

Al-Anon Today

YOUR E-LINK TO AL-ANON UK & ÉIRE

**a fresh
start**

*allows us to see
ourselves in a
new light.*



www.al-anonuk.org.uk
Spring 2023

Letter From Your Editor

I've been journaling more than usual lately, reflecting on what new beginnings mean to me.

Each new beginning brings a golden opportunity for me to start afresh. It allows me to see myself in a new light. For this new light to shine as brightly as possible, all I need do is trust and be willing to embrace all the wonderful gifts my Higher Power places at my feet. As I allow each new beginning to gently unfold in its own time, I find things develop more beautifully than I could have ever imagined.

One of Al-Anon's greatest gifts is sharing our experience, strength and hope with others, our unique stories enrich us all. The Editorial Committee have been showered with your gifts of shares. Thank you to everyone for contributing and for making it possible for us to share your gifts in this edition of *Al-Anon Today*. With your help, *Al-Anon Today* (e-zine) will continue to be enriched with a diverse expression of the Al-Anon programme of recovery.

I hope you will be inspired to send in your gifts of shares for our summer edition. We would love to hear from you.

Annie S

OPINIONS EXPRESSED HEREIN
ARE NOT TO BE ATTRIBUTED
TO AL-ANON AS A WHOLE.
MEMBERS SHARE THEIR
PERSONAL EXPERIENCES
AND STORIES, AND INVITE
OTHER MEMBERS TO 'TAKE
WHAT YOU LIKED AND LEAVE
THE REST' — THAT IS, TO
DETERMINE FOR THEMSELVES
WHAT LESSON THEY COULD
APPLY TO THEIR OWN LIVES.

In this issue...

	page
Letter From Your Editor	2
I Can Start Again	3
I Was Able to Set Boundaries	4
Recovery in the Pandemic	5
Progress Not Perfection / Other People's Rules / Attitude of Gratitude	6
I Am Proud of Myself Today / My Experience Strength & Hope	7
I Learnt I Could Lovingly Detach	8
I Never Realised	9
Recovery through Service	10
Working the Programme	11
How Al-Anon Has Helped Me.....	12
Why I Came to Al-Anon and Why I Stay	13
This I Learned in Al-Anon	14
Suggestions for Meetings/ The 3 Cs / Need a Topic?	15
Learning to Say No / I Awakened to My Own Life ...	16
Please Share Your Thoughts With Us / Serenity Prayer	17
Statement of Purpose / The Twelve Steps	18

I CAN
START
AGAIN

I came to Al-Anon about ten years ago and it continues to help me every day. I can start the day again at any point. I love this suggestion and I use it multiple times. When I lose my temper or my serenity, I can start over again. In fact, when my four year old does something "naughty" and has been told off, he'll say, "Start again!" This, to me, is the Al-Anon programme at work in my life.

Before Al-Anon, I was irritable and would fly off the handle quickly when things didn't go my way. Small things that people did to annoy me became huge. I had no perspective.

Since coming to Al-Anon, I can focus on what's important. I make a gratitude list each day in the morning and I try to remember it when things go less than perfectly. Gratitude always helps me.

Going to meetings is an instant source of peace for me. I listen to other members, almost always hearing exactly what I need to, and I leave the meeting feeling understood and better able to deal with my life. My main problem is still me! But with the tools of Al-Anon, I can acknowledge that today and stop trying to change everyone else.

I am loved by the Group members and feel encouraged by seeing them each week. No one judges me, members listen and nod. It's like a new start each week. There is hope for me to keep recovering if I keep coming back. I'm still so grateful to Al-Anon.

Thanks for always being there.

Anon

*Do you have
a Gratitude list?
Share | Al-Anon UK*



I was able to set boundaries

I was an emotional wreck when I first walked through the doors of Al-Anon. For several years I had tried to help and support my adult son through his alcoholism. The final straw came for me when I found myself in a supermarket with my son buying him a box of lager! My intentions were good, if I didn't buy it he would surely try to steal it and I didn't want him to end up in trouble with the police, again.

