

YOUR E-LINK TO AL-ANON UK & ÉIRE



CELEBRATING **50** ISSUES OF
AL-ANON TODAY

SHARING OUR EXPERIENCE STRENGTH AND HOPE



Autumn 2026
al-anonuk.org.uk

Letter From Your Editor

Welcome to the 50th issue of *Al-Anon Today*.

When the very first electronic issue of this magazine was launched, our goal was simple yet profound: to create a digital bridge of recovery, extending the hand of Al-Anon beyond the walls of the meeting room and bringing the voices of fellowship directly to you. Accessible at any time, this “meeting in your pocket” preserves our spiritual legacy so that anyone, anywhere, can connect with our shared experience and find strength and hope. Reaching our 50th issue is a beautiful testament to the enduring power of these shared experiences.

In my time as editor, I am continually humbled by the vulnerability and courage found within our pages. Every personal reflection submitted, every triumph celebrated, and every challenge untangled, highlights the foundational truths of our programme. We have explored what it means to keep the focus on ourselves, to take life “One Day at a Time,” and to practice the gentle art of letting go. Your stories have been a guiding light, reminding us all that we are never alone.

You have generously opened your hearts; submitting letters, reflections, and triumphs that prove the Al-Anon principles truly work when we apply them. This 50th issue is a testament to unity. It shows that even in difficult times, we can find comfort and wisdom by listening to the voices of others. Our shared experiences remind us that we are part of a beautiful, worldwide fellowship.

These 50 issues are built from every member who bravely put pen to paper, or fingers to keyboard, to share their experience, strength, and hope. They belong to every reader who clicked open an issue looking for a glimmer of light and found the strength to keep coming back. Together, we have built a rich, thriving archive of mutual support that spans across the UK, Éire, and beyond.

As you read through this landmark issue, I invite you to pause and celebrate your own journey of recovery alongside ours. Thank you for your continued trust, your invaluable contributions, and your dedication to carrying the message.



May we continue to grow, change our attitudes, and find serenity together for many issues to come.

With gratitude and serenity

Annie S

Conference Approved Literature

I get so much support reading the stories in *Al-Anon Today*. Reading this and my daily readers helps me stay on track and work on my programme. When I reflect on my journey of recovery, I really appreciate the meetings and fellowship.

It's been almost two years since I separated from my alcoholic, and I feel I'm only just about coming to terms with it. It's progress not perfection.

Before Al-Anon, I had no hope. I was literally broken and devoid of any form of a life: I was just surviving.

I have discovered a path to recovery and I now have hope. I don't know how many twists and turns there may be, but I am grateful to have all that's on offer in the Al-Anon fellowship to help me.

I was losing my sanity, and my emotional, spiritual, and mental health were battered. I am now recovering, working through Steps One and Two and taking it one day at a time.

Anon

How does reading Al-Anon literature help your recovery?

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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.

YOUR AL-ANON TODAY AUTUMN REFLECTIONS

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



1 Be yourself truthfully,
accept yourself
gratefully

2 Keep an open mind.
Put your needs first

3 Choose faith over
fear. Allow yourself
to gently heal

4 Value yourself joyfully.
Love yourself
wholeheartedly

5 Smile, breathe,
go slowly.
Be gentle with yourself

6 Give yourself
the same kindness,
care and attention you
give to others

7 Treat yourself the
way you want others
to treat you

8 Keep coming back,
you are on the
right path

9 Forgive yourself
completely, treat
yourself generously

10 Let go of the things you
cannot change. Change
the things you can

11 It's okay - not be okay,
to ask for help, to rest,
to start again

12 Empower yourself
creatively, Express
yourself radiantly

13 Every day may not be
good but there is good
in every day

14 Remember... I didn't
cause it, I can't control it,
I can't cure it

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

16 The smallest
step in the right direction
could be the biggest
step of your life

17 HALT,
Are you hungry,
angry,
lonely or tired?

18 Give yourself permission
to set boundaries
and space to grow

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

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

21 It's okay
to make mistakes,
to have bad days,
to be less than perfect

22 Snuggle up in a cosy
warm blanket filled with
love and compassion

23 Your thoughts are just
'your thoughts',
they are not facts

24 Small steps
every day add up to
big things, Progress
is still progress

25 Place your
future in the care of
a loving God of your own
understanding

26 Give yourself time,
give yourself praise,
give yourself rest

27 Nourish yourself
in a way that helps
you blossom

28 One day at
a time, One Step at
a time - One breath at
a time, all will be well

29 Feel the love
that surrounds you,
YOU are worth it

30 Keep the focus
on you, look how far
you've come!

31 Have faith,
trust, open your
heart to love

* Experience

I considered myself fortunate to have a long and loving marriage with a kind, creative, respectful man who put his family above all else. That is until things began to fall apart a few years ago.

