

# Al-Anon | Utah Area Alanews

## December 2025

### What's In This Edition

- [From the Al-Anon World Service Office \(WSO\)](#)
- [Holiday Preparations - Setting Boundaries & Expectations](#)
- [Having a Holiday Alternate Plan](#)
- [Gratitude: My Recipe for a Peaceful Family Holiday Dinner](#)
- [Short Shares from Our Al-Anon Fellows](#)
- [The Group Conscience](#)
- [TOTA \(Things to Think About\)](#)
- [It's Easy to Volunteer at the AAIS Bookstore](#)
- [The Next AAIS Board Meeting is Jan 3, 2026 - You're Invited!](#)

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### From the Al-Anon World Service Office (WSO)

- [News from the World Service Office of Al-Anon \(WSO\)](#)
- [Share Your Recovery on the WSO Blog](#)
- [Articles from The Forum](#)

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### Articles from The Forum

- [The Day I Gave Up Fixing](#)
- [Let Recovery Begin with Me](#)
- [I Felt Empowered](#)
- [Patient with the Process](#)
- [My Life, His Choices](#)
- [A Disease of Communication and Relationships](#)

- [Carrying the Message: A Gift of Serenity](#)
- [Seeking Answers](#)
- [I've Been There Too](#)
- [Learning to Listen](#)

[View more articles from the December 2025 Forum Magazine](#)

## **Short Shares From Our Al-Anon Fellows**

*"Why did I walk into the rooms of Al-Anon. At first I really wasn't sure. Now after five years I can tell you Why! Alcoholism and drugs impact everyone in the family (even little children)*

*I was stressed out, I had habits of a people pleaser. I was emotionally wounded. I learned the 3 C's I didn't cause it- I couldn't control it - and - I certainly couldn't cure my qualifiers.*

*I learned how to break my unhealthy habits. I've learned to trust again and I am still learning how to fix my own life. I worked the steps and found an amazing Sponsor to guide me. I've learned to turn things over to a Higher Power.*

*Now I enjoy more peace and serenity. Al-Anon rebuilds our self esteem. I'm a grateful member of Al-Anon."*

Contributed by: Susan G.

*"Before I 'wised up' in Al-Anon, I thought my son's addiction would be cured simply by finding sobriety. But he kept relapsing so he never stayed sober, and I thought sobriety was the ultimate destination.*

*As I started to absorb Al-Anon principles and to begin my own recovery, I came to realize that recovery is not a destination but a continual journey. This was reinforced when my son chose the challenging course of continual recovery, rather than sporadic sobriety. Al-Anon encourages me in my individual journey of recovery with One Day at a Time, Keep Coming Back, reading of the literature and more. Yes, it's a journey -- a sometimes difficult journey but worth it!"*

Contributed by: Jeff J.

*"The best thing for me has been the slogans. I have so many memorized and love to mutter them under my breath at work, with siblings, friends, etc, when a moment feels insane.*

*The Open Letter to an Alcoholic hit me like a bolt of lightning and was truly an enlightening moment of clarity for the reality of the disease."*

Contributed by: Martee C.

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

## **The Group Conscience**

You have probably heard about Group Conscience decisions. Maybe you've voted on one. Maybe you've been embarrassed into silence with one: "we already had a group conscience about that" or "I thought we took a group conscience on that."

Maybe you have said such a thing. Maybe I have!

What is this GROUP CONSCIENCE and how does it fit into the program, or our meetings?

For many of us, the first time we hear the term is in the reading of the Second Tradition where we are informed there is but one authority, a loving God as he may express himself in our group conscience. Therefore, we think, anything that the leader says in that meeting must be on the authority of God. Loving. Until someone says they've been reading "this book." Or heard this speaker, read this article, saw this flier, met this person, and the boom of GROUP CONSCIENCE is lowered. We are suddenly sure that we have entered a cult and there are secret rules – LAWS – that must be kept.

I am glad you came to another meeting before writing us off. Here you hear that in this meeting we avoid crosstalk, or watch our language; that we welcome small children but ask that you provide a quiet activity or that we DO NOT allow young children due to the adult topics we discuss; that newcomers are free to share but may choose to listen – that's fine too. These might not have been identified as group conscience, but they are.

The Letter to the Newcomer, Help and Hope, Do's and Don'ts, Three Obstacles. Even the name of the group, the meeting day, time and place are results of a group conscience.

Simply, the group conscience is the collection of discussions that the group members discussed and voted to practice. They are for the benefit of the

group. For big decisions a group might take three weeks to get the word out to group members before voting, wishing to have an INFORMED GROUP CONSCIENCE.

They are not, dare I say, should not be secret, nor are they laws with penalties.

Who could have a problem with that?

I have had problems. There are questions about a Group Conscience such as: Who was in the group when this decision was made? How long ago was this decision made? What was this decision based on? Is this decision valid today? Who is the keeper of this group's Group Conscience record? Where is the 'everybody' that does this? Have we really always done this or done it this way?

