

the Roadrunner



Healing with Alateen

What a difference Alateen would have made in my childhood! I could have forgiven my father's absence from my life, realizing that his primary relationship was with alcohol. I would have understood my mother's bitterness and hatred of him after their divorce. I would have been less hurt when she blurted out, "You're just like your father," when I was a preteen. I would have had compassion for my rageaholic-alcoholic stepfather, realizing that he was an adult child of an alcoholic who was also damaged by the Pacific campaign in the Second World War—untreated PTSD in my face.

Becoming an Alateen sponsor in my early 40's was a significant accelerant of my Al-Anon recovery. A young woman in Berkeley, California, once said to me, "I'm being an Alateen sponsor for myself," and I knew exactly what she meant. Carrying the message to young people who were dealing with situations even more dramatic than the one I endured was fulfilling and increased my self-esteem. When I witnessed kids in the groups I co-sponsored in the East Bay using the knowledge and coping skills they learned in Alateen, I felt a profound sense of joy. Those Alateens knew they had options and tools that could sustain them through the years when they had no way to physically escape their troubled families.

Consistent Al-Anon service has been a huge part of my recovery; however, I'm proudest of my years involved with Alateen. I became the Alternate Alateen Coordinator for Northern California and then the co-sponsor of one of the huge Northern California Alateen Conventions. A few years after moving

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AWSC Officers and Coordinators

Panel 63 (2023-2025)

OFFICERS

Delegate: Rocio N.
Alternate Delegate: Mary Lou J.
Chairperson: Parker J.
Alternate Chairperson: Navida J.
Secretary: Terry A.
Treasurer: Carla T.

COORDINATORS

Alateen Coordinator: Martha G.
Alateen Process Person: Teresa C.
Archives Coordinator: Angela P.
Audio/Visual Coordinator: Stacey G.
Group Records Coordinator: Gloria Z.
Institutions Coordinator: Patricia C.
Literature & Forum Coordinator: Mari Nieves C.
Minorities Outreach Coordinator: Irene G.
Newsletter Editor: Sara L.
Public Outreach Coordinator: Dorrey W.
Translation Coordinator: Silvia B.
Website Coordinator: Mark R.

DISTRICT REPRESENTATIVES

(For map of districts see back page.)

District 1: Chris C.
District 2: Kristi W.
District 3: Rhonda P.
District 4: Stacey G.
District 5: Renée R.
District 6: Navida J.
District 9: David S.
District 11: Teresa C.
District 12: Luz S.
District 14: Astrid G.
District 15: Martha G.

Hispanic Intergroup Liason for Albuquerque: Lupe M.
Hispanic Intergroup Liason for El Paso: Maria Luisa O.

VACANCIES

Facebook Coordinator
DR District 7 (T or C, Silver City, Bayard, Deming)
DR District 8 (Alamogordo, Las Cruces, Ruidoso)
DR District 10 (Roswell, Carlsbad, Hobbs, Artesia)

2024 Area Calendar

May 17-19

Spring Assembly (see p. 2)
Albuquerque, NM

September 14

Fall AWSC
Socorro, NM

October 25-27

Fall Assembly
El Paso, TX

Acronyms Used in Al-Anon

(Spanish acronyms in italic parenthesis)

AAC	Area Alateen Coordinator
AAPP	Area Alateen Process Person
AFG	Al-Anon Family Group (<i>GFA</i>)
AFGWME	Al-Anon Family Group Which Meets Electronically
AGRC	Area Group Records Coordinator
AIS	Al-Anon Information Service (<i>SIA</i>)
AMIAS	Al-Anon Member Involved in Alateen Service
AWSC	Area World Service Committee (<i>CSMA</i>)
CAL	Conference Approved Literature (<i>LAC</i>)
CMA	Current Mailing Address (<i>DPA</i>)
DR	District Representative (<i>RD</i>)
GEA	Global Electronic Area
GR	Group Representative (<i>RG</i>)
GSO	General Service Office (countries outside of US, Canada, Puerto Rico, and Bermuda)
ISR	Information Service Representative (<i>RSI</i>)
LDC	Literature Distribution Center (<i>CDP</i>)
PI	Public Information
PO	Public Outreach
PSA	Public Service Announcement
SWRDM	Southwest Regional Delegates Meeting
SOS	Sharing of Service
WS	World Service
WSC	World Service Conference (<i>CSM</i>)
WSO	World Service Office (<i>OSM</i>)

(cont from p. 1)

to New Mexico, I helped restart Alateen meetings in Albuquerque and then served as the Area Alateen Coordinator. In all those capacities, God gave me the courage to overcome my personal shyness and just do it. I know that I'm only one of countless other Al-Anons who found healing within the Alateen program. I can't recommend it highly enough for anyone who is still haunted by childhood pain. Alateen can work for you too.

