

# Al-Anon | Utah Area Alanews

## July 2025

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### Share Alanews With Others

Share the experience, strength, and hope in Alanews with your Al-Anon fellows!

Encourage them to subscribe by having them send their email address to [alanews@utah-alanon.org](mailto:alanews@utah-alanon.org).

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### Upcoming Utah Al-Anon Events

*Group Representatives (GRs) - please print the event flyers at the end of this newsletter to pass around at your home group meetings.*

- **A Day in Alanon**
  - August 2, 2025
  - 11:00 am - 3:00 pm
  - South Valley Unitarian Church (6876 South Highland Drive, Cottonwood Heights, UT)
  - [Learn more](#)
- **Utah Social Al-Anon Weekend (USAW)**
  - August 22-24, 2025
  - Ruby's Inn (26 South Main Street, Bryce Canyon City, UT)

- [Learn more](#)
  - **Fall Assembly & 2026 Area Panel Elections**
    - September 19-21, 2025
    - Spanish Fork Library (80 S. Main Street, Spanish Fork, UT)
    - [Details, Registration, and Hotel Reservation Info](#)
    - [Learn more](#)
  - **Fall Fellowship Weekend: Rising in Recovery Together (Al-Anon, AA, & Alateen)**
    - October 24-26, 2025
    - The National Society of the Sons of Utah Pioneers (3301 East Louise Ave., Millcreek, UT)
    - [Join the Facebook event to receive updates](#)
    - [Learn more](#)
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## [From the Al-Anon World Service Office \(WSO\)](#)

- [Articles from The Forum](#)
  - [News from the World Service Office of Al-Anon \(WSO\)](#)
  - [Share Your Recovery on the WSO Blog](#)
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## [Get Involved in Service - Area Positions Open at Our Upcoming Fall Assembly](#)

At our upcoming Fall Assembly, the Utah Area Group Representatives (GRs) will vote on a new service panel to serve for a term of three years, from January 1, 2026, to December 31, 2029. This three-year term includes open Officer and Coordinator positions as listed. Below the positions are links to important information about the guidelines and service positions in our area.

**Officer Positions** - All present or past members of the Area World Service Committee (AWSC) are eligible to stand for any area officer position. There are no term limits except for the delegate who may serve only one consecutive term

- Delegate
- Alternate Delegate
- Area Chair
- Area Recording Secretary
- Area Treasurer
- Area Group Records Secretary

**Coordinator Positions** - All present or past members of the AWSC, Group Representatives or interested active Al-Anon members with at least 1 year of active membership (2 years for the Alateen Coordinator

position) are eligible to stand for an Area Coordinator position.

- Alateen
- Alateen Process Person
- Alanews
- Archives
- Forum
- Guidelines
- Literature
- Public Outreach
- Utah AI-Anon/Alateen Information Service
- Website
- Technology

[AWSC Guidelines](#) - Responsibilities and procedures that apply to the Utah Area World Service Committee

[Election Guidelines](#) - Eligibility and procedures for the election of Utah Area Officers and Coordinators

Contributed by: Rachel B.

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## TOTA Election Assembly 2025

2025 is Election Assembly, in September which will be in District 6 this year. I scarcely remember being elected Alateen Coordinator three years ago (and true, at this moment it isn't three years, but bear with me).

This has been a rewarding opportunity. And a challenging opportunity as well. I would love to impress upon your thoughts the rewarding aspects, because I believe in AI-Anon and the Alateen experience as an AI-Anon member.

Learn all you can about alcoholism and the effect it has on a family. Some of this you know from your own experiences and participation already. And then learn all you can the AI-Anon/Alateen program. Osmosis might help or rubbing elbows. Diving in really gets you there, but the thrashing about can be exhausting.

No one will do the job like the last person – or any other. Don't let that deter your interest in service generally or Alateen specifically. True, Alateen has specific items that are legally binding, as the 2003 Alateen Motion, but all these are in our literature and can be studied in advance.

What I want to say is Alateen needs AI-Anon members service. And YOU have something to offer.

The 2025 Recertification process was successful! Utah has been re-certified to hold activities using the name of Alateen. Let's keep that going!

The Utah Alateen Conference was held this month with about 15 young people, and sufficient Al-Anon service. Thank you, volunteers! I personally invite Alateen members to become involved in this activity. Your ideas are needed and encouraged. One of the most popular crafts this year was at the suggestion of an Alateen member!

Things to think about this summer: what do you have that you can bring to Alateen Service?

