

## **New Topic for the Member Blog**

May's topic is, "Reflect on your Al-Anon birthday—whether you're a newcomer or longtime member." As always, you can also write about Al-Anon's three Legacies. This month features Step Five, Tradition Five, and Concept Five.

Please share with us at [\*\*al-anon.org/member-blog\*\*](https://al-anon.org/member-blog)

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!