Inside I felt wretched, beaten, worthless and hopeless. I felt no better than a drug dealer, and I knew I couldn't carry on like this.

My first few weeks in Al-Anon, I just cried and cried! I really didn't want to be there, because with all my heart I didn't want my son to be an alcoholic. I was full of fear and tremendously sad for him. Listening to others share their experiences and reading the Al-Anon literature, I began to understand that alcoholism is an illness and that I had been enabling my son, not helping him. In the process of trying to manage this illness, I had become ill.

I began to change as I gathered courage from the Group and my Sponsor. I was able to set boundaries and say no to my son whilst still showing love to him. Al-Anon says - a change in me could cause a change in the alcoholic and I clung onto the hope.

Today my son is almost three years sober in Alcoholics Anonymous and doing well. More importantly, I am better. I live a peaceful, happy life now, not because my son is sober, a wonderful gift he has been given.

My life is good today because being in the Al-Anon programme gives me the tools and support to manage my life, no matter what the circumstance, One Day at a Time. I am so grateful to you all in this life changing and life affirming programme.

Anon

Have you ever realised you were enabling someone? [Click here](#) to Share

'I had been enabling my son, not helping him'.



RECOVERY IN THE PANDEMIC

When the pandemic first hit my initial feeling was fear.

I was furloughed from my long-term employment, helping vulnerable people and I quickly felt vulnerable and isolated myself. I had attended two Al-Anon meetings a week throughout my long recovery, and now the meetings were closed. I felt very frightened and lonely.

Very quickly, I realised I had a lot to be grateful for. I had a telephone which I am very comfortable using and many members who I could reach out to and share with.

Then online meetings came into my life through my very special Al-Anon friend. She took me to her home and supported and encouraged me to be part of the Al-Anon family again ... in a slightly different way. She encouraged me to get my own iPad and continues to support and encourage me today.

I am still learning, but today I'm willing to ask for help, and more importantly accept help, which is a big part of my recovery, as growing up in an alcoholic home asking for help wasn't encouraged or acceptable. It was seen as a sign of weakness, but now I know it's a sign of strength.

Over the past few years I've grown in confidence at online meetings. I can share, read a page, participate in business meetings and support other members doing Service. I've not yet had the courage to chair an online meeting as the members jump about the screen and that panics me. Although that's ok, as I'm doing what's good for me and that's me working my programme.

Online meetings have become my new Al-Anon recovery tool. I've met many new members, heard shares that blow me away and see Al-Anon working with new friends.

Who knew that at eighty my Higher Power would lead me to a new way of getting my much-needed spiritual recovery. Today, I can tap into that recovery whenever I need it, every day if I choose to!

I'm a very grateful, tech savvy, long term member of Al-Anon.

May

Please share your experience of Online meetings.

Share | Al-Anon UK



'Progress not Perfection'

As I write this, I am almost a year on from my husband's death. I am trying hard to look after my mental and spiritual health, and this includes going to my meeting each week. I have struggled for a lot of my life with trying to be perfect and have beaten myself up when I am not.

Through Al-Anon, I have learnt so much good stuff, including that, as a human, I am enough. So, I am making progress, I am accepting that I am not perfect, and I am grateful each day for what Al-Anon has taught me.

For me this is based on accepting the importance for my recovery of the three Cs: I didn't cause my husband's drinking; I couldn't hope to control his drinking; and I was never going to be able to cure him of his addiction.

He died still in denial that he had a problem with alcohol. But I knew that I had a problem with his drinking, so I found my way to Al-Anon many years ago. Thank God.

Anon

I used to think that I needed to put other people first, meet their needs and make them happy. I completely lost sight of what might make me happy.

I did not understand then that I needed to look after myself and that, if I didn't do that, nobody else would. I had become very low and depressed. I simply did not realise at that time, that amongst my other problems, I had a problem with someone else's drinking and how much this was harming me.

