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AL-ANON | UTAH AREA ALANEWS

MARCH 2024

Upcoming UT Area Events

Event flyers at the end of this newsletter.

Group Representatives (GRs), please consider printing flyer(s) to pass around at your home group.

- [Al-Anon District 3 Fundraiser](#)
 - Tonight, March 22, 7:00 pm - 8:30 pm
 - First Unitarian Church, 569 S 1300 E, SLC, UT
- [AAIS Annual Soup & Chili Fundraiser](#)
 - April 13, 12:00 pm - 3:00 pm
 - Christ United Methodist Church, 2375 E 3300 South, SLC, UT
- [Delegates Day](#)
 - June 1, 10:00 am - 5:00 pm
 - Quality Inn, 540 S. Main St. Richfield, UT
- [UTAC](#)
 - June 14-16
 - Near Liberty Utah (camping)
- [Fall Fellowship](#)
 - Oct 18-20
 - Comfort Suites, Ogden, UT
- [Utah Social Al-Anon Weekend \(USAW\)](#)
 - Oct 25-27
 - Bryce Canyon National Park, UT

Articles from The Forum

- [Send a Card to Your Delegate at the 2024 World Service Conference](#)
- [Finding Compassion, Empathy, and Family](#)
- [The Road to Serenity](#)

- [Seeing Inventories as Opportunities for Growth](#)
- [The Forum, What is the Process?](#)
- [Unity in Diversity with Hope in Action - 2023 RIASA](#)
- [Preparing for Conference: How Important Is It?](#)
- [Who Keeps the Groups Connected to the WSO?](#)
- [European Zonal Meeting 2023](#)

Thoughts on Al-Anon Spring Assembly

As a long term member I never tire of getting away for a weekend to unwind, relax and enjoy the fellowship. I am grateful that I can take another day to explore the surroundings and Moab didn't fail to please. I have learned more about our state through our assemblies than I ever would have on my own.

Sure we are in meetings all day Saturday, but that's where talking in front of a group, learning to listen to dissenting opinions and showing up prepared gave me growth and maturity. All of these attributes have complimented my work life in a way I would never have imagined.

Game night gives me my dose of laughter for a month. Seeing new faces and hearing experience, strength and hope broadens my understanding of each person.

Show up next Assembly, and the one after... it'll be in Kanab. Take a car load or find someone to drive, but get in the car. You won't be sorry. I was always told, hang with the winners and it's true. I have the life today due to service and it is beyond expectation.

Yours in service,

- Pat D.

The Utah Area Spring Assembly was held in Moab. I'm the District Rep for District 9 which includes Moab and Monticello. I enjoyed attending the Assembly in my home town.

I deepened my friendships with other GR's, DR's, coordinators, and officers through planning, participating, and playing games on Saturday night. It was an informative weekend filled with Al-Anon love.

- Jan R.

A Snaring on Step 2

The second step states that we came to believe that a Power greater than ourselves could restore us to sanity. When I first looked at this step, I assumed I had already worked it and could skip right ahead to the third. Of course I believed in a god, I grew up in a baptist church, I heard the word all the time in Al-Anon meetings, and I said the serenity prayer. But, while working this step with a sponsor, I realized I was missing something.

The foremost being, I could not describe who or what god was, or if I actually believed in them. In fact, when attempting to describe god, I described a god whose love was extremely conditional, and quite angry. I realized that my perception of my higher power was based out of fear, and not love. And then, through doing step work, praying, and meditating, I was given the insight that my definition of god was entirely my own. My higher power was exactly that, mine. God was going to be as big or as little as I decided.

Then, I did some more work. And more reflection, and more work with my sponsor. It was pointed out to me that if my god was everything or nothing, that god did not disappear because I decided so. Before I entered the rooms of Al-Anon, God was there, and if I were to choose to turn my back on God, God would still be there, loving me unconditionally. By attempting to define God, I was simply stating what I was and was not willing to turn over to god. And therefore, I was limiting my chance of being able to live in a healthy, productive manner, i.e. living with Sanity.

Thanks to working step two, I understand that without even realizing it, I not only came to believe, but developed a faith in a power that extends beyond everything, and that there is not a single person on this earth who has the power to take that from me. Thanks to working step two, I was blessed with the understanding that I can be restored to sanity, and I don't have to be the one to figure it out. I simply have to continue to develop my relationship with my higher power, and pray for knowledge of her will, and the strength to carry it through.

- Joey H.

Grateful Member of the Al-Anon Family Groups

When I Got Busy Volunteering at the Bookstore, I Got Better

As the pamphlet "When I got busy, I got better," suggests, service is an integral piece of Al-Anon recovery. The book How Al-Anon Works, describes service as practicing giving unconditional love. I remember my first service position, as a Group

The Al-anon Alateen Information Service (AAIS) office and bookstore located in the Alano Club is staffed by volunteers. Answering the phone, selling Al-Anon approved literature, and chatting with members are easy and often rewarding activity. Here are the typical responsibilities:

1. Check the log book for messages from your fellow volunteers.
2. Check the phone for messages and respond.
3. Take book orders from callers.
4. Sell books and pamphlets to folks who drop in.
5. Chat with your fellow Al-Anons who drop in.

