



The Butterfly

Summer
2025

Colorado Area - Al-Anon Family Groups of Colorado
P.O. Box 31808 Aurora CO 80041-0808 al-anon-co.org

From Our Area Chair

Greetings to Colorado Area Trusted Servants



I love spring in Colorado! The promise of spring is the anticipation and hope with the arrival of a season characterized by warmth, renewal, and new beginnings. Nature wakes up from the dormant winter bringing trees and plants that bloom and grow, giving us vibrant colors and scents. The beauty and vibrancy of spring can bring optimism and the potential for positive change. This can also happen in our recovery as we work the steps, apply the traditions to our families and fellowship, and use the concepts while serving Al-Anon. The promises of Al-Anon (From Survival to Recovery - p269) include words such as joy, fulfillment, and wonder, worthy of love and loving, perceive reality and recognize truth, courage, and fellowship, hope to share with others, serenity, and peace. We will become mature, responsible individuals with a great capacity for joy, fulfillment, wonder, laughter. Faith, and Gratitude. "Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential. Will we ever arrive? Feel joyful all the time? Have no cruelty, tragedy, or injustice to face? Probably not, but we will acquire growing acceptance of our human fallibility, as well as greater love and tolerance for each other. Self-pity, resentment, martyrdom, rage, and depression will fade into memory. Community rather than loneliness will define our lives. We will know that we belong, we are welcome, we have something to contribute, and that is enough."

I'm excited for you to participate in our Summer Assembly that will be in Grand Junction on July 18th, 19th, and 20th. Our Delegate, TMF, will be sharing his report from the World Service Conference that was held in April. I know that he has lots of ideas for our Area to continue the work of service. We will continue to have a hybrid Assembly supported by our task force. The conversation about our participation at Assemblies with AA will have updates and results from your input will be shared.

GRs - Don't miss out on the survey that our GR Connection committee has included in this Butterfly. There is a QR code that will take you to the survey so that we can get your feedback. You will also get an email with the link. This is your opportunity to let us know what you want at the Assembly.

DRs - There are a few opportunities for your groups to support our Area. We will be asking for a site for the 2026 Day in Al-Anon and a place to host the AWSC Budget meeting sometime in September. We will also be electing the chair and co-chair for the Al-Anon Convention 2026 - location to be revealed. The Website Thought Force is just starting to look at how we can improve our Area's website. I'm sure they would appreciate any ideas from our fellowship.

Please contact me by email at any time to share any ideas or questions you may have. I read somewhere in one of our pieces of Conference Approved Literature (CAL) that service in Al-Anon is not an obligation, it is a gift of the program. I couldn't agree more. I continue to learn from you, and I am repeatedly amazed by your example of generous service and your contribution to AFG, our assembly, districts, committees, and groups. Thank you all for all you do! I hope you all find the promises of our program in your lives. Thanks for letting me serve as your Area Chair and Happy Spring to you all!

In Loving Service

Linda C.

Colorado Area Chair chair@al-anon-co.org

"Our hearts do not need logic. They can love and forgive and accept that which our minds cannot comprehend. Hearts understand in ways minds cannot." Lois W.

**From Our Delegate -
Butterfly Summer 2025**

**Dear Colorado Al-Anon
Family**



It is with eternal gratitude that I say thank you for sending me to the 2025 WSC (World Service Conference)! That was truly a wonderful experience that I can't wait to share with you all at the Summer Assembly in Grand Junction. For now, I'll say that I keep building up these meetings, like SWRDM (Southwest Regional Delegates Meeting) and WSC as major events in my mind as if I were entering a sacred space and they kind of are, but also, they're truly just larger and more intensive Assemblies. That is not by mistake though as our assemblies are modeled after the WSC, but they take the guidelines/rules way more seriously at WSC and I found myself in awe of the process at multiple points. There were a few moments when people were discussing issues, policies, and sharing their stories where I must admit I did not feel worthy enough to be attending the event. I was the youngest delegate in the room, but not by THAT much with the second youngest at 40. Yet, I kept asking myself what made me qualified to be serving at such a level, to be representing an entire area of members? Multiple times I had to stop and pray for serenity from my self-doubt and remind myself that I was elected in the Area process, just like every other Delegate and we all had been brought to these points by our higher powers for a reason. I spoke to a few delegates about these feelings as their service resumes were longer than mine and many of them had served as Area Chairs, Treasurers, Secretaries, and/or Alt-Delegates before considering standing for Delegate. I went from DR straight to Delegate and that made feel somehow, less worthy, yet I did find other Delegates who took the same path as me and even some with less years in the program. After bonding with members from across North America I must say I felt I was a respected equal member at the conference and no matter what the disease said, I was there with my primary purpose to serve Al-Anon.