My now ex-husband became very ill with Hemochromatosis, a genetic blood condition. It can be triggered by excessive stress and heavy drinking, or the other way around.

He became so ill, he left his job, and subsequently plunged into a deep depression. This was when my marriage changed irrevocably. His behaviour became random and bizarre. He became argumentative, taking off without explanation; I had no idea where he was, his only reasoning was to get away from my face and my voice.

His behaviour changed from a gentle, considerate, and loving man, to someone who began to verbally abuse and betray me. He repeatedly told me he loathed me and that I was the source of his problems.

Whilst living with a man who was quickly becoming a stranger to me, I didn't shout, scream or demand to know what was happening. Instead, I wrapped myself in total silence, became increasingly detached and isolated from my friends, and made excuses for him to my family. I couldn't make sense of the change and because of my fear, I buried the reality of the frightening world around me. I put on a front and my world became smaller and smaller as I lost all perspective.

Initially, I attributed the change in his behaviour to the symptoms of his blood condition. I knew there was something more, but I didn't want to see it or acknowledge it. Drinking with this condition causes hallucinations, personality disorders and delusional behaviour, and he had them all and it was terrifying. I didn't know how to deal with this stranger and nowhere felt safe. I began looking for bottles, hiding car keys, continually trying to rescue him, and our marriage. Dealing with one situation after another, manipulation, lies, deceit, unpredictability, and chaos, I disappeared. I was surviving, not living.

When he reached a rock bottom and went to rehab, I secretly hoped it was the start of his recovery, that he would return and be the man I knew and had loved. But it failed spectacularly. He had another breakdown,



began counselling in rehab, then drank the same day he came out, disappearing for two days. I knew then that things would never recover.

The abuse began again and I slept with the door locked. Things reached a head with a complete breakdown in communication. I could no longer function and was signed off work. Then one sunny day two years ago, I had prepared everything to take my own life. If it hadn't been for a friend who uncannily dropped by, I really don't think I would be here today. I had reached my rock bottom.

I blamed myself for everything. I had listened to every negative, harmful word he had said to me and I believed him. If I was no longer around and, in the way, it would be better for him, he could get better without me.

* Strength

I knew I needed help. The abuse I had received was vivid, shocking, and traumatic. I had read about Al-Anon, but it took me weeks to pluck up the courage to attend my first meeting. I didn't know what to expect. I was a shadow of myself, who had lost all sense of perspective and I was vulnerable. However, I felt the warmth, fellowship, and kindness the moment I walked through the door. I listened to the experiences of others and couldn't believe there were other people voicing how I felt, echoing things that I had gone through.

During that first meeting I heard: I didn't cause it; I couldn't control it and I couldn't cure it. I learnt that alcoholism was a progressive illness: a disease.

The ripple effect of alcoholism had obliterated our marriage and our family. I no longer have a husband; my girls no longer have their dad. We all bear the consequences of this dreadful disease.

It became clear that in order to have any kind of future, I had to embrace the Al-Anon programme. I was suddenly aware I had become the rescuer and the controller for most of my adult life, keeping



all the plates spinning and sorting everyone out. I had to learn how to put myself first, to make sense of the pain, to find my path and to heal.

In order to do this, I had to let go of my husband, with love. It was so hard. My divorce felt like a forced choice, my marriage of nearly 30 years, to a man I admired, loved, and respected was over.

I have worked through the guilt, shame, and grief. It has been tough, it still is every day, but by letting go and allowing my Higher Power to guide me, I have found the strength to put one foot in front of the other.

* Hope

My Al-Anon Group brought something special into my life. It's a safe space for me to share where members listen without judgment. They may not have lived my specific experience but I feel a common understanding. I don't have to face things alone.

