

Inside Al-Anon Family Groups

We often speak of the worldwide fellowship of Al-Anon Family Groups. To illustrate this connection, the following article shares the experience, strength, and hope of a Volunteer from one of our international structures. Her story shows how being part of Al-Anon globally has supported her recovery and strengthened her commitment to service. In times of isolation, it is reassuring to remember that we are not alone—that we are united across the world in facing and healing from the family disease of alcoholism. Wherever we are, Al-Anon welcomes anyone, anywhere, whenever someone reaches out for help.

From Pain to Purpose

When I first came to Al-Anon, I had no idea how profoundly my life would change. Five years into the program, I lost my husband to alcoholism. Along with the pain of bereavement came a deep fear that I might no longer belong in the Al-Anon rooms, which had become my safe haven.

However, I was wrong! The love of my Sponsor and fellow members remained steadfast.

They let me cry and grieve, then gently welcomed me back to these rooms. I continued working the Steps and Traditions. My Sponsor encouraged me to carry on with the service commitments I had made, which became my saving grace. Through service, I began to heal. It gave me a purpose and a connection to the world when my own world felt empty.

Over time, I learned to ask, “How may I help?” and then listen for the answers.

When I accepted my current service role at the General Service Office (GSO), my Sponsor reminded me to look beyond my group, my city, and my Area. In India, we began welcoming

electronic meetings and facilitating translations of Conference Approved Literature (CAL) for our multilingual fellowship. The joy of service inspired us to find ways to carry the message of Al-Anon to remote areas.

During the pandemic, I attended the International Al-Anon General Services Meeting (IAGSM) online with representatives from other GSOs. This connection with trusted servants around the world often appears on my gratitude list! Through service, I meet members who have turned their pain into peace by supporting others affected by a loved one's alcoholism. In Europe, despite the language barrier, strangers became friends, and I was welcomed with the same warmth I had known among members back home. While in Australia, I met fellow Al-Anon members who seemed to be living the Legacies with quiet grace.

The recent visit of the World Service Office (WSO) representatives to GSO India gave me another glimpse of how this worldwide fellowship is built on love, humility, and a shared purpose. Those friendships continue to grow as we share our experience, strength, and hope across continents. This continues to make me a grateful member of the worldwide fellowship of Al-Anon and Alateen, deeply connected by the same principles that saved our lives. I want to keep walking hand in hand with many others on this road to recovery, carrying the message of help and hope.

By Upvinder K., GSO India

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