

NEWS AND INFORMATION FROM YOUR WORLD SERVICE OFFICE!

Please inform your group!

Al-Anon Family Group Headquarters, Inc.

visit us at www.al-anon.alateen.org/members

INSIDE AL-ANON XTRA

Spring 2006

Volume 10, Number 3

LAST REGULAR EDITION

This is the last regular edition of *Inside Al-Anon Xtra*. The *Inside Al-Anon Xtra* information will remain available on the Members' Web site, www.al-anon.org/members. In addition, *The Forum* will incorporate *Inside Al-Anon Xtra* information into the monthly magazine, including a special section in July and August to report on the annual World Service Conference.



- A place that gives me love, hope, and the feeling that I'm not alone
- A place where I can feel good about myself
- A place where I am encouraged to change my attitude instead of reacting to a situation
- It must be a safe place where what I share stays there
- A place for kids like me who have been affected by someone else's drinking
- It must be part of the Al-Anon family!

Your Al-Anon group may have members with children or grandchildren who could benefit from an Alateen meeting. "Children learn how to deal with life by watching their parents. Parental attitudes toward each other, toward life, toward their children, are all passed on without their even noticing it.

"... Childhood in an alcoholic home is poor preparation for a happy, well-adjusted adulthood.

"If we want to stop the vicious cycle of unhappiness, we must learn new ways of living, new ways of relating to each other."

How Can I Help My Children? (P-9), page 11

Your Al-Anon group may want to discuss the idea of starting an Alateen meeting. Information on starting an Alateen meeting is now available on the "Alateen" page on the Members' Web site. To locate the page go to www.al-anon.alateen.org/members. Enter the name of your home group plus the letters "afg." When the menu appears, select "Alateen" from the lower section of the screen then click "Starting an Alateen Meeting."

Chairing the Meeting and in Need of a Meeting Topic?

How about using the "2005 Index of Forum Articles" to select a topic and a Forum story for the meeting? Visit the "Forum" page on the Members' Web site, www.al-anon.org/members, to access this handy tool!

Upcoming Regional Service Seminars

US South Central
Date: August 4-6, 2006
Location: Sheraton Grand Hotel,
Irving, Texas
Theme: "Service Is Deep in the Heart"
Spanish translations will be
available for general sessions.

Service is

Deep in the Heart

Canada West
Date: November 10-12, 2006
Location: Heritage Inn,
Moose Jaw, Saskatchewan
Theme: Strength Through Service

CWRSS MOOSE JAW 2006

STRENGTH
THROUGH
SERVICE

ATTENTION

ALL GROUP REPRESENTATIVES:

We hope that you will share the information in this newsletter with your group. If you are unable to make photocopies for each member, please consider reading one or two articles to the group each week for the next three months as part of your announcements. Thank you!

Free Group Subscription to *The Forum*!

Beginning with the May 2006 issue of *The Forum*, all registered, English-speaking groups in the World Service Conference structure will receive a complimentary subscription to *The Forum*! The World Service Office will mail the group's copy of *The Forum* to the group's current mailing address (CMA).



Don't Let My Size Fool You

Looking for a short but powerful description of Al-Anon's first two Legacies? Consider reading (or re-reading) *The Twelve Steps and Traditions* (P-17, 60 cents US). The latest printing of this pamphlet includes minor revisions. Remember—When you buy from your local Literature Distribution Center, you support your local services.



We're Looking for YOUR Story

RECOVERY IN RELATIONSHIPS (working title) can use more stories from Al-Anon men, as well as members' sharings about selfishness, self-caring, intimacy, sexuality, parent-child and grandparent-child relationships.



FACING GRIEF & LOSS WITH AL-ANON (working title), needs sharings on other forms of loss besides death and divorce—including the loss of dreams, financial losses, and loss of self.

Sharings can now be submitted electronically in the "Publications" section of the Members' Web site, www.al-anon.alateen.org/members, or via e-mail, fax, or mail to the World Service Office, attention Fellowship Communication.

Attention Al-Anon and Alateen Groups!

Will you contribute to *The Forum* by submitting "Round Table Topics" or "Alateen Meeting Topics"? It's easy! Al-Anon groups may submit a topic with five to ten questions and Alateen groups may submit a topic with four to six questions. Send questions to *The Forum* via e-mail to wso@al-anon.org, fax to (757) 563-1655, or mail to 1600 Corporate Landing Parkway, Virginia Beach, VA 23454. If selected, *The Forum* will publish the group's name and state/province/country, unless the group requests to remain anonymous.



Service Manual Translations Are Coming Soon

The Spanish and French translations of the 2004-2006 *Al-Anon/Alateen Service Manual* will be sent to Spanish and French groups in the World Service Office service structure this May. The *Service Manual* was sent to each registered English-speaking group's current mailing address (CMA) in December 2005. The revised Concept Eleven text and the new subject index are two exciting changes to the *Manual*. See the enclosed flyer for the English Manual. All members are encouraged to own and use a personal copy.



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STRENGTH
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46th World Service Conference

You can send notes of support to your Delegate and other Conference members at the 2006 World Service Conference by addressing the envelopes with the following information:

Your Delegate's name
(Hold for WSC 4/24-28, 2006)
Ramada Plaza Resort Oceanfront
5700 Atlantic Avenue
Virginia Beach, VA 23451-2236

Please plan to have your cards arrive after April 20th.