My acceptance that I am powerless over alcohol is not without hardship. I am not living the life that I thought I would have. I am not growing old with the man I loved for so many years at my side. However, there is hope in the choices I made, to put myself first, to save myself, and to be a parent to my two beautiful girls who give me the strength and hope to carry on.

I'm still working out my path in life and how a single woman in her fifties fits into this world, but I have found a lightness, a peace which is gentle and not forced, and with it, an inner peace and serenity that the Al-Anon programme has given me. I don't know where my Higher Power came from, I felt it grow around me and within me over time. I feel my Higher Power in my heart, in nature, my guiding force.

Now, I don't force or over-plan things, I take less for granted, I 'keep it simple' and focus on being responsible for my own actions rather than waiting for others to meet my needs.

Most importantly, I feel safe. I live with truth in my heart and for that, I am truly grateful.



*Can you share
your experience,
strength and hope?
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Anna

Gifts of the Programme

Coming in six years ago I was crazy. I was like a screaming banshee; my internal fear was sky-high, and my need to control both it and my family was at its peak. I believed my son was going to die any minute. Just like his dad did in 2019. It was June 23rd of 2020 that I was able to loan money from my current husband for an intervention on my son of twenty-three years.

I got my family together. My dad first at eighty, my youngest son who was twenty at the time and my husband; my son's stepdad. At the last minute my mum was also included. On the morning of June 23rd two of us read our letters to my son and he accepted help.

That day, I was given a way to get through this horrible pain and a path to a new life. They told me to get myself to Al-Anon as soon as possible, to get myself to three meetings a week and ask someone to be my Sponsor. I took all this guidance and direction because I knew I had zero solutions myself, something in me also knew I was crazy and powerless.

Six years on I am so joyful. It is easier for me to weather storms as my Sponsor is there in the background guiding me. My Higher Power is directing my life and I know when it's time to get some balance and correct my behaviour.

Most days, I am serene and filled with new life and energy. I also feel much calmer in myself, I tend to myself so much better. I practice self-care by attending meetings, being in touch with fellows and doing Service. It is such a gift to be a part of this programme.

Margo, Amsterdam



Can you share your Al-Anon Gifts? [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* and much more!

Sign up at

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

Gifts wrapped in unusual paper

Living with an alcoholic has given me gifts. There have been many I would rather have done without but, conversely, many for which I am deeply grateful.

How can anyone feel grateful for falling into a 'pit of despair'? I lost a soulmate to the bottle, carried the burden of running a house and business single-handedly, and lived with someone who often behaved like an infant with a credit card, specialising in broken promises and insults.

Well, here is how I became grateful for all that...

The Al-Anon fellowship has been a life-changer. I am learning to appreciate the simple joys of living in the moment. I've had to grow up myself and face reality, a scary but necessary shift. Through working the Steps, I've been given the chance to recognise my part in the chaos, and hopefully learn not to repeat past mistakes. I'm learning to let go and let my partner follow his own path; it is sad, but liberating.

I have learned that I really do have choices, and I have come to believe that a Power greater than myself can restore me to sanity, if I just stand out of His way.



For all this, I thank everyone in the fellowship who welcomed me into this wonderful, supportive family. You have given me comfort, hope, and strength.

Mary H

What has Al-Anon helped you uncover today? [Share | Al-Anon UK](#)

The Worldwide Fellowship of Al-Anon is quite an amazing saga. I am sure that Lois would be happy and proud to know that not only Al-Anon is still going strong in the new millennia, but that the fellowship is all over the world.

Having had enough of feeling miserable, I took the advice of a savvy counsellor and went to my first Al-Anon meeting after a July 4th weekend in 2000 watching someone I care about almost kill themselves with the legal drug alcohol. I was scared about attending; maybe I knew that my life would change and didn't know what would happen. It did change, but for the better.

After arriving late, I heard enough from the wonderful people in that meeting to let me know that there was hope. One of the kind ladies at the meeting reaffirmed that there was hope, as I tried to bolt out of the meeting at the end. I didn't know what hope there was, but I received it by attending even more meetings.

Being in the programme for many years and doing Service in my Home Group and District, I saw that there were online meetings all over the world. I sat at my computer with trepidation but boldly signed in to Australia, New Zealand, and England meetings. I was welcomed with warmth and heard the Al-Anon message from them all. There was continued hope and even though I am a long-standing member, I heard new messages of hope for me.

I consider one of these online meetings my new Home Group. These wonderful people are better than sliced Stilton cheese. I always hear something of value.

