

the Roadrunner



Volume 50, Issue 3



Trust The Process

I grew up in a dysfunctional home and was an isolated and fearful child. In my home, there was no alcohol, but there was a lot of yelling, verbal disrespect, and physical and emotional abuse. I brought that pattern back to my family. I married someone with an alcohol problem, and as a result, we damaged the second generation. I didn't seek help until my children were infected and two of them started drinking. That's when I hit rock bottom. It caused me to seek help in different places, and that's how I came to Al-Anon. It was very difficult for me because my focus was always on the outside, trying to fix everything, but I was also tired of that suffering, and I focused on the program. My first sponsor suggested service, and that's how my process of growth began, one day at a time, in different service roles within the group.

Being the Hispanic Intergroup Liaison for District 15 has been a process. I continue to grow and learn in service and as a human being. I feel more confident in myself. I am so grateful to the program and ([cont p. 3](#))

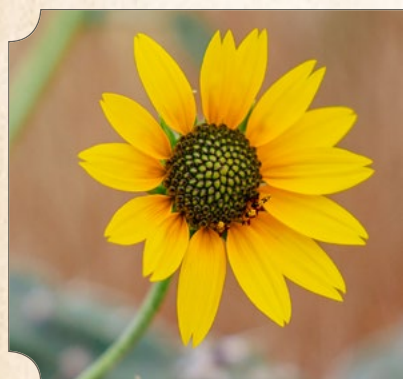


TABLE OF CONTENTS

Guadalupe M..... 1 & 3	Alateen 10	Hispanic Intergroups 8
Rhonda P 5	Area Map 14	Links of Service..... 10
Yvie P 3 & 5	Calendar 2	Meeting IDs 9
Acronyms..... 2	Contributions 8	Officers&Coordinators 6-7
AIS..... 4	Event Ads..... 11-13	Subscriptions 13
	Group Records 9	

Area 38 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.
Archivist Coordinator: Angela P.
A/V & IT Coordinator: Stacey G.
Electronic Media Coordinator: Rosa C.
Group Records Coordinator: Gloria Z.
Institutions Coordinator: Patricia C.
Literature & Forum Coordinator: Mari Nieves C.
Minorities Coordinator: Irene G.
Roadrunner Editor: Sara L.
Public Outreach Coordinator: Dorrey W.
Translation Coordinator: Silvia B.
Website Coordinator: Mark R.

AIS/INTERGROUP LIAISONS

English: Frank L.
Hispanic Districts 12&14: Maria G.
Hispanic District 15: Lupe M.

DISTRICT REPRESENTATIVES

(For map of districts see back page.)

District 1: Chris C.
District 3: Rhonda P.
District 4: Stacey G.
District 5: Renèe 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.

DISTRICT 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

September 27

Fall AWSC
Socorro, NM

November 7-9 (*see p. 12*)

Fall Assembly
Albuquerque, 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
SOS	Sharing of Service
SWRDM	Southwest Regional Delegates Meeting
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

(cont from p. 1)

to my Higher Power because during this process of service, my son died of alcoholism. The program, the Higher Power, the meetings, the sponsorship, and the service helped me stay on my feet. It hasn't been easy, but having a responsibility and a lot of love for the program is helping me move forward. I haven't missed service meetings, and that helps me stay focused on recovery. This service is a gift my Higher Power gave me, and as the title of the book says, "When I Got Busy, I Got Better." I want to continue serving so the program continues to grow and reach those homes where the disease persists. As our motto says, "Let it begin with me!"

-Guadalupe M.



In Service, Dependence Isn't Weakness

** Since I really depend on Al-Anon to make my life better for me,
I will do everything I can to keep the group working for all of us a whole.*

Before Al-Anon, I was so lonely from the profound effects of the family disease of alcoholism. I thought it was something I had to keep under wraps and manage on my own, quietly and expertly. I couldn't depend on anyone else. That distorted thinking drove me deeper into isolation, and in that shut-down state, no one could depend on me either.

My Higher Power led me to Al-Anon, and in the rooms, I was surprised to feel a little less lonely. By the end of a meeting, I was already anticipating the next meeting because, to be clear, I thought the meetings were there to serve me.

So, you could imagine my shock one day when I showed up and there was no meeting. The church doors were locked. On that particular day I was in distress from a painful situation with my loved one and thought for sure I could depend on my group's encouragement and support. Instead, I stood on the sidewalk alone.