Another Archives Wish List

A few printings of the daily reader *Alateen—a day at a time* (B-10) are needed for the World Service Office archives. Will you help us find the following?

Printing Number	Number of Books Needed
Fourth	one
Eighth	one
Ninth	two
Tenth	two
Eleventh	two
Twelfth	two

In order to avoid duplication, please contact the World Service Office Archives Coordinator via e-mail (wso@al-anon.org) or phone (757-563-1600) prior to shipping.

Reach Out by Writing

All Al-Anon members who are experienced or aspiring writers are encouraged to submit personal recovery stories to non-Al-Anon publications. The "Writers Reaching Out" notice under "Publications" on the Members' Web site, www.al-anon.org/members, describes how members can maintain personal anonymity while letting more people know about Al-Anon.

Write Now as a Professional

Without disclosing your Al-Anon membership, can you write as a professional who refers clients to Al-Anon/Alateen? Or do you know a professional who makes client referrals to Al-Anon? Articles from professionals are needed for *The Forum*, news releases, and other World Service Office publications.

Articles need to address the following points:

- How do you use Al-Anon/Alateen as a resource for families and friends of alcoholics?
- What questions do you ask your clients to determine whether they are being affected by someone else's drinking?
- What benefits are your clients gaining from attending Al-Anon/Alateen?

Articles need to be 400 to 800 words. The author's full name, title, organization, city, and state/province will be published. All articles become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part. Please send via e-mail (wso@al-anon.org), fax (757-563-1655), or surface mail (Al-Anon Family Group Headquarters, Inc., Attention: Public Outreach Department, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454).

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Phone: (757) 563-1600 • Fax: (757) 563-1655
<http://www.al-anon.alateen.org/members>
e-mail wso@al-anon.org

Toll-free number for meeting information:
888-4AL-ANON (888-425-2666)
(M-F, 8am-6pm ET)

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This newsletter presents news and information to Al-Anon groups to help keep them informed of literature and other services available to them.

Please photocopy and share this newsletter.



2008 Is Going to Be Great!

Start planning now to join in the excitement and celebration at the Fourth Al-Anon/Alateen International Convention with AA participation, July 4-6, 2008, in Pittsburgh, Pennsylvania. In September 2007, registration materials and housing forms will be mailed to all groups, Al-Anon Information Services, and Al-Anon Information Services/Literature Distribution Centers in the US and Canada, as well as to all Al-Anon General Service Offices.

Making Service Easier

Everyone is looking for ways to save time and money and still get their job done at home and in the work place. There is a tool available to make your Al-Anon service work faster, easier, and more accurate. Finding this tool is as simple as going to www.al-anon.alateen.org/members. Choose English, French, or Spanish. Then type in your group's name, followed by the letters "afg." A wealth of Al-Anon information is at your fingertips. Try it and let us know what treasures you found to make your service life easier.

Giving It Away

Did you remember to "Leave Hope" on Lois's birthday, March 4, 2006?

Where did you "forget" a piece of literature? What did you leave? Did you do this as a group? What did you discover about yourself through this Twelfth Step experience?

In order to keep it, we learn we have to give it away. Please share the details of your "Leave Hope" story so the World Service Office can share it with the worldwide fellowship. Please e-mail your sharing to wso@al-anon.org and include "Leave Hope" in the subject line.



Something to Talk About!

A new special outreach magazine, *Al-Anon Faces Alcoholism 2007*, is coming soon and will be available in English, French, and Spanish! It will contain members' personal recovery stories, testimonials from professionals about Al-Anon, and basic information to introduce newcomers and professionals to Al-Anon. Orders must be placed by Friday, July 14, 2006 for this special outreach tool. See the enclosed order form.

Want to Save a Stamp?

Submit a Forum sharing on-line by using the "Publications" page on the Members' Web site, www.al-anon.org/members.

Take a Peek!

The quarterly sample chapter posted at www.al-anon.alateen.org and www.al-anon.org/members is a great way to take a peek at Conference Approved books!



Coming in June...

Al-Anon's newest public service announcement, titled "What It's Like" will be released to television and radio stations across the US and Canada! Area Public Outreach/Public Information Coordinators will have full information on the stations in your community that will receive public service announcements.

55th Anniversary Celebration

The World Service Office is hosting a 55th Anniversary celebration for Al-Anon Family Groups on April 29, 2006, in Virginia Beach, Virginia that includes an Open House at the World Service Office from 2:00 to 5:00 p.m., followed by a 6:00 p.m. reception and 7:00 p.m. banquet at the new Virginia Beach Convention Center. To order tickets, visit the Member's Web site, www.al-anon.org/members, to download the order form.



Reaching Outside of the Meeting

Hundreds of thousands of free "Crying House" outreach bookmarks (M-76 English, SM-76 Spanish, and FM-76 French) have left the World Service Office warehouse in the past year...WOW! Please make sure these bookmarks are being used outside of the meeting room. Check your literature box and make use of them! Libraries, bookstores, and community bulletin boards are all good places to leave them. Please share your outreach efforts with the World Service Office Public Outreach Department.