

the Roadrunner



Volume 50, Issue 1

Sponsorship

I joined Al-Anon because, of course, I didn't think I needed it. "I wasn't the one with the problem," but it had been suggested to me by a coworker who knew about my family background before I retired from my job, and I was depressed and desperate and felt I had nothing to lose. I began slowly by joining a small group that met at the beginning of the week, and later over time I added another group that met later in the week. I attended meetings regularly, but it took me over a year to ask someone to sponsor me because I was apprehensive and hadn't really connected with anyone.

Once I found a sponsor, she suggested we use the *Paths to Recovery* book, and she gave me a notebook to record my answers to the questions at the end of each short chapter. I liked

the easy-to-read approach and answered about half to two-thirds of the questions at the end. We would usually meet at her house, and the sessions ran long at first because I had a lot to unpack, vent, and analyze.

(cont p. 3)



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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.
Electronic Media Coordinator: Rosa C.
Group Records Coordinator: Gloria Z.
Institutions Coordinator: Patricia C.
Literature & Forum Coordinator: Mari Nieves C.
Minority 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 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 G.

VACANCIES

DR District 2 (Gallup, Grants, East Central NM)
DR District 7 (T or C, Silver City, Bayard, Deming)
DR District 8 (Alamogordo, Las Cruces, Ruidoso)
DR District 10 (Roswell, Carlsbad, Hobbs, Artesia)

2025 Area Calendar

February 22
Spring AWSC
Socorro, NM

May 2-4
Spring Assembly
Farmington, NM

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>)

Area 38 Facebook: www.facebook.com/NMEP.Al.Anon

Area 38 Website: www.nmal-anon.com



My Sponsor Helped Me Find A God Of My Understanding

I was stuck. I had gone through the steps twice with two different sponsors. I could not shake the angry, punishing, and vengeful God of my childhood, nor could I get rid of my self-contempt. I knew that for my recovery to progress, I had to find a Higher Power with whom I could have a relationship based on love rather than fear. But how?

I was asked by my GR to take a small meeting to David, who had previously attended my home group but hadn't attended for several months. David had been a charismatic figure—the type of person who lit up a room when he walked into it. I learned that he was suffering from a terminal autoimmune disease.

When I entered David's home, he was lying on a cot in his living room. As he shared, David spoke of his gratitude for this disease that was robbing him of his life and how it had brought his family back together, including his daughter, from whom he had been estranged. He said he had found a Higher Power of love and compassion. As I sat near David, listening to his words of gratitude, I thought, "How would I be feeling if it was me lying on the cot?" I knew I would be angry and bitter toward this God. I also noticed a sense of calm and peace in David that I had not observed before.

I so wanted what he had, yet even I was not selfish enough to ask a dying man to sponsor me. Day after day, as I meditated and asked Higher Power for guidance for a sponsor, I pictured David's face. Finally, I asked him, and he agreed. We didn't talk about why I asked him or what I wanted to work on. We decided to meet at his home on Tuesdays after I got off work.

As I walked through his door that first evening, David asked me where I was at with my Second Step.

(cont p. 5)

(cont from p. 1)

I am eternally grateful for her patience with me during that time and for helping me to grow. We eventually settled into a routine of meeting in local coffee shops and fast-food restaurants about twice a month while we dissected the Steps, Traditions, and Concepts of Service.

My sponsor always listens to me without judgment, and that is a priceless gift. She is available for calls where she lends a listening ear and provides encouragement. Just knowing that I have someone to talk to gives me hope. Even though on the outside I may appear calm, on the inside, my thoughts, anxieties, and regrets are sometimes still present, though not as much now that I have her, the program, and the literature. I feel that because of my sponsor, I've grown a lot in the program and have a much more positive outlook on life. I still have a long way to go, but I'm focusing on working on myself and continuing to meet with my sponsor, who shows me gently what the program teaches. I'm surprised when I hear that people don't have sponsors yet because I think it's one of the best things the Al-Anon program offers, free of charge: a seasoned mentor who will lead and light our path to discovery and success!

—Nancy G.



