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Top Ten Reasons to volunteer in the Al-Anon office.

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- 10. They might buy you a good lunch.
- 9. You could develop some bilingual skills from working with the literature.
- 8. You can learn to count and bundle in 50's in case you are mathematically challenged.
- 7. You might pick up some computer skills like COPY AND PASTE.
- 6. The directionally impaired may find out where we are, where we've been and where we are going through label work.
- 5. Veteran volunteers claim the laughter alone is worth stopping by for a couple of hours.
- 4. Multi-tasking skills like learning to talk, count, and listen are greatly enhanced during work hours.
- 3. We can make a POSITIVE contribution to Al-Anon
- 2. It is yours, mine, and ours. AFGS belongs to all of us and participation is the key to harmony.

Last but not least, the number one reason to volunteer in the office is:

- 1. WE FEEL BETTER ABOUT OURSELVES.

Diane H.

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Pamphlet Review

Living with Sobriety, Another Beginning P-49
By Connie F.



I have decided after reading the book Discovering Choices: B-30 to read other materials in the Al-Anon C. A. L. selection. I have chosen Living With Sobriety, Another Beginning: P-49. What an awesome pamphlet/booklet. This little booklet goes into some of the problems that come to light after sobriety has come into our lives and our homes. It speaks of how changed outlooks, perspectives and reactions can benefit us on this journey with a sober love one.

This booklet asked me to ponder many questions: How is it possible to be anything but relieved, grateful and content when long last he, or she, is sober? Why isn't it enough just to witness the

miracle of sobriety? Why isn't sobriety the end of the long search for those who love someone who suffers from the disease of alcoholism? Why is it important for us to change along with the loved one suffering from alcoholism? Why are the same problems coming up in our life after sobriety has also come into our family life? Is there really a solution to old and nagging problems?

Sharing the experience, strength and hope of many members of Al-Anon in the section labeled *Reflections On* following each chapter, gave me some insight into solutions to the questions above. It isn't easy for anyone who has or is living with alcoholism to begin again. We find that not all are willing or able to make the changes that the Al-Anon program suggests. The many members of the Al-Anon/Alateen fellowship share how they managed to cope with a variety of difficulties in this the baffling disease of alcoholism. We who have shared experiences can suggest to others how to find happiness and contentment and how to overcome the confusing situations that arise from sobriety. We find that slogans become part of our daily living and help us accept and act on small changes that make a big difference in our relationships.

The reaffirmations of my sponsor and other members of my Al-Anon family have been again placed before me in this booklet. Might I suggest this booklet be used as another tool to be read and processed in each individual's search for peace and serenity in their lives at home, work and play.



UPCOMING EVENTS:

- Jan. 23-25 All Texas Al-anon Alateen Conference Marriot Houston Hobby Airport
- Feb. 15 Intergroup Board Meeting ISR
- Feb. 15 Volunteer Appreciation Dinner
- Feb. 21 Adult Children of Alcoholics
- Mar. 30 Intergroup Board Meeting
- Apr. 26 ISR Meeting – Election of Intergroup Board Members
- May 25 Intergroup Board Meeting

World Service Conference Summary P46
Is in Price \$3.00 each

Betty D. January 1965

Monday Night Acceptance Group

I have been asked to give some history on the Monday Night Acceptance Group that meets at the Church of the Holy Spirit 12535 Perthshire in the fellowship hall. In 1970 the Tuesday night Westview group was the most active group in the Memorial/Spring Branch area so the Monday Night Acceptance Group was formed by some members of the Tuesday Night Westview group. I had moved here from southern California where they had very strong Al-anon. We tried to adapt some of the structure of the Groups I had attended in California. The Monday Night Acceptance Group has changed very little in the 36 years we have met. The meeting started out as an hour-and-a-half meeting and now meets an hour-and-fifteen minutes every Monday night at 7:45 PM. The group has a secretary, a chairman who chooses the leaders for each week. Three nights are open discussion and the fourth Monday is a step meeting with the celebration of Al-Anon birthdays. We have a newcomers meeting for those desiring it at each meeting. The core members are very supportive of the group and volunteer to lead, chair, serve in whatever capacity is needed. Our goal is to make each person welcome and to assure them that they are not alone. We have spouses, parents, children of alcoholics, and anyone whose life has been affected by someone else's drinking. We distribute, literature, announce Al-Anon activities, and support the World-Wide fellowship of Al-Anon.

