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Utah Area Alanews | February 2023

Utah Al-Anon and Alateen

Hope and Help for Families and Friends of Alcoholics

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Upcoming Events

- [T.R.U.S.T. AFG Meeting](#), March 4, 2023 - St. George, UT
- [SouthWest Regional Delegates Meeting \(SWRDM\)](#), March 10-12, 2023 - SLC UT
- [Utah Area Spring Assembly](#), March 17-19, 2023 - Logan, UT
- [International Convention](#), June 29-July 2, 2023 - Albuquerque, NM

See the end of this Alanews Newsletter for Upcoming Event flyers

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

Al-Anon Members Express Gratitude for Al-Anon

"To me, Al-anon is about peace, serenity, and fellowship. We learn to accept and love the people in our lives just as they are, while developing the strength and wisdom to protect ourselves and stay in our own hula-hoop." — Mark

"I am grateful to Alanon it saves my life, teaching me to take care of myself, I am

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"Al-Anon has given me a profound sense of myself in relationship to my qualifiers and my Higher Power. I began by understanding my non-role in the 3C's, and have progressed to greater, peace, serenity and new-found patience." — John B.

"To me Alanon is much like family. We can relate on such similar levels. Each of us have the same but different stories. Members have been there during recovery as well as some despair moments. I know my Al-Anon family will be there with love and support through the good and not so good times." — Denise L.

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

The Al-Anon bookstore is located on the 2nd floor of the Alano Club, 5056 South 300 West. The Alano Club is operated by Alcoholics Anonymous. However, our bookstore is 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 being 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, Wednesday Thursday, and Saturday

Para Información en Español

(801) 304-2040 | Areaic@utah-alanon.org



Photo by Brandon Green on Unsplash

Seeking Ahah! Moments in AI-Anon

Stunning moments occur in A-Anon, in meetings, in working the steps, in after-meeting chats, in reading AI-Anon approved literature in bed late at night. To me, these are moments that have suddenly revealed a new way of looking at the world, especially looking at my own life. These moments are remarkable for brevity and surprise. I observe that changing suddenly is an unusual experience for any of us. However, I have had a few of these moments.

When I had been in AI-anon for a few months, I became comfortable enough to share in meetings. I was complaining about my qualifier one evening. Another member (who has since passed on) responded with the observation that, “her only crime is being herself.” Admittedly that was cross talk. However, it was spoken by a well-seasoned member who clearly knew what he was doing.

I felt as though I were seeing clearly perhaps for the first time in my life. I became aware of my expectations as such. What I thought was "good parenting" was actually refusing to accept my child for who she was and trying to impose my own expectations. My heart and my brain turned on a dime, although my actions were slower to fall in line. I started a process of discovering who my daughter really is as opposed to who I had wanted her to be. It turns out she is a wonderful person! And without pushing from me.

I am left with a profound respect for the AI-anon process.

Hilary V.



I'm an alcoholic raised in an alcoholic home. By the time I reached Alanon, I functioned on caffeine, spite and resentment. I was consumed with bitterness towards others whose lives appeared less burdened and more abundant than mine and felt that I deserved what I believed they had. This behavior always led to a downward spiral into self-pity. Five years into practicing the Alanon program, I have a different perspective to share.

We often discuss the concept of gratitude in Alanon meetings. Gratitude is something that I actively work on cultivating in my program through mostly contrived, logical lists. The feeling of gratitude didn't come naturally to me until my fifth year of sobriety when I experienced deep, spontaneous gratitude for the first time.

Driving to work one morning and half-listening, I caught the tail-end of a podcast. The guest mentioned the power of living in "hour to hour" gratitude. The host asked how one accomplishes that? The guest's response was grace. As someone with a decent command of the English language, words provoke emotional responses for me. What is grace? Is it a feeling? A noun? Is it a mindless prayer we say before a meal thanking God for food...yada, yada, yada? A song about something "amazing"? It didn't compute. It's a term I hear frequently but never pause to think about its meaning.

Grace comes from the Latin root 'gratia,' meaning "undeserved" or "undeserved assistance"; a gift we did nothing to earn like being able to walk, having the ability to hear or see. The guest went on to explain that the moment we feel we "deserve" (by way of entitlement), we lose that state of grace, shifting into a state of grievance. The word "grievance"...grievance and I are old pals.

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powerful way, but never made the connection between the word and the state of being. I am often spontaneously overcome with awe at how, out of all the alcoholics in my life who still suffer from the disease of alcoholism, I find myself with five years of sobriety? Wonderful things happening? Meaningful relationships? How did this happen?

Sometimes I can't believe how rich my life is becoming. Why me and not them? It's a humbling thought and never once have I felt entitled to sobriety. I have always experienced it as a miraculous, life-changing gift that is so profound that it had to come from something greater than myself. While I showed up to my first meeting and continue to practice my program daily, I'm no more "deserving" of the gift of sobriety than anyone else. It is truly grace in its purest form.

