Al-Anon Today

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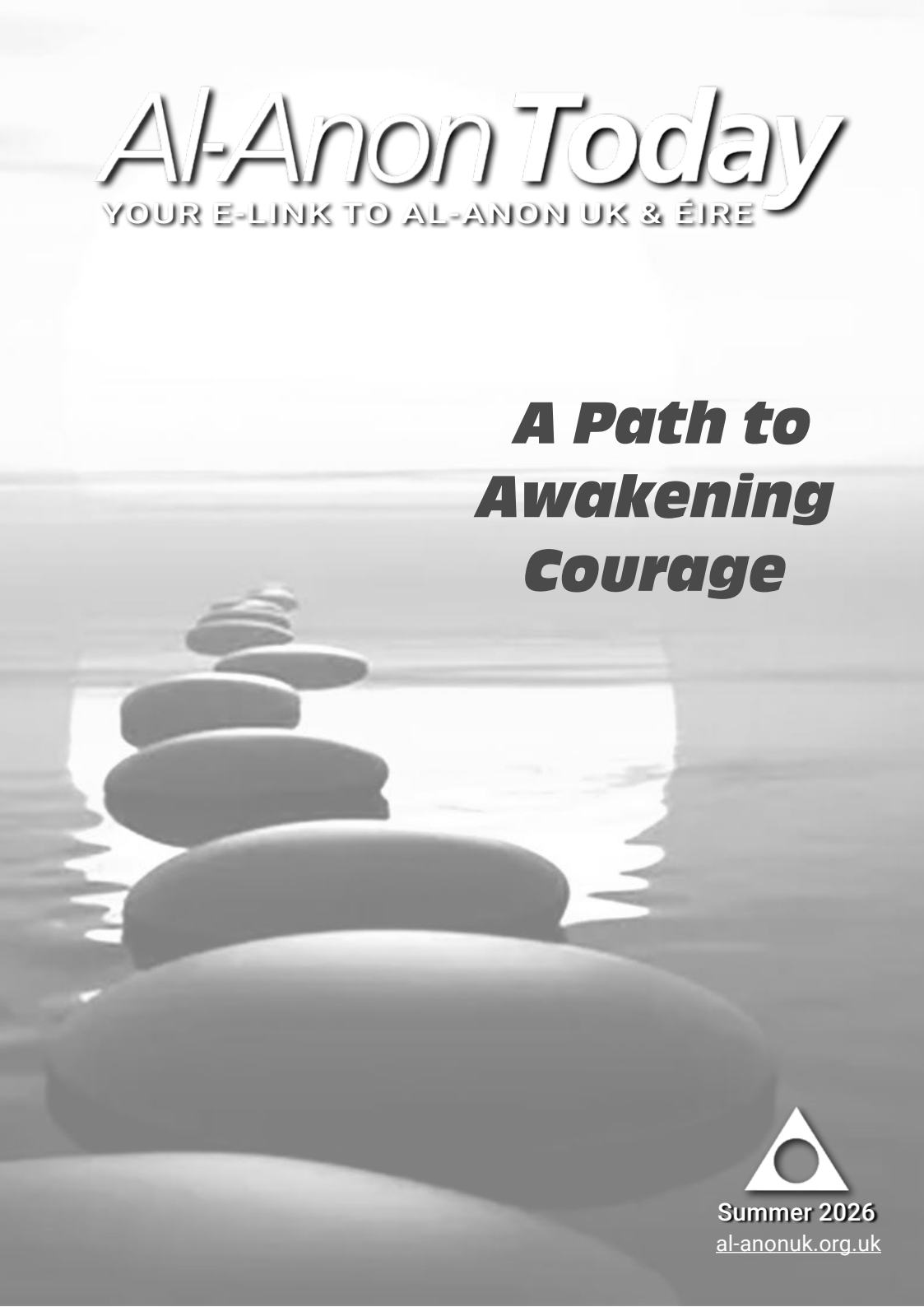
A Path to Awakening Courage



Summer 2026
al-anonuk.org.uk

Letter From Your Editor

Welcome to this summer issue of Al-Anon Today. As we reflect on our theme, **A Path to Awakening Courage**, we embrace the gentle truth that courage in our fellowship is an act of deep compassion, both for others and, perhaps most importantly, for ourselves. The programme offers us a gentle path to awakening that courage, one day at a time.

