



GREETINGS FROM MARY M. -

WOW, where did this year go? Here it is with the Holiday Season upon us. How about a recovery book? From December 1st until December 18th, 2009, these three (3) books will be on sale for \$8.00 each, while supplies last:

B-11, "As we understood" (Regular price \$10.50).

B-6, Small "ODAT" (Regular price \$11.00).

B-8, Al-Anon "12-12" (Regular price \$11.00).

We have new Meeting Schedules out and have gotten lots of great feedback. You can't miss them as they are big and yellow. Enjoy. Thank you to our wonderful volunteer, BOD and Web committee.

If you did not attend the fall Face to Face, "Mall of Recovery" you missed a wonderful Face to Face. It was so well put together. It is my hope and prayer to have another Face to Face in the Spring of 2010. So many nice comments have been made about Al-Anon's having fun and folks happy to see Face to Face return.

To all that worked so hard, all year, to give us so much joy for a full day of recovery, a big thank you!

Have a safe time through the Holiday seasons. Remember to work your program as we have all this family time together. As I say, "My life is good and Al-Anon makes it better."

Hope to see you at a meeting or stop by our Intergroup Office. Mary M.



THE FORUM, Will it grow or fade away? Excerpts are from an article in the July issue of *The Forum* written by the WSO Director of Communications.

Subscriptions to **The Forum** have dropped. There are fewer than 1.4

subscriptions per group. That means on average, every group has one subscriber, while every second or third group might have a second subscriber. Probably 90% of our members never look at a copy of **The Forum**.

WSO sells **The Forum** at cost – the cost of printing and mailing. The subscription does not cover the cost of staff time of editing and designing the publication. At \$11.00 per year **The Forum** remains a vital recovery tool. If each group purchases an extra subscription or two along with the one that they already get from WSO, once again, the magazine could become a focal point for AL-Anon unity and a meaningful bridge to the future. Only time will tell whether **The Forum** will be a bridge that can take us to the future or whether it will be remembered as a part of Al-Anon's history. *Subscription forms may be obtained by contacting your Intergroup Office at 713-683-7227.*



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FALL FACE-TO-FACE

HOSTED BY DISTRICT 4

SHOPPING MALL SUCCESS!

On Saturday October 24, 91 "shoppers" purchased Serenity with Recovery Dollars at the Shoppes of Serenity at the Mall of Recovery at Crosspoint Church in Pearland. This was the fall Face to Face Fundraiser for the Houston Intergroup, hosted by District 4. It was a huge success.

Format included five Shoppes of Serenity in the Mall of Recovery – Gifts to Grow Shoppe (gifts of the program), Serenity Spa (Being Good to Yourself), Hardware Store (Tools of the Program), Lois & Ann Bookstore (CAL and Journaling), and Sweet Shoppe (Sweet Treats of the Program). Attendees rotated to each Shoppe to attend workshops at all five. Recovery Dollars with various character defects on the back of the dollar were used to purchase “products” of Serenity. Fellowship and lunch was enjoyed by all in the Food Court as the Who Am I Players presented a skit about Lois W. A raffle was another big hit. CAL, the Conference Approved Literature Bookworm, was our special guest for the day. He traveled all the way from Virginia Beach to encourage shoppers in the Mall to learn more about Conference Approved Literature.

Workshops in the Lois & Ann bookstore were writing opportunities for the Forum and enough loose change was collected in the “Forum” box to give away four subscriptions. This was really a fun day for all.

A special thank you to everyone who made the day a success – committee members, workshop leaders, “serenity” gift makers, and of course the attendees. This was definitely **Concept 4** in Action – **Participation is the key to harmony.**

Fall Face to Face Committee-District 4

District 4 Cornucopia

Joyce Y., District 4
Representative



Participation by the groups in District 4 to develop and host the Face to Face “Shoppes of Serenity in the Mall of Recovery” was outstanding. Lots of people worked diligently for the past several months to put the plans in place to make this the success it was. Thank you District 4 – you are awesome!!!

Public Outreach District Coordinator, Vicky J., and others manned an Al-Anon/Alateen table at the 4th Annual Celebrate Recovery Festival in Galveston on Sunday, November 1. This is an annual event to bring together the recovering community of Galveston County, treatment professionals & educators to celebrate and

inspire all to lead healthier lives and to fight the disease of addiction. Plans are already in place for our participation again next year.

A planning meeting for the fall, 2010 Area Assembly, to be hosted by our district, will be held November 7 in my home in Pearland. What a great training opportunity we had for the Assembly by working on the Face to Face. We look forward to working with District 5 as Support Host Committee for GR registration and leading workshops.

Rosie M. will be sharing her delegate’s report with us at our next district meeting on December 12 at Grace Episcopal Church in Alvin, 9:00 am to 12:00 noon. Our annual ornament exchange will follow her report as we enjoy lots of fun, food, and fellowship.

Gratitude through Service, Joyce Yoder

Concept 4 – Participation is the key to harmony.

