

## **Inside Al-Anon Family Groups**

### **Carrying the Message: A Gift of Serenity**

Today, I am grateful to share the gift of serenity I've received through the worldwide fellowship of Al-Anon Family Groups. Like many others, I came to Al-Anon overwhelmed by a loved one's drinking and the chaos it brought into my life. I felt like I was losing my grip on reality.

Serenity became my goal—to live in harmony with myself, others, and the world around me, guided by a Higher Power of my understanding. Life still brings challenges, and my understanding of that Higher Power continues to evolve. But the Al-Anon Legacies—the Steps, Traditions, and Concepts of Service—offer a steady compass for my journey.

Step Twelve is a culmination of the spiritual growth nurtured by the previous Steps. It reminds me that serenity is not a destination, but a way of living: “Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.”

Spiritual awakening is deeply personal. For some, it's a sudden insight; for others, a gradual unfolding. For me, it's been a slow and steady shift—opening my heart to give and receive and letting go of expectations. This awareness brings peace and grounds me in truth.

But awareness alone isn't enough. *Action is the expression of awakening.* One of the most powerful ways I carry the message is by example. How I live, how I treat others, and how I respond to life's ups and downs all reflect the transformative power of Al-Anon's principles.

Public outreach is not just about speaking at events or distributing literature, it's about living the message. Every time I share my experience, strength, and hope, whether in a meeting, a conversation, or a community setting, I am practicing public outreach. I am showing others that recovery is possible, that serenity is attainable, and that they are not alone.

One of my favorite passages in *From Survival to Recovery* (B-21) says:

"If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives can be transformed. We can become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder." (p. 267).

Though I'll never be perfect, I strive for spiritual progress. Practicing these principles in all my affairs helps me navigate relationships—with myself, with others, and with my Higher Power. Just for today, "I will be unafraid... to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me."

Sharing the gifts I've received from Al-Anon brings indescribable joy. It reinforces my own recovery and deepens my sense of connection. Carrying the message is not just a responsibility, it's a privilege.

Step Twelve invites us to continue our spiritual journey by living the Al-Anon principles and sharing the message of hope: You belong. You're welcome. You have something to contribute. And that is enough.

*By Heather S., Associate Director—Public Outreach*

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