(cont p. 5)



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 Tuesday Email Newsletter** provides timely information about NM/EP Area activities, WSO publications, and services and currently reaches over 1,500 members. To sign up, go to the contact page of the website. To advertise local Al-Anon events, please submit them to Maggie Schmitt at mmsnm88@gmail.com and they will be added within a week.
- **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)


That day was a turning point for me. Why were the doors locked? What announcement had I missed? I realized I was ready to admit that I depended on my Al-Anon Family Group for my recovery. Just as importantly, I wanted to become the kind of person they could depend on if they needed someone to be of service to the group.

Today, I depend on God, my sponsor, and my Al-Anon group—and others depend on me. I am honored to be of service and give back to Al-Anon what was so freely given to me. I want to do my part to help keep Al-Anon strong for the next despairing newcomer that walks through our doors.

Through service, I thrive in the spirit of mutual dependence, and that has become a hallmark of my recovery, not a sign of weakness.

—Yvie P.

* From *Al-Anon's Twelve Steps & Twelve Traditions* (B-8), p. 87, copyright 2005 by Al-Anon Family Group Headquarters, Inc. Reprinted by permission of Al-Anon Family Group Headquarters, Inc.



Service

Service has delivered my character defects, especially conflict avoidance, to me on a brilliant and extra-large silver platter. My role in District service started with my impulsive raising of my hand to be the District Representative (DR) for District 3 about a month after I reluctantly agreed to be my home group's Group Representative (GR). I am now two years into the DR position and sadly thinking that I only have one year left. It has been an amazing journey.

When I joined Al-Anon 6 years ago, I was depressed and couldn't see how my own actions were contributing to my self-pity and self-destructive tendencies. I experienced blissful serenity after my first couple of meetings, and I have been coming back for more ever since. After I took on the GR and DR positions, I met so many amazing people



and learned more about the inner workings and business of Al-Anon. I have had to pay more attention to detail and filter my impulsivity, like when I have to resend countless emails because of my tendency to hit the send button before reviewing important information. I am learning to set limits while listening when my peers have different ways of viewing issues. It has been hard for me to ask for help, but I have had to reach out to my sponsor on so many occasions for guidance.

During my tenure as DR, my mom went into hospice and subsequently died. It has been a very unsettling time in my life, and my service in Al-Anon has been a lifeline for me. Service has kept me grounded and given me focus during this time of excruciating grief. I'm really grateful that I have had my Al-Anon toolbox during this time of transition. I'm really grateful that I have had the opportunity to serve before, during, and after my mom's death. The lessons learned have helped me to be the best human possible for myself, my mom, my family, and my District. I still have so much to learn. I joined this program to recover. Service has expedited this recovery process, and I am forever grateful for the opportunities to grow.

—Rhonda P.

FOCUS ON

Officers & Coordinators

In the November, 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. No previous experience is necessary and our Area has many resources to help guide you in your duties, so please consider standing for one of these important service positions at the Fall Assembly!

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, Archiveist Coordinator, A/V & IT Coordinator, Electronic Media Coordinator, Group Records Coordinator, Institutions Coordinator, Literature & Forum Coordinator, Minorities Coordinator, Roadrunner 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.



Public Outreach Coordinator

Being the Public Outreach Coordinator has been so fun! The service manual gave me ideas about how to fulfill my role and the WSO website had helpful information too. For someone who's not generally comfortable talking to people, I truly grew in this service position. I travelled to libraries all over Albuquerque and to one in Isleta Pueblo and spoke to the librarians about leaving Al-Anon bookmarks there. They were all so welcoming and no one turned me down. I organized booths for outreach events and met many inspiring folks from all over New Mexico and El Paso. My best advice for folks considering this service role is to pray about it and have fun. You won't be alone.

–Dorrey W., Public Outreach Coordinator, Panel 63

Area Treasurer

When I was nominated for Area Treasurer, I felt sick to my stomach. I thought it was too big of a commitment and would be terribly difficult to learn. Being treasurer at the group level was challenging enough! Luckily, my Higher Power and Al-Anon friends nudged me into this position, and I have since learned how valuable it is for my continued growth.

I am not an accountant, so I needed to ask for help. First, I asked Higher Power to help me to be willing to ask for help, and then I reached out to fellow Al-Anon members who had done this job before. Sometimes replies took time, as life is in session for everyone, not just me. I am beyond grateful to those who have helped me learn the skills I need for this service role and for their general guidance. Pushing out of my comfort zone has helped me deal with resentment. I have become aware that if I don't ask for help, I become resentful and decide that I am being burdened. Now, when I'm not sure how to proceed, I don't guess. I ask Higher Power to help me be willing to reach out for help.

The biggest gift this service position has given me is contact with my Higher Power. Throughout the day, I ask God to help me be willing to be of service. I ask Higher Power to help me to be gentle with myself and do just what needs to be done for the day. I don't get as frustrated when the long list isn't completed. When I do need to push myself, Higher Power does for me what I can't do for myself.