May you experience more grace than grievance in 2023.

Nichole- Grateful Alanon Member

Al-anon.org Blog Posts

Recovery Stories

[Dancing in the Rain](#)

[Facing in the Right Direction](#)

Service Stories

[Avoiding Double-Headed Management on Social Media](#)

[Why I Serve Alateen](#)

TOTA

The Al-Anon and Alateen program is based on the 12 steps, which we use in our own lives little by little, one day at a time, along with our slogans and the

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help open us up to accept serenity.

That's a shred job on our Suggested Welcome, but to use it without permission, I needed to put it into some of my own words. The point is that I LOVE our Suggested Welcome! I want you to love it too. More, I want you to take it to heart every day. I am going to try to help that happen and I am asking for your help.

TOTA - Would you believe I was going to put that on the back of my motorcycle jacket? Big red and black letters: **TOTA**.

I haven't learned to ride motorcycles yet, so I haven't gotten the jacket. No matter. I use the acronym repeatedly anyway. TOTA, things to think about. Yeah, yeah, yeah Things To Think About doesn't come out as TOTA, that would be TTTA.

How would I pronounce that? You know where it comes from, don't you. *Alateen - a day at a time (B-10) and Living Today in Alateen (B-26)*.

TOTA is going to be one of my contributions to Utah Alateen. I want to have an article in every Alanews, copies in every district meeting and more than that, in EVERY ALATEEN MEMBER'S HAND, or at least the Sponsors'.

But I can't do that alone. Writing makes me crazy, at least typing does. So here's the deal: we can make this happen. Together We Can Make It. I want to hear your ideas on different Alateen (and AI-Anon) topics. I'll share those as TOTA with Utah AFG and even with the World Service Office to consider for their materials, like Alateen Talk, The Forum, and other pieces of Alateen help and hope.

Now that's TOTA! Are you up to it? I used a slogan above. Let's start with slogans: pick one and tell us what it means to you or how you use it. (You can even draw it if you want!)

Love in Service,
Ked K., Utah Area Alateen Coordinator

Volunteer to Help Alateens in Their Recovery - Become AMIAS certified

Contact Ked K., Area Alateen Coordinator

Email: Kirkhamked@gmail.com

Phone: (385) 426-9651

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The Annual Alateen Recertification

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name. This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the [2022-2025 AIAnon/Alateen Service Manual \(P-24/27\), v2](#).

The recertification process is two-fold:

1. To verify that every registered Alateen group has currently certified AI-Anon Members Involved in Alateen Service (AMIAS):

- as Group Sponsor(s)
- as the Current Mailing Address (CMA) for the Alateen group
- as a Phone Contact for the public for the Alateen group

2. To verify the current certification of all AMIAS

We are requesting that all Areas complete the Alateen recertification by June 15, 2023!

This allows the WSO to verify that the Area recertification is complete by June 30. Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

The Forum, January 2023

Reprinted with permission of *The Forum, AI-Anon Family*
Group Headquarters, Inc., Virginia Beach, VA.

Have an upcoming AI-Anon event, personal recovery story, article, or quote you want to submit for the next edition of Alanews?

Send an email to rachel.chachel@gmail.com.

Ongoing Speaker Meetings

Upcoming Event Flyers

March 4th 2023 *Join us for the First Meeting!*

THE T.R.U.S.T. AFG Meeting

WHERE: USARA BLDG. - DOWNTOWN ST GEORGE
113 E. 200 N. SUITE 1 - BASEMENT LEVEL
 *ENTER FROM THE WEST DOOR
STREET PARKING IS RECOMMENDED

WHEN: EVERY SATURDAY @ 8:00 AM

OPEN TO EVERYONE

For more information contact Sheri H @ 435.229.0365

T - Trusting
R - Recovery
U - Unity
S - Service &
T - Tools of the Program

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You're Invited



Join the Current and Past Delegates, Current and Past Trustees from Arizona, California North, California South, Colorado, Hawaii, Nevada, New Mexico, and Utah as they meet to help prepare our Delegates for the World Service Conference

To be held at the
Hilton Salt Lake City Center
255 South West Temple
No registration fee for interested AI-Anon members
(but please register so we can manage the number of attendees)

Join us for our Saturday Luncheon and Banquet

Stay at the Hilton for the weekend

See the [Area Website](#) for Registration packet and complete details

<https://utah-alanon.org/news-events/>

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Save The Date

DISTRICT 1 2023 SPRING ASSEMBLY GROWTH THROUGH SERVICE

Friday - Sunday
March 17-19 2023

Logan, Utah
1488 N. 200 W.
Cache Valley
Bible Fellowship



Registration Form
And Details to Come

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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”!



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