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# Al-Anon | UT Area Alanews

November 2024

## What's In This Edition

- [Upcoming UT Area Al-Anon Events](#)
- [UT Area Service Position Spotlights](#)
- [Articles from The Forum](#)
- [Al-Anon Member Share on Step 2](#)
- [Holiday Workbook Bundle \(3 workbooks\) - only \\$25](#)
- [Upcoming Events Flyers](#)

## [Upcoming UT Area Al-Anon Events](#)

- **[Christmas Boutique](#)**
  - December 7 @ 11:00 am - 3:00 pm
  - Alano Club
  - 5056 South 300 West, Murray UT
  - [Learn more](#)
- **District 8: Holiday Luncheon**
  - December 7 @ 11:30 am - 1:00 pm
  - Kanab Center (convention center)
  - 20 N. 100 E., Kanab, UT
- **[Spring Assembly](#)**

- March 21-23, 2025
- Kanab, UT
- [Learn more](#)

***Event flyers at the end of the newsletter - Group Representatives (GRs), please print flyer(s) to pass around at your home group meetings.***

## **UT Area Service Position Spotlights**

Learn about what it's like to serve in a UT Area Al-Anon Service Position!

- [Ked K. - Alateen Coordinator](#)
- [Denise L. - District Representative, D3](#)

### **KED K. - Alateen Coordinator**

**Question: On average, how many hours a month do you spend on your position's responsibilities?** Several hours, including monthly zoom meeting of 1 hour.

**Question: What are 3-5 of the main responsibilities of your current service position?**

1. To be familiar with the current Alateen policies, AMIAS requirements and WSO discussions about Alateen.
2. To read the Alateen guidelines and communications consistently to keep up with the needs of Utah Alateen,
3. To develop and provide annual Alateen AMIAS safety and behavior training for new AMIAS and re-certifying AMIAS volunteers.

**Question: What previous Alanon positions have you held?**

GR, DR, and alternates, Information Center volunteer, AAIS contract employee, Area

CPC coordinator, Alateen sponsor (pre Alateen Motion), Area Treasurer, Area Secretary, Area Chairperson, Alternate Area Delegate, Area Delegate, currently Al-Anon Information Center chair (District 1).

**Question: What has been your favorite Alanon's position you've held so far and why?** It's not a position but I am always ready to correct the spelling of Al-Anon wherever I see an error. JKNK! Picking my favorite position in service would be like picking my favorite brother, or my favorite sibling, or parent, or Al-Anon book or my favorite pamphlet! Can't be done! Maybe just say I love the one I'm with!

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### **DENISE L. - District Representative, D3**

**Question: On average, how many hours a month do you spend on your position's responsibilities?** I spend approximately 4-6 hours a month with this position.

**Question: What are 3-5 of the main responsibilities of your current service position?**

1. I create the agenda and chair the monthly district meetings.
2. I attend Area World Service Meetings via zoom when they scheduled.
3. I attend our Area Assemblies twice a year. As well as Delegates Day to hear the report of our delegate experience at World Service Conference.
4. I work with Group Representatives to keep members informed of Area and District business.
5. I try to inspire others to be involved in various service positions from the group and district level all the way up to area service positions.

**Question: What previous Alanon positions have you held?**

I have been of service since my early days in the program. I have had Group positions such as GR, treasurer and literature. I have also been the Area AAIS and Alanews coordinator and Guidelines chairperson. Many other service opportunities

at both district and area levels.

**Question: What has been your favorite Alanon's position you've held so far and why?** My favorite position is my current one. I have gotten to know so many people and been more involved in service than ever before.

## Articles from The Forum

- [The Things that Change and the Things that Stay the Same](#)
- [Passing on the Comfort I Found](#)
- [The Power of Letting Go](#)
- [A Mother's Journey: From Control to Acceptance](#)
- [Our Differences Weave One Tapestry](#)
- [New Beginnings, New Hope, New Choices](#)
- [Al-Anon "is" the Place for Me](#)
- [Comfort in a Rough Place](#)
- [With Clarity Comes Opportunity-- Serving as Trustee](#)
- [There Was Al-Anon](#)
- [Letting Go of Second-Guessing](#)
- [Shifting My Focus to Myself](#)
- [Walking the Walk: Speaking Step Twelve into Action](#)
- [The First Step to Healing](#)
- [Lost-and-Found Self](#)

[View all articles from The Forum: November 2024](#)

## Al-Anon Member Share on Step 2

I decided to go to my first meeting of Al-Anon in desperation, not because I thought it would stop my alcoholic qualifier from drinking, but because I knew I urgently needed help. In Al-Anon I was welcomed with open arm and was able to wrap

myself in the kindness and love the members showed to me. I cried during most of the meetings for the first three months I was there, but I felt safe and wanted to keep coming back.