Being Area Treasurer has motivated me to use the tools of Al-Anon more fully and to bring more recovery into my personal life as well. I've learned that in order to stay in my hula-hoop, I don't have to do it all. I can offer loving support instead of straying into double-headed management. I ask Higher Power for the willingness to stretch myself and then let go. This service has brought more recovery to my life, and I'm grateful. My family is grateful.

–Carla T., Area Treasurer, Panel 63

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. 9*) 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:

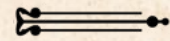
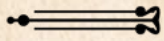
AFG Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

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

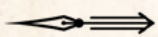
- Go to: www.al-anon.org/for-members/group-resources/group-records
- Click on “Al-Anon Group Change”
- Click on “Update Online” OR download the “Printed Form” and email it to: AFGrecords@al-anon.org

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

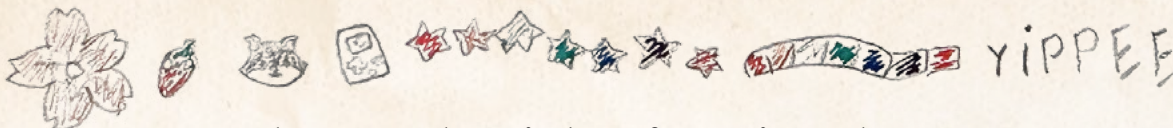


HOW TO FIND YOUR MEETING ID



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.”



What Are the Links of Service About?

From all walks of life, we enter the rooms of Al-Anon, find belonging and membership, and embark on a recovery journey. Our common bond is that we've all been affected by someone else's drinking. Once we become a member of a group and participate in its business meetings, we are introduced to the links of service.

These links form a chain—not one of command, but one that functions as a flexible conduit of information and ultimately leads the future of Al-Anon. The first link is the Group Representative (GR), who links the group to their District and Area via an Area Assembly. An Area is typically an entire state or province or a segment of one.

Group Representatives elect District Representatives (DRs) and Delegates to serve at the Area level. Each Area is represented at the World Service Conference (WSC), Al Anon's annual business meeting, by its Delegate. Delegates can bring knowledge of their Area's conscience to the WSC because it has been communicated through the links of service. Without these links in place, members risk not being able to carry out their responsibility and authority as described in Concept One: "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups."

Are we linked?

- Does our group have an active GR?
- Does our District have an active DR?
- Is there participation and communication throughout our links of service?
- Is there regular rotation so that many members have the opportunity to experience service?

Visit al-anon.org/s28 to download the free pamphlet *Links of Service* (S-28), and go to al-anon.org/wsc-structure to see a diagram of how these links function in the World Service Conference Structure.

From *The Forum*, August 2025 | Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

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

Al-Anon Fellowship Picnic

- *Rio Bravo Campground (Pilar)
- *9/13/25 12pm-3pm
- *campground reserved 9/12 & 9/13
- *Pot Luck Barbecue
- *Al-Anon Arts & Crafts
- *great site for fishing, tubing, relaxing, and reasoning things out with a friend
- *contact for more info Brenda O @575-999-1404



Save-the-Date for this year's
TAOS MOUNTAIN FIESTA!
September 19-21, 2025



www.taosmountainfiesta.org

Al-Anon has a large presence at this annual conference held in beautiful Taos, NM, at the Sagebrush Inn & Suites.

Fall Assembly Raffle And Silent Auction

New Mexico El Paso Area Al-Anon and Alateen groups, please consider making beautiful baskets from your groups for the Fall Assembly Raffle.

For the Silent Auction, please go through your homes to pick out a special painting, jewelry, sculpture, or any enviably beautiful possession you may have to donate.

You may bring your items for the Raffle and Silent Auction to the Hotel on Friday, November 9th, anytime after 3 PM.

The Assembly will be at the Sheraton Airport Hotel in Albuquerque November 7-9, 2025.

Raffle winners will be announced after the banquet. Silent Auction winners will be announced Sunday morning.

For more information, please text or call:

Dolores T. 505-702-7587.



Save the Date



This photo was taken at 'Stepping Stones',
where Lois and Bill W. lived, by Bianca B. Sept. 22nd, 2022

LOCATION:

Sheraton Albuquerque Airport Hotel

Scan QR code for more info

Registration Coming Soon!



Area 38 2025

Fall Assembly

Many Voices, One Journey:
Leaning into our Recovery

7-9

November
2025

Questions?

Navida J. ngrogan@unm.edu // Sara L. sara@ssmade.com



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://ecommm.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/>



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/>.

