

AL-ANEWS



ALANON FAMILY GROUPS – HOUSTON INTERGROUP

9800 NW Frwy, Suite 201, Houston Texas 77092

Open daily from 10:00 a.m. until 6:00 p.m.

713-683-7227 or 713-683-7071

Website: houstonalanon.org

E-Mail: alanon@houstonalanon.org

GREETINGS FROM MARY M.

“Have you been hot enough this summer”?

Many thanks to our Web Coordinator and Web Committee. What a wonderful job they have done and are doing with our web site. As many of you may know we would very much like to go paperless for our schedules one day in 2010.

Speaking of our Al-Anon web site, let me walk you through how to find a meeting using our web site:

From your internet search engine go to: <http://www.houstonalanon.org>.
(bookmark the page for future use).

1st page/ “Home Page” click on the yellow rectangle that says “Find a Meeting”

2nd page/Right side and top, small blue square, click on “Find a meeting by zip code”

3rd page/Large square, center of page. Type your zip code in and click “go”

4th page/Right side have details of meetings: Day, time, locations, rooms, maps. If right side meeting doesn't meet with your schedule then click on the square on the left side listing of different meetings and click on the next meeting location. “Play” with meeting schedules its fun!

Hope you will use our wonderful web site and pass it on to other members of Al-Anon. Thanks again, web team, for a wonderful job!

Have a great school year and holiday season. Our next newsletter will be late November 2009 so submit your newsletter contributions in word format this fall.

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

AFG INTERGROUP BOARD MEMBERS:

Carolynn C., *Board Chair*; Orville B., *President*; Mike J., *Treasurer*;

Betty B., *Secretary*; John C., *Member*; Deanna H., *Member*;

Norma W., *Member*

UPCOMING BOARD MEETINGS: August 30th at Intergroup Office ▲
September 27th at Intergroup Office ▲ October 25th – ISR/BOD at Chapelwood.

Inside Al-Anews:

Greetings from Mary M.	1
Board Members	1
Group History	2
Why register with WSO?	2
Life's Lessons	2
District 5 News	3
Service Manual as Guide	3
District 4 Face to Face	3
Literature Review...	4
Calendar of Events & More!	

Al-Anon Declaration

Let It Begin with Me

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.



GROUP HISTORY: THE CAL DISCUSSION AL-ANON MEETING

Location: PALMER MEMORIAL EPISCOPAL CHURCH

6221 Main Street, Room A-201

Time: Friday at 12:00 Noon until 1:00 p.m.

On January 7th, 1998, twelve Al-Anon members formed a literature study meeting – the 36 Principles Group. They established the format through group conscience and consultation with Al-Anon Family Group Headquarters. The original announcement for the meeting said the meeting was “*a new, exciting and informative Al-Anon meeting*” to be “*dedicated to studying and working the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of Al-Anon.*”

On April 10th, 2001, the 36 Principles group formed this CAL discussion meeting. Officers and literature are shared between the two meetings. All Al-Anon Conference approved literature can be used for this meeting. In this meeting, we read before coming to the meeting so we are prepared. In further group conscience meetings, members decided to specifically quote the Al-Anon literature related to the topic being studied. In this way, we ensure that we are sharing the solution, not the problem.

Members of the 36 Principles meeting developed a standard topic list for the CAL Discussion meeting in a group conscience. Discussion topics are selected three months in advance by group conscience. Additionally, members established a written meeting format, which the chair of the meeting carefully follows.

As Intergroup continues to build a successful Outreach Program please know that you are the key to the success of this effort. If you are willing to bring the message of Al-Anon to a Recovery Center then please call us at 713-683-7227 so that we can have a list of contacts to provide to these important outreach outlets.

IS YOUR GROUP REGISTERED WITH WSO?

Is your group registered with the World Service Office (WSO) headquarters of the Al-Anon Family Groups?