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 1927 Alvarado Drive 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 and currently reaches over 1,500 members.
- **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
1927 Alvarado Drive NE, Albuquerque, NM 87110
505-262-2177
abqaisldc@gmail.com
www.aisnm.org

(cont from p. 3)

So began my God-directed “Tuesdays with David.” David showed me Higher Power’s presence in each of the Steps. He spoke of his God as being loving, joyful, caring, and only wanting what was best for him—a God of kindness and grace.

As David grew sicker and weaker, we laughed, we cried, and we spoke of Spirit’s love for us. Over time, I had slowly come to feel the glow of Higher Power’s love within me. David’s faith had helped me find my own Higher Power: a quiet and calm warmth at my core who loves me exactly as I am. It manifested as a gentle guidance within me that showed me the way to peace and freedom.

I suddenly understood a quote that appears in both *Courage to Change* (B-17) and in *Hope for Today* (B-28):

** In Al-Anon I have come to know that I have a resource within me and all around me that can guide me through the most overwhelming fears and the most challenging decisions—a Higher Power.*

My sponsor had given me a Higher Power that taught me how to love myself, to trust and be intimate, to open my soul to others, and how to give love and receive it.

Then David died. For a time, I was crushed. Then, I was filled with the deepest gratitude for Gentle Spirit having shared David with me.

–Norm W.

* From *Courage to Change*, Copyright 1992 by Al-Anon Family Group Headquarters, Inc. Reprinted by permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

Miracles of Sponsorship

I am so grateful for electronic meetings. During Covid, they were my lifeline and kept me sane. I connected with one of my sponsees through an email meeting. She was in so much pain and desperate for a Sponsor. I prayed about it, and my Higher Power encouraged me to sponsor her.

It has been an amazing journey, and I’ve been so blessed to have her in my life. I have watched her grow and learn to trust, and I’ve gotten to hear about the miracles in her life. I got to meet and spend some time with her last summer and meet her family. What a blessing. We are working out of the workbook *Reaching for Personal Freedom* (P-92) and are in the middle of our Traditions. Her life has changed dramatically and so has mine. I love sponsorship and all that it has shown me. I love this program. Thank you for allowing me to share this miracle.

–Shauna G.

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More Reflections from the 2024 Copyright Workshop

Another opportunity for our workshop came from other group-related questions, including, “Can a dual member be a GR?” “Do I have to give advice as a sponsor?” and “Can newcomers chair a meeting?” The principles found in our literature, the *2022-2025 Al-Anon/Alateen Service Manual*, and Twelve Traditions can help answer these questions. Members may also be interested in studying the Twelve Concepts of Service to widen their service knowledge.

Our district truly thanks the speaker panel: Debie R. from District 5 (West ABQ) and Sarah G. and Robin B. from District 6 (East ABQ). They shared on the spiritual principles of Al-Anon sponsorship and on Traditions One and Five. We enjoyed hearing how Tradition One reminds us of our common welfare coming first so the greatest number benefits. This spiritual principle is available to all of us regardless of whether we are dual members, in relationships with members of AA, or starting over again after a long break since our last meeting. The fact that Al-Anon is available to anyone, anywhere, reminds us that the door is always open.

Tradition Five informs each of us of our primary purpose. We share the Al-Anon message with others who want relief from the effects of alcoholism. Newcomers and seasoned members can carry out this service, no matter what. No qualifications are required. What a relief to be welcomed and accepted, whether it is our third meeting or our third year in Al-Anon.

Lastly, our spiritual principles of sponsorship allow for two people, one-on-one, to share an open heart and listen without judging or shaming. We heard that we don't have to navigate recovery alone and that healthy communication can develop between two people even when alcoholism distorts things. Knowing that we can confide in each other also builds trust. Working with a sponsor or sponsee is a new beginning for many of us.

Again, thank you to the amazing District 4 (ABQ Heights Club) and District 6 volunteers who were greeters, set up technology and hospitality, and designed our beautiful flyer announcements. We thank Martha G., DR, District 15 (Santa Fe/ABQ Spanish) for coming to share about the opportunity to become an Alateen Sponsor. It was a pleasure to share this experience with District 3 (Espanola/Santa Fe/Taos) and District 9 (Clovis/Tucumcari/Santa Rosa) members too.