It takes courage to stop trying to be perfect and, instead, to embrace progress. In Al-Anon, we learn that we can be vulnerable and still be enough.

Courage is also found in the pauses, using the Slogan "Think" before we react, or "Easy Does It" when we feel the urge to force a solution. As we learn to "Let Go and Let God," we create space for the serenity and peace of mind we once thought impossible.

Awakening courage is not a loud explosion; it is a soft awakening. It shines through in the smallest, most tender ways: The courage to simply offer a kind thought instead of criticism. The courage to say "I can't fix this" and hand a problem over to a Higher Power. The courage to open your heart to a fellow member at a meeting.

In the following pages, members share their own journeys of awakening courage. I am so grateful to those who have shared their experience, strength, and hope on this topic, demonstrating how they found the strength to step beyond their comfort zones and trust their Higher Power. They remind us that while the path isn't always easy, we never have to walk it by ourselves.

Putting this issue together has been a beautiful reminder that we do not have to do any of this perfectly. We only need to be willing to take one small, loving step at a time.

As you read through these pages, I hope you find the spark of courage you need for your own journey. Feel the warmth of our fellowship, and remember, in Al-Anon, you are no longer alone.

With warmth and gratitude
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.

Hope

I never knew alcoholism existed until it reached my doorstep. It began with casual weekend get-togethers and parties.
I suffered in silence as it escalated and my husband spiralled down the road of addiction not knowing what to do.

The disease of alcoholism came with added stress, health issues, emergency admissions to hospital, social stigma, debt and ultimately, our marriage suffering.

My friend introduced me to Al-Anon. I stepped into my first meeting with no knowledge about what to expect in October 2020. It was a game changer for me. The members of the Group were sharing with no embarrassment or guilt. I attended six meetings as suggested. We say in our Group try six meetings and if it's not for you, you can have your misery back.

Al-Anon has not only changed me as a person, but has given me the courage to support my husband through his mess. I have learnt to detach, to love myself and to take it one day at a time.

I believe if it wasn't for Al-Anon, I would surely have either killed him or would be divorced. I have no idea how this programme or these meetings work, but they do.

There is always hope.

A dedicated Al-Anon member

How do you pass on the message of hope?
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YOUR AL-ANON TODAY

SUMMER REFLECTIONS

(Every day is another chance to become the best version of You)

