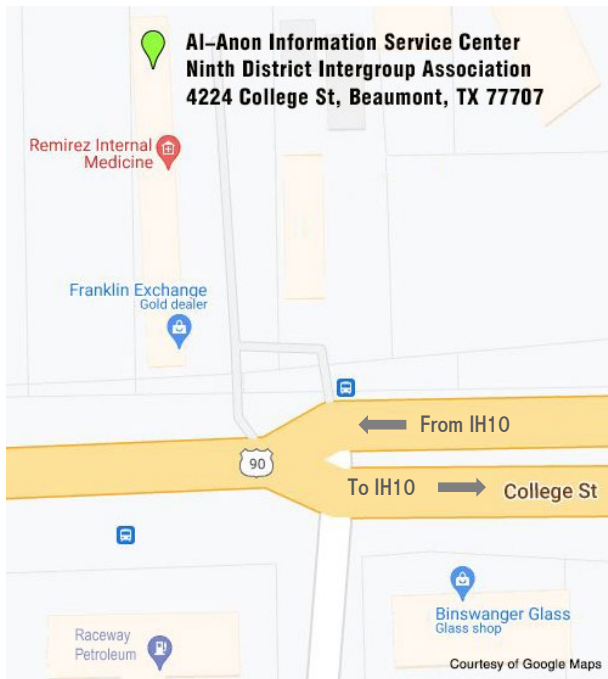


AL-ANON BOOKSTORE DEPOT



Al-Anon literature and other resources are available at the District 8 AIS online bookstore at www.setxalanon.org. Free store pickup is available.

Where to Send Group Contributions
District 8 Al-Anon 194 Shannon Rd Vidor, TX 77662 Checks payable to District 8 Al-Anon
Al-Anon Information Services (AIS) 4224 College St Beaumont, TX 77707
Texas East Area – ETAAA P.O. Box 450675 Laredo, TX 78045 Checks payable to ETAAA
World Service Organization (WSO) 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617

NEED AL-ANON?

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon: YES or NO?

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel if the drinker loved you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you often ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you sometimes feel like a failure when you think of the lengths you have gone to in order to control the drinker?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you answered yes to three or more of these questions, Al-Anon may be for you.

AL-ANON/ALATEEN MEETINGS

DISTRICT EIGHT

The Suggested Preamble to the Twelve Steps

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and giving understanding and encouragement to the alcoholic.

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www.setxalanon.org
ais.beaumont@gmail.com

AL-ANON CALL LINE

409-899-3343

7-DAYS A WEEK

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and — *Let It Begin with Me.*

 Al-Anon Family Groups®
hope for families & friends of alcoholics