



NEWSLETTER

Remember—when you buy from your local literature distribution center, you support your local services.

ONE DAY AT A TIME (ODAT) DAILY READER



The *One Day at a Time* daily reader was written by Alice B., an Al-Anon member, who spoke with many pioneers of Al-Anon who shared their experience, strength, and hope to provide the fundamental principles for this work. The first publication was in 1968. **Available now. B-6. Cost \$10.00.**

We also have several other versions of this venerable reader in stock: large print version of ODAT (**B-14, cost \$12.00**); Spanish version (**SB-6, cost \$10.00**); Alateen version (**B-10, cost \$8.50**); and Spanish Alateen version (**SB-10, cost \$8.50**).

To order literature: email Barbara H at barbarah.afg@gmail.com.

electronic Conference Approved Literature (e-CAL)

e-CAL is a way of sharing your experience, strength, and hope in ways that go beyond what is possible with words alone. You can submit original audio, video, song, poetry, prose, or a combination of media tools to e-CAL as a way of sharing your recovery with members worldwide. One grateful member has illustrated his/her experience of *The Serenity Prayer* using gorgeous pictures taken in the Monterey Bay area. e-CAL is accessed on the members website at www.al-anon.alateen.org/members. Enter Montereyafg as your password and click on e-CAL.



Courage to Change One Day at a Time in Al-Anon II is a collection of insightful daily reflections. **Available now. B-16. Cost \$12.00.** Also in stock are the large print (**B-17, cost \$14.50**) and Spanish (**SB-16, cost \$12.00**) versions. This reader is available on CD-ROM in a PC format. **B-16 CD, cost \$15.00.**



Hope for Today is Al-Anon's newest daily reader. It is based on the sharings of Al-Anon's adult children members. **Available now. B-27. Cost \$12.00.** This reader is also available in large print (**B-28, cost \$14.50**) and in Spanish (**SB-27, cost \$12.00**).

STEP FOUR: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

Alateen's 4th Step Inventory: This is the latest version of the Alateen illustrated workbook on Fourth Step topics: Attitude, Love, Feelings, Self-Esteem, Responsibility and Relationships. Updated graphics and illustrations. Workbook format provides meeting topics and room to write! **P-64. Only \$4.00.** (Also available in Spanish. **SP-64, cost \$4.00**).



We also have the Revised *Blueprint for Progress: Al-Anon's Fourth Step Inventory*. It has a number of new topics including fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 1/2 x 11, with room for writing answers. Three-hole punched, so it can fit inside a notebook. **Only \$7.50. P-91.** (Also available in Spanish. **SP-91, cost \$7.50**).

**“WELCOME” PACKETS AKA NEWCOMER KITS****Al-Anon Newcomer Packet K-10 \$1.40 (Available in Spanish: SK-10 \$1.40)**

A basic introduction to Al-Anon. Includes P-7, P-13, P-14, P-48, P-53, P-67, S-4 and M-12

Professional Packet K-30 \$1.25

Helpful leaflets for professionals who help families and friends of alcoholics. Includes P-41, P-48, S-4, S-17, S-20, S-25, S-29, S-37, and M-46.

Parents' Newcomer Packet K-24 \$2.00

For those whose child has a drinking problem. Includes P-7, P-13, P-14, P-16, P-48, P-53, P-67, S-4, and M-12.

Al-Anon Adult Children of Alcoholics Newcomer Packet K-21 \$2.00 (Available in Spanish: SK-21 \$2.00)

For those who have grown up with parental alcoholism, includes P-47, P-48, P-53, S-4, S-25, S-69, and M-12.

Men's Newcomer Packet K-23 \$2.00

Welcomes men affected by someone else's drinking. Includes P-1, P-7, P-13, P-14, P-48, P-53, P-62, P-67, S-4, and MA-12.

Alateen Newcomer Package K-18 \$1.40 (Available in Spanish: SK-18, \$1.40)

Welcomes new Alateen members. Includes P-21, P-22, P-41, P-67, S-4, S-20, M-9, M-13, M-18 and a sample issue of Alateen Talk.

BOOKS IN STOCK***Al-Anon's Twelve Steps & Twelve Traditions***

The Twelve Steps and Twelve Traditions come alive through essays, reflections, and stories from Al-Anon members.

Revised in 2005. **Available now. B-8. Cost \$9.00.**
(Also available in Spanish. **SB-8. Cost \$9.00).**

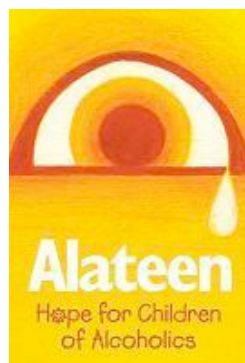


Discovering Choices is Al-Anon's latest book. It explores the many facets of our recovery in relationships. Drawing on the experience, strength, and hope of hundreds of members, the shared stories shed light on how alcoholism has affected many different types of relationships in many different ways.

Available now. B-30. Cost \$15.00.

***Courage to Be Me—Living with Alcoholism***

This is Alateen's most comprehensive book, filled with shared recovery written by Alateen members. **In stock. B-23. Cost \$10.50.**

***Alateen—Hope for Children of Alcoholics***

This is a basic primer for teens affected by someone else's drinking. It includes an easy-to-understand explanation of alcoholism and the Alateen program. Updated in 2003.

In stock. B-3. Cost \$7.00.
(Available in Spanish. **SB-3. Cost \$7.00).**

***Living Today in Alateen***

This is Alateen's newest daily reader, filled with wonderful, hope-filled personal sharings. **In stock. B-26. Cost \$12.00.**

What does the name Al-Anon mean? The word "Al-Anon" is simply a derivative of Alcoholics Anonymous, combining the first syllables of each word.