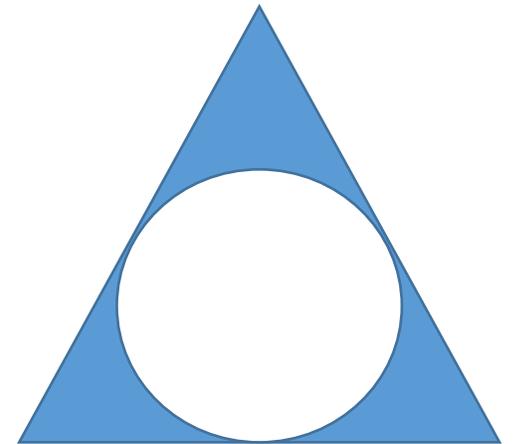
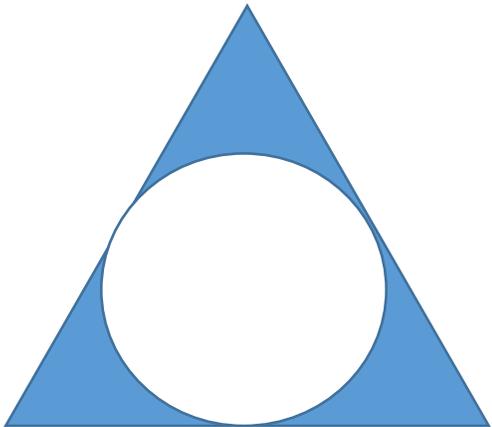


“Let It Begin With Me”

I. Why?

II. How?



I. *Why?*

Why All This Talk

About

“ SERVICE? ”

Al-Anon is a World Wide Fellowship



Al-Anon has but one purpose : to help families of alcoholics.



We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

From the Suggested Al-Anon Preamble to the Twelve Steps – Service Manual p. 13



Al-Anon
is
like
a
big
umbrella

...sheltering many kinds of members.

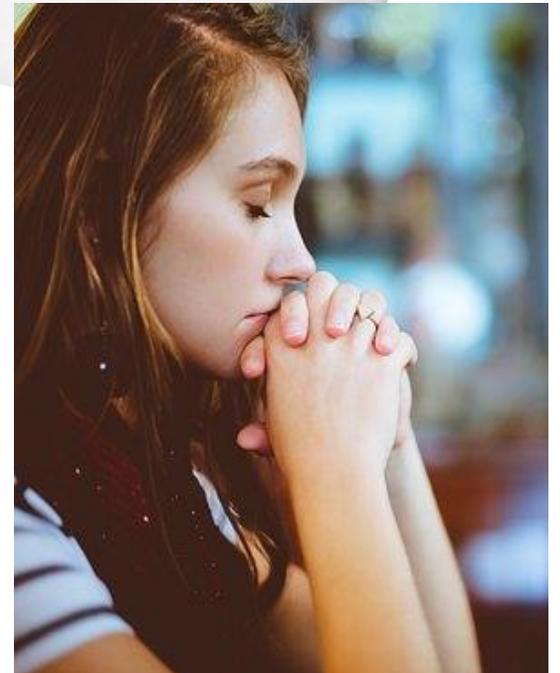
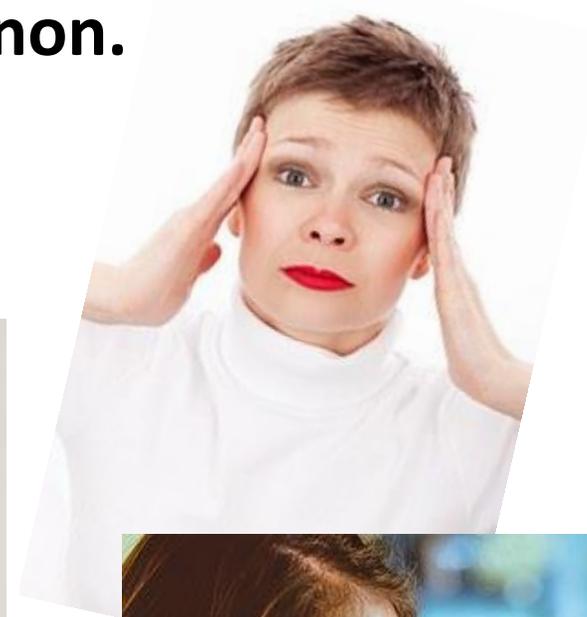


**Some cannot accept that Al-Anon is
NOT about changing the alcoholic.**



They do not return.