To that end, I was frequently at the microphone and making a name for myself quoting the Service manual and asking specific and pointed questions. I voted in ways that I believed benefited our Area, but also Al-Anon as a whole. There's a lot to discuss at Assembly, and I am eager to start working on my presentation, props, and workshop to convey the messages from WSO as I am your conduit of information. I hope and will keep praying that I can find a balance on condensing four twelve-hour business days into my two-hour report in July. Until then, I hope to continue to work my program so I may keep my serenity to best serve you all. Thank you for your time reading my piece and the Butterfly as it's a wonderful magazine that our area is truly blessed to have.

I'll keep you all in my prayers, with love in service,
-TMF,
CO Delegate
Panel 65: Keeping our Legacies Alive

GR Connects

**Attention Group
Representatives (GRs)!**



The GR Connection Team created a Google Forms Survey that we hope will be completed by all CO Area GRs. All you need to do is to click on the link which will open the short, 10 questions survey. You can also scan the QR code to access the survey. After you finish, click on "submit," and your anonymous answers will be recorded. We will gather the survey information and share it with the Area. We appreciate you taking the time to complete the short survey!



Thank You!
From your GR Connections Chair, Chris and Co-Chair, Marcia S.

Colorado Area Treasurer

Hello Colorado Area!

Thank you so much for your individual, group, and district donations. Friendly reminder to please send donations to...

Colorado AFG

c/o Janice Z

2606 E. 148th Drive

Thornton, CO 80602

Make checks payable to Colorado AFG

Please include group name and WSO# in the memo section of the check

Thank you for trusting me as your Colorado Area Treasurer. I feel grateful for the opportunity to serve our fellowship and continue to learn and grow. I appreciate the friendly and kind notes some of you include with your donations... they bring a smile to my face! Each time I record your donations in QuickBooks and deposit donation checks at the bank; I am amazed by the generosity of our group members. Serving as treasurer is keeping Tradition Seven ("Every group ought to be fully self-supporting, declining outside contributions.") at the forefront of my mind. It reminds me of my personal responsibility to contribute financially to our fellowship when I attend meetings. I appreciate the opportunity to support our fellowship financially by subscribing to The Forum subscription and purchasing literature from my group, the Denver Area Service Center (DASC) and/or the Al-Anon World Service Office. I am grateful for the many opportunities I have to contribute and serve our fellowship. When I do so, I am helping our fellowship remain available for others who are affected by the disease of alcoholism. It's inspiring to become more aware of the fact that the Al-Anon Program is completely financially supported by the members of our fellowship. My program is being enhanced by servicing as your Colorado Area Treasurer.

Thank you again for this opportunity!

Let It Begin With Me,

Janice Z.

Colorado Area Treasurer - Panel 65

**Colorado Area Website
Coordinator**

Hello Colorado Area

After a few months in the role as your website coordinator, I have finally exhaled. I'm grateful for the opportunity to develop new skills as I help maintain the flow of information on our website. My learning curve is steep. I'm balancing my fear of making mistakes with the excitement of learning. I'm fortunate to have a robust support system.

Please, please help! Email website@al-anon-co.org if you notice anything on the website that does not appear to be working as it should. You won't be bugging me. You'll be helping.

Just for fun (because if it's not fun, it's not recovery) see if you know some of the terms and acronyms used in the website maintenance world... domain, hosting, code, plug-in, widget, cache, CMS, URL, IP, SQL, SEO, HTML, CSS, FTP. When not immediately immersed in the website maintenance tasks I try to PAUSE, consult my HP, HALT if needed, read some CAL, and catch an AFG meeting. (Acronyms are everywhere!)

I've joined the Website Thought Force that GRs voted to create at our March assembly. I look forward to uncovering ways in which our website might be improved to better meet the needs of our current and future members.