Very slowly, having found Al-Anon, I learnt a healthier way to live and to look after myself. Now, I try to avoid the words "should", "must" and "ought" - if I can. I try to think before I speak or act, to let go of things I am obsessing about and be grateful for the small things which give me so much pleasure.

Anon

Other People's Rules

An Attitude of Gratitude

It was in Al-Anon that I learnt about keeping a gratitude journal. Each night I could write down five things which had happened during that day. Some days that was easier than others. The entry could have been about hearing a birdsong, or seeing a flower in a neighbour's garden, it might have been a friend phoning me, or a kindness shown to me at work. This all made me start to notice what I had been choosing to ignore, until then. And yes, life could be tough at home, but there were good things happening too. A gratitude journal helped me to start seeing them.

It became more of a habit to spot these good things in my life. It made me feel better, even though my situation at home remained the same; I was changing the things I could, as it says in The Serenity Prayer.

Anon

**I am
proud
of myself
today!**



This programme has changed my life in so many ways. When I came to Al-Anon, I was full of anger and resentment. I hated my alcoholic husband and my mother, who I blamed for not loving me and for the way she treated me in my childhood.

Slowly, my thinking changed, and these feelings started to melt away like the story of the snowman in *Hope for Today* - Feb 23rd.

I listened to people at the meetings and realised that my husband suffered from a disease called alcoholism and that my mother's behaviour was due to her being affected by my father's drinking.

Things started to fall into place, and I started to have feelings of compassion and empathy. Then my behaviour toward them changed and our relationships got better. It wasn't easy. I had to have a long hard look at myself and I realised my behaviour in the drinking days was just the same as my mother's.

Through a lot of hard work on myself with my Sponsor, I am proud of myself today. I have gained self-worth, self-esteem and gained a confidence I never had.

I only have all this One Day at a Time. That's why I stay in Al-Anon, even though there is no alcoholism in my life now. I must live with myself. I need this programme to keep me on track.

Myra - Southsea

I was born into a family of alcoholism. I attended my first Al-Anon meeting when I was fifteen. It was the first safe place I had ever known. Al-Anon members listened and shared their experience, strength, and hope. I felt at peace at the meetings, and I kept coming back.

Whilst going through a breakdown and losing my vision severely, Al-Anon meetings around the country helped me and I achieved great success by graduating from university.

The unconditional love from my Higher Power is an unlimited source of light.

Jamesie MS - from Dorset

**My
experience,
strength
and
hope**

I LEARNT I COULD LOVINGLY DETACH



*Have you been able
to detach with love?
[Click here](#) to Share*

I've been in Al-Anon for two years now and I'm a very grateful member. My mum is the alcoholic in my life. She is still a very active drinker and unfortunately, we don't have a relationship anymore.

I grew up caring for my mum; the roles have always been reversed. I cared for her and for my sisters when she was drunk. I lost my childhood due to my mum's drinking. Instead of playing out with friends, I was trying to stop my mum's suicide attempts.

When I was living with her, I was truly insane. I checked for hidden bottles, checked if she was still breathing when she slept and followed her around thinking I could protect her. We had quite an unhealthy co-dependent relationship.

She has been to rehab twelve times now, unfortunately they've all been unsuccessful. I used to take her to Alcoholics Anonymous as it was the only way she would go, and thankfully I found out about Al-Anon. To this day, I believe it was my Higher Power that got me to the meetings.

I first went to Al-Anon full of hatred for my mum. I had thoughts about her that I would never share with anyone, but as soon as I attended Al-Anon I felt safe. Safe because people shared the same thoughts I was so ashamed of. My biggest fear was losing my mum but sometimes I would wish her dead.

I started Al-Anon to try to build a relationship with my mum.

Al-Anon has taught me how to lovingly detach, it's what's best for me and for her.

