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UTAH AREA ALANEWS | JULY 2023

Upcoming Events

See the end of this newsletter for any upcoming event flyers

- [Al-Anon District 6 Summer Social](#), July 29, 2023 - Springville, UT
- [USAW \(Utah Social Al-Anon Weekend\)](#), August 25-27, 2023 - Bryce Canyon National Park, UT
- [Utah Area Fall Assembly \(with AA\)](#), September 22-24, Salt Lake City, UT

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

Articles & Podcasts

The Forum Articles - June 2023

- [Amazing People with Big Hearts](#)
- [A Vital Aspect of Self-Support](#)
- [Discovering "A Little Time for Myself"](#)
- [A Loving Family in Al-Anon](#)
- [With the Strength of the Redwoods](#)
- [After a Painful Incident](#)
- [Investing in Technology](#)
- [Building My Castle on High Ground](#)
- [Taking a Beauty Break](#)

For Beginners or Newcomers - Podcasts

- [Introduction to Al-Anon](#)

Alanews Share

One morning I was out for a jog attempting to clear my mind of anxiety and worry due to a life-changing decision I was preparing to make. Fear had been paralyzing my thoughts to the point of exhaustion, and I started questioning myself, my decision and my faith in my Higher Power.

Almost finished with my run, I get to a standstill at a set of lights. No cars, or people. I almost ran across the road when I was caught off guard by a gentleman who appeared. He was blind, walking stick in hand. Each step calculated. He gets to his destination and stops. It's a bus (pick-up) stop. The morning sun was gleaming off his face. He looked confident and accomplished.

I thought about his journey, every day, every minute. Not being able to see. But, like I witnessed, he finds his way.

It then hits me! He can see better than me. He listens to his instincts. They guide him far beyond that walking stick. They coach him. It's his survival.

I've been ignoring my instincts. I've been blind as well. Not listening, as my Higher Power is there to guide me.

The light turns green and I'm on my way. I whisper, "Thank you...I hear you."

Anonymous

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 AI-Anon event. As always, content will be anonymous.

Send submissions to rachel.chachel@gmail.com.

Electronic Group (EG) Task Force Timeline Proposals for Policies & Procedures

- **July 1, 2023** - The Utah Area Permanent Electronic Group (EG) Task Force's proposals for policies and procedures to welcome EGs into Al-Anon links of service will be sent to the Area World Service Committee (AWSC) via email.
 - District Representatives (DRs) are asked to distribute these recommendations to the Group Representatives (GRs) to take back to their groups for review.
- **July 31** - Recommendations from the GRs need to be sent to the DRs.
- **August 5** - DRs along with the rest of the AWSC will send those recommendations, via email, to Heather M. and Melody O. (the Chair of the EG Task Force).
 - The Task Force will review the recommendations and may make changes.
- **September 22-24** - The Task Force will present the final recommendations for the policies and procedures at the Fall Assembly for voting by the GRs.

TOTA

The Suggested Alateen Preamble to the Twelve Steps is in 2022-2025 AL-ANON/ALATEEN SERVICE MANUAL. The service manual. Does your group use it? This question could as easily be asked of the Al-Anon group that sponsors your Alateen group. You pick: the Suggested Alateen preamble or the 2022-2025 Service Manual.

I note the Preamble first because it has been worded differently from past issues of the Service Manual. Regular use and study of the Service Manual will show changes that appear with each new edition. This time the preamble was among them.

We who have been in the program for awhile can slip into the false sense of knowing "it" already. But we must attend and pay attention, lest we fall behind.

Some changes are office types of changes: spelling and punctuation. Others, for clarification. Occasionally there is a policy change. Because we want the best, current and up-to-date program for our Alateen groups we need to use the resources of the Alateen program developed by the Al-Anon/Alateen World Services. The service manual is key.

changes. As Alateen Coordinator I am part of Al-Anon Connects, a group for current and past Alateen Coordinators, where I can learn from and share with other coordinators. Other methods of this type of communication come in The FORUM, In The Loop, and the WSO website. With some of the information, WSO will contact me directly.

This latter requires that I keep my contact information updated: mailing address, e-mail, phone. I am my own CMA.

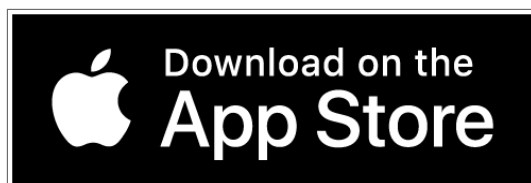
I have also been a group's CMA, and I have allowed that link to be broken by not following through. Stuff happens!

It has happened on my watch. It could happen on yours. The point is, be aware, be alert. Help keep your group connected to the world-wide resources for young people affected by the alcoholism of a family member or friend: ALATEEN.

Ked K.
Utah Area Alateen Coordinator



Al-Anon Family Groups
The Official Mobile App
of the Al-Anon Family Groups



**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 in Murray, UT. 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 becoming a volunteer.

AAIS Bookstore at the Alano Club

(801) 262-9587

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

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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Volunteer to help Alateens in their recovery Become AMIAS certified

Contact Ked K., Area Alateen Coordinator

Email: Kirkhamked@gmail.com

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

ONGOING LOCAL SPEAKER MEETINGS

- [Spiritual Quest AFG - Holladay, UT](#)
- [Sunday Night Al-Anon Speaker Meeting - Logan, UT](#)

**UPCOMING AL-ANON EVENT FLYERS &
REGISTRATION FORMS**

JOIN US FOR

**AL-ANON DISTRICT 6
SUMMER SOCIAL**

SATURDAY, JULY 29TH

STEEL WORKERS
PAVILION

KELLY'S GROVE, HOBBLE CREEK CANYON RD,
SPRINGVILLE UT, 84663

5:00pm Gathering
5:30pm Dinner
6:30pm Games
7:30 - 8:30pm Campfire S'mores
and Share Meeting

A baked potato
bar will be
provided, please
bring a side dish
or dessert to
share.



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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Para Información en Español, email Areaic@utah-alanon.org

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