

Al-Anon | Utah Area Alanews

November 2025



What's In This Edition

- [Upcoming Utah Al-Anon Events](#)
- [From the World Service Office \(WSO\)](#)
- [A Day in Alanon 2025](#)
- [It's Easy to Volunteer at the AAIS Bookstore](#)
- [Detach With Love: Considerations for Newcomers](#)
- [I Give Myself in Service \(An Al-Anon Poem\)](#)
- [Articles from The Forum](#)
- [AAIS Board Meetings - You're Always Invited!](#)
- [Event Flyers](#)

Share Experience, Strength, and Hope

The friends and family of alcoholics can subscribe to Alanews

by emailing alanews@utah-alanon.org.

[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.

- **Holiday Boutique (District 3 Annual Fundraiser)**
 - December 6, 2025, 11 am - 3 pm
 - Santa will be there from 12-2 pm
 - The Alano Club (5056 South 300 West, Murray, UT 84107)
-

[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](#)

A Day in Al-Anon 2025

On August 2, District 3 hosted "A Day in Al-Anon". The theme this year was The ABC ... XYZ's of Al-Anon. It was well attended with a great potluck lunch, fellowship, and sharing.

With 471 years of recovery in the room, we learned about the 3 A's (Awareness, Acceptance, and Action), the 3 C's (Cause, Control, and Cure), the 4 M's (Martyrdom, Management, Manipulation and Mothering) and the 6 P's (Perspective, Pain, Prayer, Patience, Process and Payoff), presented by Dave T, Lee O, Jeff J and Ked K.

Then we ate delicious soups provided by Chrissy T, Deb L, Lee O and Yvette K along with exceptional salads and other goodies. Mary Y introduced Denise L and her husband, Michael, who shared their recovery story which is inspirational!

Throughout the day, we learned about the many varied topics included in the indexes of our four daily readers. The meanings of Al-Anon acronyms were defined AMIAS, AWSC, and many others that can be found at www.utah-alanon.org. Jen H taught us about words that may have multiple meanings, as an example FEAR (False Evidence Appearing Real), HOPE (Hearing Other People's Experience or Happy Our Program Exists), LOVE (Let Others Voluntarily Evolve) and many more.

The day concluded with a Sharing Meeting led by Dave B, our Area Delegate.

Thanks to ALL that participated and helped create a successful event!

Contributed by: Nancy W.

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.

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.

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

- [My Life, His Choices](#)
- [Patient with the Process](#)

- [A Disease of Communication and Relationships](#)
- [Identifying and Guarding Against Outside Issues](#)
- [How Group Services Helps You Find the Answers You Seek](#)
- [New “Al-Anon Faces Alcoholism” Needs Your Sharing!](#)
- [Changed Attitudes Can Aid Leadership](#)
- [“Keep Coming Back”](#)
- [Lessening My Character Defects](#)
- [Desperate to Change](#)
- [Celebrating Our Service Gifts](#)
- [Experiencing the Joy of Service](#)
- [We Don’t Have to Be Perfect](#)
- [Opportunities for Peace](#)
- [Separating My Husband from the Disease](#)
- [I Must Heal First](#)

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



**You're
Invited!**

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, (801) 541-9218

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

[Upcoming Events Flyers](#)

RISING IN RECOVERY TOGETHER

FALL FELLOWSHIP WEEKEND

AA, AL-ANON, ALATEEN

Oct 24-26, 2025

Friday 6-9 pm (registration @ 5 pm)
Saturday 8 am - 10 pm
Sunday 7 am - 12 pm

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
- SOUND BATH (BRING BLANKET & PILLOW)
- OPTIONAL CATERED MEALS

COST

BEFORE OCT 15: \$25/PERSON, \$45/FAMILY OF 3+

AFTER OCT 15 OR AT THE DOOR: \$30/PERSON, \$55/FAMILY OF 3+

TO REGISTER:

1. PAY USING THE VENMO ACCOUNT TO THE RIGHT
2. INCLUDE EACH ATTENDEES NAME AND YOUR EMAIL
3. YOU WILL RECEIVE MORE DETAILS VIA EMAIL



@Rob-Puskedra
(Teresa Puskedra)

Al-Anon Literature / AAIS

Holiday Party

1PM - 6PM

Saturday 1 November

Golden Hours Senior Center
650 25th St, Ogden, UT 84401

RSVP POC Ked at
385-426-9651





Annual AAIS Fundraiser

Holiday Party

EACH GROUP WILL DONATE A CENTERPIECE FOR THE TABLES

Baked Potato & Chili Bar Potluck: Baked potatoes are provided. GRs are asked to bring toppings for the potatoes. Be sure to check the sign-up sheet.

Dessert Silent Auction: Guests are asked to bring items for the donation drawing and/or treats for the dessert silent auction.

Ornament Exchange: Bring a wrapped ornament with your contact info on it for the exchange. You'll leave with another trusted confidant to call in times of need. Let's get the latest update on the "Left Right Story".

Event Tickets: Suggested Donation: \$5

*Raffle Tickets are
\$6 for 5 Tickets*





Holiday Boutique

Annual fundraiser

For Al-Anon District 3

Saturday

December 6, 2025

From 11 AM to 3 PM

Where?

The Alano Club

5056 South 300 West

Murray, UT 84107



Food & Treats

Gifts & crafts

Opportunity drawing

Silent Auction

And Santa!

(See Santa from noon to 2:00pm)



Copyright © 2025, Al-Anon and Alateen Family Groups of Utah. All rights reserved.

Utah Al-Anon/Alateen Information Service, Inc.

5056 South 300 West

Murray, UT 84107

(801) 262-9587

Para Información en Español, email areaic@utah-alanon.org

Want to change how you receive these emails? You can [unsubscribe from this list](#).