I miss my mum every single day and grieve the mum I never had, but through the help of Al-Anon I've learned to grow, love myself and to live in a healthy way. Now, I don't look at my mum with hatred, I look at her with love and empathy and I pray for her. I don't get involved now and I trust that her Higher Power will guide her and do what's best for her.

Before Al-Anon I always asked myself 'why me?' Why can't I have a family that sits around the table and talks about their day? Why can't I be enough for her? Now, as soon as I walk into the rooms of Al-Anon, I feel like I've just got out of the storm. I feel safe and loved, and I have the family I've always wished for. Thanks to the programme and the help of my Sponsor, I am forever grateful that I had that upbringing, as it made me who I am today.

A Grateful Member

I never realised...

I never realised alcoholism was such a humongous problem worldwide, until it hit my family.

I have been a member of Al-Anon since October 2020. My husband is my problem drinker. He started off as a social drinker, but since 2017 things started going badly.

I never imagined something like this and was not prepared for how to deal with the situation. During the pandemic, things were totally uncontrollable and got to a melting point.

I was frustrated as we fought every day. I tried to do everything and anything to stop him from drinking, but I totally failed. One of my friends saw a notice on Facebook and introduced me to Al-Anon. I was very sceptical and not sure. I was in search of an instant remedy for my husband, but I soon realised Al-Anon was for me.

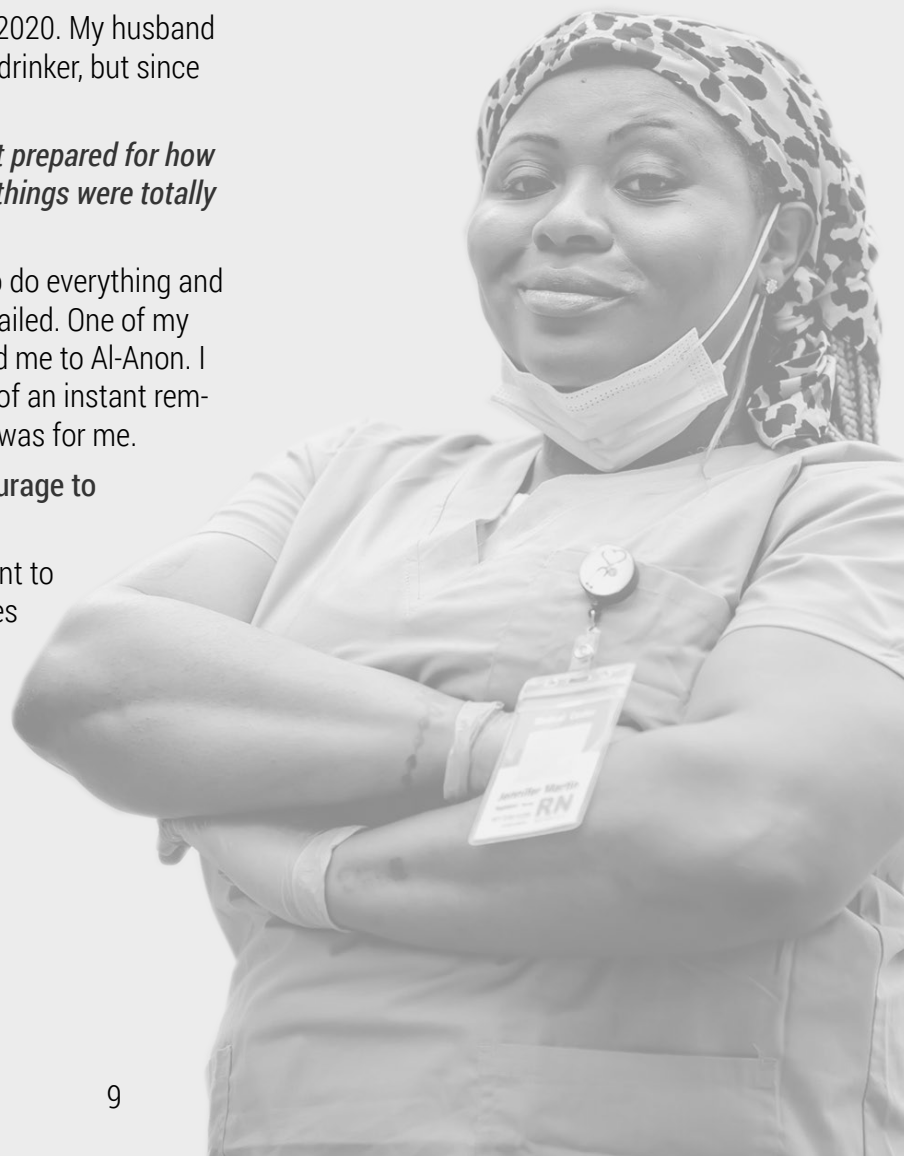
Listening to various experiences and reading Courage to Change really gave me a new insight.