Contributed by: Ked K., Area Alateen Coordinator, kirkhamked@gmail.com



### Reflections on UTAC (Utah Alateen Conference) from AMIAS\*

*"UTAC was very rewarding for me. Seeing the youngsters let loose and bond with each other almost instantly, knowing they weren't alone dealing with the effects of alcoholism in their families." - Denise L.*

*"It was my first time at UTAC, and it was a great experience. There were several kids there for their first time, and who had also never been to an Alateen meeting. Watching their growth from the first day to the end of the weekend as they realized they were not in this situation alone was an inspiration." - Cathy B.*

*"Attending UTAC as an AMIAS for the past 5 years, it has been wonderful to watch kids grow and build a program of recovery for themselves. Working with other AMIAS is always a great joy of the weekend! Somehow, it all comes together, everyone feels safe, and we have a great time!" - Kelly M.*

\*AMIAS = Al-Anon Member Involved in Alateen Service

### Detach With Love: Considerations for Newcomers

"Detach with Love" is an Al-Anon recommendation replete with wisdom, experience, strength, confidence, self-knowledge, and hope. This approach is fully achieved through working The Steps and recreating our lives based on what brings serenity. In short, a complex yet necessary process for success in Al-Anon. But how may a newcomer approach this gem?

I know how not to approach detachment! My first few meetings were life changing and so are clearly etched in my memory. When I heard the three C's: you didn't Cause it, you can't Cure it, and you can't Control it, I felt a large weight lift off. I also heard, "Put on your own oxygen mask first." I immediately knew I needed to take care of myself, not my difficult family member, first. I also heard "Detach." Sadly, I did not hear the "with love" part. In fact, I did not know how at that juncture. I was

so entangled with my difficult family member—anger, resentment, control, love, hope, despair, tenacity, and more love—that I had lost my moral and functional compass. I recall a friend saying, “What do you do when someone you love is running off a cliff? You try to tackle them to the ground.” That attempt at control led me to despair. I detached with an axe. I do not recommend that approach! Although it did give me immediate relief from the distress of being bound to an out-of-control person, here is what I wish I had been able to do.

First, I now trust the wisdom of Al-Anon. If I don’t “get it,” I know to “just do it.” If I follow the recommendations of the program, I know life will get better. I have faith in a higher power, in my family members' higher power, and in the Al-Anon way of life.

A member’s comment hit the spot for me: “Let go or get dragged.” After about a year in Al-Anon, I began to understand my expectations which I hadn't known existed. At a deep unconscious level, I had assumed that I was entitled to my concept of a kind, loving, reasonable family member. As they say in daycare when kids are fighting over the colored cups, “You git what you git and you don’t throw a fit.” We have our family but we don’t get to design it. I try to adapt to life as it is.

Another insight that eventually came for me was awareness of the dignity and value of each human being. I thought I knew what was best for someone else. However, now I believe each adult has their own path in life. We need to keep children safe, but we don’t have that mandate for adults. I can’t possibly know what is the right path for another human, anyway. I choose to respect another’s choices, even when those choices don’t make sense to me. Many newcomers ask what they can do to change their alcoholic. My response is, learn to be OK yourself. Everyone around profits from our serenity. Know that, no matter how they treat us, you and I are persons with value and dignity. While I am working the steps to become the person that I want to be, I can treat my addict with dignity no matter how they act. (I do have boundaries to protect myself from abuse.)

The take-away:

I have faith that the program works.

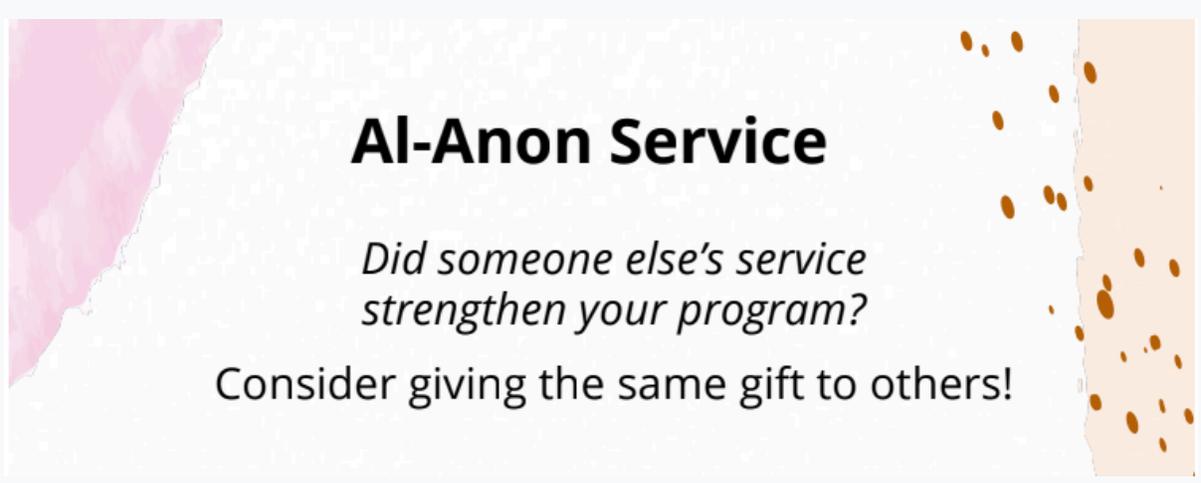
I recognize my inappropriate expectations.

I define myself. I don’t let others define me.

I can treat everyone with dignity and respect, no matter how they act.

Let go or get dragged!

Contributed by: Hilary V.