The Monday Night Acceptance Group hold "group conscience" meetings as needed, announcing them two weeks in advance. Our members have been very active at the local lever, state level, and support conferences, retreats, and especially our local Intergroup Office.

Al-Anon Board members:

Chairman is Orville B.

Alice B. - Treasurer

Tina P. - Secretary (Non voting member)

John C.

Norma W.

Our Lending Library by Diane H.

Few members are aware that the Houston Al-Anon Intergroup office and bookstore has audio CD's that can be borrowed from the bookstore. Stop by and browse our wide selection which includes recordings from Face to Face, ATACC, and Al-Anon Adult Children of Alcoholic seminars. Additionally, we have selections from a wide variety of speaker meetings in Houston and other cities in Texas.

Topics include everything from personal stories to series on Boundaries, Parenting, and Working the 12 Steps.

Rentals are free of charge. We ask that you leave a \$5.00 deposit per CD and return them within 30 days. This fee is then returned to you. If you decide to keep the recording, be sure to phone in and we'll use your deposit to have another copy made for our collection.

Stop by and check out this surprising collection anytime between 10:00-6:00, Monday through Friday.

Warning: Some CD's depict traumatic events and contain harsh language.

Wanted

♥Spring 2009 Face to Face
Conference Chairman
♥Intergroup Service
Representatives for
each Al-Anon group

♥Office Volunteers
♥Phone Volunteers
♥ Twelve Step Volunteers

♥ Outreach CARE TEAM
Volunteers

INTERGROUP STATEMENT
Houston We Have A Solution!

The Al-Anon Family Houston-Intergroup, Inc. ("Intergroup") is the local Area Information Service (AIS) for Harris County and the surrounding area. Intergroup serves local Al-Anon groups by being a conduit to other Al-Anon groups and the general public while providing tools for them to help themselves. It accomplishes these goals by providing the following services:

1. Takes Calls 24 Hours Per Day - Intergroup maintains an office, phones, a website and email staffed by Al-Anon volunteers and employees, which people use to find Al-Anon, Alateen, Al-Anon Adult Children and Parents of Alcoholics meetings in Houston and the surrounding area, and to get general information about the Al-Anon program. Most people find their way to their first Al-Anon meeting by calling the Intergroup office.

2. Supplies Organizational and Program Information - As a Literature Distribution Center, Intergroup maintains a stock of Al-Anon Conference Approved Literature (CAL) for groups and individuals. Intergroup also publishes a list of meetings held in Houston and surrounding area, and maintains its website—which is approved by the Al-Anon World Service Office (WSO). The bookstore is in the local Intergroup office. The online meeting schedule is up-to-date and the booklet schedule is printed quarterly.

3. Carries the Al-Anon Message to the Larger Community - Intergroup provides speakers and information to social service agencies, schools and other organizations in order to acquaint the general public with the work of Al-Anon.

4. Holds Intergroup Service Representative (ISR) Meetings - Intergroup holds quarterly meetings attended by Intergroup Service Representatives (elected within individual groups) to exchange pertinent information, to provide oversight and feedback on operations, to help recruit and elect members for the Board of Directors, and to discuss group issues and dilemmas, providing resolutions. ISR's volunteer for service chair positions on committees that sustain the Intergroup.

5. Sponsors Al-Anon Events - Intergroup sponsors a bi-annual (Spring and Fall) all-day workshop and fundraiser called *Face2Face* with meetings on a wide variety of topics while enabling Intergroup to remain self-supporting per the Seventh Tradition. The Intergroup may hold other events where members can come together for fun and fellowship.

6. Publishes a Newsletter - As a service to the Al-Anon groups, Intergroup publishes *Al-Anews* listing local, District, Assembly and World Service activities, with articles of interest to Al-Anon groups and members in Houston and the surrounding area.

Intergroup has a volunteer Board of Trustees and two or three staff members who provide these services. It relies greatly on the help of volunteers at every level to carry on this work. Al-Anon members who are interested in contributing their time and effort are encouraged to participate. Intergroup is supported by the voluntary contributions of Al-Anon groups and individual members, by the proceeds of several annual fundraising

activities, and by realizing a small profit from the sale of Al-Anon Conference Approved Literature (CAL). Intergroup-Houston does all of this to fulfill its primary purpose: to help the families and friends of alcoholics. In keeping with Tradition Seven their efforts are self-sustaining.