Initially, I was still not convinced but slowly I learnt to live *One Day at a Time*. I also applied the principles in various areas of my life. Now, I can proudly say that if I hadn't come to Al-Anon, I'm not sure what would have happened. I have found solace, guidance, and the tools to deal with things. All credit goes to my home Group; I owe everything to Al-Anon.

One day, when I gather more courage, I will write this with my name on.

Anon

[Share | Al-Anon UK](#)



Recovery through Service

During my adult life I never felt that my opinion mattered. This meant I never expressed my opinion for fear of being thought stupid or I didn't feel I ever had enough information to express a valid opinion. Other people's opinions mattered more than mine as they appeared to know much more than me.

I would never contribute anything, even in my own home Group and would just go along with whatever member I perceived to be the strongest with the loudest opinion, especially if they felt so strongly about it. I thought they were right.

I never thought to question this thought process. They just knew something I didn't. As my recovery began to grow there was an unconscious shift in my thinking. I attended Area Assemblies and realised I had guidelines in the Service Manual, The Steps, Traditions and Concepts and I could begin to form my own opinion based on how Al-Anon actually works.

I went from having an airy-fairy view of the world, to taking Al-Anon Service seriously. Once I found a Higher Power that worked for me, this helped my understanding of the programme I desperately wanted to work. I realised that doing Service was giving back for something I am so grateful to have received, 'my recovery tools'.

I gained more clarity of thought; I didn't need to react to situations, and I didn't need to give an opinion unless I was asked. When I gave an opinion, I accepted that it mattered and, on most occasions, I knew what I was talking about. However, I know today, what's my business and what's not.

I took on the Area Delegate role during lockdown which was a challenge. Members were all finding their feet with

this new online version of Al-Anon and I felt there was more to the Service role than I first thought. I became a bit overwhelmed; I thought that I was only a communication between Area and the General Service Office (GSO). However, I quickly realised it was more than just the communication and that I had developed skills throughout my recovery that I could now use in my new Service role.

The Service role of Area Delegate showed me the true meaning of being a Trusted Servant, not everything needs to be solved by me and I don't have to have all the answers, sometimes all I need to do is be able to listen.

Having a Service Sponsor was essential for me. To get support from someone who had already done the role and was willing to share, support and guide me was invaluable.

I was constantly being told "if all else fails, check the Service Manual". I needed calm and reassurance, whilst also being shown the humour in situations that I thought were insurmountable. My Service Sponsor occasionally gave me reality checks and when I was being over ambitious with my ideas, she very gently brought me back to the basics, "First Things First" and then we'll attempt to climb the mountain.

Living with active alcoholism throughout my Service, meant that I could use Service as one of the many recovery tools I had learned during my recovery. I never want to lose the feeling of belonging. This is why I continue to do Service today.

Lesley

Do you have a Service Sponsor?

Can you share your recovery through Service?

[Share | Al-Anon UK](#)

Working the Programme

“ If I looked as if everything was OK and did not react, then they would feel safe. ”

When I first came to Al-Anon my children were small, and I very quickly realised that my behaviour and attitude could have a negative effect on them growing up. I didn't want to be the parent they hated; I wanted to be the best example to them I could.