Some come in for a time, get some relief and feel better. So they think they can handle life on their own, without Al-Anon.



But 'Life' continues to happen, and they are in pain again. They decide to return to Al-Anon... for awhile.

Still others realize they must **WORK** the **PROGRAM** to get **RECOVERY**.



**They keep coming back, week after week and year after year.
They get better....they find a happier, more satisfying way of living.**

They understand there is no graduation ceremony in Al-Anon,

no diploma.

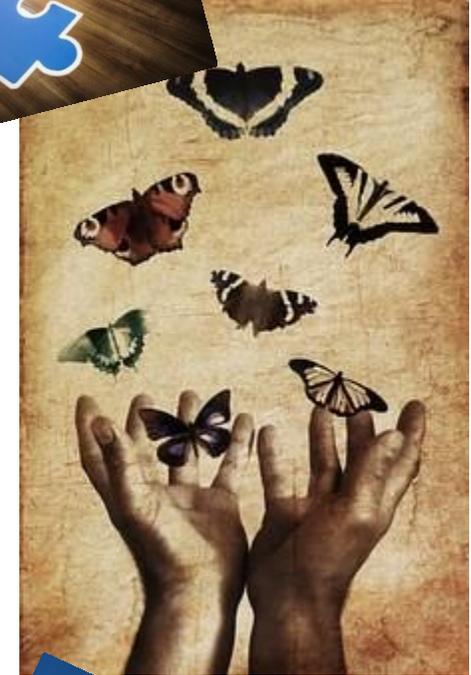


There **IS** growth and progress in understanding and **working** the program...

And, yes, there is even joy in the journey!



These are the members who understand they will always need Al-Anon... and that Al-Anon needs them – to continue the Program into the future – *for themselves*, and for all those alcoholics' families and friends who are suffering and in pain from the disease.



They will say “YES” to SERVICE.



“YES”



**In Al-Anon,
we speak of
Our Three Legacies.**

RECOVERY

THROUGH

The

STEPS

UNITY

Through
the

TRADITIONS

SERVICE

THROUGH

The

CONCEPTS

The Al-Anon
logo forms a
triangle,
which
represents
Our
Three
Legacies..



UNITY SERVICE
RECOVERY

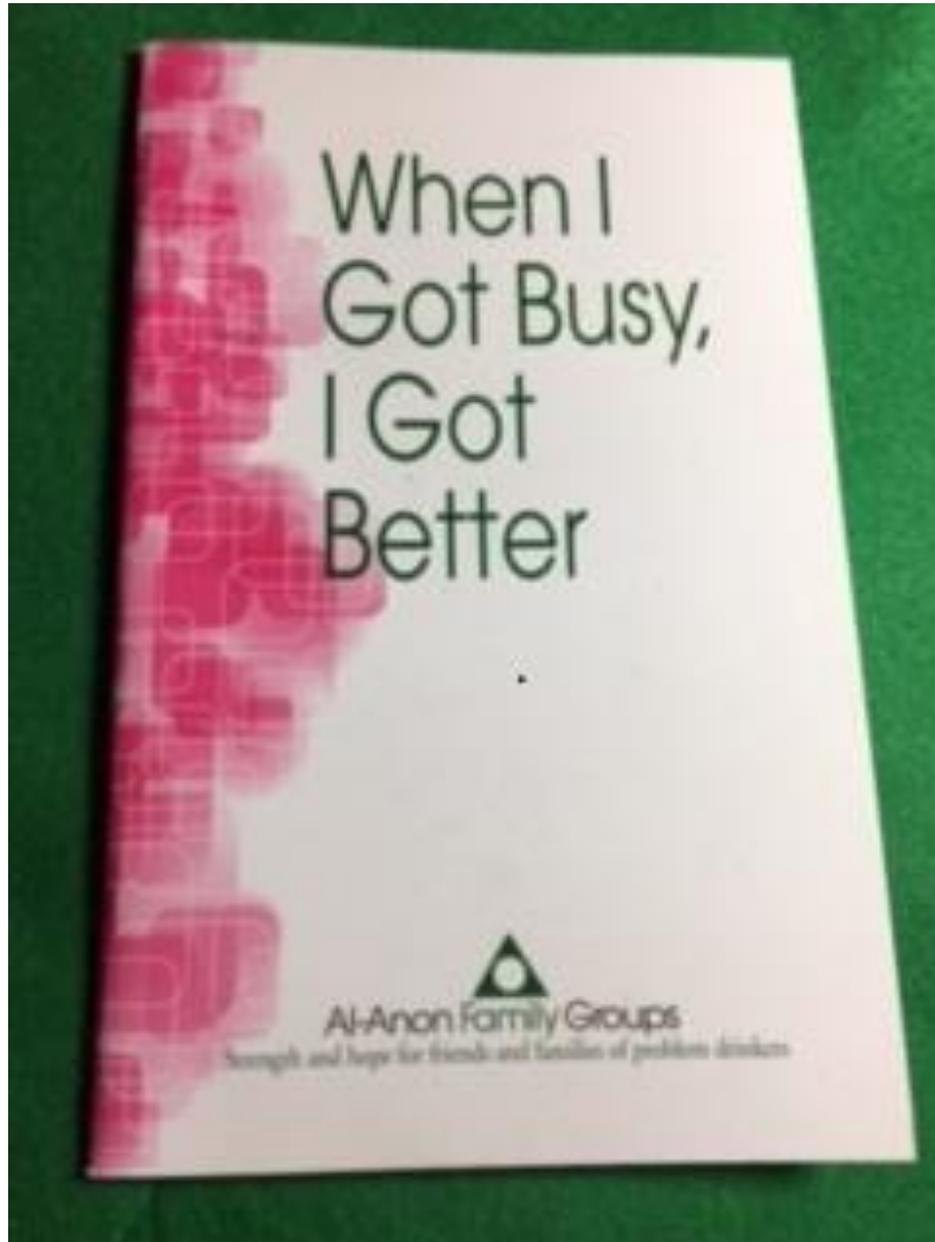
If one side of the triangle goes missing, there is no triangle.

