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AL-ANON | UTAH AREA ALANEWS

OCTOBER 2023

Upcoming Area Events

See the end of the newsletter for any upcoming event flyers

- **[XIV Convencion, Grupo De Al-Anon, Un Dia a La Vez](#)**
 - October 27-29, 2023
 - Hotel Clarion Inn Airport, Salt Lake City, UT
- **[Literature in Al-Anon Workshop \(online event\)](#)**
 - November 13, 2023
 - 4 pm MT / 6 pm ET
 - [Watch online](#)
- **[Al-Anon's 57th Annual Roundup, Las Vegas](#)**
 - November 23-26, 2023
 - Las Vegas, NV
 - [Registration](#)
- **[Holiday Fundraiser Boutique](#)**
 - December 2
 - 11:00 am - 3:00 pm
 - Alano Club, Murray, UT

It's About Willingness

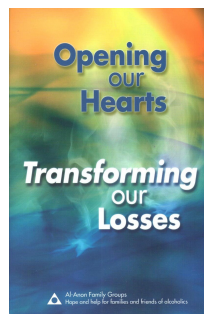
I would often joke that I came into this world afraid, but there was a large part of me that truly believed it. I could not remember a time that I wasn't filled with debilitating fear. It ruled my daily life and dictated my actions. The more I was filled with fear, the more I tried to control others and my surroundings. I was making myself physically ill and felt hopeless in many ways.

When I came into Al-Anon, I was in so much pain and desperately was seeking some peace, security and stability. I was skeptical, because I trusted no one. I

What I learned in this program, is that it is about willingness. This helped me to not feel so overwhelmed. It was ok that I didn't know how to trust or didn't have all the answers. If I was willing to surrender, willing to trust in my Higher Power and willing to learn from others who have walked this path before me, I could experience change that I desired.

I still struggle with fear, but I have a different solution today. Through the program, I have learned so many great tools as well as developed priceless friendships. I wasn't terminally unique, others have experienced and felt many of the same things that I have, I wasn't alone. I am so grateful to be a member of Al-Anon and for a Higher Power who is patient and helps me to grow and be a better version of myself one day at a time.

- Jamie D



Literature: Openings Our Hearts Transforming Our Losses

After a few years in Al-Anon, I became aware of a dearth of attention to the issue of Loss, named as such, in Conference Approved Literature (CAL). I noticed that Loss was rarely, if ever, a topic in meetings, although we all describe specific losses in meetings. Nobody ends up at Al-Anon meetings without experiencing profound losses, but we don't always name them. I have a friend who believes all chronic emotional pain is un-grieved loss. While I am usually suspicious of such sweeping declarations, I find significant meaning in that one.

The loss of a family member, a career, or money are obvious losses. Loss as a result of alcoholism, addiction, or mental illness may be more elusive. The loss of a happy childhood, a happy marriage, the loss of dreams for our future may be revealed only with guidance. But Al-Anon wisdom, as well as conventional wisdom, is that we will not be free of the effect of these potentially hidden losses until we acknowledge and grieve them.

greater serenity and more fulfilling relationships. In trying to describe this book, I am flailing, because this book explains loss, grief, and evolution of self so well, so much better than I can. You are led through acknowledging loss, grieving, and emerging from pain, step by step. I am providing quotes from [Opening our Hearts](#) in lieu of my mundane paraphrases.

From the Preface:

“We learned to ignore our feelings, create fantasy solutions, and minimize our problems...This book helps us to acknowledge the painful reality of loss and grief...We can move forward to a brighter future...”

A brief stroll through some chapter titles and headings:

Grief as a Process, Living with the Family Disease of Alcoholism, Mourning what was Lost, Grieving what Never Was, Loss in Relationships, Death of a Loved One, Permission to Feel, Taking Care of Ourselves, Growth from Grieving

From the final chapter:

“Alcoholism has been called a thief...because it steals so much from those of us affected by it...First and foremost, alcoholism robbed me of my capacity to feel my emotions... Years later I entered the rooms of Al-Anon and began to thaw out from this emotionally frozen condition.”

I recommend this book for anyone who finds any kind of help or comfort in Al-Anon meetings. [Opening our Hearts](#) is available from the AAIS Al-Anon office and bookstore, located in the Alano Club, for \$14 in person or by mail.

Hilary V.

TOTA - October Edition

There are a myriad of hard topics that from in homes affected by alcoholism.

Perhaps I should embolden, highlight and underline the -ISM. We are people who live or have lived with problem drinking, who might never have suspected that the experiences we had as children affect us as adults, who can find solutions whether the alcoholic is drinking or not. There are other addictions and chronic problems that can affect us as well- the individual member must determine for themselves how much they believe they have been affected.

