25-27, 2023 - Bryce Canyon National Park, UT

[Find an Al-Anon or Alateen Meeting](#)

Articles & Podcasts

The Forum April 2023 - Articles

- [I Always Feel Better](#)
- [Balance, Harmony, and Balance](#)
- [What Changed My Life](#)
- [Gaining and Maintaining My Freedom](#)
- [Love Replaces Fear](#)
- [Reclaiming Hope After Relapse](#)

For Beginners or Newcomers - Podcasts

- [Introduction to Al-Anon](#)

Al-Anon Family Groups

The Official Mobile App
of the Al-Anon Family Groups



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"One of my favorite Al-Anon slogans, 'Let it Begin With Me,' reminds me that regardless of what others do, I am responsible for my own behavior. I may want to blame others for some of the things I say and do, but what I do is up to me." — Ruth

"Alanon saved my sanity. The program explained what had happened, what I could do to begin healing. The 12 steps, sponsors, literature and meetings continue the healing to this day. Sanity, clarity, a recovery family that really cares and meets needs my own family can't is one of the greatest miracles of my life that keeps the healing progressing and joy happening one day at a time. I am continually blessed." — Kris

JUST FOR TODAY I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that “Most folks are as happy as they make up their minds to be.”

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at

least two things I don’t want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice, low, be courteous, criticize not one bit. I won’t find fault with anything, nor try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

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Are you willing to share in the next Alanews?

We want to learn from YOUR experience, strength, and hope!

Please consider sharing a personal recovery story, thought, an article you write or information about an Al-Anon event. As always, content will be anonymous.

Send submissions to rachel.chachel@gmail.com.

"BEST OF" AL-ANON

I asked a few Al-Anon colleagues to share their most memorable or cherished moments in Al-Anon. Some of the responses evolved into the Al-Anon wisdom that folks valued the most. I have tried to faithfully render the ideas and sentiments that were expressed. I have not transcribed the exact words of the speakers. Apologies to anyone whose words I misrepresented. Below is the Best of A-Anon according to many of my colleagues.

"I am new to the Program. I have learned that a higher power can make a difference. I found a higher power in a meeting where I watched trust materialize. I found a group of incredibly helpful people. With the power of the unexpected connection, I could feel a higher power and open myself up." - Anonymous

"I was obsessed with my husband's alcoholism when I came into Al-Anon. But I realized he is a child of God and has his own higher power. Then I was able to let the obsession go." - Anonymous

"The 3 C's set me free. I didn't CAUSE it, I can't CONTROL it, and I can't CURE it. Before Al-Anon, I had been sure that if I changed my behavior I could affect my alcoholic's drinking. If I made more money, cooked better, cleaned better, or lost weight, I could control the drinking. I have been in Al-Anon many years now, and I still find a gem in every meeting." - Anonymous

"I learned at a meeting or in a podcast that I always have a choice - stay or leave or react differently - and it really hit home. I have a choice to make life better or to make it worse." - Anonymous

"I was surprised and happy to find an immediate connection and feel understood when I first began attending meetings. I felt that I was met 'where I was at.' I could relate immediately. " - Anonymous

"'No' is a complete sentence. Accept it just the way it is." - Anonymous

"After years in Al-Anon, I heard a member share about the dignity of an alcoholic. I was moved to be reminded that every human should be treated with dignity and respect, that every alcoholic has his or her own path, and it would be presumptuous and arrogant of me to think I know what another's path should be." - Anonymous

A MESSAGE FROM OUR UTAH AREA CHAIR PERSON

The first Area Assembly for Utah Panel 63 is in the books! It was great to see so many people in attendance both in person and on Zoom.

The remaining two Area positions were filled, coordinators and officers gave reports, District Representatives lead breakout groups, a SWRDM task force was created, there was a report on accepting electronic groups into the area, a technology committee was created, and there was a AMIAS training session. Not only was Area business conducted, but there was also fellowshipping, sharing meetings, ice breakers, and speakers.

As the incoming Utah Area Chair Person, I am so grateful for all the help and encouragement I have received. New service positions can feel intimidating. Fortunately, Al-Anon can help with that. I learned as Delegate the importance of a service sponsor. Now, as Chair, I am having to learn that all over again (another reason to “keep coming back”).

Sponsorship has been one of the best Al-Anon tools for me. Early on in Al-Anon, my sponsor guided me into service; I did not go willingly. I tried many different positions, some I liked and some I didn't like. What kept me moving forward was my relationship with my sponsors. They always help to ground me and remind me to apply the Al-Anon principles in all aspects of my life, especially service.