I have sometimes had problems with group conscience, and I have sometimes been the problem. I have to look at this in a new way. Al-Anon tells me a change in attitude can aid recovery: my attitude, my recovery.

When a meeting has something in its format, or members have practices I am uncomfortable with I can ask the chairperson or a group officer about it AFTER the meeting. If I believe that the item is potentially harmful to Al-Anon I can find information to correct that and bring it to a group officer and ask to bring it to the group business meeting. Some things we hear just don't meet the rigor of examination.

I try to presume goodwill, to give the benefit of the doubt. Perhaps this is an old, outdated practice, or a mistaken application of a guideline. Sometimes it is control and dominance. I am capable of both and have been mistaken more than once. To presume goodwill requires practice and willingness, it requires an open mind.

Questioning a group format or something that is said as if it were universal can be intimidating, especially when addressed to a longtime member. I have been that member! And through talking with others, reasoning things out I have had to accept, change and let go. Studying the Traditions has helped, studying the Traditions with others has helped greatly.

Regardless of the outcome I have to move on and redouble my efforts at recovery – my recovery. But I also need to share what I learn, because that is for our common good.

Contributed by: Ked K.

### **TOTA (Things to Think About)**

BOY! When I was accepted for the position of Alateen Coordinator I was ready to put fire to the soles of Utah Al-Anon! Thank you all for the cooling off period, and the encouragement, and the climb, and the hope for children of alcoholics.

Hope for Children of Alcoholics. That has a nice ring to it, that should be a book. OH! WAIT! That IS a book! Alateen: Hope for Children of Alcoholics (B-3). Did you know this book was produced before One Day At a Time In Al-Anon (ODAT)? And yet, how many members still think that ODAT is our main (for some, our only) book.

Have you ever heard a member say "I wish Alateen was there for me when I was a teen." And you look at them and think, ***it was, Alateen began in 1957***. But then you think, *was I ready? I didn't get here until my thirties; and I didn't even grow up for another few years.*

Maybe you are on to me here. I try to be subtle, really.

I have had a turn at service to Alateen, and by extension to Al-Anon Family Groups. As with all other service opportunities I am stepping down in order to support someone else in their turn. This is no 'exit left', I will just get off that spot on the stage.

Someone was there for me when I came in, I've been reminded, so I'll be there for someone else. Thank you, Al-Anon! Thank you, Alateen!

But before I go...

If you became AMIAS the year I began serving as Alateen Coordinator then you are due to renew certification, including background check. If you do this now, avoiding the rush, you will help the incoming Alateen Coordinator and the Area Alateen Process Person as they get their new ducks in a row (HA! As if I ever got mine in a row!).

YUP – Your Unique Prints – in northern Davis county is now on Fort Lane, a block south of WINCO grocery. When you have filled out the application forms and they have been submitted to APP, you'll get the needed form for fingerprints. You can look them up for an appointment. I have not heard of changes in other locations; please advise me if you know of any.

Alateen service can be less than glamorous. But oh, so rewarding. How can I - we – help you offer hope for children of alcoholics?

Thank you, AMIAS volunteers! Love you! Lots!

Contributed by: Ked K., Outgoing Alateen Coordinator

## **It's Easy to Volunteer at the Bookstore**

To volunteer at the Al-Anon Bookstore is fun and easy and an opportunity for personal growth through service. We train new volunteers. We offer one-on-one training at the AAIS Bookstore in the Alano Club. Two and four hour shifts

are available, as frequently or infrequently as you desire. Working at the Bookstore is usually slow paced.

Volunteer responsibilities are straight forward:

1. Answer the phone.
2. Review and return messages.
3. Sell books.
4. Restock the book shelves.
5. Chat with folks that drop in.

Who can volunteer? Al-Anon members seeking the benefits of service who enjoy contact with fellow Al-Anons can volunteer. Members who can answer the question, "What have I learned in Al-Anon?" are ready to volunteer. Note that there is no "correct" answer to this question. If you can formulate any answer, then you are ready to meet newcomers at the Bookstore.

To discuss being a volunteer, contact Chrissy at the Bookstore: (801) 262-9587.  
Al-Anon Alateen Information Service Bookstore at the Alano Club  
5056 S 300 West, Murray, Utah, Second Floor

Contributed by: Hilary V.



### The Next 2026 AAIS Board Meeting

Come join the AAIS (Utah Al-Anon Alateen Information Service) Board Meetings in person or on Zoom. on **January 3, 2026**

All Al-Anon persons are invited to attend. Meeting Dates on Saturdays @ 2:00

pm at the Murray City Library (166 E 5300 S, Murray, UT 84107)

Contact Jeff J. for the Zoom meeting sign-in information:  
jeffjensen4747@gmail.com, (801) 541-9218



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