## **Al-Anon Service**

*Did someone else's service  
strengthen your program?*

**Consider giving the same gift to others!**

## I Give Myself in Service (An Al-Anon Poem)

I give myself in service  
so that newcomers may see,  
That Al-Anon is always there  
the way it was for me.

I try to be a lifeline  
when others cannot cope,  
By giving to these newest ones  
experience, strength and hope.

For I remember how it was  
when I was very new,  
And reaching out to ask for help  
was very hard to do.

When life was so confusing  
and everything seemed black,  
Then someone gave their hand to me  
and kept me coming back.

And so it is in gratitude  
I serve in Al-Anon,  
I give service, of myself,  
to pass the message on.

Leesa H., The Communicator (Oregon)

## Articles from The Forum

- [Happiness is My Choice](#)
- [What Do We Value and How Do We Measure It?](#)
- [Ongoing Relief](#)
- [I Am No Longer Alone](#)
- [Unfurling As Myself](#)
- [I Must Heal First](#)
- [Revisiting Trust](#)
- [Tapping Into Serenity](#)
- [I Gave Myself Another Look](#)
- [Balance From My Center](#)
- [Serenity in Times of Stress](#)
- ["Let it Begin with Me": A Call to Action](#)
- [Tradition Seven--It's Not \(Just\) About the Money!](#)
- [Exercising Patience](#)
- [Understanding the "Report a Problem" with a Meeting Process](#)
- [Carrying the Al-Anon Message Online](#)

- [The Value of Sharing Our Experience](#)
- [I Needed Help and Support](#)

[View all articles from the July 2025 Forum Magazine](#)



### [2025 AAIS Board Meetings](#)

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

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)

September 6, 2025

October 4, 2025

November 8, 2025

December (No Board Meeting)

January 3, 2026

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

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

[Upcoming Events Flyers](#)

**District 3 hosts**

# **A Day in Al-Anon**

The ABC ... XYZ's of Al-Anon

What is AFG, Amias, WSO ...

Saturday, August 2, 2025

11:00 am to 3:00 pm

At South Valley Unitarian Church

6876 South Highland Drive

Cottonwood Heights, Utah

Skits, Speakers and Sharing

Potluck lunch with soup/rolls

**What are the 3 A's,  
3 C's and 4 M's ?**

RSVP BY July 28

\$5 in advance to @nancyneilson on Venmo

\$10 at door (cash or Venmo)

Questions or Comments – Nancy W 801-661-1306

**EVERYONE WELCOME**

Join us for fun, fellowship, and fresh air!

# USAW

## Utah Social AL-ANON Weekend August 22-24 2025

Enjoy speakers, meetings, crafts, and hiking.

Optional massages available (sign-up and pay at event). Relax and participate as you choose.

Breakfast is included with your room; other meals are on your own at nearby restaurants within walking distance.

### REGISTRATION:

Early Bird-Before July 1st - \$50

July 2nd and beyond - \$65

Use the Venmo link below or contact Missy to arrange another method of payment.

### LODGING:

Rooms at Ruby's Inn

Rates \$169.00 + \$5 resort fee per night.

Deadline for rooms is August 1st.

We have 7 RV Sites near the hotel rooms. To reserve a spot:

Call: (435) 834-5301 or 1(866) 878-9373

Use code: USAW2025 for 10% off. Reg price \$55.95 + tax per night. Tent sites are \$41.

Missy Gilles  
@MissGill



venmo

Venmo link for  
REGISTRATION  
payment.  
Please comment full  
name, phone & email  
address

LODGING for rooms  
at Ruby's Inn



QUESTIONS? Contact Missy Gilles @ (612) 309-4805

UTAH AREA AL-ANON  
"INVESTING IN EACH OTHER TO PRESERVE OUR  
LEGACY"

# FALL ASSEMBLY

SEPTEMBER 19-21, 2025

SPANISH FORK, UT

SHARING, SPEAKERS, VOTING, FELLOWSHIP AND FUN!

SCAN QR CODE FOR DETAILS,  
REGISTRATION FORM AND HOTEL  
RESERVATION



*For any questions please contact Amy @385-208-8165*

RISING IN  
RECOVERY TOGETHER

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FALL  
FELLOWSHIP  
WEEKEND

AA, AL-ANON, ALATEEN

Oct 24-26, 2025

THE NATIONAL SOCIETY OF THE SONS OF UTAH PIONEERS  
3301 EAST LOUISE AVE, MILLCREEK, UT

**COME & EXPERIENCE**

- SPEAKERS
  - SATURDAY: JEANETTE A (AL-ANON), STACY C (AA)
  - SUNDAY: NORMA D (AL-ANON), JIM M (AA)
- PANELS
- SHARING MEETINGS
- MEDITATIONS
- FOOD TRUCK SATURDAY LUNCH: THE CLUCK TRUCK

**QUESTIONS? CONTACT**

AA - MATT D. - MATTY123@MAC.COM

AL-ANON - JEANETTE A. - ALLMENEXCEPT1@GMAIL.COM

JOIN THE  
FACEBOOK EVENT



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

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