

Intergroup needs your help

In the words of a grateful member of Al-Anon: *"Intergroup helped save my life."*

How?

"I found a meeting on the Intergroup website, and at that meeting, I found relief from the family disease of alcoholism. Without this service, I wouldn't have found it or any other meetings. I wouldn't have found recovery."

Do you feel this way? If so, Intergroup could use your help.

- If you can volunteer some time in the office, thank you.
- If you can make a sustaining contribution, thank you.
- If you can talk to a newcomer and let them know that the Intergroup office EXISTS and is filled with ESH (experience, strength and hope) and literature, thank you.

"Tradition one tells us: Our common welfare should come first; personal progress for the greatest number depends upon unity. It starts at the group level, and without access to info about meetings, there would be no groups. That's unity of purpose to me."

In the past year, the Greater New York Al-Anon Family Intergroup has maintained meeting lists and maps of meetings in all five boroughs. Intergroup has attended events, bringing pamphlets and talking about Al-Anon to those affected by this family disease. Intergroup also serves as a local Literature Distribution Center. Anyone can order on line or drop by during our regular hours to buy literature.

But to do all this we need your support. To make a donation please visit our website at nycalanon.org and click on the Donate button. Or send a check or money order made out to the Greater New York Al-Anon Family Intergroup, Inc. to Al-Anon, 4 W. 43rd St., Suite 308, New York NY 10036

To volunteer, please email office@nycalanon.org.