1 Focus on what you can do rather than what you can't do

2 Take a step towards an important goal, however small

3 Have fun, smile, nurture your strengths, enjoy each moment

4 Choose faith over fear, allow yourself to gently heal

5 Believe in yourself, be kind and gentle with yourself

6 Reflect on what values are important to you

7 Be grateful for the little things, even in difficult times

8 Look for things that bring you a sense of awe and wonder

9 Stop! Think! Small steps count, keep moving forward

10 Give yourself permission to set boundaries and space to grow

11 Accept what is, let go of what was, have faith in what will be

12 Let go of shame, blame or guilt, allow your light to shine

13 Cultivate Self-Compassion, you're worth it

14 Nourish yourself in a way that helps you blossom

15 Find a quiet space to read some literature

16 Give yourself permission to change the things you can

17 Detach with love, it's is OK to walk away

18 Pause, breathe, relax for a few minutes

19 Grow through everything you go through

20 Recognise your growth and the recovery you've gained

21 Forgive yourself completely, treat yourself generously

22 Progress not perfection, take the next step

23 Easy does it. One day, one step, one breath at a time

24 You are stronger than you seem, and smarter than you think

25 Approach your day patiently, gently, and kindly

26 Remember, no situation is too difficult to be bettered

27 Focus on what's good, even if today feels tough

28 Be gentle with yourself when you make mistakes

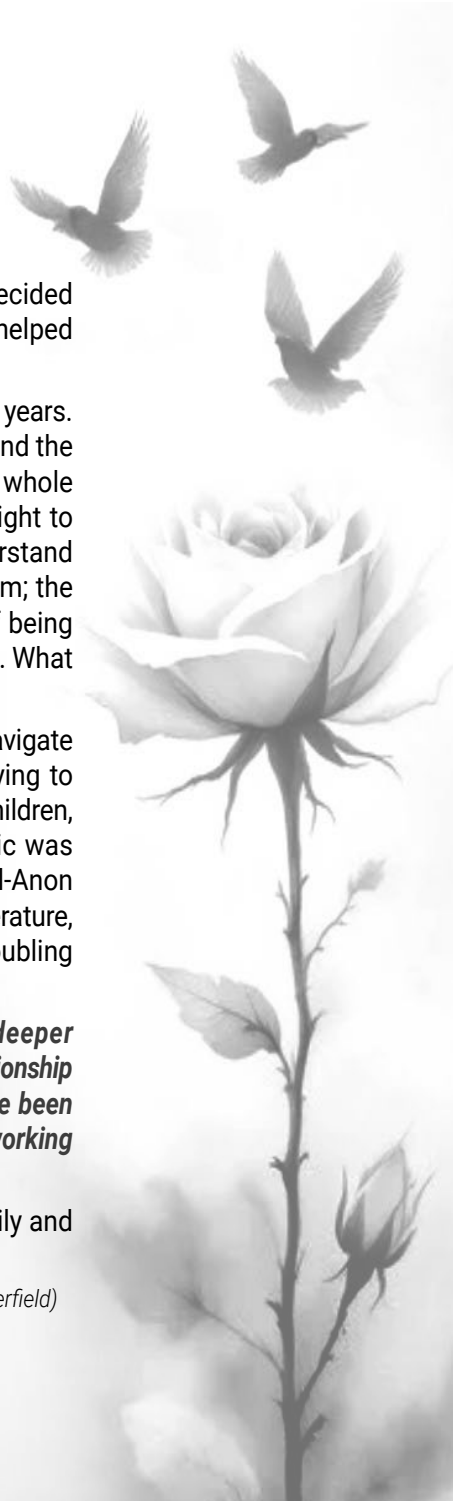
29 Choose one of your strengths and find a way to use it today

30 Release what hurts, keep what helps, choose peace over panic

31 Talk to yourself like you would talk to someone you love

Al-Anon-Today

From Fear to Freedom



After reading the latest edition of *Al-Anon Today*, I decided to put pen to paper and explain how Al-Anon has helped me and how grateful I feel.

I am married to an alcoholic who is sober today for 18 years. Unknowingly, all those years ago, I did not understand the damaging effects this disease was infusing into my whole being. I lived in constant fear, trying with all my might to stop the alcoholic from getting drunk. I didn't understand then that it wasn't the drinking that was the problem; the problem was sobriety. The alcoholic was in fear of being sober, and I was in fear of the alcoholic being drunk. What a dilemma!

Al-Anon gave me the guidelines and boundaries to navigate the tremendous upheavals the illness brought. Trying to juggle life with three children, two part-time step-children, work, and household duties alongside an alcoholic was a constant battle. I am deeply grateful for the Al-Anon programme, the members, the meetings, and the literature, all of which were a lifeline during those dark and troubling times.

I am grateful to Al-Anon for bringing me to a deeper understanding of this illness and a more loving relationship with my Higher Power. Today, I understand that I have been saved from the effects of this powerful disease by working the Twelve Steps and, in turn, the Twelve Traditions.

Now, I can pass this message of hope on to my family and fellow members.

Carmela (Chesterfield)

Can you share your story with Al-Anon Today?
Share | Al-Anon UK

The Twelve Steps guide my Spiritual and Emotional Health

Since I began working the Steps, my days have become healthier — both spiritually and emotionally. I focus on gratitude and recognise how blessed I am to have the Twelve Steps guiding my recovery and helping me move forward toward a more balanced life.

One of the many attractions of Al-Anon that keeps me coming back is the consistency and security of the programme — qualities I knew little of growing up. My past had a profound impact on me. I learned to keep secrets, not to trust, and not to feel. My dad enabled my mum's drinking, and they both lived in denial. I blamed my parents for the painful experiences in my life, and for my own poor choices.

Growing up, I developed coping behaviours simply to survive. I carried these into adulthood and into my first marriage, which became abusive due to my husband's alcohol and drug misuse. I felt overly responsible for everyone and believed it was my job to fix them. To cope with an unmanageable life and my overwhelming sense of being out of control, I tried to control everything and everyone. I feared abandonment, and when I couldn't change the people around me, I felt like a failure. My low self-esteem convinced me I was the cause of everything that went wrong, while my perfectionism reinforced the belief that I was never good enough. I even felt abandoned by God.

It wasn't until I came to Al-Anon and began working the Steps with a Sponsor that I realised my Higher Power had never abandoned me. Instead, I saw that I could be restored to sanity if I stopped abandoning God.