When 'SERVICE' is missing , there is an incomplete Al-Anon :



Eventually, no Al-Anon! Who will keep it going?

Note: Our Tradition 7 states: “ Every group ought to be self-supporting, declining outside contributions.” “*But financial support is only part of the story. As individual members, we support our groups through active participation.*” How Al-Anon Works p. 116



**Some quotes from this
invaluable resource....**

**“Al-Anon service is
gratitude in action.”**

p. 1

P. – 78 \$4.00

**“ Al-Anon service provides
welcome healing benefits...
hearts are being healed.”**

p. 8

**“I came to believe that what
I got from the program
depended very much
on what I gave.”**

p. 10

**“ Service has done more
for my self-esteem than
anything else in my life.”**

p.20

“I want Al-Anon to be available not only for others, but also for me.”

p. 31

**“Al-Anon service has
given me an experience
of connection and
commitment.”**

p. 12

**“ You don’t have to
be perfect –
just willing.”**

p.15

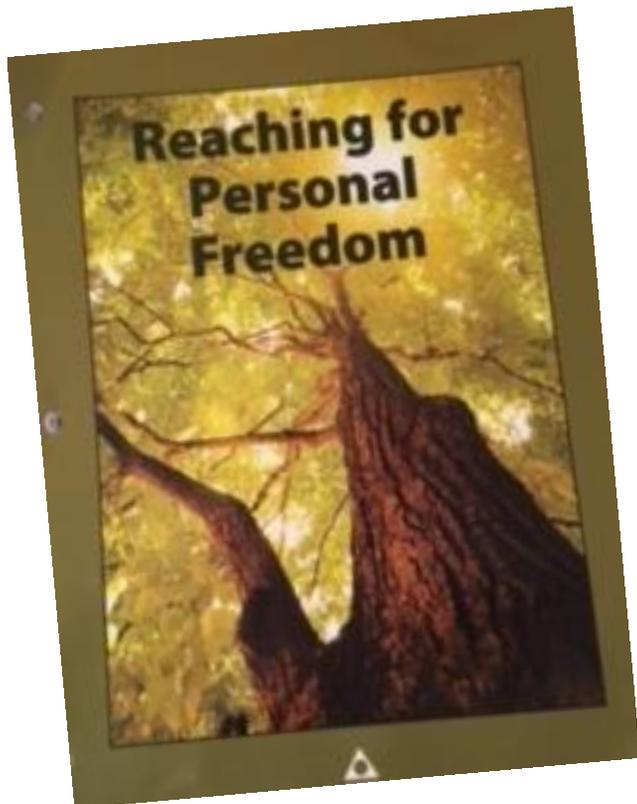
**“When I lend a hand....
I support a program that
has supported me.”**

p. 20

“If you aren’t taking advantage of all three sides of this triangle, you may be cheating yourself.”

p. 9

There are many other sources referring to service in our conference approved literature.