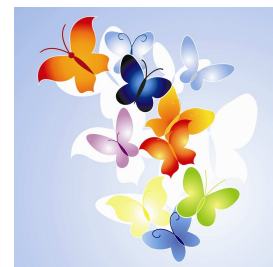
SERENITY IS.....

A way of life absorbed slowly and practiced one day at a time.
Perspective.
Becoming aware of and accepting my many characteristics and not judging what's "bad" or "good" but what's a useful destination.
The space between the impulse and the action.
Accepting what is.
Honoring my feelings without aiming them at someone else or letting them ruin my life.
A gift I choose to give myself.
Knowing that what works for someone else may not necessarily work for me.
Knowing that what works for me may change from moment-to- moment.
Understanding I may be powerless, but I am not helpless.
Realizing my Higher Power does for me what I cannot do for myself
Minding my own business.
The comfort of knowing I can hold my own hand.
Balance and relief from black and white thinking.
Understanding that reacting to life and responding to life are not the same thing.
Deliberate realignment with my Higher Power.
Feeling at peace with my past.
A matter of internal stability.
Becoming a complete being with my body and mind in one place at the same time.
Becoming one with my Higher Power.

Serenity opens my mind to new ideas.

"HOPE FOR TODAY" Page 360

**Up-Coming
Opportunities To
Serve In Our
Communities:**



**Several Individuals are
needed to hand out materials for:**

- **2009 Catholic National Council on Alcoholism and Related Addictions Expo, March 11-14, 2009. (This is a 4 day event and many English and Spanish speaking Al-Anons are needed.) Contact the office for more details.**

What gift of service can I give the Al-Anon Intergroup Office this next year?

Can I give part of one day or one weekend-day a month for answering the office phones, helping those seeking an answer as I was when I came in the program?

We have several openings for PHONE VOLUNTEERS AND OUTREACH every month.

These are the permanent phone volunteer opening as of 1-6-08:

1st Tuesday of each month

2nd Thursday of each month

4th Monday of each month

Temporary phone volunteer openings:

Answering the phones during the day for when the office staff needs to break or is closed (mostly Holidays.)

Can I spare a few hours to help out the office each month?

We have a need for individuals or groups of 2 or 3 to come in to help stamp and shelve each week. We don't carry as much stock as we have in the past but there is still quite enough to keep us busy for a while.

Office Volunteers to help run the front desk, answer phones and wait on customers. This is need on Wednesdays for office staff meetings.

Can I spare an occasional day to help hand out materials at a local event or a weekend to sale literature at a Conference?

Outreach Opportunities need much help.

We have several requests for outreach into the Greater Houston Area. These are just a few:

January 19th Meetings on Wheels (Bilingual)

January 20 - 23 Materials need to be handed out for the NCAA Alcohol and Drug Awareness National

Conference, we need volunteers who are fluent in English and also volunteers fluent in Spanish.

A.T.A.A.C. (All Texas Al-Anon Alateen Conference)
January 23 - 25 Texans Love To Rock N' Roll, Marriott Houston Hobby, 9100 Gulf Freeway (Literature Sales)

Spirit of Houston January 30th - February 1st, off the Northwest Freeway (Literature Sales)

Al-Anon Adult Child Conference Feb. 21 at Chapelwood United Methodist Church, we will need Literature Sales Volunteers.

We are constantly receiving outreach opportunities; we need many Al-Anon, Parents of Alcoholics, Adult Children and Alateen in every community to meet these needs. Most come in the spring and the fall. If you're Meeting Group or a team from several area meeting groups would like to be notified of an upcoming event in the area, please contact us here at the office:

Can I spare my time and talents to serve as an Intergroup Board of Director Member, Committee Chairperson and/or Committee Member or as an Intergroup Service Representative for your meeting group?

You may find applications for these positions on line at our newest website www.houstonalanon.org

What happens when I serve Al-Anon?

“Your fears will diminish, you will reap the benefits of giving to others and you will learn that by placing our common welfare first, you will receive much more than you give.” Joy of Service S-57

******* SUBMISSIONS FOR THE AL-ANEWS:**

All articles must be submitted by March 15 for Spring 2009 Newsletter in April. Articles must be in Word document format. They may be emailed in word format to alanon@houstonalanon.org
