

## **A Message from Your DR about Carrying the Message – The 12<sup>th</sup> Step in Action**

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September is National Alcohol and Drug Addiction Recovery Month. What a perfect time to carry the message! Carrying the message is part of working the Steps. Step 12 - *Having had a spiritual awakening as the result of these Steps, we tried to carry the message to others, and to practice these principles in all our affairs.* There are both many opportunities and many different ways to carry the message – both for groups and for individuals.

The World Service Office (WSO) of Al-Anon Family Groups (AFG) provides us with a wonderful tool to help carry the message - *AL-Anon Faces Alcoholism 2010* has been published and orders will be delivered in August for distribution in September. This publication is written specifically for professionals; in previous editions it has included Al-Anon members' stories of personal recovery, testimonials by professionals on the benefits of the Al-Anon program, and basic information about Al-Anon, including how to find a meeting. The 2006 Al-Anon/Alateen Membership Survey indicates that over 36 percent of Al-Anon members attended their first meeting as the result of a professional referral, professionals such as doctors, therapists, religious leaders, nurses, attorneys, police, educators, and judges.

District 5 has ordered enough copies of *AL-Anon Faces Alcoholism 2010* for GR's to take a minimum of 10 copies back to their groups. It is up to each group to decide how to distribute them. Some distribution options for your group to consider are:

1. Encourage members to take a copy, to read it themselves to familiarize themselves with the contents, and then to take it to leave with or discuss with a professional they know or see.
2. Choose a group of professionals to send copies to, along with a cover letter.
  - a. The following open letters to professionals are available for printing and copying for use with this and other outreach activities throughout the year at [www.al-anon.org/members](http://www.al-anon.org/members):
    - i. Spiritual Leaders (OS1)
    - ii. Doctors (OD2)
    - iii. Lawyers (OL3)
    - iv. Law Enforcement (OP4)
    - v. My Teacher (OT5)
    - vi. Human Services Professional (OH6)
    - vii. Student Assistance Professional (OSP7)
3. Spend a little time brainstorming in your group for other ways to distribute this valuable outreach publication.
  - a. Perhaps brainstorm a bit about *other* outreach activities your group could take on throughout the year.

Please think about including a copy of the District 5 meeting schedule and perhaps some other CAL pamphlets as you distribute *AL-Anon Faces Alcoholism 2010* – either or both will increase the value of this outreach tool.

There are also many Individual opportunities to carry the message, including:

1. Leaving copies of The Forum or CAL pamphlets in waiting rooms, airports, libraries, bail bond offices, etc.
2. Dropping off schedules and CAL literature at libraries, treatment centers, police stations, hospitals, jails, etc.
3. Sharing about your recovery with someone you know who is affected by someone else's drinking. Share your story, tell them about nearby Al-Anon meetings, let them know you're willing to bring them to a meeting if they would like, and then let them take what they like and leave the rest. We all come into the program at the time that is right for us. As Tradition 11 states – *Our public relations policy is based on attraction rather than promotion.* Attraction means letting them know the program has worked for you and that it is available to them whenever they need it and are ready for it. And then letting go of the outcome.

Giving and letting go is a spiritual lesson we can practice when we share about Al-Anon and our recovery with professionals and with individuals affected by someone else's drinking. By attracting newcomers to our meetings, we extend a helping hand to people who need the hope and help that Al-Anon offers, we energize our own recovery, and we help keep Al-Anon Family Groups a dynamic and growing organization.

Thank you for allowing me to serve and to continue to grow and recover in service.

~Peggy P, D5 DR