

SUGGESTED NEWCOMER'S READING (1)

In Al-Anon, as we keep coming back, we learn from each other that alcoholism is a disease that affects not only the drinker but those around the drinker as well. We find that there are simple tools that can change the way we feel about ourselves and our circumstances, tools that can help us to get more out of living and to find excitement and opportunity where we once found only a struggle to survive. As we watch those around us in our meetings begin to find greater freedom and greater joy in their lives, most of us realise that, no matter what situation we face or how desperate we feel, there is good reason for hope.

Alcoholism doesn't discriminate. It strikes the most socially prominent of families as frequently as it afflicts the downtrodden. In Al-Anon we learn that if we set aside our differences, keep an open mind, and try to learn from one another, we can find a powerful force for healing. Together we can accomplish what is nearly impossible alone: we can overcome the devastating effects of this terrible disease and learn to live again.

(How Al-Anon Works for Families and Friends of Alcoholics P12-13)

SUGGESTED NEWCOMER'S READING (2)

I came to Al-Anon to discover how to get a loved one to stop drinking, hoping that my life would then return to normal. In Al-Anon I came to understand that I did not cause alcoholism, I can't control it, and I can't cure it. But I can apply the Twelve Steps to my own life so that I can find sanity and contentment whether the alcoholic is still drinking or not. This is why, in Al-Anon, the focus must be on me.

I soon discovered that I had problems of my own that needed attention: I had undergone some unhealthy changes as I attempted to cope with the disease of alcoholism. These changes had occurred so slowly and subtly that I had not been aware of them. I shared openly about this in Al-Anon meetings and became willing to let go of attitudes that no longer seemed appropriate. With the help of my Higher Power, I began to shed self-destructive habits. In time I felt I had regained my true self, I began to grow again.

Today's Reminder: I do not respond well when someone tries to impose their will on me; why have I tried to impose my will on those around me? There is only one person I am responsible for, and that is me. There is only one person who can make my life as full as possible - that, too, is me. "Today I will keep hands off and keep my focus where it belongs, on me."

(.....In All Our Affairs (P214 Courage to Change)

SUGGESTED NEWCOMER'S READING (3)

One reason we go to Al-Anon is to learn about alcoholism. We learn that it is an illness which could end in physical, mental and spiritual bankruptcy. We also learn that there is no known cure, but that sobriety is possible through the healing help of AA - when the alcoholic is ready. We learn that our own reactions to the alcoholic situation have not been reasonable; we, too, went downhill. We learn that an honest appraisal of ourselves will open the way to improvement and start us on the upward climb to sanity and serenity. Reading Al-Anon literature and exchanging experiences and ideas with our Al-Anon friends will give us strong support in this effort.

Today's Reminder: To live the Al-Anon way can lead to such contentment as we have never before experienced. To those of us who earnestly use the programme, it offers the richest of benefits. It is a learning process that works best for those who approach it with willingness and humility.

"I ask God to make me willing to learn how to live more fully, through the light which I can find in Al-Anon."

(P272 One Day at a Time)