When I came to Al-Anon, I was willing to work through the Steps. Through that willingness, I gained awareness, understanding, compassion, and forgiveness — for others and for myself. I learned that healing is possible and that my past does not have to define my future.

As I focused on recovery, I became willing to let go of old defensive coping mechanisms that were no longer serving me. I came to understand that my happiness is my responsibility — it does not depend on another person or situation.

My Sponsor offered support and guidance, while also giving me the confidence to work the Steps in my own way and at my own pace. I was encouraged to grow as an individual and learnt that healthy autonomy is essential to becoming a mature adult.

Today, I begin by accepting my humanness and trusting that God can do for me what I cannot do for myself. I take action by working the programme to the best of my ability. I maintain my sanity and serenity by keeping the focus on myself, through prayer, meditation, and carrying the message of hope to others. I let it begin with me. I strive to be the best version of myself — and for that, I need the Twelve Steps.

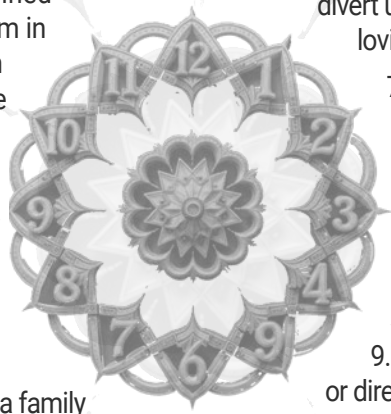
Anon

What guides your spiritual and emotional health? Share | Al-Anon UK

Using the Traditions in my personal life

The Twelve Traditions provide guidance and unity in Groups. They have also given me a reference for my personal life too. I needed to learn to compromise, to express myself, to listen to others, to have a common goal, to respect authority, to put principles above personalities, and to be a trusted servant.

As I observed others applying the Traditions in their Service work, I gained enough courage to try them in my Service life and then in my personal life. They give me the freedom to grow, to develop, and to try new things.



My adaptation of the Traditions has provided a personal framework to function as a family unit.

1. Our common welfare as a family should come first: personal progress for all family members depends upon unity and stability.

2. We need a loving God as the authority of our family. It is not the alcoholic, or a spoiled child, or my fears that should dominate or control the family unit.

3. The only requirement for membership in our family is to be part of it. It is not necessary to have straight A's, perfect manners, or a charming personality.

4. Each family member is encouraged to be an individual and develop his or her abilities, skills, or talents, except when that is detrimental to the family as a whole. We try to keep balance in our family.

5. I practice the Twelve Steps myself. I try to encourage and understand my family members, to welcome them, and give them comfort when appropriate.

6. I do not meddle, intervene, or give unsolicited advice to my adult children, lest problems of control, resentments, or anger divert us from our primarily loving relationship.

7. Each family unit ought to be self-supporting to avoid creating dependency.

8. My relationships should remain forever loving, but I may say no as required.

9. I do not have to organise or direct our whole family. They may even be more responsible than I am.

10. I do not need to express my opinion on their disagreements or take sides in their disagreements, unless I want to be drawn into the middle of their controversy.

11. My influence in the family is based on attraction rather than position, and I need to guard with special care the uniqueness of each family member.

12. Anonymity limits the glory seeking, the power seeking, the egos, the personalities within the family and gives me the courage to be me.

Anon

How do you use the Traditions in your personal life? Share | Al-Anon UK

A group I attended recently had the theme: 'Choose a Slogan that resonates with you'. The Slogan I chose was

'Listen and Learn'

I didn't know what to expect at my first meeting, I just felt that I had nothing left to lose so I should go and find out. I wanted to see if these groups and this programme could really help me. I didn't know if they would or not, after all, wasn't it just about helping you find a way to help you deal with the alcoholic in your life; fix them then I'll be fixed? My husband had gone, so what good could this programme do now; it was too late wasn't it?

I sat for fifteen minutes in the car and finally said to myself, 'Well you are here now, so you might as well go in'. As I entered the room, the realisation of what I was doing, why I was in this room, dawned on me. I was here because my husband, who suffered from alcoholism, had died and I needed help. Someone asked me if I was ok. I burst into tears. Someone put their arms around me, gave me a chair, and a cup of tea.

As members started to share, I listened. Through my tears I continued to listen and I started to learn what I had in common with these strangers. I found myself listening intently to each share and nodding as I learnt that I understood their stories and experiences. I wanted someone to finally hear my story, the full story.