The worldwide fellowship of Al-Anon, can not only be used for support and personal growth, but is a place of experience, strength, and hope. I know that when I use the programme in my everyday life, I leave a little 'rainbow' with people I interact with. Thank you Al-Anon, thank you Lois.

Sheffield Gary

WORLDWIDE FELLOWSHIP OF AL-ANON

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Alateen means the world to me

I wish I had someone to talk to when I was a teen: a safe space to share my thoughts, my experiences and feelings with peers who truly understood.

I have been an Alateen Screened Group Sponsor (ASGS) for a little over a year, and I love it. As an Al-Anon member, I have undergone special training to be an ASGS. I help facilitate Alateen meetings, ensuring they remain safe and supportive spaces for young people. It feels like I am nurturing my inner child, while being of service to amazingly courageous young people at the same time. Their insight and grasp of the programme is astounding - I couldn't articulate my feelings the way they do when I was a teen! It gives me a tremendous amount of hope.

I have witnessed these young people transform as they develop healthy coping skills. They learn that they are not alone and understand that they're not responsible for anyone else's drinking. They support each other with such

wisdom and compassion, sharing their struggles and victories with newfound confidence. Through Alateen, they discover they don't have to carry the weight of someone else's addiction alone.

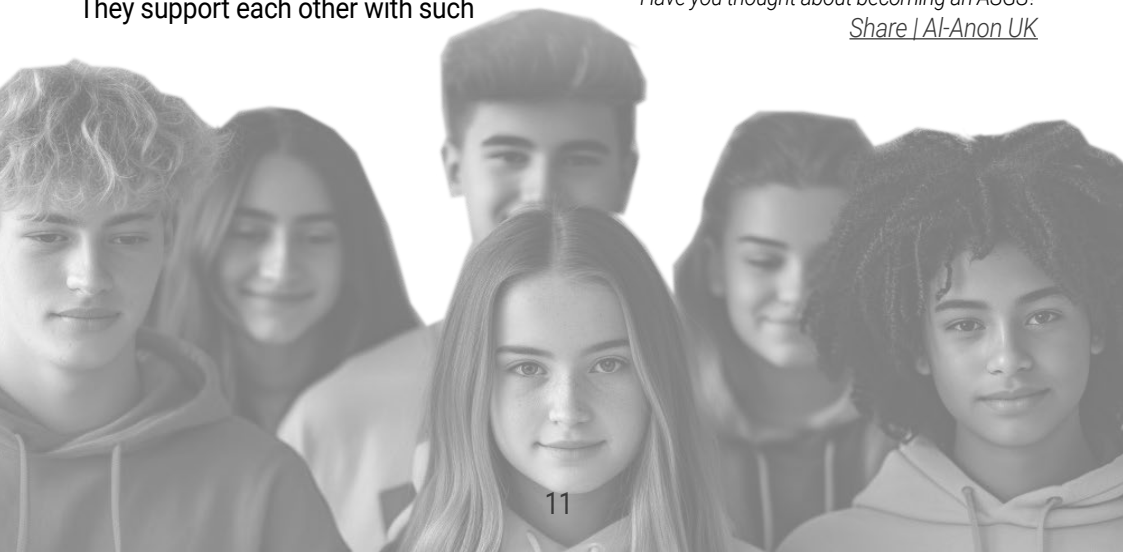
I really hope that other Al-Anon members consider becoming an ASGS; it has turbo-charged my recovery even more than Al-Anon has done alone. Alateen is a part of Al-Anon and it's so important that the hand of Alateen is always there when a teen reaches out for help. Alcoholism is a family disease, and it does not discriminate against age.

A teenager affected by someone else's drinking, or an Al-Anon member interested in becoming an ASGS, can contact the General Service Office to be connected with nearby Alateen meetings or provide information about the process to become an ASGS.

Together, we can make it, and ensure that no young person has to face this journey alone.

Mo M

*Have you thought about becoming an ASGS?
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Together we can make it

Three years ago, I entered Al-Anon and began the slow, gradual process of strengthening my faith. It felt like a stone rolling down a hill, gathering momentum so slowly I barely noticed, until one day, praying and seeking God's will felt natural.