I read the leaflet 'How can I help my children' and listened to members sharing about how they coped with active alcoholism, whilst keeping their children safe.

It was suggested that my girls would look at how I behaved, particularly in difficult situations, and that if I looked as if everything was ok and did not react, then they would feel safe. They could be secure in the knowledge that their mum was looking ok, therefore they were ok.

During this time of my recovery, I had to fly to London with my work. On my return flight, (which was at night,) the aeroplane hit terrible turbulence. The cabin lights were put off and everyone had to return to their seats and put their seatbelts on. It was very frightening, and I immediately went into panic mode. My catastrophic thinking took me to places of fear, anxiety, and panic.

What if the plane crashed and my girls were being left with only their alcoholic dad? In that moment of panic, the air steward came and made sure my seatbelt was on and calmly reassured me that everything was under control. I then watched everything she did, including sitting in her own seat calmly and smiling. She nodded to me, smiling, saying, 'it won't be long until we safely land', and I believed her.

All I needed, was to know that someone who appeared to know what they were doing was in control, and was calmly carrying on without any fuss. That's when I knew how working the programme could positively impact on my children.

I could be their calm, guiding light. Reassuring them without reacting and telling them with a smile that it would be ok. I started to practise this positive behaviour and it worked.

I am forever grateful to the lesson I learned that evening on the flight. It showed me how to feel vulnerable and frightened and how someone could help so much, just by calmly reassuring me. But I'm even more grateful that what I had been learning in our wonderful programme did work, (if I practised it) and that my mind was open enough to learn the lesson, given so powerfully.

Anon

How do you put the Al-Anon Programme into practice?

[Share | Al-Anon UK](#)



How Al-Anon has helped me:

- To get my life back and to find myself.
- *To have a different viewpoint on life.*
- To be aware of my actions and reactions: to have awareness, compassion, and patience for others – especially the alcoholic in my life. Al-Anon helps me deal with life on life's terms and in all aspects of my daily living.
- *To learn about myself living in insanity and to learn to take care of myself.*
- To stand up and be counted. I was a doormat when I came to Al-Anon, full of fear, shame, and guilt. This changed when I came. For me, recovery is acceptance of what is. To be a better mother and to have consistent rules, to have a proper routine at home so the children know what to expect of me and to not wait for my husband to join in with everything. It was a major thing for me to stop 'blame throwing' and to look for my own solutions.
- *To deal with my painful emotions. I was a wreck when I came to Al-Anon and didn't know where to turn.*
- To understand that alcoholism is a disease; to create boundaries; to always have a Plan B and to do things on my own because I managed to achieve confidence.
- *To focus on myself. This allowed me to care for my alcoholic husband without care-taking. I could see him as a person, separate from the disease. It helped me to treat myself kindly and to criticise myself less.*
- To change my attitude; to look at my own mistakes and not everyone else's. It stopped me criticising everyone and everything and from being sarcastic.
- *To live in the day. I couldn't do that, I was catastrophising everything, but through Al-Anon I have been able to turn all of this around.*
- To accept alcoholism as a disease and to approach the alcoholic in my life with love and compassion instead of anger and frustration.
- *Al-Anon has given me a life beyond my wildest dreams.*
- To face life on life's terms. I have been given the courage to change myself with the help from my daily readings and all the Conference Approved Literature.
- *To be no longer alone and to be understood by others for the first time.*
- To meet other people with the same problems who had a solution.
- *To learn that I wasn't to blame but I had to take responsibility for my own actions.*
- To know I was in denial and I can now stop judging others.

Al-Anon has taught me:

- That thriving is just as important as surviving.
- *To be nurturing rather than controlling; to have awareness of my actions and reactions and to have compassion for others.*
- That I can apply the principles of Al-Anon in all my affairs, day to day.
- *That I am not alone and isolated, Al-Anon has given me a sense of belonging. The gentleness has given me the encouragement to take part which has in turn built my self-esteem and confidence.*
- How to take my power back and it has given me hope that no matter what the situation, there is always a solution.
- *To love myself before I can love other people.*
- That I am a work in progress and can make mistakes.