When we learn together and serve together, we grow together. What a lovely message to end with.

–Navida J.



FOCUS ON

Officers & Coordinators

In the fall of 2025, Albuquerque will host the Area 38 Fall Assembly, which will include elections for the area officers and coordinators for Panel 66, who will each be elected to a term of three years of service. In an effort to encourage participation, we are dedicating a section of this and future newsletters to information about area service.

Definitions

PANEL

Since Al-Anon's first World Service Conference (WSC) in 1961, each subsequent year has been labeled as the next sequential panel number. For example, 1963 was Panel 3, and 2023 was Panel 63.

OFFICERS


Delegate, Alternate Delegate, Chairperson, Alternate Chairperson, Secretary, and Treasurer

COORDINATORS

Alateen Coordinator, Alateen Process Person, Archives Coordinator, Audio/Visual Coordinator, Electronic Media Coordinator, Group Records Coordinator, Institutions Coordinator, Literature & Forum Coordinator, Minorities Outreach Coordinator, Newsletter Editor, Public Outreach Coordinator, Translation Coordinator, and Website Coordinator

You can read more about these roles in the *Al-Anon/Alateen Service Manual 2022-2025* and from this password protected section of the area website: www.nmal-anon.com/area.html (password: lois1951).

Area 38 relies on its officers and coordinators to serve as a connection between the WSO and its local trusted servants. Officers and coordinators are important links in the chain of service and provide a valuable resource to the groups and districts in the area. Please consider volunteering for one of these service position in 2025.



This section of the newsletter features shares
from OFFICERS AND COORDINATORS
describing their roles and experiences in service...

Area Group Records Coordinator


Like many Al-Anon members, I have done a fair amount of service, including Group Representative (GR), Area Secretary, Minorities Outreach Coordinator, Area Alternate Chairperson, and now Area Group Records Coordinator (AGRC). The more I have involved myself in Al-Anon, the more I love all of you! Healing and growth are ongoing processes for me. Thank you for sharing your ways on how to practice change and courage with me. Al-Anon has taught me to feel my feelings honestly, accept them, and not stuff them away as though they didn't bother me. I did that for way too long. I've learned that "feelings are not facts." I am now better at communicating and setting boundaries, which makes for better relationships.

In the beginning, my service as AGRC was difficult for me, but now, as the three-year period ends, I am finally comfortable doing the work, which has been a common occurrence with all of my service positions. It's like a new job; it takes a few months to learn.

The WSO shares with me an extensive Excel chart with all of Area 38's meetings and information about each meeting. Each meeting's GR informs both me and their District Representative (DR) about any changes in their meeting, and then we inform the WSO Group Records. As AGRC, I can help register new meetings, answer questions that folks have about new and existing meetings, and also help to discontinue a meeting. Any information you give to the WSO also needs to come to the AGRC so that I can be sure our records are accurate. Keeping records up to date is important in order for new members to find meetings in Area 38, New Mexico/El Paso.

Thank you for letting me be of service and please consider taking on this position. You know who you are!

-Gloria Z., Area Group Records Coordinator, Panel 63



Area Archives Coordinator

Hi, I'm Angela P., your Area Archives Coordinator, and I have the responsibility of preserving the past for Al-Anon's future. As 2024 has drawn to a close, I reflect on how willing I have been to be of service to the Area and how it has changed my life. Every day I scan, file, and preserve archives while two pictures of my niece stare at me. My service work has shown me the importance of accepting the good (documents easily scanned) and bad (tricky papers needing to be touched multiple times). Letting go and detaching through archival work has created opportunities for space and time to begin my healing.

Six and a half years ago, my only niece was lost to the family disease of alcoholism. A beautiful, youthful, creative, and intelligent being suddenly gone, leaving a big hole in many hearts, was a traumatic experience. Having her senior year to look forward to, along with all of her hopes and dreams, she suddenly took her last breath. Her death was unimaginable! The next two weeks were a crisis. Watching my lone sister bury her sole daughter was beyond painful. Grief imprinted loss and resulted in feeling cold, lost, and momentarily in the dark. Ever since then, random thoughts have popped into my mind like, "What if I died in my niece's place?" It could have saved my family from suffering from such an enormous loss. Thanks to Al-Anon, I recognize my distorted thinking and let my thoughts float by without judgment.

