



## Caring for God's House - Together



Thanks to Sharon Hovey for creating our banner!

### Capital News

We are the current stewards of this church building. In that role we believe it is important to share this sacred space with other groups who have similar ministries to the Rio Rancho community.

**AI Anon is one, and the Capital News will highlight each through the holiday season.**

### What Is AI-Anon?

**AI-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the AI-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.**

The primary purpose of AI-Anon is to provide support to the friends and families of alcoholics. In a recent membership survey 35% of AI-Anon members said they joined our program because of a loved one's drug addiction and that their lives had improved since

attending meetings. 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. They meet others who share their feelings and frustrations, if not their exact situation. They come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

One of the Al-Anon program's basic principles is anonymity. Meetings are confidential; they do not disclose who they see or what they hear at meetings to anyone.

Al-Anon Family Groups is a spiritual fellowship, not a religious one. Discussion of specific religious doctrines is avoided, and members of all faiths (or of none) are welcome. The Twelve Steps ask participants to find "a Power greater than ourselves" who can help solve their problems and find serenity. Each member is free to define that power in their own way.

Newcomers are welcomed to meetings, usually provided with literature and a local meeting list, and invited to listen and learn. It is your choice to speak or not during the meetings. Some groups offer beginners' meetings, specifically for newcomers. Members are available to answer newcomers' questions.

You are welcome to try Al-Anon meetings, then decide if the Al-Anon program might be helpful to you.

Additional programs in the Albuquerque area:

**Alateen**, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it.

There is another program, **Nar-Anon**, which is for people affected by a loved one's drug addiction. You can visit their web site here: [Nar-Anon.org](http://Nar-Anon.org).

In God's Service,

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