

Inside Al-Anon Family Group

Gratitude Through Service Builds Worldwide Connections

What does it mean to be part of a worldwide fellowship? So often I can be attached to simply attending a local meeting every week, focusing on the situations that have made my life unmanageable. There can be tremendous recovery in these meetings—getting to know other members intimately and sharing our ongoing stories easily as we become comfortable and familiar with those around us. I have gained so much from regular and consistent contact with my home group.

I affectionately refer to the meeting I attend in the city where I was born and lived most of my family life as my “hometown” meeting. When returning to visit, or when attending online since it has become hybrid, I can attend not only to connect with Al-Anon members, but to have an amplified sense of belonging due to its connection with where I was brought up.

Visiting family in different parts of the world, I often find myself in need of an Al-Anon meeting. Knowing I can find recovery almost anywhere I go, I can be comforted in an Al-Anon meeting by the familiar principles practiced throughout our worldwide fellowship. I am filled with gratitude when I am welcomed even though I may be a visitor.

Imagine my delight when, having returned to the USA, I bumped into members at the International Convention in Baltimore from groups back home where I had found hope and support. The world became a small village, while my sense of belonging and gratitude to AlAnon grew as we came together in this worldwide fellowship.

In my role as International Services Manager at the World Service Office, I have seen connection between members worldwide grow substantially. The International Team has the privilege to meet with many members across the globe who have a desire to carry the message of hope and support to those seeking help from the effects of the family disease of alcoholism. Some of these Al-Anon members have so little materially, yet they possess great willingness and commitment.

Having been touched by the message of hope we find in Al-Anon, they serve without a moment of doubt. These members are grateful to learn that they can grow from being one member to forming an established General Services Office (GSO). The magnitude of this gratitude builds connections among our worldwide fellowship. When we have the willingness to be of service, we receive so much more than we give, and sometimes we cannot even measure quite how far-reaching that can be—from ourselves to the distant corners of our global fellowship.

By Tracey S., International Services Manager

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