One day at a time, I become better able to accept this loss. Slowly and gently, I release myself from guilt, shame, and my lack of control over being unable to save my niece's life.

Soon Area 38's paper documents will be scanned, filed, and preserved electronically. This will allow easy access to assemblies, conferences, and *Roadrunners* beginning from 1962. Thanks to my service work, my confidence in a Higher Power, patience, and Al-Anon friendships have multiplied.

-Angela P., Area Archives Coordinator, Panel 63



Stay tuned to hear from more officers and coordinators!

GROUP CONTRIBUTIONS

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

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

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

How to Contribute

When making group contributions, please provide the group's official name and the WSO ID number (*see p. 11*) on the payment.

Your District:

Contact your District Representative (DR) 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:

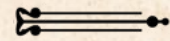
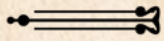
AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

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



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

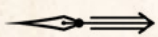
- Go to: www.al-anon.org/for-members/group-resources/group-records
- Click on “Al-Anon Group Change”
- Click on “Update Online” OR download the “Printed Form” and email it to: AFGrecords@al-anon.org

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

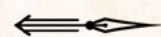
- The official name of your group
- Your meeting's ID number (*see below*)
- The description of changes (*for GR or CMA, please include the person's name, home address, and email address*)

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

→ 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 number 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.”

Alateen members & Alateen Group Sponsors:

Let your experience, strength, and hope inspire others!

Submit your story at:

al-anon.org/share-your-recovery



Newsletter Subscriptions

If you would like to receive a digital copy of the newsletter as soon as it's published, please send a request to the Newsletter Editor, Sara L. at Area38Roadrunner@gmail.com. You can also download it for free from the Area 38 website: www.nmal-anon.com. You are also welcome to print your own copies, but we will no longer sell print subscriptions.

2024 WORLD SERVICE CONFERENCE SUMMARY

Our Path toward Grace, Unity, and Understanding

Notre cheminement vers la grâce, l'unité et la compréhension

Nuestro camino hacia la gracia, la unidad y la comprensión



DOWNLOAD NOW!

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

WSC 64th Annual
World Service Conference 2024

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 Tue, April 22.
AREA38ROADRUNNER@GMAIL.COM

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: FIPCVR@YAHOO.COM



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2nd Annual

REGISTRATION QR CODE

www.aelpaso.org/jamboree

ACOMPÁÑANOS A
CELEBRAR
El 19 Aniversario de la
Oficina Servicio de
Información de Al-Anon
(SIA) de El Paso, Tx y
Sur de Nuevo Mexico

APARTEN LA FECHA

15 de Marzo del 2025
2:00 pm
3505 Hueco
El Paso , Tx
 Esperen más información

45th All Texas Al-Anon / Alateen Conference (ATAAC)

How Does My Garden Grow?

By Using the Recovery Tools of Al-Anon

February 21-23, 2025

Renaissance Dallas Richardson Hotel
 900 E. Lookout Drive
 Richardson, Texas 75082
 Phone: 972.367.2000

For more information:
ataacdallaschair2025@gmail.com

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www.ataactx.com

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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://ecommerce.al-anon.org/forum#vaff>

Download the printable order form:

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

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<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/>



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/>.



Language of the Heart Lenguaje del corazón Le langage du cœur

2025 A.A. INTERNATIONAL CONVENTION

with Al-Anon Participation

July 3-6, 2025

in Vancouver, BC, Canada

www.aa.org/international-convention

CRUISING

The Sea of

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Join the Happy Destiny Cruisers page on
Facebook for further events as they are added.

Please use the booking contact below.

Badges will be issued and will be required for
access to Happy Destiny events.