Sheila A

Website coordinator - Panel 65

**From Our Butterfly
Coordinator**

**Hello to all in our
fellowship!**

As I'm working on The Butterfly, I am reading all the articles and aware that each of us contributes with our own voice. It makes me incredibly awed at how we in Colorado continue to share our experience, strength, and hope. I am especially excited to see some of our members' contributions. Thank you for your submissions, which only enhance our Summer Butterfly. And thanks to the Officers, Coordinators, and District Reps that contributed as well, your articles of service demonstrate how our Colorado Area Community continues to inspire and provide opportunities for fellowship.

I hope to expand our members' corner with more entries. Please feel free to send recovery themed articles, photography or thoughts. Please send to: butterfly@al-anon-co.org. The deadline for submissions to the Fall Butterfly is September 15, 2025. However, I will take entries any time before that date, just sayin'! Subject line: For The Butterfly.

Do you want to receive The Butterfly? Send an email to: butterfly@al-anon-co.org and in the Subject line enter Subscription. Your Butterfly will be delivered to your email as an attachment with a note of gratitude for your request.

Sue W.
Butterfly Coordinator – Panel 65

**Colorado Area
Literature/Forum
Coordinator**



**District 6 hosted a
Potluck/Forum
Workshop on May 10,
2025.**

DR Pat G. opened with the -Serenity prayer. 12 Steps, 12 Traditions and 12 Concepts were read. Introductions were given with 18 members present.

Four books were donated as giveaways: Intimacy in Alcoholic Relationships; Opening our Hearts Transforming our Losses; Discovering Choices Recovery in Relationships; and The Al-Anon Family Groups Classic Edition. After a delicious variety of potluck foods were enjoyed by members the workshop was started.

As Colorado Area Literature/Forum Coordinator, I facilitated the Forum Writing Workshop. I created a "project board" that displayed the Al-Anon Guidelines (G-11), the Forum Information and tips for GRs as Forum Representatives (F-2), The Forum Writing Guideline (F-1), The Forum Subscription Order Form, the information sheet "Share your experience, strength and hope - in writing!" and a copy of the Forum. Journals of lined paper between colorful acrylic painted vinyl were made by workshop committee members, Holly, Pat, and Julie. Each member received a journal, a copy of The Forum Writing Guideline (F-1) and the Sharing Sheet (F-1).

Different monthly Forums were placed on the tables as well. We went through the different parts of the Forum to familiarize ourselves. Most groups subscribed to the Forum. Very few individuals subscribed. I encouraged members to subscribe and submit their writing. It was also brought out by the members that a "digital version available for purchase through your electronic media provider" could be obtained by "contacting WSO for details" [Online: al-anon.org/forum](https://www.al-anon.org/forum)

After Brainstorming how the Three Legacies were used in their lives, as inspiration to "share our experience, strength and hope" members were given time to write in their journals. And again, they were encouraged to submit their writings for publication in The Forum! As my first "presentation," I thought the workshop was a success and would be honored to do a Forum writing workshop at different District Event.

LIS
Julie Racine
Colorado Literature/Forum Coordinator Panel 65
literature@al-anon-co.org

News from the Website Thought Force

A brief update:



So far, we have three members in this Thought Force: Sheila A., Sue W. & Marcia M. We are starting the process of reviewing previous Colorado Area Website related motions/documents, looking at other Al-Anon Area Websites, and reviewing what's been done previously. Our job is to gather information and recommend the next steps.

When we have completed our "charge", the information will be given in a presentation at an Assembly. In the meantime, we welcome your thoughts/suggestions about the CO Area Website. Do you have ideas about what's working on the website, what could be improved, what you would like to see added to the website? If so, please contact Sheila, our Website Coordinator, at website@al-anon-co.org.

Thank You!

Greetings from the Denver Area Service Center!

What is the Denver Area Service Center (DASC) you may ask?

Service Heros Wanted

We are a Literature Distribution Center (LDC) and Al-Anon Information Service (AIS), meaning that we sell English and Spanish Al-Anon and Alateen Literature and service tools, and serve as an information clearinghouse for groups and districts in the Greater Denver area and beyond! We are supported by groups in districts 7, 8, 9, 10, 11, 12, 13, 14, 15, 21, and 25—though we're here to support anyone reaching out for help. How can we help you?