As you can see, only straightforward responsibilities. On average, there are 0 to 10 “events” in a 4-hour shift; ie, not stressful.

Training is available from Chrissy, who manages the AAIS bookstore and 24 hour phone line, and from Lee, an AAIS board member. New volunteers typically spend at least one or two shifts with in-person support. Shifts are 2 or 4 hours between 12 PM and 4 PM on Monday, Wednesday, Thursday, and Saturday. Call the bookstore at [\(801\)-262-9587](tel:801-262-9587) to discuss volunteering. You won't be disappointed!

AAIS Bookstore in the Alano Club: 5056 S. 300 West, Murray, UT

Hilary V.

TOTA

Alateen Rocks! Well, once you get there, it can rock. Once YOU get there. That's right, YOU.

The you to who I am speaking is, that's right, the YOU who is reading Alanews. I know, it should be whom, but “you-who” had a ring to it.

How can you get to Alateen? Begin at www.al-anon.org, this is the World Service Office of the Al-Anon Family Groups, which includes Alateen. They have many different resources and links- follow any of them that applies.

Or go to www.utah-alanon.org, the Utah Area website can link you in with AAPP, AAC, DAPP, DR, GR service members.

Ah, I'm making this hard! I'm sorry! No, I APPOLOGIZE. I apologize for making it harder to get to Alateen.

An **Area Alateen Process Person (AAPP)** or **District Alateen Process Person (DAPP)** covers the process of getting your information into Alateen certification. The Al-Anon Area AlateenCoordinator (AAC) assists in getting the forms, information, resources for becoming familiar with and certified in Alateen Service. They usually

Office Board of Trustees put forth as policy in 2003. The Board of Trustees Alateen Motion set the minimum that Al-Anon Areas must comply with to use the name Alateen in their structure and events. Utah is proud to be in compliance with the Alateen Motion.

If you cannot locate the accurate person in these levels of service the Group Representative (GR) of any Al-Anon Family Group can direct you forward to one of them or to the District Representative (DR), who likely works with one or more in the Area World Services.

We all want you in Alateen. An Al-Anon Member Involved in Alateen Service (AMIAS) will help keep Alateen safe and active. Safe in as far as a place to talk about what life is or was like when alcoholism was acute in their home, what it is like trying to navigate roles in family, school and community with Alateen principles. Safe in as much as there comes a time the child of an alcoholic wants to strike out, because no one, anywhere seems to hear them. Safe in as much as children of alcoholics can be vulnerable to intentions or actions of others affected by alcoholism.

AMIAS must be 21 or older, must be familiar with the Al-Anon program (and have attended for at least 2 years) and must NOT have ever been convicted of a felony or charged with child endangerment. This applies even if they also are members of AA.

An Alateen group has a few steps to take before it can meet. It must have two AMIAS to sponsor the group. It must be registered with the World Service Office before they will share any information with newcomers looking for Alateen (and this comes through the local Area services). The group must have a location, a schedule, and support from Al-Anon groups nearby.

With all this work, you can see why Alateen rocks! And it will rock greater when YOU get there! Will we see you at UTAC (Utah Alateen Conference)? Volunteers are needed!

Do you want to try being of service to Alateen? Ask me how!

Ked K.

Utah Area Alateen Coordinator

kirkhamked@gmail.com, [385-426-9651](tel:385-426-9651)

Share in the next Alanews!

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

Send submissions for the next Alanews to alanews@utah-alanon.org by Feb 25.

Any content shared will remain anonymous.

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

FLYERS FOR UPCOMING AL-ANON EVENTS

The Annual Al-Anon Alateen Information Service (AAIS)

Soup & Chili Fundraiser

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



Saturday, April 13, 2024

12:00 noon - 3:00 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
- Great Entertainment
- 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.

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!



Save the Date!
Delegates Day

June 1st
10am - 5pm
Quality Inn
540 S. Main St.
Richfield, Utah



UTAC

Save the Date

June 14-16th 2024

To Help Out Contact: Beverly 435-232-5047 / Jeff 801-916-2762



Comfort Suites
in Ogden, Utah

October
18-20, 2024

Utah Fall Fellowship
Weekend

(Al-Anon in cooperation with AA
a recovery conference filled weekend)
Contact Coleen S (801) 791-1001 for more info

SAVE THE DATE



Utah Social Al-Anon Weekend

USAW

October 25-27, 2024

Bryce Canyon National Park



Murray, UT 84107
(801) 262-9587

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

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