A few months in to attending Al-Anon, I was emotionally overwhelmed that I wasn't having any contact with my qualifier who was in rehab. Fear shot through me in such a heightened state that even going to Al-Anon wouldn't fix the fact I was doomed to be alone for the rest of my life, and a long buried conception began to make its way from my subconscious to the forefront of my mind. I believed that God was denying me from being in a relationship because I had turned my back on the Church when I should know better—I was specifically singled out by God as deserving punishment for choosing to live a gay lifestyle when I should've remained in the Church and celibate for the rest of my life. The thoughts pouring through me had me sobbing behind sunglasses as I furiously paced around the neighborhood on the verge of a nervous breakdown. At some point I ended up crashing to the ground under a tree, sitting on a bunch of leaves that had fallen in the beautiful autumn scenery around me. As I sat crying something snapped deep down in me that firmly and resoundingly said "Stop!" I began to speak to myself "I refuse to believe that God is cursing me specifically for being gay, condemning me to be single. I will not allow myself to believe in a Higher Power that would treat me that way." I felt a rush of warm sensation, and my skin was covered in goosebumps. My chest was full, and my body felt enveloped as if being held in a bear hug. I wiped away my tears and stood up and resolved that if I ever had such thoughts in the future, I would push them out. Anytime I have felt that fear creeping in since, I have firmly reminded myself "God is not condemning me to be single."

I continued to attend Al-Anon meetings weekly and began to read the Conference Approved Literature. Particularly helpful was the Just For Tonight Bookmark where it says, "I will place my future in the care of a loving God of my own understanding, trusting my needs will be met at a time and in a way that is best for all concerned." Some nights I would read this repeatedly as I cried, until it was embedded in my mind and I calmed down.

When my qualifier relapsed, it felt like all my hopes for improvement had been smashed. Yet something had changed. Instead of crying in desperation, I was angry.

Not only was I angry, I was furious. I redoubled my efforts in Al-Anon and began using the tools of the program to put the focus on myself. I refused to let my life derail. Instead, I focused on my recovery, my health, and my job. It seemed like Al-Anon was rubbing off on me. My actions were healthy, even if my emotions were less than ideal. I began to see that Al-Anon was changing my perception of life and what I was experiencing, that an alteration in my thinking had begun to occur. When my qualifier relapsed again a few weeks later, I said enough. I just let go. I felt apathetic towards him and was ready to move on with my life.

I was reading our newest reader, “A Little Time for Myself” on March 30th. The Al-Anon woman shared how she had left her alcoholic husband with two young children, and had the fear that no man would want to date her now. Despite that, she met someone wonderful, but as she recounts, “but the real miracle was I wasn’t afraid to lose him. I had faith that if being with him wasn’t God’s will, there would be other opportunities with other people. Then it hit me—abundance is all around me. Fear convinces me there’s not enough love, time, money, or opportunities. When I let go and trust my Higher Power, my perspective changes.” This statement hit me hard. I knew right away I did not have that level of trust and faith in my Higher Power, but I wanted what she had. I decided that despite no longer having my qualifier in my life, I needed to get a sponsor in Al-Anon.

When my sponsor asked me to describe a Step Two experience, I felt like I didn’t know what to say, and wondered if I had ever even had a Step Two experience. It was fear that I still didn’t fully trust my Higher Power. The thought kept coming to my mind for weeks—God knows that the thing I want most in my life is a romantic relationship, but it keeps being denied to me because it’s not one of my needs. God has my back when I need it, but my wants will never be satisfied. I need to just pray that I will be happy being single for the rest of my life.

However, a seed had once again been planted. I saw and witnessed people sharing who came to Al-Anon who didn’t get what they wanted when they first came. I think most if not all of us come in wanting our loved one to stop drinking. Yet even when that doesn’t happen, these Al-Anon’s changed and became content and even happy despite their initial wishes. Their lives, relationships, and serenity improved as they worked their programs.

In Al-Anon, the promise is serenity despite whether the qualifier is sober or not. That's a hard leap to make when you come in wanting your desires to be fulfilled. It asks me to "Let Go and Let God" with my desire that brought me in, and instead trust that my life will improve regardless of my desire being denied. Now that my qualifier is out of the picture, Step 2 is asking me to "Let Go and Let God" of my desire for a relationship, and trust that my life will improve regardless of whether that desire will ever be fulfilled.

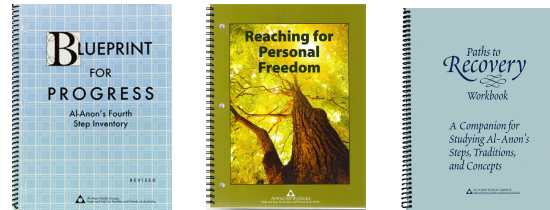
One night, my self-pity was at the height of insanity. As the tears rolled down my face, I recalled a refrain I heard from a workshop speaker once regarding early recovery. When he was losing his mind and felt like he might kill himself, he repeated "Everything will be ok, God is in control. Everything will be ok; God is in control." Feeling crushed with fear that God isn't going to ever do anything about me being single, I still reached out and began repeating "God please help me. Please remove this Self Pity" and began the refrain "Everything Will be alright; God is in Control."