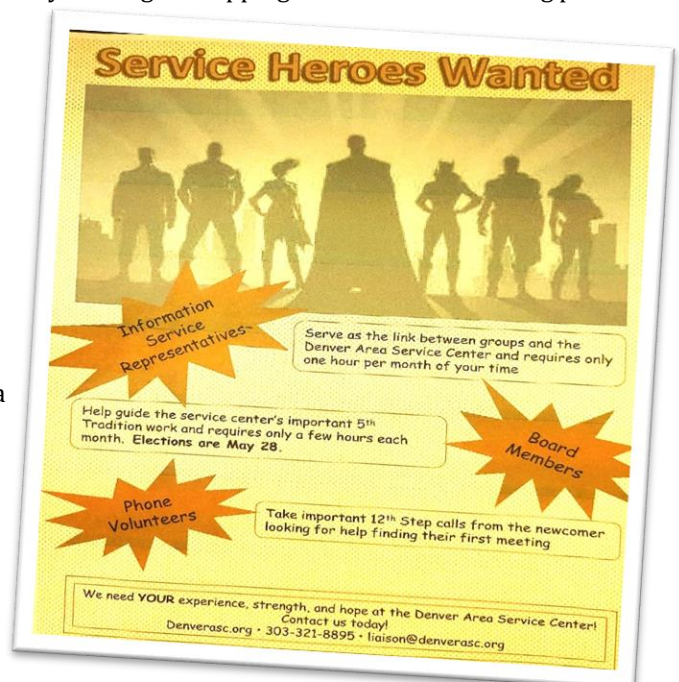
May was a big month for DASC. Our Board Elections took place on May 28 via Zoom. Also, District 7 hosted our Blue Ribbon Event honoring longtime members on May 31, 2025. Will your District be the next host in 2026?

We are always happy to see groups send Information Service Representatives (ISR) to our Service Committee meetings each month, which is an excellent service opportunity for an Al-Anon member that is looking to dip their toe into service. All that is needed to be an ISR is to attend an hour meeting once per month, participate, and bring information back to your groups. Plus, you get to meet more folks in our wonderful fellowship!

We still have some New Alateen group funds available through an anonymous memorial gift. Our website is denverasc.org. You can find printable meeting lists and local event flyers there. Please stop by and visit us—you can get a clipping from our Pass-It-Along plant while you're there.

Denver Area Service Center
2133 S. Bellaire St. #3
Denver, CO 80222
Office hours: 10am – 2pm
Monday through Friday
Office phone 303-321-8895
Helpline: 303-321-8788

Submitted by Jason B.
DASC Liaison to Colorado Area



District 4

All is well in SW Colorado
District 4, Durango, Pagosa
and Bayfield.



We had a Workshop on Intimacy with brunch in April. We host a "First Wednesday Potluck and speaker meeting with all Anonymous programs invited and we have an Alateen meeting at the same time. We have a meeting every day of the week. 5 of our Durango meetings meet at the Alano Club, which is a building where 12 Step groups rent space. We have our own room there with a great television and speaker set up for zoom. All our meetings in our area are hybrid. Our schedule is on the websites. Come visit us in the rooms this summer or on zoom. Here is our direct link:

<https://us02web.zoom.us/j/9597775168?pwd=dXBzdEdiWTdsMHkwM2x1Mm5laWVpdz09>

See you in Grand Junction!
Tierney DR 4

District 14

Al-Anon Workshop
August 10th
3-5 pm

A flyer for an Al-Anon workshop. The background is a light green and blue gradient with a pattern of stylized leaves. The text is centered and reads: "DISTRICT 14 HOSTS AL-ANON WORKSHOP", "Grief: Transforming our Losses and Expectations: Robbing Ourselves of Joy", "\$5.00 recommended donation water and snacks provided", "SUNDAY, AUGUST 10th 3-5 PM", "Southeast Aurora Club", "16732 E. Iliff Ave", "Aurora, CO 80013 (behind the car wash)", "Contact: DR14@al-anon-co.org 720-765-1465", and "COME REPLENISH YOUR SOUL AND SHARE YOUR EXPERIENCE, STRENGTH AND HOPE".