So, I still listen to each share intently and now I know I can learn not to hide my damage, I can accept the good and the bad and heal.

_____ *Jo*

What Slogan resonates with you?
Share | Al-Anon UK

Listening

Over the years, I have used many of our Slogans to navigate the different problems and situations I found myself in. I've also found that the everyday sayings members have used to encourage me to take up various Service roles are very helpful. For example, "If you say 'No', you won't grow" was impactful, as was one from a recent meeting: when I highlighted my overthinking defect, a member said, "Michael, Lift the phone before you lift the spade."

Michael D. Area 13

What I learnt growing up around alcoholism

Growing up around an alcoholic, I learnt how to control people. When my father was drunk and becoming aggressive, I would beg him to lie down with me by pretending to need to sleep, once he was horizontal, he'd fall into a deep sleep and we would all be safe. This controlling behaviour became second nature and soon it was all I knew. Not knowing how to have healthy relationships without being controlling has cost my friendships and ultimately, my marriage dearly. The Slogan, **Easy Does It** reminds me that it's not my place to force solutions, it reminds me that doing nothing can be far more productive than random actions to make me feel like I'm doing something.

I learnt that life was precarious: I never knew what the next minute might bring. **Keep It Simple** reminds me that I can't control every possible outcome, and that I can take things at face value rather than trying to figure out all the other things that may, or may not happen.

I learnt to only depend on myself; I never knew who else would have my back: even as an adult, when I started to depend on others, it was often not a healthy relationship. The suggested closing to our meetings helps me to feel able to unlearn the isolation that I have felt for so long, that you guys are there for me, and it's ok to share at meetings.

I learnt to keep my own counsel, that people were not dependable. Since coming to Al-Anon I have learnt that it's ok to share how I

actually feel. **Let it begin with Me** reminds me that it's ok to stop focusing on others and that it's healthy to keep the focus on me.

I learnt that people are not to be trusted. At meetings I am learning to trust other people, I don't have to explain myself because people in Al-Anon already understand. The Slogan, **How important is it?** helps me to gain perspective. It helps me to see that I am free to determine for myself what is of value and consequence to me. When I ask myself this, I get answers to the many questions that I previously worried unnecessarily about.

I learnt that secrets are not safe: when we kept secrets, we were not able to get support and help. Until we let them out into the light, they keep us trapped. (Still working on that one.)

I recently started psychotherapy, it's an amazing experience to have another person, who is there just for me, and who actually wants to hear me. Being able to hear them, without feeling attacked or threatened is both liberating and terrifying in equal parts. **Keep an open mind** has helped me to access this support and open myself up to turning my life over to my Higher Power. Finally, I am starting to let go of my past and allowing my Higher Power to take me wherever they think I need to be.

How do you use the Slogans? Share | Al-Anon UK

Amanda

NEED A THEME TO WRITE SOMETHING FOR *AL-ANON TODAY?*

Here are some ideas…

What helps you keep the focus on yourself?

How has living One Day at a Time helped you?

Can you share on detachment?

Share your recovery milestones

WRITING TIPS…

Share your experience from the heart, with the focus on you. Allow your creative spirit to express what you feel… like when you share in a meeting.

You could relate a personal experience based on a programme principle such as detachment or acceptance, a Step, Tradition or Concept. Remember, grammar and spelling are not as important as heartfelt experiences. The Editorial Committee will take care of the spelling, grammar and punctuation.

Sharing the joys and gifts of recovery, all have power to reach into our hearts and minds. Al-Anon Today is free to share with all members. Its pages are filled with expressions of courage and recovery in Al-Anon.

My Spiritual Gymnasium:
A Journey of Action

For many years I suffered with severe anxiety and panic attacks. To cope with life, I relied heavily upon doctors, therapists, and medication. By 2013, I was close to a nervous breakdown. It was then that my brother who was a member of AA asked me to try Al-Anon, and my journey to a new life began.

There were many alcoholics on my mother's side of the family, and she suffered greatly at the hands of her alcoholic parents. Consequently, she never drank alcohol in her 88 years. However, I would describe my mother as a 'dry drunk' who possessed all the characteristic 'isms' of the disease: self-sabotage, separation, and constant worry and negativity. She instilled in her seven sons the values of perfectionism and the need to be 'the best' to be accepted and loved by society. I carried those heavy expectations like a lead weight until I found the rooms of Al-Anon.