–Steve R.



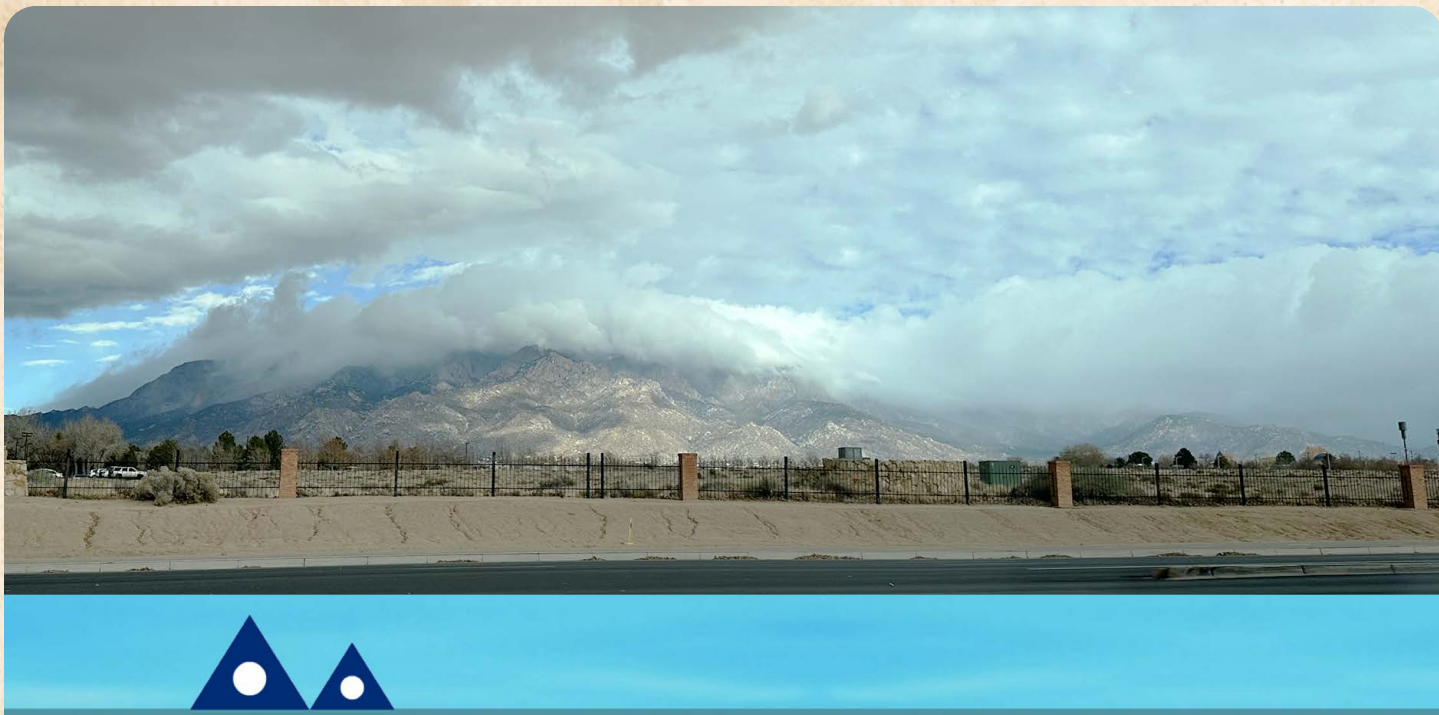
My Unofficial Alateen Sponsor

When I was 11 years in Al-Anon in Northern California I was blessed to be in a home group that sponsored a monthly Alateen panel. The teens leading those meetings would briefly share their stories and choose a topic for the members to share on. The leaders consisted of two to four Alateen members between the ages of 15 to 18.

Before Alateen, these kids truly had few options for living with alcoholism. They couldn't go and live with another family down the street when things spun out of control in their homes. They didn't have their own money and didn't have transportation except for possibly bicycles or skateboards.

At the end of each panel meeting, I often made a beeline to talk to one of the "regulars" on the panel that attended every month, a young man of 16. He introduced me to the Alateen literature and suggested I do a Fourth Step inventory in the Alateen booklet. Given my history of growing up with alcoholism, that ended up being the best advice for me at the time. I gained far greater benefit from the Alateen literature than I did from the Al-Anon literature with an adult child focus. This young man never knew it, but he was my unofficial Alateen sponsor.