SHARES NEEDED for the Fall Edition of the *Roadrunner*

SUGGESTED TOPICS

Al-Anon Anniversaries & History

LENGTH

under 400 words

LANGUAGE

English or Spanish



Send shares to Sara by Mon, Nov 17.
AREA38ROADRUNNER@GMAIL.COM

Newsletter Subscriptions

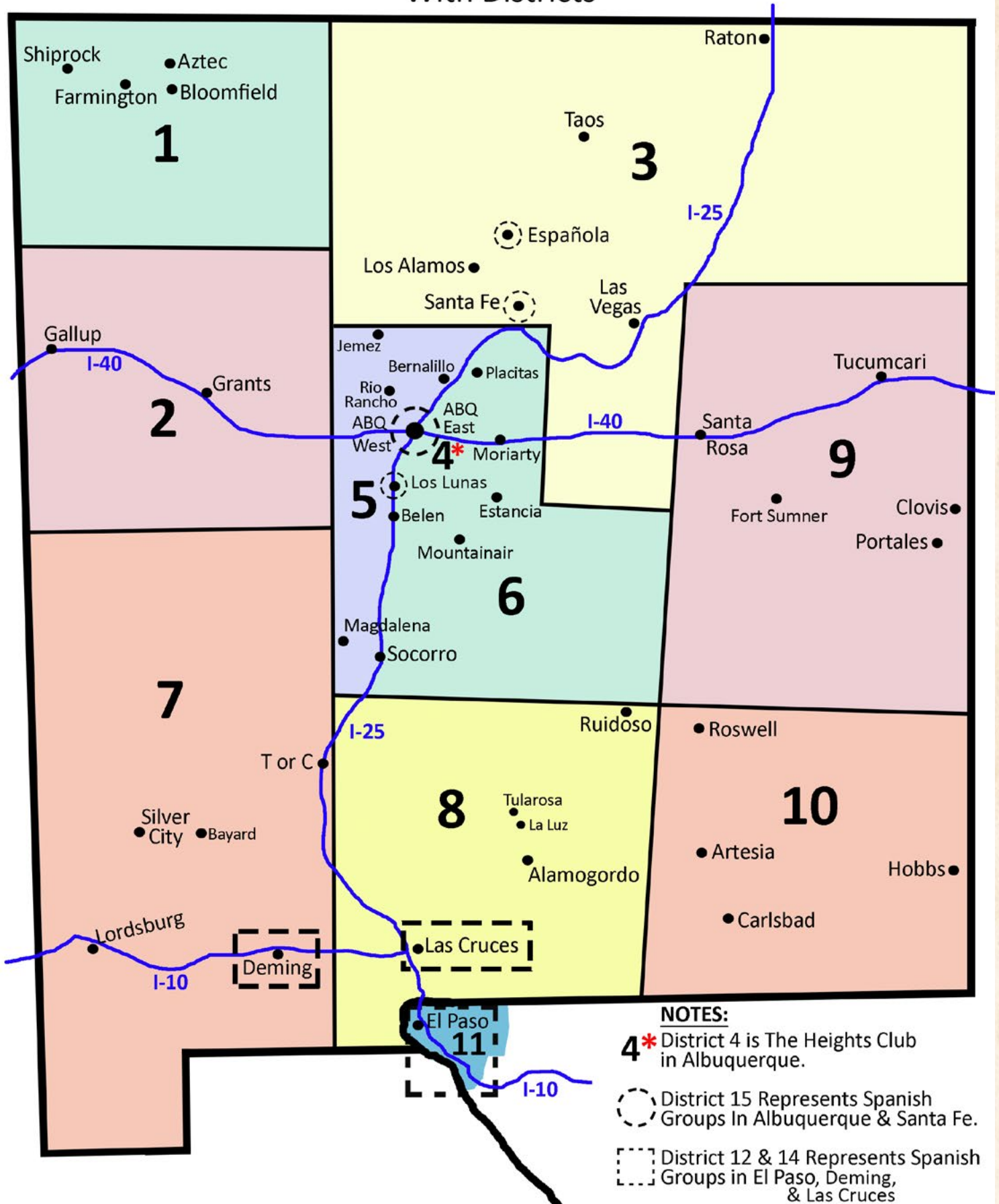
If you would like to receive a digital copy of *The Roadrunner* newsletter as soon as it's published, please send a request to the editor, Sara L. at Area38Roadrunner@gmail.com. You can also download it for free from the Area 38 website: www.nmal-anon.com. You are also welcome to print your own copies,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

SAVE-THE-DATE

**The 2028 International
Al-Anon Convention
will be in
Minneapolis, Minnesota
from July 20-22, 2028**

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