

Newcomer's Welcome

As a newcomer, you may feel that you are here for the alcoholic, that your presence here may teach you how to stop his or her drinking. The truth is, we who attend Al-Anon are because of the alcoholic and not for the alcoholic. We soon learn that we did not cause the alcoholic to drink, we cannot control the drinking, nor can we cure the alcoholic. We are here for ourselves. We are responsible for dealing with our pain. This is our program; it is our recovery from the effects of the disease of alcoholism.

We find love, understanding and a lot of hope from the Al-Anon Family Group. The people around us are experiencing in varying degrees the hurt, the anger, the anxiety that we have all experienced. In Al-Anon we share our experiences because it helps us to focus on ourselves and our recovery. We do this with the use of the Al-Anon tools of the program; steps, slogans and literature.

Al-Anon will work for us if we allow it to. It's as effective as we make it. It's the safe place, the right place to be. We are free to share during our meetings or we may feel more comfortable just listening. That's fine. There are no "musts" in Al-Anon. We are also available after the meeting to answer questions that newcomers may have about our Program of Recovery.

Finally, what we say or hear here, and who we see here, stays in this room. We protect our anonymity at all times.