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Al-Anon | UT Area Alanews

January 2025

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

- [Spring Assembly](#)
 - March 21-23, 2025
 - Kanab Center (20 N 100 E, Kanab, UT)
 - [Registration Form](#)
 - [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.

Utah Area Service Position Spotlight

Pat D. - Area Treasurer

Question: On average, how many hours a month do you spend on your position's responsibilities? Two hours then maybe six when preparing the budget, reports and paying the AWSC expenses.

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

1. Creating a budget
2. Treasurers report at Assemblies (spring and fall)
3. Depositing, paying and accounting for the Area

Question: What previous Al-anon positions have you held? Group Literature, Group Treasurer, Group Representative, Alateen Sponsor (10 plus years), Alateen Coordinator (2 terms), Area Secretary (2 terms).

Question: What has been your favorite Al-anon position you've held so far and why? Group Representative. It got me out of the house and out of my fears, allowed me to grow and become confident. I was able to visit places throughout the state and be with other members, getting to know them better. It also provided the foundation of the links of service.

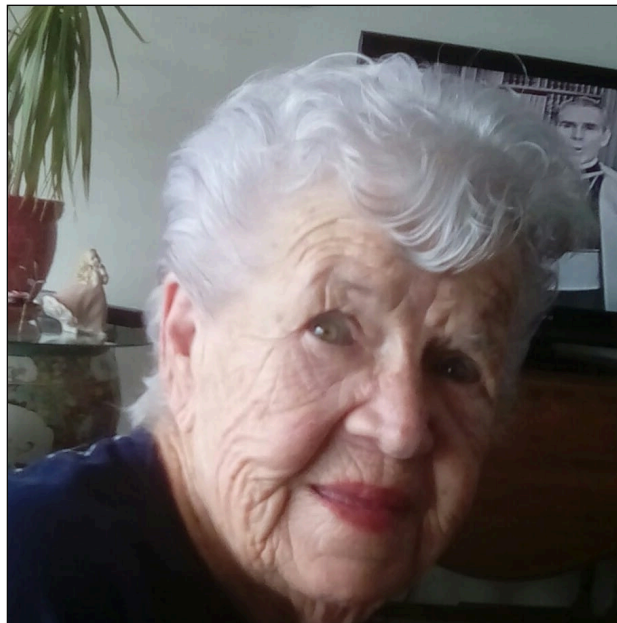
Articles from The Forum

- [Welcoming Newcomers in the New Year!](#)

- [Step One: Embracing My Powerlessness](#)
- [Gratitude Through Service Builds Worldwide Connections](#)
- [Phone Contacts Supports the Newcomer](#)
- [I "Keep Coming Back" for Myself](#)
- [The Power of We](#)
- [The Joy of Service](#)
- [Different Introductions to the Steps](#)
- [A Mother's Journey: From Control to Acceptance](#)
- [Our Common Thread Provides Safety](#)
- [My Tool for Program Reflection](#)
- [From Crisis to Awakening](#)
- [My Alateen Story](#)
- [Passing on the Help I've Found](#)
- [The Things that Change and the Things that Stay the Same](#)
- [Passing on the Comfort I Found](#)
- [The Power of Letting Go](#)

[View all articles from the January 2025 Forum Magazine \(online\).](#)

Tributes to an Al-Anon Legend, Jerrie K.



Contributed by Nancy W.

UTAH AL-ANON LEGEND DIES AT 100 - Jerrie K, past World Service Conference (WSC) Utah Delegate, died the afternoon of January 15, 2025. Jerrie served faithfully the Utah Recovery community and touched many lives over the past multiple decades. She talked to countless people while serving at the Al-Anon Alateen Information Service (AAIS) office on the second floor of the Alano Club, answering the phone and welcoming walk-in visitors.

One of my earliest encounters with Jerrie was when she asked 'Are you still married to the Alcoholic?' Being a '70's love child the answer was 'No' but he was a part of my history from 1952 until 2008, when he left this earth.

How many of us have heard Jerrie say 'Live, Love, Laugh, and Let go'? This lovely lady has left an indelible mark on many inside and outside of Utah ... Humbly submitted by Nancy W.

Contributed by Ked K.

Jerrie K., our esteemed past delegate passed away recently. Many of her Al-Anon associates attended a 100th year commemoration for her last fall. I did not and cannot recall our last visit or mutual activity. I nevertheless wish to make this remembrance.

