

THE BEACON

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Let it Begin **With Me!**

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

LET IT BEGIN WITH ME



How does Al-Anon work?

There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers. But Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems.

While simple problems may have simple solutions, the solution to complex problems is more difficult to explain. Al-Anon simplifies a complex problem by suggesting a "One Day at a Time" approach, which takes things one step at a time.

At every Al-Anon meeting, you can hear people explain how Al-Anon worked for

them. That may be the best place to start to learn about Al-Anon—One Day at a Time.

Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family's future.

Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon



Alateen

Notes From Alateen Chair

At Alateen meetings, kids experience the power of Unity by respectful listening, learning, and sharing their experiences, strength and hope...

As spoken by an Alateen

"At the beginning of my first Alateen meeting I was scared; at the end of the meeting I felt Happy."

Steps, Traditions and Concepts

Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Steps are the foundation for personal recovery and the Traditions help groups sustain their unity and fellowship.

Step 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Concept 1

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.