–RM



Everything you need to know about Albuquerque AIS

An Al-Anon Information Service, also known as an Intergroup, is a local service established and maintained by one or more Districts or by groups located close enough geographically or connected by language to one another for easy access and communications.

–From "2022-2025 Al-Anon/Alateen Groups At Work," page 65

The Albuquerque Al-Anon Information Service, Inc. (AIS) was established and is maintained by the Al-Anon/Alateen Family Groups within the New Mexico/El Paso, TX Area (NM/EP Area) for the effective and efficient release of Al-Anon/Alateen information to the friends and families of alcoholics.

Services Provided by AIS

- **Albuquerque AIS Office** is located at 9004 Menaul Blvd NE and is the official Literature Distribution Center (LDC) for Conference-Approved Literature (CAL) for New Mexico and El Paso.
- **Weekly Email Newsletter** provides timely information about NM/EP Area activities plus WSO publications and services.
- **24-Hour Telephone Answering Service** provides meeting information and receives and supports 12th Step callers at 505-262-2177. Calls are answered by the part-time office manager, office volunteers, on-call volunteers, or the answering service.
- **Website** www.aisnm.org provides information about Al-Anon, meetings, CAL, volunteer opportunities, making monetary contributions, and general information about AIS.
- **Public Outreach** coordinates volunteers affiliated with AIS to attend public events related to health and sobriety to provide information about Al-Anon and Alateen, CAL, and meeting listings.

Albuquerque AIS
9004 Menaul Blvd NE, Suite 12, Albuquerque, NM 87112
505-262-2177
abqaisldc@gmail.com
www.aisnm.org

— GROUP CONTRIBUTIONS —

The group supports Al-Anon/Alateen financially at all levels of service by contributing to:

- Their District
- AIS (Al-Anon Information Service)
- Area 38
- WSO (World Service Office)

*Read more about Group Finances/Budget in the “Al-Anon/Alateen Service Manual 2022-2025,” p. 52.

How to Contribute

When making group contributions, please provide the group’s official name and the WSO ID number (*see p. 6*) on the payment.

Your District:

Contact your DR (District Representative) or the Area 38 Group Records Coordinator, Gloria Z., at area38records@yahoo.com to find out what district you belong to and how to donate.

Albuquerque AIS (Al-Anon Information Service):

www.aisnm.org

Area 38 New Mexico/El Paso:

www.nmal-anon.com

or make a check or money order payable to
“New Mexico Area 38 Al-Anon Inc.” and mail to:

Carla Thomas
4512 Arrowhead Ave. NW
Albuquerque, NM 87114

WSO (World Service Office):

www.al-anon.org/contributions

or make a check or money order payable to
“AFG Inc.” and mail to:

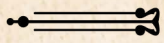
AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

Hispanic Intergroup in Albuquerque

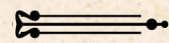
8520 Marble Ave. NE
Albuquerque, NM 87110
505-243-6135

Hispanic Intergroup Office in El Paso, TX

3505 Hueco Ave.
El Paso, TX 79903
915-778-3686
www.eptx-al-anon.com



UPDATING GROUP RECORDS



Keeping group information up-to-date is vital to assuring that the most accurate meeting information is provided to persons seeking help in the Al-Anon and Alateen fellowship.

–From “2022-2025 Al-Anon/Alateen Service Manual,” p. 46

The TWO most important ways to keep your meeting’s information up-to-date is by sending updates and additions to both of the following:

1. Area 38 Group Records Coordinator - Gloria Z. at area38records@yahoo.com

2. WSO website

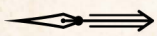
- Go to: www.al-anon.org/for-members/group-resources/group-records
- Click on “Al-Anon Group Change”
- Click on “Update Online” OR download the “Printed Form” and email it to: AFGrecords@al-anon.org

When submitting meeting updates for any of the above, be sure to include:

- The official name of your group
- Your meeting’s ID number (*see below*)
- The description of changes (*for GR or CMA, please include the person’s name, home address, and email address*)

Also, periodically check that your meeting’s information is accurate on the following:

- Area 38 website - www.nmal-anon.com
- WSO website - www.al-anon.org



HOW TO FIND YOUR MEETING ID



The WSO (World Service Office) assigns every meeting an ID number that groups will need in order to make changes to group records. To find out your meeting’s ID online:

1. Go to the WSO’s “Find an Al-Anon Meeting” webpage:
www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting
2. Enter the meeting’s address (or ZIP Code or City) in the “Enter an Address” field. As you type the address, a list of nearby meetings will be displayed and can be refined.
3. Scroll through the search results in the left panel to find the meeting information, narrowing the search if necessary. The official name of a group is displayed at the top of the meeting details. The WSO ID number is displayed near the end of the meeting information as the “Group ID.”



