



Al-Anon Family Groups of Massachusetts

June 2026 BULLETIN

Thought for the Month

"I am learning my feelings are important and deserve my validation, but also that they are just feelings, not facts. I do not have to make decisions on the basis of those feelings. In fact, I must often detach from them in order to make choices that will be in my best interest."

*–How Al-Anon Works for Families & Friends
of Alcoholics (B-32), p. 244*

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Office Hours

MONDAY-FRIDAY
9:00 AM – 4:00 PM

Area Office Delayed Opening:

Monday, June 1st Open 12-4pm

Area Office Closed:

Friday, June 19th (*Juneteenth*)

Office Information

57 East Main Street, Suite 109
Westborough, MA 01581
508-366-0556
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Bulletin Information:

Submission deadline is the 20th of the month prior.

To add your event to the bulletin, go to: alanonma.org/add-event/ This form will add your event to both the website calendar and the bulletin.



A Message from your Delegate

I was very pleased to see so many of you at the Spring Assembly, in-person and online. We gave away some literature and lots of love gifts from the conference. Thank you to all who helped to put on the Assembly. I know it is a lot of work, but many hands make light work, and I'm glad many people each do their part to make the Assembly useful for the groups. My delegate report is on our website which includes the report itself and a version of the PowerPoint presentation. <https://alanonma.org/en/2026-Spring-Assembly-Docs/>

The new 2026-2029 Service Manual is out, please consider purchasing it for your group if you haven't already done so. Please share my report with your groups, and feel free to send me any questions about the WSC and what we did this year. Read the Conference Charter in the Service Manual for a summary of what the WSC is and its relationship to the WSO and the Board of Trustees.

In Service, David C.

A Message from your Chair

We had a wonderful Spring Assembly thanks to our amazing Assembly Team. We had wonderful food thanks to District 6 and 13. And it was wonderful because so many attended. Thank you to everyone involved.

The Assembly voted to accept electronic Alateen meetings into our Area 25 (Massachusetts). How this rolls out will be news for the coming months. I am happy to announce that a member has stepped up to be the Alternate Alateen Coordinator. I am so grateful for the work and tremendous amount of energy our Alateen Coordinator is pouring into revitalizing Alateen for our state. The Alt Coordinator is raring to go as well. We are blessed.

Summer is a break from AWSC meetings, but the GRs will be busy reading the proposed changes to the By-Laws of AFG of MA, Inc. GRs get this document three months before the Assembly. The AWSC will be reviewing the findings of three Task/Thought Forces:

Thought Force on Finances, the proposed changes for Alateen Safety and Behavior Requirements and the By-Laws document. Oh no, homework!

Please enjoy the warmth, ease, and joy of summer.

Respectfully in service, Jane P

Anniversaries and Fellowship Events

See our website calendar for the zoom information and any event details

June 2: *Let It Begin With Me AFG 64th Anniversary*, 7pm, The Loring Center, 384 Court St, Plymouth

June 5: *Friday Night Book Study AFG 16th Anniversary*, 5:30pm, Second Congregational Church, 1080 Pleasant St., Palmer (use rear entrance)

June 5: *I'm OK You're OK AFG 51st Anniv*, 7:30pm, Bryantville Community Church, 546 Mattakeesett St. Pembroke

June 6: *District 20 Seasoned Speaker Meeting*, 10:00 am, Salem Covenant Church, 215 E Mountain St. Worcester

June 9: *Easy Does It AFG 14th Anniv.*, 5:45pm, 70 Devine Way, South Boston

June 9: *Freedom to Be Me AFG 45th Anniversary*, 7:00pm, St Mark's Hall, 27 Main St, Southborough

June 10: *Izzy Does It AFG 39th Anniversary*, 6pm, Hybrid, First Church Boston, 66 Marlborough St, Boston

June 14: *Simply Sunday AFG 27th Anniversary*, 4:30pm, Wilbraham United Church, 500 Main St, Wilbraham

June 14: *Sunday Night Al-Anon AFG Group Inventory*, 6:30pm, Hybrid, Methodist Church, 800 Highland Ave, Needham

June 15: *Growing Together AFG 50th Anniversary*, 6:30pm, Baptist Church, 261 East Main St, East Brookfield

June 17: *Share and Care Adult Children AFG 42nd Anniversary*, 7pm, St Ann's Parish Hall, 675 North Main St, Raynham

June 23: *Search for Serenity AFG 52nd Anniversary*, 7pm, Hybrid, St. John Old Parish Center, 115 Middlesex, North Chelmsford

June 27: *Courage to Change AFG 5th Anniversary*, 10am, Congregational Church, 27 Church St, Mattapoisset

For all meeting info: alanonma.org/meetings

Announcements

Meeting Time/Location Change:

North Andover Alateen AFG is now on Thursdays at 7pm and has moved to St. Michael's, 196 Main St, North Andover

Meeting Disbanded:

Progress Not Perfection AFG on Weds mornings in Worcester has disbanded.