I have only known Jerrie as a Past Delegate. I became active in Al-Anon in March 1986, a few months after relocating to Utah. Jerrie had served as Delegate from 1981 to 1983 (Panel 21). Because I was encouraged into Area activity by Dean M., another past delegate in my home district, I began meeting Jerrie frequently, always enthusiastically involved in the next event. We seemed to have so many, back then! If there was a skit, likely there was Jerrie K., and because of her there would often be Ked K. as well.

Al-Anon Police? Jerrie K. It's In the Book? Jerrie K. Workshops, Delegate Days and SWRDM, Rallies and Assemblies. Anniversaries. Skyline Conferences, AAIS fundraisers. Area Elections. Jerrie K., Jerrie K., Jerrie K. Present, Interested. Sincere.

Jerrie did not pull rank, that I ever recall. She was a member who had served previously as delegate. And OH! They were an amazing bunch, those members who had served as delegates previously! I am grateful to have known them.

One place in our fellowship Jerrie was so involved in was the Utah Area Al-Anon

Information Service. In fact, we may owe it to her service that we have it today. It was during Jerrie's term as delegate that the World Service Conference encouraged areas to develop their own "clearing house" services. The current service has had its organization -and location- ever since then.

Forty-plus years. Jerrie did not do it alone, and she did not run the show, but she gave her heart to it. While I was volunteering at the center a few years ago I would get calls from out of state even, asking when Jerrie would be in- she had helped members over the years such that they continued to reach out even when they had moved away. And they were not AI-Anon only, perhaps because AAIS is at home in the Alano Club, she helped AA members also. I believe it is because RECOVERY was her goal, her program. And her example. I hope I make it mine, as well.

Reflections on Utah Area Fall Assembly, September 2024

I attended my first area assembly as a newly minted Group Representative. In all honesty, I was clueless. Other than District 3 meetings, where I was semi-clueless, this was my first exposure to the larger AI-Anon process, the nitty-gritty work of deeply committed volunteers who keep the organization running around the world. I was profoundly bored. I had no understanding of the generous and critical work I was witnessing.

Come September 2024, I had a deeper understanding of the AI-Anon process. I thoroughly enjoyed the Assembly. Of course, experience helps. I understood the issues. I knew the people elected and selected to head up groups within Utah. I also wondered why I was so ill-prepared for that first assembly. Contributing to my befuddlement was my group's isolation from the Utah Area. And for newbies, I do recommend talking to folks who are already participating in this process and reading the agenda and reports available online before the assembly. Also, notice the PROCESS. No one interrupts or generally talks past the time limits. No one complains!

The AI-Anon process is guided by our Area chair, Heather M. She creates an organized and respectful environment for these important meetings. She keeps the meeting on track in such a supportive way that we don't feel nipped at the heels! Heather's knowledge and abilities represent the heart of AI-Anon.

For all of you who want to know who said what to whom at the assembly, here is a [link to the excellent minutes](#).

Want to see what an assembly is like for yourself? Come join us for the [Utah Area Spring Assembly, March 21-23 in Kanab](#).

Contributed by: Hilary V.

AMIAS Recertification

HELLO! It is 2025! Already! Or, maybe I should ask, “All Ready?”

And by this, I mean, are we already re-certified? I mean are we ALL READY to be re-certified for AMIAS?

All AMIAS volunteers are required to re-certify annually. We are asked to complete our local recertification by **May 31, 2025**, locally (Area) in order to have the process completed nationally (World Service Office). The Area APP (Alateen Process Person) will contact the DAPP (District Alateen Process Person) with any additional information. If you are in a District with no Alateen process person, the District Representative will fulfill this important assignment.

Important AND required!

One of the questions in the recertification process is, “Have you attended Alateen Safety and Behavioral Requirement training in the last 12 months?” District 3 had their training at their January District Meeting. Thanks, Denise L.! The Area Spring assembly in Kanab (March 22) will have a training session. Other training opportunities will be posted on the [Utah Area Alanon website](#).

For questions about AMIAS, contact: Ked K, the Utah Area Alateen Coordinator
Phone: 385-426-9651 | Email: kirkhamked@gmail.com

Contributed by: Ked K.

Revised Utah Alateen Procedures & Requirements

Exciting news! The revised Utah Alateen Procedures and Safety & Behavioral Requirements are now posted on the Utah website. They were approved at our Fall Assembly last September, 2024. Thank you to everyone who participated in the process!