A collection of members shares from Area 11 Assembly Workshop

Can you coordinate a joint share at your next group?

Have you thought of gathering shares from a workshop at your Area Assembly for Al-Anon Today?

Share | Al-Anon UK

WHY I CAME TO AL-ANON AND WHY I STAY

I didn't come to Al-Anon desperate; I came because my dad who had recently found Alcoholics Anonymous suggested that I, along with my sisters, take my mum to Al-Anon.

I was living away at the time and went along because we had handled the crisis. The crisis was over, dad had stopped drinking. The identification I got in the rooms was overwhelming, yet my inability to recognise my part in any of the events in my own life prevented me from owning and grasping on to that recovery.

I could see how recovery had changed my dad, it was like night and day, but the elephant in the room then became my mum and managing her resentments, for all the years she had suffered 'with your fathers drinking'.

When I say I wasn't desperate, of course I was, I just didn't recognise it; my masking and aping behaviour had been well and truly established, right back to a thirteen year old, who through a variety of events, prior to the end stages of chronic alcoholism had shut down. The dramas, the arguments, the loss of dad's driving licence for the third time, emergency calls to the hospital because dad had

begun to bleed, the embarrassment of my mum yelling at my dad in front of his employees had all become the norm and I had adopted a fixing and coping strategy that served me well in all those events.

Where was I in all this? Lost in the drama, compelled to be involved, addicted to being part of the solution, whatever that solution appeared to be at the time.

It took me twenty more years for me to begin to own my over controlling behaviour and to see that I was part of the pattern of destruction in my own life.

It has taken me a long time and I don't believe I have embraced all my broken self. I now know that I was broken before the worst of alcoholism transformed all our lives as a family and I continued to be broken after recovery came into our lives. Strangely enough this has been the biggest perplexity in my own recovery.

Finding that stunted and emotionless teen in amongst the frightened child, the anxious older teen, and the outgoing woman I had learned to become was a broken girl, mimicking what she thought would help her to fit in.

My own journey in Al-Anon has been to understand that young teen and to be compassionate to her. In turn, it has helped me to become less judgemental and more loving and compassionate to those in my life and to those who choose not to be in my life.

Alcoholism is a brutal illness and those of us, taken up in the tornado of damage have an equally complex, yet simple path to recovery and wholeness. Surrendering to a power far greater than ourselves is truly the only step that has ever worked for me and can only be found in the fellowship and wisdom of those who walk before us and with us.

Thank you, dad, for bringing recovery into our lives.

Dee M

What brought you to Al-Anon? [Share | Al-Anon UK](#)

*"I may not
be perfect,
but I am
Excellent"*

This I learned in Al-Anon:

As I approach eighty, I remember
I first came as I approached forty.

I learnt I have a Higher Power of my understanding,

I learnt the power of attending meetings,

I learnt the power of listening.

I learnt to keep my mouth shut (that was hard and still is)

*I learnt to look in the mirror and to like what I see (even with
more wrinkles)*

*I learnt to embrace the Twelve Steps, but better than that,
I learnt that they worked!*

*I learnt not to keep a memorandum of the drama and the crisis
of living with the effects of alcoholism.*

I learnt so much from having a Sponsor,

I learnt so much from being a Sponsor.

But best of all, because of Al-Anon and all of you,
*I learnt to love myself and then, I learnt to love
someone else in a very special way.*

And the icing on the cake...

I learnt "I may not be perfect, but I am excellent"!

I hope you find in Al-Anon what I have and still do.