If you have questions about service sponsors ask your Group Representative for information, or check out *Service Sponsorship: Working Smarter, Not Harder* (P-88).

I am looking forward to seeing everyone at the [Fall Assembly](#). This year our Fall Assembly will take place at the same time and location as the A.A. Assembly. It will take place September 22-24, 2023 at the Sons of Utah Pioneers in Millcreek. See you all there!!!!

With Gratitude,
Heather M.
Utah Area Chair Panel 63

**Looking for Experience, Strength, and Hope?
AAIS Bookstore has it in your size and color!**

operated by the Al-Anon Alateen Information Service (AAIS). The bookstore sells Al-Anon Approved Literature at the same prices as the World Service (WSO) website. Drop in to chat with an Al-Anon volunteer, browse or discuss becoming a volunteer.

AAIS Bookstore at the Alano Club

5056 South 300 West, 2nd floor

Murray, Utah

[\(801\) 262-9587](tel:(801)262-9587)

Hours: 12 noon to 4 PM, Monday, Wednesday Thursday, and Saturday



GROW THROUGH SERVICE

Serve in the AAIS

The AAIS (Al-Anon Alateen Information Service), sometimes referred to as the Al-Anon and Alateen bookstore or office, runs completely on volunteer service.

Through experience we know that going to meetings, reading [Al-Anon conference approved literature](#), working with a sponsor, and meditating are all part of the recovery process. Volunteer experience is also an important part of the recovery process.

Volunteering to serve in the AAIS is an excellent opportunity for this experience. As a volunteer you may need to answer phone calls, respond to

of course, you may also be the first contact for a prospective AAIA member, which is an awe-inspiring event and honor.

Step out of your comfort zone for this new growth experience. And for our old-timers, we hope you return to volunteering after Covid. We really need and value your experience, strength, and hope!

Training for service in the office is done by our delightful and enlightened volunteer, Lee. She will schedule a convenient time with you to teach you. This is a good opportunity to get to know one of our long-time members!

Two and four hour volunteering commitments are available.

The AAIS office is open Monday, Wednesday, Thursday and Saturday, 12 Noon to 4 PM. The bookstore is located in the 2nd floor of the Alano club at 5056 South 300 West, Murray. There is a groovy grill in the basement, too.

To serve in the AAIS bookstore, please contact Chrissy at the AAIS office: (801) 262-9587.

Hilary V.

Volunteer to help Alateens in their recovery

Become AMIAS certified

Contact Ked K., Area Alateen Coordinator

Email: Kirkhanked@gmail.com

Phone: [\(385\) 426-9651](tel:(385)426-9651)

TOTA

If I suggested, "Pages 30 and 31," where would you look first? A hint: I'm the Utah Alateen Coordinator. Another hint: I LOVE our literature. Go

Do you know where to find the suggested opening and closing for an Al-Anon or Alateen meeting? Sometimes the wording is “Al-Anon/Alateen” and many people read it just like that, but if you are chairing your Alateen meeting, you can leave the “Al-Anon” out.

I asked an Al-Anon member to read the Suggested Alateen Preamble to the Twelve Steps at the recent meeting. It was updated at the World Service Conference. I was so pleased to see the new version in the 2022-2025 Service Manual. There’s one answer to my quiz.

Beside the Service Manual, the Suggested Opening and Closing can be found in Alateen Hope for Children of Alcoholics (B-3) and Courage to be Me (B-23), How Al-Anon Works for Families and Friends of Alcoholics (B-32),and This Is Al-Anon (P-32).

What CAL do you use in meetings? Alateen literature is Al-Anon literature. You are free to use it. I’ve done it and to my delight members have asked “Where did you get that?” And this is my TOTA point. We who have the access are the ones who can introduce the variety of literature to Alateen members – by USING ALATEEN LITERATURE!

Certainly, there are some tough sharings in From Survival to Recovery (B-24) and In All Our Affairs, making crises work for you (B-15). But Living Today in Alateen (B-26) and Hope for Today (B-24) can easily be enjoyed in Alateen and Al-Anon meetings. For a meeting topic, The Twelve Steps and Twelve Traditions for Alateen (P-18) can’t be beat. At another recent meeting I passed around the “20 Questions” leaflets (S-17, S-20 and S-25) as an example of an inventory – not too searching or thorough, but an introduction to the principle.