My Step 2 experience is full of fear, and self-pity, and moments of insanity, yet despite my feelings, despite my terrible emotions, despite my doubt, I choose to reach out to God for help. I choose Hope when I'm in despair. My Step 2 experiences are that I'm shaking in fear and disbelief, yet something in me reaches for a Power Greater Than Myself to pull me out of the darkness and dispel the insanity.

What my life looks like on paper is no guarantee, having a romantic relationship is no guarantee, having my loved one not drink is no guarantee, but a spark of Hope remains in me, and I reach out to God for Help when I'm feeling at my most insane. With that Hope kindled, I make a conscious choice to have faith instead, despite my doubts. Step Two invites me to plant the seed to develop Trust in a Higher Power. I don't need to understand the Power greater than myself, only to trust it. My Step 2 experience is choosing Hope: reaching out to God when I'm feeling at my crushingly lowest. And my experience thus far is that those feelings of despair and self-pity will subside as long as I keep choosing Hope by placing my trust in my Higher Power.

- Jake S.

**New! Holiday Bundle!**  
**Al-Anon Workbook Bundle (K-74)**



Want to go deeper in Al-Anon recovery? Give yourself or a member you care about the gift of Al-Anon workbooks. This discounted set is just \$25.

Available as a set for a limited time—through January 2, 2025. The Al-Anon Family Groups Workbook Bundle (K-74) includes:

- Blueprint for Progress: Al-Anon's Fourth Step Inventory (Revised) (P-91)
- Reaching for Personal Freedom: Living the Legacies (P-92)
- Paths To Recovery Workbook: A Companion for Studying Al-Anon's Steps, Traditions, and Concepts (P-93)

**Price: \$25.00**

**Purchase at the AAIS Bookstore**

5056 South 300 West, Murray, UT 84107

801-262-9587

or at the International Office Online Bookstore at

[www.al-anon.org](http://www.al-anon.org)

**Share Alanews!**

**Share the experience, strength, and hope found in Alanews.**



Your fellows can subscribe by sending their email addresses to us at

[alanews@utah-alanon.org](mailto:alanews@utah-alanon.org).

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Find an Al-Anon or Alateen Meeting

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## Looking for Experience, Strength, and Hope?

**AAIS Bookstore has it in your size and color!**

The Al-Anon bookstore is located on the 2<sup>nd</sup> 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, 2<sup>nd</sup> floor, Murray, UT

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

**Hours: 12:00 PM - 4:00 PM | Monday, Wednesday, Thursday, and Saturday**

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[UPCOMING EVENTS FLYERS](#)

# HOLIDAY BOUTIQUE

ANNUAL FUNDRAISER

For Al-Anon District 3



**SATURDAY**

**DECEMBER 7, 2024**

**From 11:00 AM to 3:00 PM**

**@ The Alano Club**

**5056 South 300 West**

**Murray, UT 84107**

- Unique gifts & crafts
- Food & treats
- Opportunity drawing

**Opportunity drawings  
-Silent auction**

**SEE SANTA FROM NOON TO 2:00 PM**

**For any questions call or text  
Chrissy @ 801-458-0635**



DISTRICT 8  
*Holiday*  
**LUNCHEON**

..... ❁ .....

**SATURDAY DEC. 7, 2024**

Kanab Center (convention center)  
20 N 100 E,  
Kanab, UTAH  
11:30am - 1:00pm

..... ❁ .....

**MAIN DISH WILL BE PROVIDED  
BY THE DISTRICT**

We'd ask that you bring a side dish to share

..... ❁ .....

**R.S.V.P**

If possible, please let us know  
you will be attending

This is to ensure we have seating and enough  
food for everyone

..... ❁ .....

**TEXT OR CALL 435-770-9464  
TO RSVP W/LESLIE**

# SPRING ASSEMBLY

## SAVE THE DATE

**KANAB, UT**

Kanab Center  
20 N 100 E

March 21 - 23, 2025

### WHAT TO EXPECT

Spiritual Connections

Area Business

Speakers

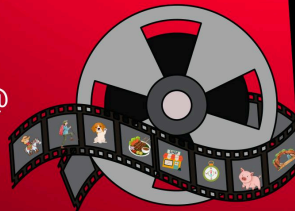
Social Time

Food

ANY QUESTIONS

contact Leslie @

435.770.9464



### THINGS TO DO IN LITTLE HOLLYWOOD

- Guided Tours
- Visit Animal Sanctuary
- Step back in time at the local Museums
- Rent UTV & explore
- Take a hike
- Enjoy great food

Accommodations Close By:

\*these two are  
ask! offering 15%  
discounts

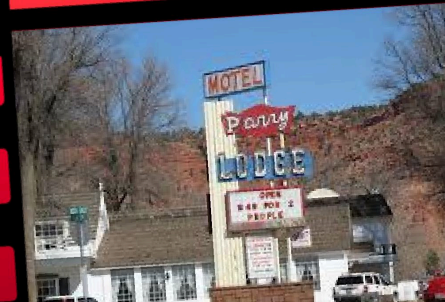
Parry Lodge\*

Hampton Inn\*

Best Western

Days Inn

Holiday Inn Express  
and more





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**Utah AI-Anon/Alateen Information Service, Inc.**

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