The introduction to our Twelve Steps states, "Study of these Steps is ESSENTIAL to progress in the Al-Anon programme". It is not listed as optional or merely advised.

Being a studious person, I appreciate this directness. I have come to understand that my daily spiritual well-being is based upon the work I do each day to follow these principles in all my affairs. It is a 'simple' philosophy but, at times, not 'easy'. I love the saying: "There's no magic wand to heal our broken spirit, but there is a magic word: action". Another favourite is: "Lighthouses don't go looking for ships". If I want to be guided by the light of Al-Anon, I must take the action to stay near it.

Thirteen years on, my life has changed beyond my wildest dreams. I have 'come to believe' that there are two aspects of a Higher Power operating in my life today. An external Power shines brightly, and I draw spiritual energy from it through meetings, literature, Sponsorship, and Service.

Just as I might go to a gym for physical health, I use these tools as my 'spiritual gymnasium' to keep my battery charged. When I neglect this 'exercise,' my old character flaws, the perfectionism and the worry, quickly try to return.

I also have an inner Higher Power: my conscience. My daily routine begins on my knees with the Serenity Prayer to anchor myself. I also visualise the 'Character Checklist' from *Blueprint for Progress* as the 'gold standard' of God's Will. It reminds me to practice humility and honesty instead of my old habits of isolation and sabotage.

I understand now that my suffering was the sharp tool needed to prune away my wayward self-will. By letting go of the need to 'fix' others and focusing on my own recovery, I found the peace I had sought in medication for years. I am forever grateful for this worldwide fellowship that continues to mend my broken spirit.

_____ *Tam*

What are you doing today to keep your 'spiritual battery' charged? Share | Al-Anon UK

It is a miracle each of us have the courage to change and grow spiritually one day at a time, and to accept that a power greater than ourselves can restore us to sanity.

Miracles

I was insane and can still lapse into insanity, but if I am prepared to work on my own recovery, miracles can come about. I can grow in spiritual awareness if I turn myself over to a Higher Power or the God of my understanding. I show up to our meetings each week and walk alongside others in recovery and I hear the exact message I need to hear.

I didn't abandon myself entirely. I stayed with my pain, despair and discomfort, and kept showing up for myself and others, as an imperfect human being who cares deeply.

I invested time into becoming informed about alcoholism and addiction and finally realised, it's not about pretending I have the answers (I thought I had them all). Instead it's about embracing and honouring my lived experience, strength and hope.

I have learnt to ask for help on my healing journey, so that I can help others. I understand that it is possible to live alongside alcoholics, even when they are drinking, and to find happiness: I struggled with that for a long time.

I have moved from a place of fear, doubt, resentment and grief, and gradually grew to a place of acceptance.

So, having grown up in a spiritual desert, all of this is a miracle. I'm learning that being in nature, particularly in the woods with my dog, can help me feel connected to my Higher Power. I can surrender in the rain and it helps me find serenity.

I am learning that I am powerless over my dysfunctional family. My parents and soon to be ex-husband loved me in the only way they could. Our three grown up children are miracles. But my biggest revelation is that the only person who can love me the way I want to be loved is ME.

A final miracle is that as I am learning to love myself; I didn't like or recognise myself when I came into the rooms and I have discovered that I have oodles of love to give. I will be grateful every day that I have met someone who shows up consistently, steadily and gently.

My journey in Al-Anon is a miracle.

_____ *Maria*

Can you share your miracles?

Share | Al-Anon UK

MY FAVOURITE SLOGAN

EASY DOES IT

KEEP IT SIMPLE

FIRST THINGS FIRST

LET IT BEGIN WITH ME

JUST FOR TODAY

KEEP AN OPEN MIND

ONE DAY AT A TIME

LISTEN AND LEARN

THINK

TOGETHER WE CAN MAKE IT

I have been a grateful member of Al-Anon for 10 plus years and the amount of support and help I've received is absolutely amazing.

My favourite Slogan is* ONE DAY AT A TIME.** ***For me, it means I can start my day at any time, so if it hasn't been a great start I can start again. If things get on top of me, I can break my day down to five minutes at a time if that's all I can manage and gradually build it up to thirty minutes.

When things weren't good and I felt that I couldn't cope any more, someone once said "What would you be doing if this wasn't happening, and suggested doing that" which really helped and now I try that.