From Survival to Recovery

...In All Our Affairs

Opening Our Hearts, Transforming Our Losses

How Al-Anon Works

Discovering Choices

Courage to Change

As We Understood

Many Voices, One Journey

Hope for Today

“As I do service work, I see myself accomplishing things, giving, receiving, growing.”

Courage to Change p. 336

“I realized that being in service made me feel obligated to maintain my own personal growth in the program, and I benefit from that obligation.”

In All Our Affairs p. 132

“I have found a sense of renewed purpose through service. My experience allows me to offer compassion and encouragement to others who are going through similar losses.”

Opening Our Hearts...Transforming Our Losses p. 93

“ Al-Anon service work provides a supportive training ground to find out the best of who I am and who I can become.”

Hope for Today p. 276

“Service keeps me coming back.”

Michele R.

The Forum September 2016

**“ SERVICE –
(is) Putting Love Into Action”**

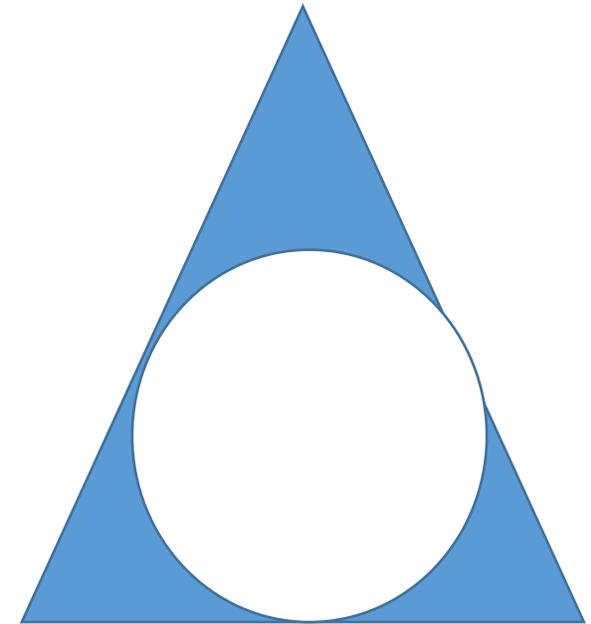
How Al-Anon Works pp.99-101

II. How? Back to :

“ When I Got Busy,

(*doing service*)

I Got Better” ”



Questions you may have :

Just what is Service in Al-Anon?

Putting out the literature; maintaining a phone list; calling or texting members; being secretary, treasurer; member of a convention committee; making coffee; attending meetings ; chairing a meeting, giving someone a ride to a meeting; ordering literature; being a sponsor; Group Rep.; District Rep.; greeting newcomers;... and on... and on...you get the idea!

What is rotation of Service?

After a term of holding a position, another member steps up to hold that position. Rotation gives all members the opportunity and privilege of serving. *It fosters humility and discourages dominance by anyone.*

Why me?

Has Al-Anon helped you?

Do you want to learn more about Al-Anon?

Do you want to learn more about yourself?

Do you want to feel better about yourself?

Do you want to feel “part of – belonging to?”

Do you want to get back more than you give?

Then, Why NOT YOU?

What if I agree to Service, but then have a problem?

First, ASK for help. There's always another member who is willing and able to help. We are on this journey together. You are not trapped in a service position, but do give it a fair try. Second, BE HONEST. Is it fear of failure or imperfection that worries you? Keep TRYING! But if you really need to step down, Al-Anon teaches NO judging from others. They should say, "Thanks for trying.. maybe try again another time when your circumstances change."

What does Service have to do with Recovery?

**Focusing outside of yourself, instead of on your own problems puts them in perspective; gaining more self knowledge; having a sense of accomplishment; gaining a sense of self worth by helping others.....
gaining confidence in your abilities.....**

How can I be of Service if I have no spare time?

**Be intentional... be creative....
look for opportunities & “down time”....
Start with baby steps.....
Waiting in line or in the waiting room?
Text someone... Email someone...
Pray for someone.....Be willing!**

**Now that you are more AWARE of the ‘Why’ and
‘How’ of Service in Al-Anon....**

**and hopefully ACCEPT its
importance**

Awareness...

Acceptance...

ACTION!

“Let it Begin With Me”!!!

Remember – Growth does not occur in one’s ‘comfort zone’!

**We participate in the
World Wide Fellowship
of Al-Anon !**

Participation is the key to harmony.

Concept 4