But faith isn't always linear. This past year was one of my hardest; the stone didn't just slow down, it stopped. Within a short span, my boyfriend ended our relationship, and I was fired by my agency. I went from having a life I admired to feeling like I had nothing. In that darkness, my faith vanished.

That is when my Al-Anon fellowship stepped in. When I told them, I had no hope left, they offered me a lifeline: "If your faith is gone, borrow ours. We have more than enough."

As I leaned on their strength, I was reminded that my life was worth living, one day at a time. That the tidal wave of grief I was feeling would one day feel like a mere drop in the ocean. I couldn't see it, but I believed that they believed it.

Slowly, the light returned. Today, I have a job I truly enjoy with a new agency, and I am in a relationship with someone who understands me in a way I've never experienced. Most importantly, my faith has been restored. I can see now that while the lessons were painful, they were necessary. I have learnt that a Power greater than myself knows what is best for me, even when I don't.

If I am a stone rolling down a hill, my Al-Anon friends are the pebbles rolling beside me. When one of us stalls, the others are there with a nudge and a boost of momentum, ensuring we never have to stop rolling for long.

Anon

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When I came to Al-Anon I learnt about choices. I began to realise I'd spent much of my life being steered by other people and doing what was expected of me.

I Learnt I Have Choices

I wasn't sure what I liked or wanted. I am no longer a victim of life. I am a survivor with choices. Knowing I have choices and could do something different was a huge step in my recovery.

The first three big choices I made was to walk away when I was feeling overwhelmed or uncomfortable. I would treat myself to a strong coffee and a jam doughnut and message my Sponsor. (I used to think buying coffee out was so wasteful!)

***I stopped being the go-between in family relationships, micromanaging the tone of messages. This was hard work!
Today, I leave the room so I can't overhear conversations. This has been good for my serenity, reducing my stress levels and has been good for others to navigate their own relationships.***

My third choice, to sleep in another room, was a real struggle for me. The sensory overwhelm of being in the same room as an active alcoholic prevented a restful sleep and built resentments. Being tired and annoyed isn't good for me or any of my relationships.

Other choices are to accept at face value

what the alcoholic says in the moment. I used to recoil at the exaggerated declarations of love and concern for me. But it's her truth at that moment.

I can over analyse everything that is said and done, going over and over things in my head. When I notice this happening, I can choose to STOP and pick up a novel instead.

I have a choice to say "no" and not explain myself, and a choice to say "yes". I even have a choice to change my mind. My overdeveloped sense of commitment had often made it unbearable for me to pull out of a promise.

Today, I choose to remember that it will all settle down again with time, that nothing lasts forever. I'm an internally reactive person. I get triggered and churn up inside. Although feelings aren't facts, they are incredibly powerful emotions that can push me around. But I know it will pass.

There are still challenging family gatherings to face that aren't always pretty. When I feel pushed into being there and making the best of it, I can feel resentful. Instead, I actively choose to stay and take part, using boundaries and Slogans.

Today, I can pause and choose how I wish to respond, from a place of love, kindness, and compassion, both to myself and to others.

I am grateful to know today that I have the choice to be true to myself.

Just for today, I am choosing to work at being the best version of myself I can be.

Anon

What choices are you grateful for? [Share | Al-Anon UK](#)

Guidance from my Higher Power

In early 2025, my Higher Power guided me to take an extended break from my home and responsibilities. I was unhappy and needed time out. I was so grateful for that guidance as I returned with renewed energy and an attitude of compassion, a gift that has become an integral part of my Al-Anon programme.

That gift was tested sooner than I expected. My sober husband of over 50 years became seriously ill, and I suddenly became his full-time carer. I didn't want this for my later life, but Al-Anon has taught me to accept the things I cannot change and, crucially, to keep the focus on myself.

Today, my husband is in the hospital. While this is a difficult time for my family, my programme, my Al-Anon friends, and my Higher Power remain my lifeline.

Al-Anon taught me to simply "do the next right thing." I continue to shop, cook, and keep my hair appointments. I attend my meetings, talk with my Sponsor, and maintain my Al-Anon Service roles.

Staying active in Service allows me to stay in the day and avoid speculating about a future I cannot control. I am so grateful to this programme and my Al-Anon friends; they have helped me become a better wife, mother, and grandmother, even in the midst of a storm.

How has your Higher Power guided you?