Recently I took part in an Alateen discussion, covering a wide list of concerns, questions, ideas and resources. Part of that program was to address hard topics we might be confronted with while sponsoring Alateen groups or while listening to Alateen members outside groups.

sponsors, at Alateen activities we recommend a good ratio of AMIAS to members. And we suggest that you have your own program (2 years at least of regular consistent attendance in Al-Anon). Obedience to the unenforceable recognizes we cannot say you must have a sponsor of your own, that you must have completed all the steps; those things could help all of us, but we do not mandate them.

Al-Anon literature is a great resource for understanding the power of alcoholism to destroy the graces and decencies of life. You might recognize the literature I have already used to present this topic! Al-Anon members around the world have contributed to our vast resources of experience, strength and hope. Alateen members have as well. Alateen literature – which is Al-Anon literature – is written by and for Alateen members. We can all benefit from familiarity with it. It offers perspective on many hard topics.

SUICIDE: Living Today in Alateen B-26 has five pages addressing suicide. From a teen's perspective, in safe language. From Survival to Recovery B-21 has seven, in adult language, from an adult perspective. To understand what growing up affected by alcoholism feels like we have shared experience in a safe place. The index in several books will offer more. As important, we are encouraged to tap other resources. Learn about suicide, what you can do, even while you continue to apply principles above personalities in Alateen.

ABUSE, CONFLICT, FEAR, BOUNDARIES and other hard topics find support in Alateen and Al-Anon literature. These are things to think about in Alateen recovery and service.

Ked K., Utah Area Alateen Coordinator

Volunteer to help Alateens in their recovery - Become AMIAS Certified!

Contact Ked K., Area Alateen Coordinator

kirkhamked@gmail.com | (385) 426-9651

Articles & Podcasts

The Forum - Articles

- [At the Level of Press, Radio, Films, and TV](#)
- [Honoring the Spiritual Principle of Anonymity](#)
- [Starting My Journey](#)
- [Self Care is Not Selfish](#)
- [Proof Positive That Al-Anon Works](#)
- [So Much Support for Service](#)
- [I Found Hope](#)

For Beginners or Newcomers - Podcasts

- [Introduction to Al-Anon](#)

Share in the next Alanews!

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

Please consider sharing a personal recovery story, thought, or a short article you write. You could even challenge your sponsee or Al-Anon friends to share.

As with all things Al-Anon, any content shared will be anonymous.

Send submissions to alanews@utah-alanon.org.

Find an Al-Anon or Alateen Meeting

Volunteer in the AAIS Bookstore

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

5056 South 300 West, 2nd floor

Murray, Utah

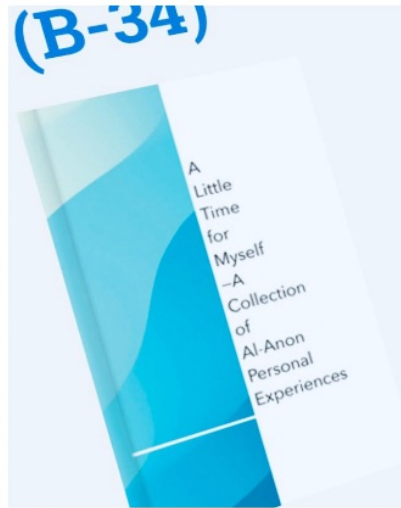
[\(801\) 262-9587](tel:(801)262-9587)

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

ONGOING LOCAL SPEAKER MEETINGS

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

UPCOMING AL-ANON EVENT & ANNOUNCEMENTS



District 21 (NY South Area) invites you to an on-line journey
of the WSC Approval of

Literature in Al-Anon

Tom C., Associate Director Literature, WSO presents the
process of (CAL) Conference Approved Literature

Monday November 13th 6pm Eastern at District 21 NYS
meeting. Zoom information below:

Zoom ID: 841 1018 5506

Passcode: D21Service

Please support your District 21 (NY South Area), Public Outreach
Committee with Seventh Tradition contributions and by attending this
event open to ALL Al-Anon members.





AI Anon Program

Marathon Meetings

AI Anon Speakers

Couples In Recovery Speakers

Panels

Mediation Workshop



Register using QR code above or at
lasvegasroundup.org



Al-Anon Holiday Boutique

Annual Fundraiser

For Al-Anon District 3

Saturday December 2, 2023

From 11:00 AM to 3:00 PM

See Santa from
Noon
to 2:00 PM!!

@ The Alano Club
5056 South 300 West
Murray, Ut 84107



- Cookie & Ornament
Decorating
- Unique Gifts & Crafts
- Food & Treats
- Opportunity Drawing
- Silent Auction

Bring the whole family!!

For questions text Chrissy at **801-458-0635**



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Utah Al-Anon/Alateen Information Service, Inc.

5056 South 300 West
Murray, UT 84107

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