District 5 Cornucopia

Lorna F., District 5
Representative



Happy November to everyone...and hope you are enjoying this beautiful weather while you can...as change is coming. As we know in the program change is good. Maybe not easy and not welcome, at times; however it is good for our spiritual and service growth. District 5 is doing very well. Our District meeting's has been between 30-40 GR's and visitors. Our goal as a District to encourage participation and gain additional GR's. With 123+ groups registered we need to see 123 GR's at our District meetings. Calling all GR's in District 5 come visit a meeting and hear what is happening in your District. A big project that will take months to complete is contacting each group to invite and confirm they have a GR and attend a District meeting to learn more about service and beyond. If you are reading this and don't know if your group has a GR ask at the next meeting you attend. If you don't have one consider volunteering yourself. You never know what might happen. Each of our District Coordinator's are working hard to full fill there commitments to their position and we always hear great things at the District meeting on what is happening. The Spanish groups in District 5 are

growing and very strong. Attendance at the September District we had over 15 Spanish GR's. What a blessing. In addition Rosie M. our Area Delegate gave a report from her visit at the World Service Conference providing information concerning Knowledge Based Decision Making (KBDM) and the Thought Force process steps. Our District will apply the Thought Force process to determine our need for Spanish Translation equipment. A new process to learn and apply is always challenging as it is about change. We look forward to hearing the results and determine what is best for District 5. Along with using the Knowledge Based Decision Making in all that we do in District 5. We will be hosting the next Area World Service Committee Meeting to be held on January 30, 2010. We will need help in hosting the day's events. Anyone is welcome to join in the fun. Please join us at our next District meeting 11/8/09 at 2PM held at Zion Lutheran Church 3606 Beauchamp Houston Texas 77009 to hear more details. Future meetings are January 10th, 2010 and March 7th, 2010 at Zion Lutheran Church, mark your calendars. Thank you all for your attention and service. Lorna Finkenbinder DR District 5.



CARRY OUR MESSAGE OF HOPE-

Al-Anon Faces Alcoholism 2010

"To give – and then let go" is a spiritual lesson that we practice when we share copies of the *Al-Anon Faces Alcoholism 2010* magazine. Al-Anon's annual public outreach magazine, in keeping with our public relations policy of attraction rather than promotion, gives the newcomer information about Al-anon. By attracting newcomers to our meetings, we energize our own recovery while extending a helping hand to people who need the hope and help that Al-Anon offers. *Al-Anon Faces Alcoholism 2010* features: ▲ Al-Anon members' stories of personal recovery. ▲ Testimonials by professionals on the benefits of the AL-Anon program. ▲ Basic information about Al-Anon, including how to find a meeting.

For a copy of an order form (which must be submitted to WSO by Feb. 10, 2010) contact the Intergroup Office at 713-683-7227.



**CONFERENCE
APPROVED
LITERATURE (CAL)
REVIEW by Connie F.**

Discovery of the Twelve Traditions

B-27 *Hope for Today* & B-28 *Hope for Today*

I lived in a home where there was active Alcoholism for 18 years. I felt something needed to change or I would not survive. I handed my husband divorce papers, got a new job and had decided to seek help for myself in Al-Anon. I was a bitter person and the only emotion I had was various stages of anger. The first few meetings were enlightening and I got my first sponsor. She got married within a few weeks and moved away, where no one heard from her for over a year. In that first year, I spoke with everyone in my local Al-Anon meetings I attended, working my steps. After a while, it became evident my home needed the same understanding as we had in our meetings. I needed to learn to respect other home member's opinions, views, needs and desires. I needed to be able to have open discussions about our home life, family issues, chores, finances and dreams without an argument. I searched out how we maintained the peace and serenity within our meetings. I found that the Twelve Traditions mostly maintained these qualities, but how do I apply this at home? I found B-27 *Hope for Today* contains quite a few readings on using the Twelve Traditions in everyday living including home life. My spouse and I shared readings for several years, using commonly read materials as a means for helping us re-establish communication. We both applied the Twelve Traditions to our home life and have achieved peace and serenity in our relationships most of the time. *Hope for Today* has been a wonderful tool and the readings still apply today. If it had not been for Al-Anon teaching me how to apply the Twelve Steps, Twelve Traditions and Twelve Concepts of Service, I do believe my husband and I would not celebrate 30 years together in 2011. I suggest to my fellow members of Al-Anon to, please, use the examples within *Hope for Today's* Twelve Traditions readings in their relationships, work place, home and all aspects of their life. **Connie F.**

AL-ANON NEWS

Al-Anon Family Group Service (AFGS)

**HOUSTON INTERGROUP ▲ 9800 Northwest Freeway, Suite 201 ▲ Houston, TX 77092
713-683-7227 ▲ www.houstonalanon.org ▲ e-mail: alanon@houstonalanon.org**



Ka-Pow by Sue B.

*Higher Power, are you there?
I don't see you anywhere.
I woke up today in fear.
There was no one far or near.*

*So I thought, "Well, that's just fine.
Now I'll read this book of mine."
My children called. They called me names.
My spouse is up to crazy games.*

*My mom and dad are now long gone.
And here I am – am I alone?
Well, let's see. What is today?
And what does this book have to say?*

*Right here it says "I'm with you now.
Are you afraid? Crash, punch, ka-pow!
Take that, you fear, depart this place.
Don't you recognize my face?*

*I'm courage, grace and dignity.
Not sadness, pain and self-pity.
Watch me go – I'm getting up!
Here's my coffee in my cup.*

*Ka-boom! Ker-bam! And har de har!
Here I go off in my car.
So, take that, fear. Aren't you the one!
There's peace for every Al-Anon.*

INTERGROUP HOLIDAY SCHEDULE

November 25 th , 2009	Office closed at 2:00 p.m.
November 26 th & 27 th , 2009	Office closed
December 24 th	Office closed at 2:00 p.m.
December 25 th	Office closed
December 28 th till Jan. 4 th 2010 this is for Bookstore Inventory.	Office closed This week

"There is a price that is too great to pay for peace....One cannot pay the price of self-respect."

Woodrow Wilson

Page 207, Courage to Change



PLEASE MARK YOUR CALENDAR...

LOVE IS IN THE AIR!

2010 All Texas Al-Anon/Alateen Conference,
February 5, 6, 7, 2010
Marriott Houston Hobby

INTERGROUP BOARD MTGS.

November 22nd at 3:00 p.m. BOD @
Intergroup Office

December – No Board Meeting

January 31 at 3:00 p.m. **ISR/BOD** @
Chapelwood