A Message from your Treasurer

At your next district meeting please consider if your district or group is holding too much money. If you have a workshop or outreach project, you might reserve an amount for that purpose, but if your district or group treasury is growing with no projects in mind, you might send the excess on to the Area or WSO.

Did you know that your group representative should be reimbursed by their group for their Assembly attendance? Did you know if your group can't afford to send a representative you can ask your district to pick up the cost. In Service, Sandy

A Message from your Website Coordinator

I shared at the Spring Assembly that the current website design is over 4 years old, which means it is in a geriatric stage for technology. Functional and experienced, yet sometimes difficult to deal with. With that in mind, the website team has been exploring a redesign over the past several months and have one that we are moving forward. As a group of volunteers, we realize that our team has reached its capacity on this project. We are now ready to begin working with a vendor to provide our members with a new website that is simple to navigate, has an engaging design, maintains our clear Al-Anon purpose and is mobile-friendly.

The Area has approved this project and a vendor has been selected. We anticipate a 2-3 month process which will provide us with an opportunity to provide an update around the time of our Fall Assembly. So, while the website team will not be meeting until the end of August, we will be working behind the scenes along with our selected vendor to bring our Area Website into a more modern era. We are excited for what the future holds and can't wait to share it with you! In Service, Dave B

Concept Corner

Concept 6: The Conference acknowledges the primary administrative responsibility of the Trustees.

Concept Six is about specialization and trust. The Trustees specialize in the administrative responsibilities of Al-Anon Family Group Headquarters, Inc., and must be trusted by the World Service Conference (WSC) to handle those responsibilities. The WSC only meets once a year, so the Trustees and Executive Committee need to be able to handle whatever comes up before the next WSC. The Trustees must be given sufficient authority and legal status to serve as a Corporate Board, but must also know when to defer to the WSC. The Trustees use the Spiritual Principles of the program to do their work, but must also be able to run an effective business operation at the same time. In Service, David C.

From the Area Office/LDC:

Does your physician and/or therapist know about Al-Anon? Help spread the word to local professionals and carry the program to others by educating them. Consider bringing them a professional packet (MA-14 \$0.60) and/or an Al-Anon Faces Alcoholism Magazine.

Electronic versions are available on our website to use in an email under the Outreach tab. There is also an introduction letter available. https://alanonma.org/to_professionals_email/

For all Online literature orders, you must **select and add in** the appropriate level of package and handling costs as you check out or it will delay shipping.

PACKAGE & HANDLING LDC COSTS:

For a order subtotals: \$0-\$10 – add \$2;
\$10-\$60 – add \$6;
and orders above \$60 – add 10%

For group literature orders, please provide your meeting information in the *Order Notes* section (town/day/time or meeting #).

Any questions, reach out to office@alanonma.org. Thank you! In Service, Pam

Meeting Location Change:

Heals and Educates Loving Parents AFG on Wednesdays at 7pm has moved to Point of Pines Fire Station, 140 Lynnway, Revere as of June 3rd.

Meeting Focus Update:

Surviving Serenity AFG Thursdays 7pm at Congregational Church, 71 Central Sq Bridgewater will do a book discussion on *How Al-Anon Works* in June.

One-time Meeting Change:

New Day Adult Child AFG on Saturday mornings in Attleboro will meet in the John Murray room on June 20th only.

District/Area Meetings

see our website calendar for the zoom info

- June 7:** Online, AWSC Meeting, 1pm
- June 10:** Online, District 8, 7pm
- June 11:** Online, District 16, 7pm
- June 13:** Online, District 13, 9am
- June 14:** Online, Alateen Outreach Service Meeting, 11:30am
- June 14:** Online, District 6, 6pm
- June 15 :** Online, District 11, 7pm
- June 15 :** Online, District 7, 7pm
- June 16 :** District 19, 6:30pm, Leominster Public Library, 30 West St.
- June 17:** Online, District 18, 7pm

Three A's
 Awareness
 Acceptance
 Action

Three C's
 I didn't Cause it
 I can't Control it
 I can't Cure it

Another Thought

"The most important fact I came to understand was that Al-Anon offers a program for me, a place where I can concentrate on self-improvement. I focus attention inward, on my own growth and recovery. I pay heed to my behaviors and attitudes. I change my thoughts."