Al-Anon is the best place I have ever come to; there's no one telling you what to do or judging you. I have met and become really good friends with lots of people who I would never have met in my normal walk of life, had I not found my way through the door of Al-Anon. I will forever be grateful for this wonderful fellowship.

_____ *Linda - North Lanarkshire*

What is your favourite Slogan? *Share | Al-Anon UK*

Are you signed up to the GSO eNewsletter?

If yes, that's amazing! If not, here's what you're missing out on - All the latest PI information - New literature releases - Group information - The Chairperson's Information Letter - The Treasurer's Newsletter - Al-Anon Today (e-zine) and much more! Sign up at

https://al-anonuk.org.uk/members-area/members-homepage/

The Gift of Sponsorship

Being asked to be a Sponsor to a fellow member of this wonderful fellowship is both daunting and challenging, yet it is a rewarding testament to my own growth in recovery. It is a true honour to be trusted by someone to hear their innermost fears and worries and to be a humble listener.

I must remind myself that I am here to listen and not judge; to guide and not fix; to show unconditional love and empathy; and to be honest and open.

Most of these behaviours were alien to me when I first entered the rooms of Al-Anon; in fact, I was the exact opposite!

Through my Sponsees' journeys, I see how they change and heal by trying new behaviours and building their self-worth and self-love. They grow in confidence like a rosebud turning into full bloom when they let the whole of the programme into their lives. I see in them the mirror of my own recovery, and I recognise my growth and healing through them.

The gift of Sponsoring is a treasured present that lasts a lot longer than Christmas.

_____ *Vanessa*

Can you share on Sponsorship?
Share | Al-Anon UK

Recovery in Service

I am a grateful member nearing 27 years in Al-Anon from the States. I am truly grateful to have served as District Rep (DR) near Chicago and as Group Rep (GR) here in Phoenix.

My first Al-Anon meeting was November 19th, 1998 in Chicago. Violent alcoholism was constantly all around me, but the good thing was, that my stepfather was already in AA and my mother was in Al-Anon for a little over five years. My younger sisters were in Alateen as well.

I've always had strong feelings concerning alcohol and drugs, especially after watching my mother get attacked when I was little.

I was diagnosed with bipolar and depression in my twenties and having a stepfather deny my illness due to his alcoholism, I realised that many others around him were alcoholics or addicts.

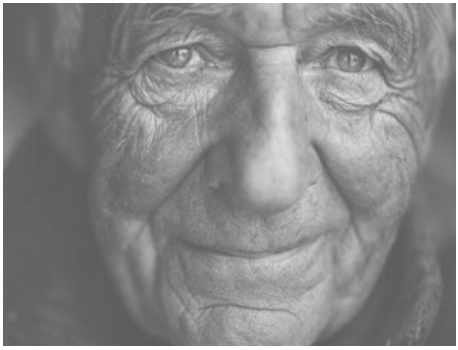
I came to Al-Anon in my early thirties and started working through the Steps with a Sponsor. I started attending meetings in the UK last August and I am grateful that online Al-Anon meetings can now be accessed all around the world, for newcomers and long-time members. Today I am grateful and I remain teachable.

_____ *Anon*

‘ I am grateful that online Al-Anon meetings can now be accessed all around the world, for newcomers and long-time members. ’

How has Service helped your recovery?
Share | Al-Anon UK

Al-Anon in Old Age



I attended my first Al-Anon meeting many years ago and have kept coming back for half my life. Over that time, I have attended between two and three thousand meetings, mostly on a weekly basis. The fellowship has given me more peace than I have ever known. Thanks to Al-Anon, I know who I am and am comfortable in my own skin.

My wife has long-term sobriety and works her programme alongside mine. Our story proves that getting sober and staying sober is possible. It also highlights that recovery is not centred on the early death of the alcoholic, which was my initial fear.

While I am an atheist, I have found a Higher Power that contributes to my serenity. My belief is simple: a Higher Power exists, and I am not it.

At my age, I know I will likely die in the next 10 years, but I do not fear it. Having faith in a Higher Power gives me the peace to believe that my death will not be painful, inconvenient, or cause serious trouble. I hope I will not be disappointed.

I cannot promise that you will have the exact same experience, but by keep coming back, I hope you find the same serenity I have.

_____ *Jon Area 4*

Share | Al-Anon UK

SUGGESTIONS FOR MEETING TOPICS

My Favourite Al-Anon Tools

Living in the Day

How Service Helps my Recovery

Keep Coming Back

Did you know, adding the link to

Al-Anon Today

onto a phone's home screen

allows quick and easy access to

Al-Anon's free online magazine?