You don’t need the 50-pound box of literature to introduce a book, pamphlet or article to your Alateen (or Al-Anon) group practice.

Have you discovered which pages 30-31 I'm thinking about? Oh, my, look at the time! I've gotta go. Think about it, would you?

Love in Service,
Ked K.
Utah Area Alateen Coordinator

ONGOING LOCAL SPEAKER MEETINGS

- [Sunday Night Al-Anon Speaker Meeting - Logan, UT](#)

UPCOMING AL-ANON EVENT FLYERS & REGISTRATION FORMS

The Annual Al-Anon Alateen Information Service (AAIS)

Soup & Chili Fundraiser

Bring your favorite Soup/Chili to share or Dessert for the Auction!



Saturday, May 13, 2023

11:00 AM - 2:00 PM

Christ United Methodist Church

2375 E 3300 South, Salt Lake City, Utah

Suggested donation: Adults \$5 Kids under 12 \$3 Families \$15

- Enjoy delicious soup and chili - mild to exotic to mind-blowing
- Dessert Auction - the bidding can get intense, but always fun
- Everyone (especially AA, Al-Anon and Alateen) is invited for good food, fun and fellowship. **Bring the whole family!!!**

This event raises funds for AAIS, which offers a complete supply of Al-Anon and Alateen literature for purchase locally as well as having volunteers available to respond to telephone requests for information about Al-Anon & Alateen and to help people find resources to deal with the effect of a loved one's alcoholism in their lives. Your contributions help to keep the lights on, the shelves stocked and the phones working!

UTAC June 9-11th 2023



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 Jeff K 801-916-2762

Send Registration to: Complete one registration for each attending.

Beverly Jensen 236 W 400 S Hyde Park, UT 84318

breosj@gmail.com May send check or pay via Venmo @beverly-jensen

UTAC Registration Form

June 9 – 11, 2023

One form is needed for each person attending camp. The cost is \$40 for a single day and \$100 (\$50 with scholarship) for the weekend. This includes all meals, cabins, events, and activities.

Registration Deadline is May 20th, 2023 Fill out one registration for each person attending.

Name: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email: _____ AGE: _____

Fellowship (circle one) Alateen: _____ Al-Anon: _____ AMIAS: _____ AA: _____

Gender (circle one) Male _____ Female _____

Weekend Registration \$100 _____

Day Registration \$40 _____

If you are interested in a scholarship contact Beverly J. 435-232-5047 or Jeff K. 801-916-2762

Registration is completed by sending this form to the address listed below along with payment. Please make checks payable to UTAC - PLEASE DO NOT SEND CASH.

You may also pay via Venmo, at [@Beverly-Jensen](#) Attn: UTAC w names of those attending. If you Venmo, you must email or text me all of the registration forms you have identified in Venmo. Questions please email Beverly J at breosj@gmail.com or TEXT at 435-232-5047

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.

Send completed form and camp fee to: UTAC Registration

Beverly Jensen 236 W 400 S Hyde Park, UT 84318



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”!

UTAH SOCIAL AL-ANON WEEKEND

August 25-27, 2023 Ruby's Inn at Bryce Canyon

Come Celebrate Bryce Canyon's 100th Birthday With a Weekend of Fun, Food and Fellowship

Crafts
Panel Discussions
Sharing Meetings
White Elephant Exchange
Outdoor adventures: Hiking, Biking, 4-Wheeling
Just Chilling!

Registration: \$55.00 "to stay alive"

*For those registering by 5/31/23

Registration: \$60.00**

**On or after 6/1/23 and before final deadline of 7/31/23

Venmo registration fee to:

@Melissa-Gilles and include **Full name, Phone# and Email Address in Venmo comment**
If Venmo is not an option, please contact Missy Gilles or Leslie Terry (info below)



Registration does not include:

- Meals - Great onsite restaurants and list of local eateries available at check-in
- Massage Therapists - Sign up upon arrival
- Lodging - See information below

Lodging: \$149 + tax/night (2 queen beds, double occupancy)

To get this rate rooms must be booked by **July 31, 2023**

To register at Ruby's Inn, go to the following link:

https://www.bestwestern.com/en_US/book/hotel-rooms.45040.html?groupId=5B6KD7D5

Questions contact:

Missy Gilles at 612-309-4805 or missymn@gmail.com

Leslie Terry at 435-770-9464 or leslieg.terry@gmail.com



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Utah Al-Anon/Alateen Information Service, Inc.

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Murray, UT 84107

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