Why Register? The entire Al-Anon/Alateen fellowship structure exists for the sole purpose of helping the groups help people.

When WSO receives news of your group, you will receive: A registration

packet including literature and a registration form.

Be assigned a registration number and added to the WSO mailing list. Receive complimentary quarterly issues of *Inside Al-Anon Xtra*, and Alateen’s newsletter, *Alateen Talk*. Complimentary monthly issues of the Forum magazine. Receive a copy of the Al-Anon Service Manual and possibly receive prospective

members referred by WSO.

“Let It Begin With Me” but don’t let it stop there. Link up to the complete Al-Anon Structure so, When anyone, anywhere, reaches out for help, the hand of Al-Anon and Alateen will always be there.

LIFE’S LESSONS by SHARON M. (excerpt)

This is a Life Lesson, this is a Lifetime Journey.

Al-Anon is the Answer.

God I am so grateful for all my pain. And how sick I was before I came. I thought that life was just a punishment. All I could do was hate, rage and pass judgment.

Lessons are uncomfortable they can cause anxiety and fear. We grew up with enemies within our own families and all self medicating with beer. Those feelings never dealt with, stir in our souls, they turn us so twisted and we began to believe we could never be whole. God you

saved me by my life lessons leading me through those doors, slowly it happened from strangers sharing their experiences, strengths and hopes, then the love began to pour.

*“This is a Life Lesson.
This is a Lifetime Journey.
Al-Anon is the Answer.”
- Sharon M.*



HEAR YE, HEAR YE, DISTRICT 5 IS IN SESSION



*In Service –
LORNA F.,
D.R. District 5*

2009 has been an exciting year for District 5; we have all new Officers and Coordinators learning as we go. Our officers are Ellen V. Alternate DR., Barbara P. Secretary, Teresa T. Co-Secretary, and Danica J. Treasurer. Our Coordinators are Lyn B. Alateen, Lonnee F. AIS, Anita S. Archives, Keith M. Group Records, Danita C. Literature, Cathi B. Public Outreach and Anita C.

Spanish. We encourage all groups to have a GR and be registered with WSO to keep the word out Al-Anon/Alateen is alive and well. One event we held this year was our District 5 Fund Raiser Hey Day on June 6, a great success thanks to all who put it together and all who attended. We look forward to next year. The Forum Magazine is an area we are focusing on encouraging folks to get a subscription to keep it going.

WSO indicted a need to build up subscriptions to keep it in publication; District 5 is doing our part. We hold six District meetings a year doing our best to squeeze everything in during our meetings. Please come join us Sept. 13th and Nov. 8th to be involved in Service, it is FUN. Check out the Intergroup web site for the details of our meetings and many other things. The web site is awesome.

AL-ANON SERVICE MANUAL AS A GUIDE TO GROUPS

Your Houston Intergroup Office exists as an Information Service and Conference Approved Literature Distribution Center.

“We enjoin the World Service Conference to abstain from any act of authoritative government that would curtail Al-Anon freedoms.” Always remembering:

“Each group conducts its internal affairs as it wishes, only abstaining from acts that might injure AL-Anon or AA as a whole.”*

We, at Houston Intergroup are here to serve and to help you and your group carry the message of Al-Anon and Alateen to those still suffering from the effects of someone else’s drinking.

*Warranty Five
(Service Manual)

Website: houstonalanon.org
E-Mail: alanon@houstonalanon.org

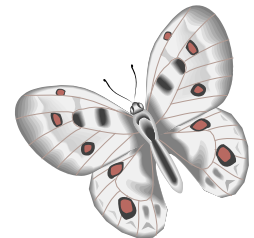
**INTERGROUP OFFICE:
713-683-7227**

FACE TO FACE hosted by District 4 on October 24th

Mark your calendar to spend a day in the “Mall of Recovery – Shoppe’s of Serenity” as District 4 hosts the fall 2009 Face to Face, a support opportunity/semi-annual fundraiser for the Houston Intergroup.