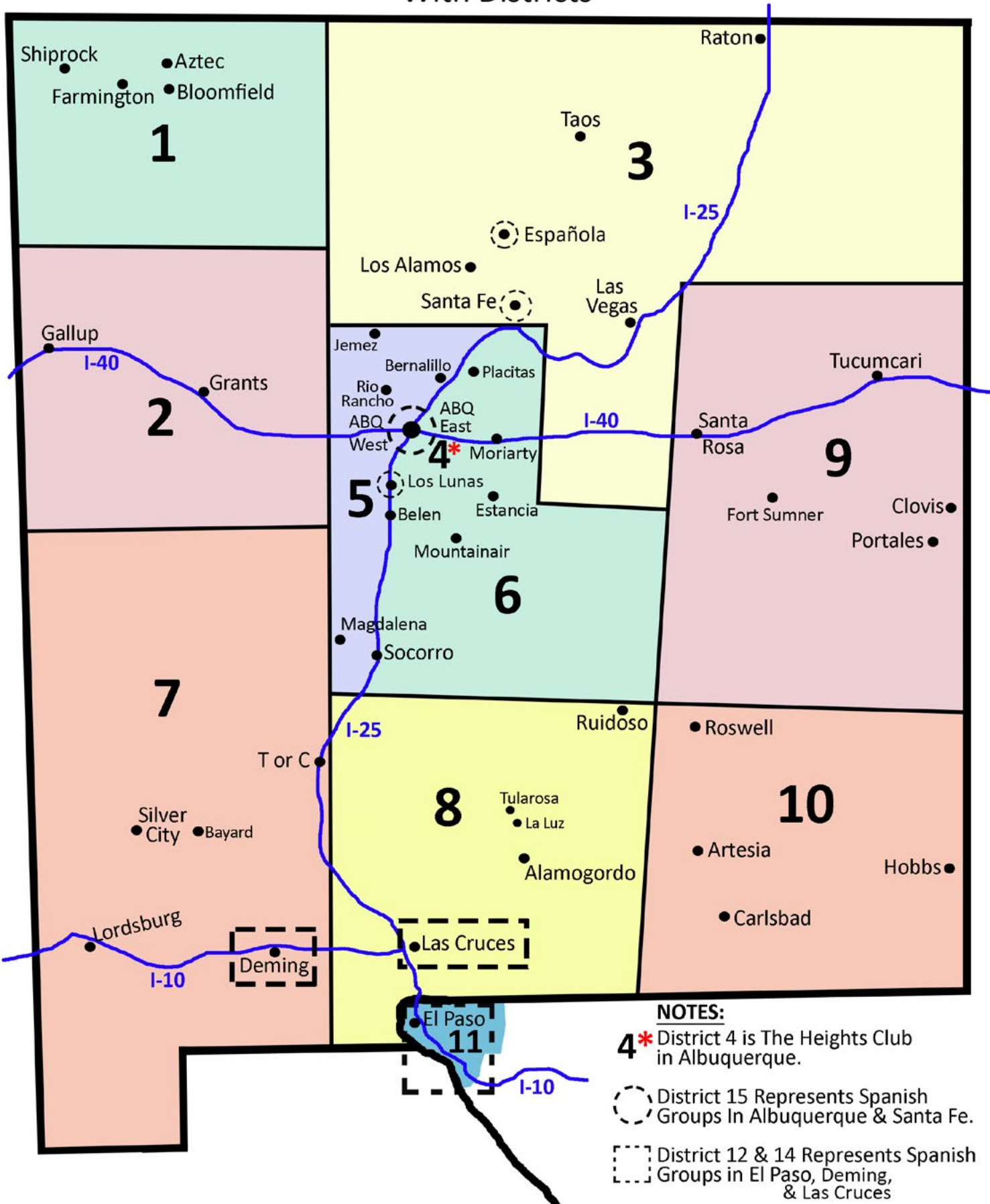
For information and booking, please contact:

Email: happydestinycruisers@gmail.com

or Call: 250-390-7401

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

With Districts



NOTES:

- 4*** District 4 is The Heights Club in Albuquerque.
- District 15 Represents Spanish Groups In Albuquerque & Santa Fe.
- District 12 & 14 Represents Spanish Groups in El Paso, Deming, & Las Cruces

Area 38 Facebook: www.facebook.com/NMEP.Al.Anon

Area 38 Website: www.nmal-anon.com