Letting God Take Control

I lost hours in obsessive thinking, playing out all the worst-case scenarios and what I could do to prevent them. I had plan B, C, D and E, but catastrophising rarely helped, and mostly, things played out differently than I expected. All my disaster planning was a waste of time.

Overthinking has always been a habit of mine, but living with my husband's drinking poured gasoline on that fire. With the help of Al-Anon meetings, literature, fellowship, and Step work, my thinking has become much saner.

Developing my spirituality has been the tool that allows me to let go of my obsessive thinking. Through Steps One and Two, I've accepted that I can't control other people or the future. I have come to believe that if I step back, the Higher Powers of the universe will carry the situation forward in a Good Orderly Direction. If I get out of the way, other forces will make things happen, and the outcome will probably be better than I imagine.

Two weeks ago, I started working Step Three in Paths to Recovery. Since then, I have been presented with an amazing opportunity to entrust my life to the care of my Higher Power.

Recently I learnt that my employer made a mistake on my immigration paperwork, jeopardising my ability to continue living in the country I've called home for nearly a decade. After processing the initial shock and having a good cry, I am honestly grateful to have the opportunity to say, "this is more than I can handle, but the good news is that I don't have to handle it".

The outcome is entirely out of my hands. There is absolutely nothing I can do, except ask my Higher Power for help to be patient and leave the situation alone whilst the mistake is sorted out. And, not start thinking up plans B, C, D, and E.

Have you let God take control?
Share | Al-Anon UK

"Please, help me to be patient, and remind me that just for today, there is nothing I need to do. Help me to trust that when it's time for me to do something, I'll know."

I have never been more willing. I have never been so open to saying, "Please, take it". Today, I have decided to turn my will and my life over to the care of God.

Anon

Learning in recovery

Many years ago, there was a drive in our Area to set up an Alateen meeting. I was approached and it was suggested that I apply to become an Alateen Screened Group Sponsor (ASGS). Since I was keen to do Service as part of my recovery, and my children were soon to become teenagers, I decided to go ahead.

A meeting was set up, and we were lucky to have several teens attending right from the start as we had an Al-Anon and an AA meeting on the premises at the same time.

From the very start I really enjoyed those meetings. It was so good for me to learn how young people think. It was always very refreshing and helped me to understand my own children better.

My children are middle aged now and I am an old lady. I am still an ASGS at Alateen meetings and I absolutely love it. It helps to keep me young and I also hope it helps the Alateens learn what I and other ASGS have learnt through our Al-Anon recovery. I like to think that if I share something that helps one person, then it is definitely worth it.

Young people can be so wise and I learn
so much from them.

_____ *K*

Have you considered applying to be an ASGS?
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Please visit *Al-Anon UK/Share*
to 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.

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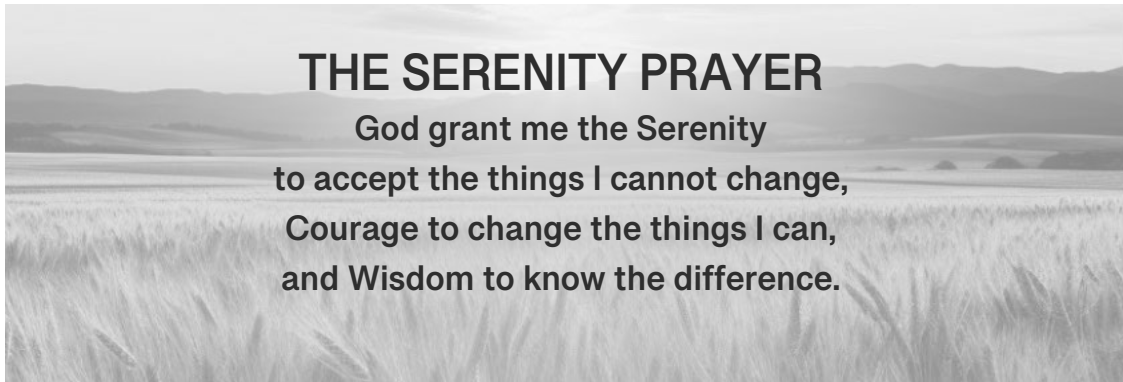

THE SERENITY PRAYER

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.

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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.

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