I Always Feel Better

I have been in Alateen regularly for eight years. My dad is in A.A. and my mom is in Al Anon. Even though we don't have active alcoholism in our home, my family thinks it's important for all of us to be in recovery. I think we have a pretty positive family.

I have learned how to be a service-oriented person from my parents and my Alateen groups. At my Alateen meetings, I like to set up the room and get the books. We rotate being the Chairperson and picking the topic.

Some of the kids in my Alateen group live in homes like mine where nobody drinks. Some of the kids have parents who are still having troubles. At our meetings, we read from our literature and talk about ways to feel better about ourselves and our lives. We tell new members that alcoholism is a family disease, and that they didn't cause it, they can't control it, and they can't cure it.

During our meetings, we focus on a topic, like feelings, slogans, the Steps, Traditions, or a sharing from our Alateen literature. Then we share what we are doing well and what we need to work on. Next, we share our "Happies and Crappies," and we end with our "Gratitudes." Our meetings go quickly, and we have fun. Parents might think we are talking about them, but we really focus on ourselves and our own problems. I notice that I always feel better after I go to a meeting.

—Anonymous

The Forum, April 2023

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CURIOUS ABOUT ALATEEN SERVICE?

WHAT DO I NEED TO DO?

A Al-Anon
M Member
I Involved in
A Alateen
S Service

- Age 21+
- Regular attendance in Al-Anon
- Al-Anon member for at least 2 years
- Actively working the 12 Steps
- Complete a 90 minute training

For more information, contact the
Area 38 Alateen Process Person
Teresa C: FIPCYN@YAHOO.COM

I Don't Keep Score Anymore

"I Don't Keep Score Anymore" is the title of a sharing in *Intimacy in Alcoholic Relationships*. It was also a topic at my weekly meeting, but a completely new take on this statement has since popped into my mind. I could stop keeping score: I did this, you did that, and now you owe me because I did more than you. But what I discovered was that I could keep a whole different scoreboard. I had been counting the negative things and feeling self-pity and righteousness. What about counting all the ways love has been shown to me? What about focusing on the abundance in my life instead of the supposed lack? I saw in a different light how I had tried to cheer myself up earlier in the day, but it hadn't quite worked. I had been cleaning and dusting stuff on shelves in my home. My intention was to look at each thing as I cleaned and dusted it, remembering the gift and the positive memory it brought to mind. It all finally sunk in when I went to my meeting and read the words, "I don't keep score any more."

—Mary K.



SHARES NEEDED

for the Spring Edition
of the Roadrunner

SUGGESTED TOPICS

Step 5
Tradition 5
Concept 5

LENGTH
under 400 words

LANGUAGE
English or Spanish



Send shares to Sara by Mon, April 22.
AREA38ROADRUNNER@GMAIL.COM

2023 WORLD SERVICE CONFERENCE SUMMARY



LOVE, LAUGH, AND GROW TOGETHER
AIMER, RIRE ET GRANDIR ENSEMBLE
AMAR, REÍR Y CRECER JUNTOS



DOWNLOAD NOW!

AL-ANON.ORG/FOR-MEMBERS/WORLD-SERVICE-CONFERENCE-WSC



WSC 63rd Annual
World Service Conference 2023

Newsletter Subscriptions

There are TWO ways to subscribe to the area newsletter. Please pass this information along to your groups...

1. A **free email subscription**, where you will receive a digital PDF copy of the newsletter in your email inbox as soon as it's published.
2. **\$25 mailed subscription**, where a color-printed copy of the next four issues of the newsletter will be mailed to your physical address.

Please send requests to the newsletter editor, Sara L. at area38roadrunner@gmail.com.

You can also download the newsletter for free from the Area 38 website: www.nmal-anon.com, and you have permission to print your own copies.



Save the Date
Spring Assembly
Area 38
ALBUQUERQUE NM
District 15
"Service is
grace, unity
and
understanding"
May 17, 18 &
19 2024
BASKET DONATION
IS GREATLY APPRECIATED!

AL-ANON
for families & friends of alcoholics



ROCKETED INTO A
FOURTH DIMENSION
JAMBOREE
2024

SOBRIETY ON THE BORDER
Jamboree 2024
FEBRUARY 16, 17, 18, 2024
EL PASO, TX
<https://www.aaelpaso.org/jamboree>



*Aguarda
la fecha*

ANNIVERSARIO INTEGRUPAL #21
24 DE FEBRERO, 2024
4PM- 8PM
HEIGHTS CLUB
8520 MARBLE AVE NE ALB NM 87110

THIS EVENT IS IN SPANISH.