DISTRICT 14 HOSTS AL-ANON WORKSHOP

**Grief: Transforming our Losses
and
Expectations: Robbing Ourselves of Joy**

**\$5.00 recommended donation
water and snacks provided**

SUNDAY, AUGUST 10th 3-5 PM
Southeast Aurora Club
16732 E. Iliff Ave
Aurora, CO 80013
(behind the car wash)

Contact: DR14@al-anon-co.org 720-765-1465

**COME REPLENISH YOUR SOUL AND SHARE YOUR
EXPERIENCE, STRENGTH AND HOPE**

Summer Assembly

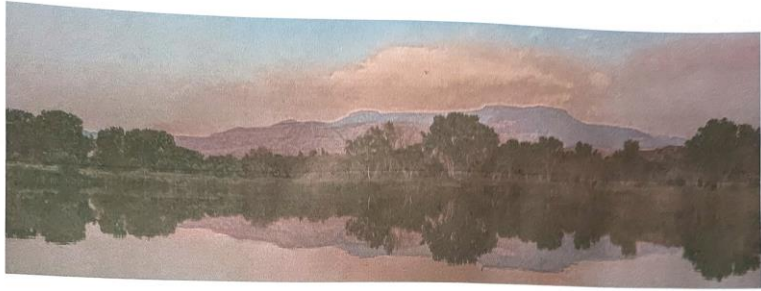
July 18-20, 2025

In-Person

<https://al-anon-co.org/event/summer-assembly-2025/>

Hybrid

[Register for Hybrid](#)



Colorado Area Summer Assembly in Grand Junction

July 18-20, 2025

Located at The DoubleTree Hotel

743 Horizon Dr, Grand Junction, CO

970-241-8888 Call for Special Rates

Hosted by Colorado Area Al-Anon District 3

With the Following Provided through AA

Lunch Buffet \$20

Ice Cream Social \$13

Coffee, donation suggested

Open Speakers Meetings July 19th

7:00 pm Al-Anon & 8:00 pm AA

For further information please email:

Vicki F., DR District 3 @ dr3@al-anon-co.org

Willard, Alt. DR District 3



Lunch



Ice Cream
Social



Coffee



AA & Al-Anon
Speaker's
Meeting

Summer Assembly

DRAFT

Agenda

COLORADO AREA AL-ANON/ALATEEN SUMMER ASSEMBLY

****DRAFT** Assembly Agenda**

July 18 - 20, 2025 – Grand Junction, Colorado

FRIDAY, JULY 18, 2025

- 4:00PM **Registration Opens** -Sign in, pick up your chip, meet and visit with Area Coordinators
- 7:00 PM **Group Representative (GR) Connection** – Room TBD
(All Group Representatives & Alternate GRs attend - bring your Service Manual)
Area World Service Committee (AWSC) Meeting – Room TBD
(Officers, Coordinators, DRs, Liaisons, Event Chairs, Past-Delegates attend)
- 9:00 PM **Night Owl Meeting** – Room TBD

SATURDAY, JULY 19, 2025

- 7:00 AM **Early Bird Meeting** – Room TBD
- 9:00 AM **Assembly Opening** - *please be prompt* - Room TBD
Purpose & Welcome Past Delegates
Host Announcements - District 03
Assembly Rules – TBD
Roll Call – Hannah E., Secretary *(all members please be present)*
Approval of Minutes from March 2025, Spring Assembly **(GRs VOTE)**
- 9:40 AM **Officer's Reports** - 2 min each, unless otherwise noted
Chair / Alt. Delegate / Secretary / Treasurer / Delegate
Area Banner - DRs count how many GRs present and provide to Host Committee
Ask-it-Basket - Past Delegate (TBD)
- 10:00 AM **Area Coordinator Reports** - Alateen / Archives / Area Alateen Process Person / Butterfly / Literature & Forum / IT / Records /Spanish / Website / Public Outreach / DIA / WIA / Al-Anon State Convention / Service Center Liaisons (2 min. each).
- 10:30 AM **Old Business:**
- Task Force: Implementation of a Hybrid Assembly – Teri M.
 - Al-Anon Participation in AA Assemblies – Tom B. & Eloy M.
- 11:00 AM **Time with our Delegate: -World Service Conference** –TMF
- 12:00 PM **Lunch**
- 12:30 PM **Lunchtime Speaker:** Room & Speaker TBD