*To Parents of Alcoholics (P-16), page 10
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A Message from your AA Liaison

I'm delighted to connect and facilitate communication at the Area level with AA. We are already working with the AA Convention Committee. We have learned many lessons from last year's convention. We are keeping what worked well and will tweak areas of our participation to make them more effective. Karen and I will attend the AA Convention planning meeting to assist with the Al-Anon portion of the event. We will need support with the public outreach, Alateen and literature tables on Saturday only. We will also need speakers for the meetings on Friday night and Saturday. There has been some confusion regarding dual members' ability to participate in the Area. Dual members can serve as AMIAS and on committees, and we would be delighted to have the help. Anonymity is sacred; please feel free to contact us privately with any questions or concerns. We can connect you with the ideal person to provide the information you're looking for. liaison2aa@alanonma.org
 Yours in Service, Liz F, Al-Anon Liaison to AA and Karen K, Alternate Al-Anon Liaison to AA

A Message from your Alateen Coordinator

At the Spring Assembly on May 16th, group representatives were presented with a motion to accept the incorporation of Alateen Electronic meetings in Massachusetts. The motion was accepted. In order to incorporate electronic meetings, special requirements will need to be followed as decided by the World Service Office. Special Alateen Electronic Meeting trainings will be offered over the summer. Our AAPP (Area Alateen Process Person)- Pam, our Assistant AAPP-Terry, our Delegate and I will be attending the 3-hour long training session online in August. More knowledge acquisition will be needed before actually launching an Alateen Electronic Meeting. Stay tuned for more information as time goes on.

ALATEEN OUTREACH SERVICE MEETING: Sunday, June 14th 11:30 am on ZOOM
 Looking for fellowship volunteers to assist with doing in person Alateen presentations in locations where teens meet or with professionals who work directly with teens. The discussion will focus on the Alateen Outreach "Presentations" Resource Guide. To reference the guide go to alanonma.org. Click on the Alateen square/tile. Click on the SERVICE tab, click on GUIDELINES. Reference the ALATEEN section, click on AMIAS RESOURCES. Click on ALATEEN OUTREACH PRESENTATIONS.

In gratitude, Don R. alateen@alanonma.org

A Message from your Archive Coordinator

Continuing with excerpts from early issues of the Monthly News Bulletin. This is from June 1968
 "Our current two year lease on the Intergroup Office expires on June 30, 1968. We have been notified that the new lease which goes into effect on July 1, 1968 carries a twenty dollar a month rent increase, making our rent \$85.00 per month. So we are appealing even more urgently to all groups to help support the Intergroup Office to the very best of their ability. Please do not feel that you must wait until you can send in a sizeable donation. It is more important that your donations, however small, be sent in on a regular monthly basis."
 We continue to sort and organize treasured documents and memories from our beginnings in 1949 through the 1990s. Your memories of more recent years are also most welcome. If you are interested in helping with any of this or would like to plan an Archives meeting for your group or district, please contact me at archives@alanonma.org
 On our journey in service and recovery, Joan S.

Area Contacts

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A Message from your Literature Coordinator

Did you receive the May issue of the Forum? If you did, you might take note that there are not one, not two, but THREE articles in the Forum from members in Massachusetts. Well done to the authors! Thank you for sharing your experience, strength and hope in writing. Please consider using these wonderful articles as a meeting topic in your group. Does your group have a Forum subscription? Every group is encouraged to have a subscription and to use the Forum regularly in the meeting. The Forum always needs member sharings and every month there are lists of topics that are particularly needed for upcoming issues. Our Delegate, David C., mentioned at the Spring Assembly that there is now a deadline for submitting member sharings for the new book on Sponsorship and Service Sponsorship. That deadline is fast approaching: June 30, 2026. If you have been thinking about writing something for this new book, please do so and submit it ASAP. You can find the guideline for writing at this link:

<https://al-anon.org/blog/your-sharings-are-needed-for-new-cal-on-sponsorship/>

Thank you to everyone who answered the call already and let's keep carrying the message of hope through our wonderful CAL.

Love in Service, George S.

The Forum

Did you know you could visit our website and print out a Forum order form.

<https://alanonma.org/literature/the-forum-magazine/>

Or order it online at: <https://ecomm.al-anon.org/forum#vaff>

Samplings from the June Forum:

Courage To Heal

I imagined a bandage covering an open wound: the alcoholism of someone else and its effects on my life. I covered it carefully, hiding it from everyone around me because I did not want to reveal its cause.

Over time, and with the help of Al-Anon, I realized that only after I was willing to remove the bandage, look at the wound, and openly discuss it with others who also tended to hide their wounds, would I begin to heal. I had to accept that being willing to say my naked truth was the only way to heal. Al-Anon gave me a safe place to do this. I had to discover the courage to let the wound heal over, even if it left a scar, trusting that I no longer needed to cover it up to be okay.

I learned from the Steps, the slogans, and, most importantly, my Sponsor not that we can heal our wounds safely and without judgment in the rooms of Al-Anon. Today, I look at my scar and understand that it no longer has any power over me.

By Barbi T., Florida,

The Forum, June 2026

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Meetings in Your Pocket: The AFG Mobile App

The Al-Anon Family Groups Mobile App connects over 270,000 active members through a safe digital space. On the app, you can access 142 virtual meetings, including 11 daily options; share your experience, strength, and hope through its secure newsfeed; journal your a-ha moments; and keep up with World Service Office news—all from your phone. Additionally, members can subscribe to receive premium content, currently Today's Reflection, to enhance their program experience. Available on iOS and Android, it's another valuable tool for your Al-Anon toolbox, accessible wherever you are.

Learn more at anon.org/mobileapp