UN CORAZÓN RESPONSABLE

UN CORAZÓN AGRADECIDO

4 TO . TALLER A L A T E E N

Febrero
23 2024
6:30 PM
2400 George
Dieter
El Paso
TX 79936

Oradora:
Teresa
de Cd.
Juárez

Taller para
padres y
padrinos



Agradecemos
si puedes
traer
algo
para
compartir



The 29th Annual Red Road AA Convention

May 3-5, 2024

Marriott Albuquerque
2101 Louisiana Blvd. NE
Albuquerque, NM 87110
(505) 881-6800

"Willingness, honesty and open mindedness
are the essentials of recovery."

-Big Book, page 568

AA Speakers, Al-Anon Speaker, Marathon Meetings,
DJ Dance, Powwow, Hospitality Room

Register online at:

WWW.NMREDROAD.ORG

La Extraordinaria Vida de Lois

AL-ANON OFICINA
INTERGRUPAL HISPANA EN EL
PASO, TX

Te invita a celebrar su 18avo.
Aniversario!!!

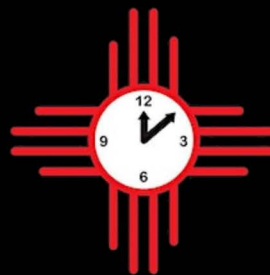
2 de Marzo

12:00 pm

3505 Hueco Av.



ONE DAY at a time



AA AREA 46 State Convention

Farmington, NM

May 31 - June 2, 2024

Speakers:

Erny Z. - Farmington, NM

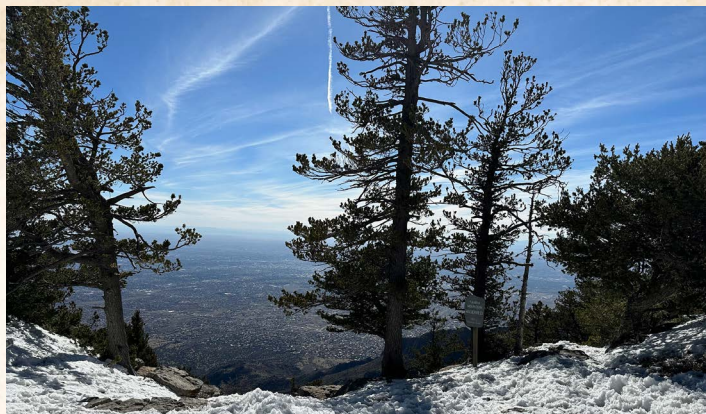
Richie C. - Phoenix, AZ

Chris C. - Al-Anon

Brent H. - Los Angeles, CA

Patty T. - Corrales, NM

nm-aa.org/2024-area-46-convention



Subscribe to **THE FORUM**

The Forum is an international monthly publication of Al-Anon Family Groups, that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.

Subscribe online:

<https://ecomm.al-anon.org/forum#vaff>

Download the printable order form:

<https://al-anon.org/pdf/ForumOrder.pdf>

Read sample articles:

<https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/>

Submit a share or photo:

<https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>

From the Editor

My reasoning behind the theme of this winter issue is to inspire Alateen participation. Many of us are adult children of alcoholics and would have benefited from Alateen if it had been an available option. I highly encourage everyone to consider Alateen service and to spread the word about meetings to the young people in your life (*see p. 7*).

Thank you so much for the wonderful shares and translations that were contributed and thank you for letting me be of service.

LIS,
Sara L.
Newsletter Editor
Area 38 Al-Anon NMEP
area38roadrunner@gmail.com

Did You Know...?

Did you know that in 1970, *One Day at a Time in Al-Anon* (ODAT) [B-6] sold for \$3.50? It was one of our best-selling books at that time. Factoring in the rate of inflation, in today's dollars, that price would equate to \$27.76. Currently, the ODAT sells for \$13. Our members' contributions allow us to keep costs low so we can serve the newcomer still struggling from the family disease of alcoholism.

IN THE LOOP

NEWS FROM YOUR WSO

All members are encouraged to register to receive *In The Loop*, the WSO's email newsletter. CMAs should automatically receive it.

Subscribe and read excerpts here:

<https://al-anon.org/for-members/wso/news-from-the-wso/>

AL-ANON AREA 38 - NEW MEXICO / EL PASO MAP

With Districts

