

CMA you are receiving this newsletter to distribute to your group in the manner determined per your group conscience so that all have an opportunity to see this information. For more information please visit our Al-Anon/Alateen Members' Web site at: <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>

Electronic *Forum* is now more widely available!

Individual copies of *The Forum* are now available on Amazon and Kobo for \$1.49 (U.S.) and Apple iTunes for \$1.99 (U.S.). At this time, annual subscriptions are not available from these electronic bookstores.

An annual electronic subscription to *The Forum* continues to be available from *Nook*, the Barnes & Noble electronic bookstore. The cost of an annual subscription is \$11 (U.S.). Individual copies can be purchased for \$1.49 (U.S.).

This announcement is informational only, and is not an endorsement of any electronic store, reader or other products sold by electronic bookstores.

Share your experience of diversity for our new daily reader!

Like all our daily readers, the new one in development will be a collection of meditations to help us throughout our day. Please focus on a single personal insight that you found helpful in your recovery. Keep the sharing under 300 words, so that it will fit onto a single daily reader page.

So that this new daily reader can convey the rich diversity of experience that we share as a fellowship, please feel free to reveal personal details, such as gender, age, relationship to the alcoholic, and other differences, as you focus on a particular program topic or idea. If you wish, you can end your sharing with a "Today's Reminder"-type summary, a thought-provoking question, or a pertinent quotation from AllAnon literature (including source and page number).

You can find a writing guideline, as well as submit your sharing, on the Members' Web site by following these simple steps:

- Go to the Members site: al-anon.org/members.
- Enter your password—any variation of your group name followed by AFG.
- Click on the "Individuals" tab.
- Click on "Featured Publications."
- Click on "Send Your Sharing."
- Click on "[NEW DAILY READER \(working title\)](#)."

Who are our 'Trusted Servants'?



The French and Spanish Members' Web sites are now available in the new format!

This initial phase of the French and Spanish Members' Web sites contains new information as well as content from the old Members' Web sites.

Additional content will be added over the next few months as it is translated.

<http://al-anon.org/members/user-login>

Anonymity within the fellowship

"The degree of anonymity we practice is a personal matter. Most of us, I believe, do not wish to be anonymous within our own fellowships.

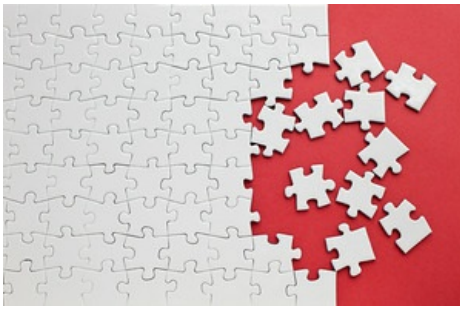
Anonymity here hinders our availability to help our fellow members." From *Lois Remembers* (B-7)



Al-Anon Faces Alcoholism We need your story!

Visit the Members' Web site to read the *Al-Anon Faces Alcoholism* Writing Guideline <http://al-anon.org/members/al-anon-faces-alcoholism>

Perhaps you'll be inspired to submit a sharing—an article or even just a few sentences that may resonate with someone still



Report of The World Service Office and Its Committees

Below is an excerpt taken from 1973 regarding Trusted Servants.

Source: 1973 World Service Conference Summary p.7

“Al-Anon’s Dramatic Success Story: In our fellowship we often hear the phrase “trusted servants.” It is the key word of our Second Tradition. It is analyzed in our *Concepts of Service*. We hear it from our Delegates at the World Service Conference.

“Who are these trusted servants?

It’s the one who gets to meetings early to start the coffee; the one who’s always ready to help somebody in trouble. It’s the Chairman, the Secretary, the Treasurer of the group, the member who willingly goes out to speak at meetings, the GR, the DR, the Delegate. It’s everybody who serves.

“It is also the people who serve at your World Service office...
...the volunteer members of committees, and the other army of volunteers who give their time, talent and work so that Al-Anon can continue to grow.

“And these are “servants?” you may ask. They are. Not one among them is more important to Al-Anon than the newest member of a group. There are no bosses. Nobody makes decisions for the fellowship; everything is decided after careful thought and discussion by committees. And if it’s crucial, every member of the Conference has a part in making final decisions.

“These are your servants...”

All of the World Service Conference Summaries are posted on the Members’ Web site. The publications are very informative and often used for research purposes.

Tidbits from the 2015 Membership Survey...

Only four percent of members rated the condition of their mental health to be *above* average before attending Al-Anon meetings, compared to 79% after attending meetings.

Members also rated the average intensity of experience with *negative* emotions much higher before attending Al-Anon compared to after, and experience with *positive* emotions much higher after attending Al-Anon compared to before.

Check out the November issue of *The Forum* magazine for members’ comments on the emotional ups and downs they have lived through. Find interesting information like this, along with sharings from members across the United States, Canada, Puerto Rico, and Bermuda every month in *The Forum*.

suffering from the effects of someone else’s alcoholism.

Let them know that we understand, and let’s share hope. Carrying the message—Step Twelve—is an opportunity for spiritual growth in Al-Anon.

If you have received this e-mail you are listed as the Current Mailing Address (CMA) for your group. If you are uncomfortable with receiving this in the future, please ask your group to choose a new CMA or get an e-buddy who is willing to receive your electronic mail from the WSO. If this e-mail was forwarded to you, please contact the member who forwarded it if you want to be taken off their distribution list.

[Contact Us](#) | Phone: 757-563-1600 | www.al-anon.org | www.al-anon.org/members

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link [Unsubscribe](#)

Al-Anon Family Group Headquarters Inc.
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454
US