Learn more about these changes by reading through the documents:

- [Utah Area Alateen Procedures](#)
- [Utah Alateen Safety & Behavioral Requirements \(ASBR\)](#)

Spread the Word About Alanews!

Share the experience, strength, and hope of Alanews with your Al-Anon fellows by encouraging them to subscribe. It's easy—just have them send their email address to us at alanews@utah-alanon.org.

Find an Al-Anon or Alateen Meeting

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 Representative, as an eye-opener to a greater world of Al-Anon, a true growing experience.

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 rewarding activities. 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 zero to 10 “events” in a four hour shift; i.e., 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 noon and 4 PM on Monday, Wednesday, Thursday, and Saturday. Call the bookstore at (801)-262-9587 to discuss volunteering. You won't be disappointed!

[AAIS Bookstore](#) @ the [Alano Club](#)

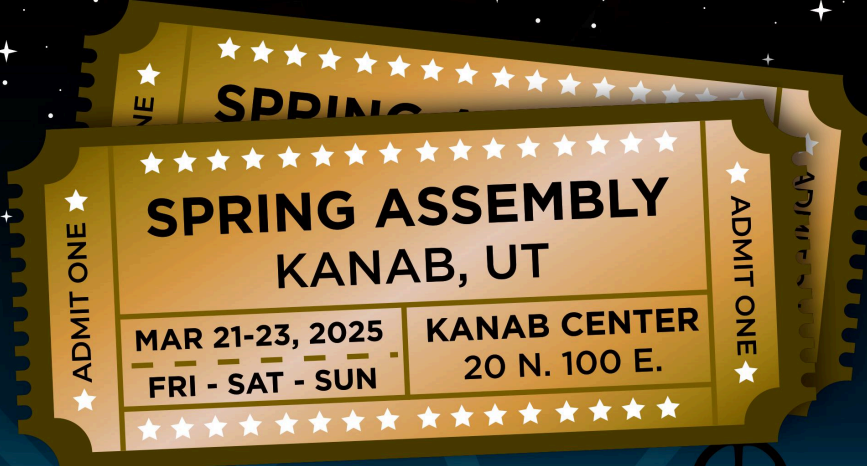
Hours: 12:00 PM - 4:00 PM | Monday, Wednesday, Thursday, and Saturday

(801) 262-9587

5056 South 300 West, 2nd floor, Murray, UT

Contributed by: Hilary V.

[Upcoming Events Flyers](#)



*Investing in Each Other
to Preserve Our Legacy*

*Little
HOLLYWOOD*



**SPIRITUAL CONNECTIONS
AREA BUSINESS • SPEAKERS
SOCIAL TIME • FOOD**



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DETAILS & TO COMPLETE ONLINE
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For any questions, please contact: Leslie Jerry@435.770.9464

UT Area AI-Anon Spring Assembly Registration Form

EVENT DETAILS

Date: March 21-23, 2025

Theme: Investing in Each Other to Preserve Our Legacy

Location: Kanab Center, 20 N 100 E, Kanab, UT 84741

Costs: See form below for specific costs.

2 Ways to Register

1. Print and fill out this form. Mail to Leslie Terry – 865 S Hillcrest Dr., Cedar City, UT 84720 (include payment)
2. Scan the QR code below to fill out and submit an online registration form. Send payment



2 Ways to Pay for Registration and Meals

1. **Venmo** - @Leslie-Terry-6, last 4 of phone 9464
2. **Cash or Checks (payable to Utah AFG)** – mail to Leslie Terry - 865 S Hillcrest Dr., Cedar City, UT 84720

PLEASE specify in the payment notes: 1) the name of the person you're registering and 2) what specifically you are paying for, e.g. registration, meals.

REGISTRATION FORM

1. Email Address: _____
2. Full Name (will be kept anonymous): _____
3. Phone Number: _____
4. Home Group: _____
5. Current AI-Anon Position (if applicable): _____
6. Registration Options & Costs (circle one)
 - a. Early Registration by Thursday, March 6 - \$35
 - b. Registration after March 6 - \$40
 - c. Zoom Registration - \$20
7. Meals (must be reserved by Thursday, March 6) (circle one)
 - a. Dutch Oven Dinner, Saturday - \$35
 - b. None
8. Meal options (circle one)
 - a. Chicken
 - b. Pulled Pork
 - c. Vegetarian



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Utah Al-Anon/Alateen Information Service, Inc.

5056 South 300 West

Murray, UT 84107

(801) 262-9587

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