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Agnes, Ireland



suggestions for meeting topics

- Working the Steps
- Keeping the Focus
- Overcoming Fears
- Detaching with Love

Online Meetings

I was familiar with some of the Slogans before coming to my first online meeting, particularly 'Let Go and Let God'.

Twenty years ago, as my marriage was falling apart due to the disease of alcoholism, a dear friend who was in the programme offered me encouragement at a time when I needed it most.

I desperately needed Al-Anon then, but my disability made meetings inaccessible. I am profoundly grateful for today's technology.

Although I grew up in an alcoholic family, it was my daughter's drinking that finally brought me to my first online meeting two years ago. I was broken, extremely fearful and had no idea who I was. Initially, my impatience and anxiety were overwhelming; I tried to absorb everything at once, but it felt like I was choking. I had to learn to shorten 'One Day at a Time' to 'One Hour at a Time' just to breathe, eat, and sleep.

Gradually, through applying the Slogans, the tools of the programme and attending meetings daily for a while, I began to heal.

I often return to the 'Just for Today' cards to combat my urge to hurry. They remind me that I can do for twelve hours what would appal me if I had to do it for a lifetime. Today, I am grateful for this gentle programme and the reassurance of the 'Just for Tonight' reading, which helps me trade indecision for peace.

Anon



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KEEP IT SIMPLE
ONE DAY AT A TIME
LISTEN AND LEARN
Progress Not Perfection
LET GO AND LET GOD
detach with love
LIVE AND LET LIVE
KEEP COMING BACK
THIS TOO SHALL PASS
FIRST THINGS FIRST
THINK
JUST FOR TODAY
EASY DOES IT

Service in Al-Anon and my belief in a power greater than myself gave me courage through a daunting work situation.

As debt mounted within my alcoholic husband's business, I looked for additional work to support myself and our children. I qualified to drive a taxi and was working three jobs; my life had become unmanageable. In my thirty-one years of driving, I had rarely accrued even minor penalty points, yet I managed to get nine in the space of a single year. I also failed to report these points to the local council licensing team, as required by the conditions of my licence.

At my annual review, this was discovered. Facing the possibility of having my licence revoked or suspended, I was called before the council sub-committee to defend myself. Instead of seeing myself as a victim or blaming "bad luck," Al-Anon taught me that I needed to take responsibility. I knew I had to be apologetic and honest, reassuring the council that this experience had changed the way I drive, and it truly has.

Going before seven people for a hearing was intimidating; I knew they were there to "judge" me. I prayed to my Higher Power for strength, grace, and the ability to speak clearly without breaking down.

In my Service as a Group Representative, I have attended many District and Area meetings. Those meetings involve various roles: Chairperson, Secretary taking minutes, and committee members delivering reports. As I entered the hall, I was introduced to a Chair, a Secretary, and a Licensing Officer reading a report. Unexpectedly, I felt "at home" in that environment.

Before I walked through those doors, I recognised the same frightened inner child I had been when I first entered Al-Anon 18 years ago. The difference now is that I believe my Higher Power is holding me. I only have to ask for the courage to stand; God will do the rest.

Anon

Service in Al-Anon gave me Courage

*How is your God
supporting you?*

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My Survival Techniques

Before finding Al-Anon, I didn't have many skills, only coping habits, some developed in childhood. Keeping the peace, making excuses, and covering up, trying to be invisible, running my home as perfectly as possible, and taking the blame... I could go on. Thankfully, I am aware today that these methods of surviving no longer serve me. When you know better, you do better; I don't want to just survive anymore, I want to live.

Don't get me wrong, there are still occasions when I want to pull the covers over my head. However, real changes began when I stopped, bit by bit, reacting to bad behaviour and started minding my own business. I became committed to attending meetings. Often, I felt sick with nerves, but being in that safe energy eventually made me feel relaxed and sleepy, which I hope is taken as a compliment.

I was encouraged to keep coming back, which felt warm and genuine. What

started as a basic survival skill turned into a need and a 'must.' At first, it was a matter of 'fake it till you make it.' We all know how to do that. I think it's a survival skill learned from a young age, painting on a smile when everything is falling apart because, ultimately, we want to be liked.

Listening to others share and observing how they interact has been both warming and reassuring. Seeing others get muddled up and laugh at themselves, or stop when they feel they're waffling and be okay with it, has made me smile affectionately. I've realised it is okay not to be perfect. Being accepting and gentle with yourself is a survival skill, and I'm working on it.