- 1:30 PM **Assembly Resumes** - Serenity Prayer
Host Announcements - District 3
- 1:40 PM **District Representative Reports** - (2 min each)
- 2:00 PM **Time with our Delegate: -World Service Conference** – TMF
- 3:00 PM **Workshop (TBD)**
- 3:30 PM **New Business** –
- **Thought Force: Website**
 - **Election of 2026 State Convention Chair/Co-chair**
 - Selection of a site for **Day in Al-Anon** (Spring 2026)
 - **Selection of host District for Fall AWSC Budget Meeting** – Grete M., Alt Delegate
 - New Business from the floor to be brought forward for next Assembly
- 4:00 PM **GRs Speak-What's on your Mind?**
- 4:30 PM **Awarding of the Banner** – District 03
Invitation to Winter Assembly - District Host 16
- 5:00 PM **Assembly Adjourns**
- 7:00 PM **AA & Al-Anon Speaker Meeting** (Al-Anon Speaker TBD)
Ice Cream Social (Tickets can be purchased from AA)
- 9:00 PM **Night Owl Meeting** - Room TBD

SUNDAY, JULY 20, 2025

- 7:00 AM **Early Bird Meeting** - Room TBD
- 9:00 AM **Assembly Opening:** - Room TBD
Ask-it-Basket Questions Answered – Past Delegates
7th Tradition & Silent Auction Report – Janice Z., Treasurer
- 9:45 AM **Breakouts** - (Rooms to be announced)
- District Representatives - (w/Alt Delegate, Grete M.)
 - Coordinators - (w/Delegate, TMF)
 - Group Representatives - (w/Area Chair, Linda C. – Bring Service Manual)
- 10:45 AM **Assembly Closing**

Assembly Dates:

Summer Assembly-July 18 -20, 2025
DoubleTree, Grand Junction, CO
Host District - 03

Colorado State Convention, 8/29 – 8/31/2025
Embassy Suites, Loveland, CO

Weekend-In-Al-Anon, 10/3 – 10/5/2025
Glacier View Ranch, Ward, CO

Winter Assembly– Nov. 21-23, 2025
Chamonix Casino and Hotel
201 E Bennett Ave
Cripple Creek, CO
Host District - 16

Summer Events

2025 Colorado State Convention



**WE WANT YOU! YOU ARE INVITED!
JOIN US IN FELLOWSHIP!**

We are excited to welcome our friends from throughout the Colorado Area to share in a weekend of recovery and a Design for Living that we have found in Al-Anon. We are working hard to get the word out, and we need your help!

We request that you not only distribute these flyers to the GRs in your District but also encourage them to make announcements inviting members to attend the convention. To help with this request, here are a few items of note that it may be useful to include in an announcement.

- We have an awesome schedule of speakers, workshops, meetings, and social events that will speak to all lengths of recovery, newcomers, old timers, and everyone in between.

- This is an opportunity to experience the fellowship of Al-Anon in ways beyond your traditional meetings or groups.

- We need your help! This event will require an army of volunteers. The best way to sign up to volunteer is to register for the event and indicate that you are willing to volunteer. As we approach the event, someone from the committee will contact you to match you with an appropriate volunteer position.

- To register, visit:

<https://coloradoaa.org/convention/> or scan the QR code on the flyer.

If your district is hosting a workshop or event, we would love to be invited and have a presence to help get members registered. We will bring a table and chairs; all we need is an invitation.

We cannot have a convention without you. We need your energy, excitement, and recovery to make this event a success.

Please don't hesitate to reach out to any member of the 2025 State Convention Committee with any questions, concerns, or input at any time. We value your participation.

Love in service,

Donna V.