Join us on **Saturday, October 24th** at Crosspoint Fellowship – 1134 Old Alvin Road, Pearland, Texas for a day of workshops, fellowship, fun (raffle items), and food.

Registration is \$20.00 if received by October 14th or \$25 on-site. Lunch is included with registration. At registration you will receive your “Recovery Dollars” for purchases in *The Sweet Shoppe* (sweet treats of the program), *The Lois and Ann Book Shoppe* (Conference approved literature and writing/journaling opportunities), *The Gifts to Grow Shoppe* (Gifts of the program), *The Hardware Shoppe* (Tools of the program), and *The Serenity Spa Shoppe* (Taking care of ourselves).

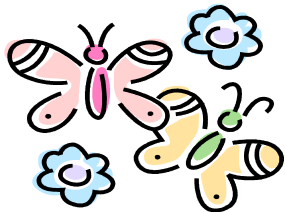


*Love in action
through service –
JOYCE Y., D.R.
District 4*

2009 Getting In Touch With Al-Anon/Alateen Conference Approved Pamphlet S-23

AL-ANON POWER TOOLS:

Easy does it.
First things first.
How important is it?
Just for today.
Keep an open mind.
Keep it simple.
Let go and let God.
Let it begin with me.
Listen and learn.
Live and let live.
One day at a time.
Think.



“Now when I make a mistake, I use a feather instead of a bat to beat myself up with.”

- Thanks Rolande L.

INTERGROUP OFFICE HOLIDAY SCHEDULE: **Labor Day**, 9/7 office closed, **Thanksgiving**, 11/25 office closed at 2:00 p.m. and closed on 11/26 and 11/27, **Christmas**, 12/24 office closed at 2:00 p.m. and closed on 12/25. **INVENTORY** on 12/29, 30, 31 (office will close early on the 31st when inventory is complete). **New Year's Day**, 1/1/2010, office closed.

Have you ever seen or used the small pamphlet S-23 *2009 Getting In Touch With Al-Anon/Alateen?* This small fold out has listed every AIS Office around the world. The information includes, phone numbers, addresses, e-mail addresses and websites. It also includes whether the phone is answered by an answering service or in the office itself. Might I suggest that each group have an S-23 in their public information for members? I have found it very handy when members are visiting other areas so they may find a meeting. While I am out of my area, before I found the P-23, I would attend open AA meeting due to the fact that most folks in an area will know of the AA meetings but not the Al-Anon. We have many here in the office, so stop in and pick one up for your AFG. – Connie F.

Book/pamphlet reviews are welcome and we would love more group histories. Submit articles for the November 2009 publication by e-mail and in word format to: alanon@houstonalanon.org

PLEASE MARK YOUR CALENDAR...

▲ September 13 (Sunday), District 5 Meeting
2:00 – 4:00 p.m.

Zion Lutheran Church (off I-45 & Main), Houston, TX

▲ September 18, 19, 20, (Friday – Sunday)
2nd Annual Al-Anon Women's Weekend Retreat

Holy Name Passionist Retreat Center
430 Bunker Hill Rd., Houston TX 77024

▲ October 11 (Sunday), District 4 Meeting
2:00 – 4:00 p.m.

Santa Fe AFG, 12045 15th St. Santa Fe, TX

▲ October 24, (Saturday), "FACE to FACE" The Mall of Recovery, Shoppes of Serenity

9:00 a.m. – 3:00 p.m.

Crosspoint Fellowship, 1134 Old Alvin Road,
Pearland, TX 77582

▲ October 30, 31 and Nov. 1

East Texas Al-Anon/Alateen Fall Assembly (ETAAA)
INN OF THE HILLS RESORT & CONF. CENTER
1001 Junction Hwy, Kerrville, TX

Tell Us About Events:

Email us at: updates@houstonalanon.org

Do you have a flyer?

Please send us the original in Microsoft Word format.