Closing my eyes in prayer throughout the day, whether things are overwhelming or I witness something beautiful, is a skill I want to improve. These techniques, along with the Steps, having a Sponsor, and doing Service, help me move forward in my recovery. I am very grateful to be here.

Anon

What techniques do you use to survive? [Share | Al-Anon UK](#)



Al-Anon saved me and my daughter

Al-Anon saved me and my daughter when things felt totally unmanageable with her father.

I grew up around alcoholism, but I just didn't recognise it in him because it manifested so differently to what I had grown up with. He was a functioning alcoholic and most of the time he was really fun to be around. I ignored the red flags and defended him when his friends and family tried to tell me he had a drinking problem. However, when I became pregnant, his behaviour rapidly changed. I started going to Al-Anon and at first, I cried - a lot - at every meeting. Then I started to listen - my story was the same as others'. And I finally understood what my therapist meant when she said, "but what about you?"

I look back now and I see my part in it: pushing him to commit; trying to control his work life so he would get a more stable job; searching for bottles; finding bottles and shouting at him and/or guilt-tripping him. The more I tried to 'make things work', the worse his drinking got. However, regular meetings helped me stay sane and start making healthier decisions based on self-care. When my daughter was born, his behaviours got even worse until I realised neither of us were safe. When he had left for a work trip, I told him he was not welcome back until he got help for his drinking.

My Sponsor was amazing at helping me act rather than react and I got better at putting in healthy boundaries. My Al-Anon friends held both me and my daughter, and I felt safety, serenity, hope and really importantly, happiness. We laughed in meetings, which was such a joy.

When did I ever think I would laugh about either his or my behaviours?

I am still friends with many of those wonderful, loving humans who gently let me know it would all be ok and still do. I moved to the countryside, where there are no in-person meetings that I can get to, so online meetings have been such a blessing. I love being able to virtually travel the globe to different meetings and know I am always welcome as I am.

I also love that my daughter is being brought up practicing the programme. I watch her interact, she has so much more wisdom, self-care, boundaries, and resilience than I did, even a few years ago. We say sorry to each other, reason things out, and most importantly, know that we are not each other's Higher Power. I still struggle when she says "stop controlling me", but I call a fellow (usually another parent) and navigate through. Easy Does It and How Important Is It are good parenting Slogans for me.

I am so grateful for this programme - its friendships, guidance, consistency, and love. It helps me each day to be a better parent, friend, sister, daughter and human. Thank you Al-Anon.

Anon

How has Al-Anon saved you?

[Share | Al-Anon UK](#)

Service is a privilege

Service has been one of the most important parts of my recovery. When I first came to Al-Anon, I was at my rock bottom, and focused almost entirely on my own pain. Service gave me a way to step outside of that and begin connecting with others in a healthier, more balanced way.

At first, Service felt intimidating and something that I wouldn't be good enough to do. Simple things like making the tea or helping set up chairs seemed small, but I quickly learned that no act of Service is insignificant. Each role contributes to creating a safe and welcoming space to be able to share honestly and feel less alone. By participating, I began to feel that I belonged.

Service also helped me grow in ways I didn't expect. It taught me responsibility, patience, and humility. Service got me to the meeting at times when I wanted to shut myself away and isolate, it helped me build consistency and integrity. I learned to

keep my word and to be dependable, even when it was uncomfortable. My perspective shifted and instead of focusing on what was wrong in my life, I started to notice what I can give. It reminded me that I have something of value to offer, no matter how small it may seem. This shift gave me a sense of purpose and connection. With this came self-worth and confidence.

Service also taught me to listen, to practice the principles of Al-Anon, and to stay connected even during difficult times. When I help others, I often find that I am helping myself just as much, if not more.

Today, I see Service not as an obligation, but as a privilege. It is an opportunity to give back what was freely given to me. Through Service, whether that be at Group, District, Area or on a Committee, I continue to grow, to heal, and to remember that I am not alone.

Anon

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

Here are some ideas...

My opinion of online meetings

Share how you take care of yourself

How have the Slogans helped you?

Share your Al-Anon milestones

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.

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.

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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GENERAL SERVICE OFFICE: Al-Anon Family Groups UK and Éire,
57B Great Suffolk Street, London SE1 0BB OfficeTel: 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 2024, 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.