Al-Anon Family Groups

Colorado Area/Area 5

convention@al-anon-co.org

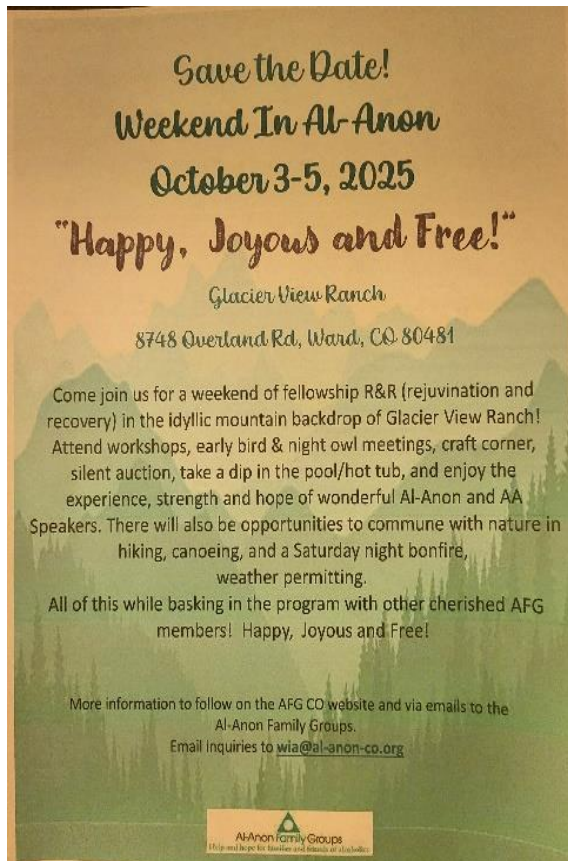
State Convention

August 29th - 31st

A Design for Living

Weekend in Al-Anon Event

Email inquires to: wia@al-anon-co.org



Save the Date!
Weekend In Al-Anon
October 3-5, 2025
"Happy, Joyous and Free!"
Glacier View Ranch
8748 Overland Rd, Ward, CO 80481

Come join us for a weekend of fellowship R&R (rejuvenation and recovery) in the idyllic mountain backdrop of Glacier View Ranch! Attend workshops, early bird & night owl meetings, craft corner, silent auction, take a dip in the pool/hot tub, and enjoy the experience, strength and hope of wonderful Al-Anon and AA Speakers. There will also be opportunities to commune with nature in hiking, canoeing, and a Saturday night bonfire, weather permitting.

All of this while basking in the program with other cherished AFG members! Happy, Joyous and Free!

More information to follow on the AFG CO website and via emails to the Al-Anon Family Groups.
Email inquiries to wia@al-anon-co.org

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

Where will you be in July 2025? We hope to see you there!



Let's Celebrate Our Recovery at the A.A. 2025 International Convention with **Al-Anon Participation**

July 3-6, 2025

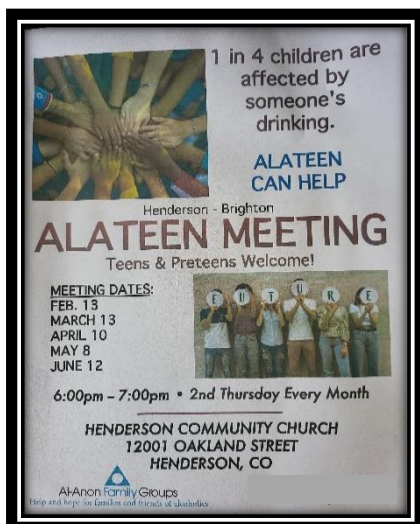
Al-Anon will be participating in A.A.'s 2025 International Convention in Vancouver, British Columbia, Canada, July 3-6 to help celebrate A.A.'s 90th Anniversary!

There will be Al-Anon daytime sessions on Friday and Saturday at the Hyatt Regency Vancouver Hotel. The sessions will include speaker meetings, service workshops, book studies, and panels on various topics.

We hope you will join the 4,000 Al-Anon attendees, including members of Alateen, whom we are expecting along with 50,000 A.A. members to celebrate recovery in beautiful Vancouver. Have you ever heard that many people say the Serenity Prayer together? It is unforgettable.

Registration is now open online at <https://www.aa.org/international-convention>. Arrive early or stay late; see what the city of Vancouver has to offer by visiting <https://destinationvancouver.com>

What is the International Convention an Al-Anon member might ask? When you click the registration link there is information about the historical significance of the International Convention. Check it out!



1 in 4 children are affected by someone's drinking.
ALATEEN CAN HELP

Henderson - Brighton
ALATEEN MEETING
Teens & Preteens Welcome!

MEETING DATES:
FEB. 13
MARCH 13
APRIL 10
MAY 8
JUNE 12

6:00pm - 7:00pm • 2nd Thursday Every Month

HENDERSON COMMUNITY CHURCH
12001 OAKLAND STREET
HENDERSON, CO

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

. Alateen Meeting in Henderson, CO.



Photo submitted by Janice Z.

From The Forum, May 2025

Before Al-Anon I trusted everyone and no one. How could that be? I had no boundaries, so I blabbed and complained to anyone who would listen. Yet, I didn't share with those who mattered in my life, because I might be questioned and held accountable. I rarely let anyone see who I really was.

