



Al-Anon Family Groups

Web sites:

Houston Intergroup-
<http://www.houstonalanon.org>

World Service Organization-
<http://www.al-anon.alateen.org/english.html>

Ms. Jane Doe
Recreation Facility Manager
City of Houston
2020 Hermann Dr.
Houston, TX

Tuesday, May 15, 2007

Dear Doe,

Thank you for taking the time to consider Al-Anon a possible room.

We are requesting for a room on behalf of Al-Anon for one hour per week hopefully on Monday nights at 7:00pm to 8:00pm. We will need time to set up and breakdown our literature before and after the meetings. Our set up will need two tables and eight chairs, at first, from the facilities. One table is to set up Al-Anon literature and the other for the members. As the group grows it could reach twenty to twenty five however it does take time.

We are a non-smoking group. I have been apart of Al-Anon for eighteen years and have never, in that time, heard or experience any incurred problems to their perspective facilities. We are made up of all adults 18 and over with the majority being 40 to 60. However each group is unique and antonymous so our demographic results may vary.

Below are common questions as to whom and what Al-Anon and their members are. I present this to you in hope you and the administrators who provide approval have the comprehensive information on how valuable of an asset Al-Anon is to the emotional health and wellness of our community.

If there are any questions please feel free to let me know!
Sincerely,

GR Name
Address
Houston, Texas 77021
Home/Office:
Cell:

What is alcoholism?

Alcoholism is widely recognized as a disease of compulsive drinking, which can be arrested, but not cured. It is a progressive illness, which will get only worse as long as the person continues to drink. Total abstinence from drinking is the only way to arrest the disease. Alcoholism affects the entire family; indeed, everyone who has contact with the alcoholic is affected. Unfortunately, the only person who can stop the alcoholic from drinking is the alcoholic himself or herself.

Who are the members of Al-Anon and Alateen?

Al-Anon members are people just like you and me—people who have been affected by someone else's drinking. They are parents, children, spouses, partners, brothers, sisters, other family members, friends, employers, employees, and coworkers of alcoholics. No matter what our specific experience has been we share a common bond: we feel our lives have been affected by someone else's drinking.

Will anyone say I've been there?

One of the Al-Anon program's basic principles is that of anonymity. Meetings are confidential, and we do not disclose whom we see or what we hear at meetings to anyone.

How much is this going to cost?

There are no dues or fees in Al-Anon meetings. Most groups pass a basket for voluntary contributions. Members are asked to contribute what they can afford, so that the group can contribute to where we hold our meetings, provide literature, and offer support to Al-Anon local and worldwide service centers.

How do alcoholics affect families and friends?

Alcoholism is a family disease. The disease affects all those who have a relationship with a problem drinker. Those of us closest to the alcoholic suffer the most, and those who care the most can easily get caught up in the behavior of another person. We react to the alcoholic's behavior. We focus on them, what they do, where they are, how much they drink. We try to control their drinking for them. We take on the blame, guilt, and shame that really belong to the drinker. We can become as addicted to the alcoholic, as the alcoholic is to alcohol. We, too, can become ill.

How will Al-Anon help me?

Many who come to Al-Anon are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not. However like the alcoholic or addict this program will work for only those who choose to work it. There is a direct correlation to those who have great success in their recovery to their desire to stop great pain and suffering.