Jackie P

What tools help you love yourself?
[Click here](#) to Share

When anyone,
anywhere,
reaches out for help,
let the hand of Al-Anon and Alateen
always be there, and -

***Let It Begin
With Me***

**suggestions
for meeting
topics**

- The rewards of Service
 - Compassion
- Writing for the Al-Anon Today (e-zine)
- Just For Tonight Bookmark

**Need a topic
to write something
for Al-Anon Today?**

Here are some ideas...

My experiences of finding a Sponsor.

My opinions of online meetings.

Share how you take care
of yourself.

How have the Slogans
helped you.

The 3 Cs

**"I didn't cause it.
I can't control it.
I can't cure it."**



FROM OUR
AL-ANON
FAMILY
WORLDWIDE



by Chuck K., Pennsylvania

learning to say no

When I was growing up, I had a terrible fear of saying no because it often made people mad, while saying yes seemed to please everyone. So, I struck no from my own vocabulary. I was involved in several organisations and was so busy that once my mum told me that if I didn't slow down, I was going to have a heart attack. I ignored her. I felt that I had to do all these things, lest someone get mad or question my commitment.

*However, in Al-Anon, I learned to say no and mean it.
I also learned that I could change my mind.*

Interestingly, I found that when anyone changed their minds with me, I wasn't angry. Instead, I admired them. I'd think, *how did they do that?*

Today that whole guilt has faded with the new joy I feel when I do change my mind. When circumstances change, I need to be able to change my mind to stay safe or happy. And by doing so, I find that I can avert mistakes or disasters that I would have otherwise overlooked to keep my word.

I AWAKENED TO MY OWN LIFE

I always felt that I was a loving person, but I often lived life by reacting, instead of responding. I wondered why I could not change the alcoholic, so I tried harder. I made sure that the house was clean and that the meals were good and on time. I made sure to look my best when we went out together.

I became obsessed with trying to meet the needs of others. For a few years, I felt needed and appreciated, but I lost someone along the way – myself.

The Al-Anon program became my journey of discovery. A friend once asked me what I liked to do. Every time I thought of something, I realised that my spouse liked to do it, and I had learned to like it. I began to wonder who I really was and what made me happy. I began to wonder if I could find that happy person that was once a part of me.

I started by performing my daily tasks for my own pleasure. For example, I would clean my house because I liked it clean, not because I wanted someone else to notice. I cooked a meal because I wanted to enjoy it. I went to work because I liked doing what I did.

I awakened to my own life and today, I accept that I am magnificent just because I am here.



by CRosemarie B., Alberta

Reprinted with
permission of *The Forum*,
Al-Anon Family Group
Headquarters, Inc.,
Virginia Beach VA

Please [Click here to share](#)
and submit your contribution or post to:
The Editor, at the General Service Office address (below).
Please help us make this e-zine a vital, rich and diverse
expression of the Al-Anon programme of recovery.

please share your thoughts with us

*You don't have to be a professional writer. The Editorial Committee
will take care of the spelling, grammar and punctuation – these are
not as important as heartfelt experiences.*

The length can be anything from a single sentence to 450-500 words.
Anything longer we may have to edit. Whatever you decide, sharing in
Al-Anon Today can be another step along the road to recovery for both
the reader and the writer, helping you and other members to grow.

You may choose how you sign your article: with your own name,
anonymously, or with a pseudonym, but please note that for legal
purposes your full name and address are required with your submission.

Your anonymity will be fully respected.

All shares become the property of Al-Anon Family Groups UK & Éire, who
retain full editing rights, and may be used in whole or part – in print,
on the internet or any other media – to develop Al-Anon and
Alateen material.

GENERAL SERVICE OFFICE:

Al-Anon Family Groups UK and Éire
57B Great Suffolk Street
London SE1 0BB

Office: 020 7593 2070

email: enquiries@al-anonuk.org.uk

website: www.al-anonuk.org.uk

THE SERENITY PRAYER

God grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference.

STATEMENT OF PURPOSE

Al-Anon's 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, organisation, 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 practising the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

UK & Éire Service Manual 2016, page 10

THE TWELVE STEPS

1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