My husband had an affair the summer before I started attending Al-Anon. I allowed myself to be manipulated. I believed the lies I was told and convinced myself that what I saw and heard was wrong. After discovering the truth, I had all kinds of suspicions and trust issues. Coming to Al-Anon changed that.

Honestly, after reading [Step One](#), I recognized that my life was unmanageable. I realized that without boundaries, I couldn't trust anyone, especially myself. So, I kept coming back and started to work on myself.

I continued to go to meetings and got a Sponsor. I began to learn who I was and how fear controlled my life. I learned trust from my Sponsor. She also showed me that my Higher Power has my best interests at heart. She helped me to see how many times I had been taken care of and to believe I would continue to be. I began to trust my Higher Power. I started to feel safe, and I could talk myself down from the ledge of suspicion. Today, when I feel suspicious, I check to see whether I have distorted perceptions and whether fear plays a role. Trust is a decision I can make because I know I am not alone. I rely on my Higher Power.

By Anonymous

Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.





The Value of Sharing Our Experience

Reprinted from June AFG Connects

Before Al-Anon, I thought the loving thing to do when anyone shared their problems with me was to offer them my best advice about how to fix whatever the problem was. Whether I had any expertise related to their problem or not, I would eagerly tell the person what I thought they should do. Solutions popped around in my mind like popcorn kernels in a kettle of hot oil.

When I got to my first Al-Anon meeting and heard the guidelines for sharing—something about not giving advice and speaking from our own experience—I wondered how anyone was going to get the help they needed. More than that, I wondered how *I* was going to get the help *I* needed if no one there could tell me what to do.

Fittingly, the name of my home group was “Listen and Learn.” As members shared their experiences, I recognized my own and felt relief that I was not alone. As they shared the tools and spiritual principles that helped them navigate their various alcoholic family situations and personal challenges, I learned that I could use those same tools and apply those same principles to my life.

I found more of this valuable experience, strength, and hope in the pages of our Conference Approved Literature (CAL). There were even indexes where I could look up specific topics! Al-Anon literature is the source of help that it is not because it advises or tells members what to do, but because it is made up of the lived experiences of our members. Reading about the myriad ways Al-Anon members apply our Legacies and program principles gives me resources, options, and most of all, hope for dealing with the effects of the family disease of alcoholism.

Continued article: AFG Connects: The Value of Sharing Our Experience

In 2023, the World Service Conference (WSC) approved the development of a new piece of literature on PERSONAL AND SERVICE SPONSORSHIP (working title) focusing on members’ personal stories. In 2024, the WSC approved the development of a piece of literature about how members apply Al-Anon principles to their relationship with finances. The World Service Office (WSO) is currently seeking sharings for the FINANCES IN AL-ANON RECOVERY piece (working title) and the PERSONAL AND SERVICE SPONSORSHIP piece. (Visit al-anon.org/sharing to see the detailed writing guides for each and to submit online.)

Additionally, WSO Staff will be conducting writing workshops at the 2025 A.A. International Convention with Al-Anon and Alateen participation in Vancouver, British Columbia, Canada, July 3–6, 2025. Writing workshops will be offered in English and Spanish and will focus on the new CAL as well as on writing about the Legacies and writing for our magazines.

Thanks to Al-Anon, I no longer blurt out advice or tell other people what to do. I can tell you, though, that sharing my experience in writing, whether for *The Forum* or another piece of CAL in development, has enriched my recovery. In sharing my experience, strength, and hope, I always receive far more than I give.

By Carol C., Associate Director—Literature



Al-Anon Fellowship Corner



Photo submitted by Janice Z.

Hope

Darkness settles quickly
shadowing the pain
Strongly, steadily moving
bravely without complaint

Light follows darkness
Healing replaces pain
Courage pushes forth
One step, small gain

The body heals
faster than the mind
Fate not sealed
changes over time

Pain shadowed
Pain let go
Darkness settled quietly
Serenity snuck in silently

By Cathy M-S


**CELEBRATION OF LIFE
FOR FRANK M.**

**ORGANIZER OF MEN'S AL-ANON IN DENVER &
ORGANIZER OF 1ST ADULT CHILDREN MTGS. IN CO.**

POTLUCK

**Saturday,
June 28th.**

**11am to
12.30pm.**



**Univ. Park UMC
Courtyard**

**ADDRESS: UPUMC, 2180
S. University Blvd.,
Denver.**

Hosted by Members of the Men's Al-Anon Groups at University Park United Methodist Church