

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>

## It's not too late to register!



- Share with Al-Anon members from around the world in Al-Anon workshops on Friday, July 3 and Saturday, July 4, 2015 at the A.A. International Convention in Atlanta, Georgia.
- It's not too late to register! The registration fee is \$110.00. Onsite registration will be available.
- For a link to registration visit the Al-Anon International Convention site at [www.al-anoninternationalconvention.org/](http://www.al-anoninternationalconvention.org/)



## Podcasts for Members and Groups

Podcasts about group concerns are available on the [Members' Web site in the Group Navigation tab under Group Resources](#). Discover how other groups increase their membership, conduct group business and solve their common problems.

Interested in learning how others groups function as a community? Members from groups share on this topic as well as on the structure of Al-Anon, becoming a Group Representative, and the need for a GR and their duties.

## The 2015 Membership Survey results are in!

A record 8,517 Al-Anon members participated in the survey, compared to 3,232 in the last Membership Survey in 2012. With this larger sample, we can be even more confident about the reliability of the findings.

In 2015, results show the average age in Al-Anon reached 60, the highest yet; while, the percentage of females in Al-Anon fell to 83%, the lowest yet.

Across the board, Al-Anon members reported improvements in their health and functioning, after attending Al-Anon.

Ninety-two percent of the survey respondents said their lives have been very positively affected from being an Al-Anon member, and an additional 6% said their lives have been somewhat positively affected.

Full results are available on the Members' Web site as well as on the [Public Outreach Web site, \[alanon.org\]\(http://alanon.org\)](#).

Please use this information as an aid in your public outreach to professionals and the media, or to anyone who is seeking information about Al-Anon Family Groups.

Thank you for your participation in the survey and for helping to spread the word about Al-Anon!

***Al-Anon Faces Alcoholism 2016 Available for purchase until July 8!***



## We made it – 15,000 Likes!

The WSO Facebook Page recently reached a milestone: we now have over 15,000 Likes! Over the past four weeks, these "likes" have brought Al-Anon's message of hope to more than 140,000 Facebook readers around the world.

If you haven't visited our Facebook Pages, you can find them by searching for "[Al-Anon WSO](#)" (English), "[Los Grupos de Familia Al-Anon OSM](#)" (Spanish), and "[Les Groupes Familiaux Al-Anon BSM](#)" (French).

"Sharing" and "Liking" Al-Anon's Facebook pages are a quick and easy way to carry the message in Twelfth-Step service. When you "share" and "like" our posts on social media, you are sharing our collective experience, strength, and hope with those who are still suffering from a loved one's alcoholism.

If you have any questions about this or other public outreach projects, please contact the Public Outreach Department at the WSO.



## Anonymity prevents us from ...!

*"Our anonymity reminds us of our common bond, our equality, our brotherhood. No matter what title or position we hold in Al-Anon or outside of it, all of us are the friends and families of alcoholics. We are all people who have suffered and caused suffering. We are all people who struggle with character defects."*

Spreading the word about Al-Anon to friends and family members of problem drinkers is easy. Just drop off copies of the magazine at the places where you already go every day!

Doing this is simple enough. But even the most outgoing of Al-Anon members might feel slightly unsure about leaving copies of *Al-Anon Faces Alcoholism 2016* in the waiting rooms of doctor's offices, at their hairdresser's, or the car shop, for example.

They may think: "What if I ask, and they say no?" Or, "What if I just leave them without asking, and then someone gets upset with me?"

This moment of self-doubt is like anything else that is worth your time and has the potential to do a great amount of good: it's a growth opportunity.

When it comes to spreading hope to those in need, consider taking the risk! Remember, that "No" is an acceptable answer, but you are more likely to receive a "Yes" and gratitude for all you do.

You may be surprised at how great it makes you feel when you know that you are helping to reach others who are in need of the help that you found in Al-Anon. And, just like when you stepped out of your comfort zone, and into your first Al-Anon meeting, you'll feel good about the benefits of this opportunity for growth and recovery!

Order copies of *Al-Anon Faces Alcoholism 2016* today, and get started!  
**Deadline to order is 5 p.m. ET, Wednesday, July 8, 2015**



*We are all special, unique and deserving of love. And so our anonymity helps us to be tolerant, compassionate and patient with each other.*

*"Anonymity prevents us from seeking the material rewards of money and fame for our efforts. But in so doing, it allows us to receive the spiritual rewards of happiness, peace, fulfillment and serenity that accompany selfless dedication and actions performed out of love."*

**Source: 1983 World Service Conference Archives Session excerpt of talk by Mary S.**

For the most current suggestions regarding anonymity, search the keyword "anonymity" in the index of the [2014-2017 Al-Anon/Alateen Service Manual \(P-24/27\)](#).

## *The Forum* Sharing Recovery, Unity, and Service



*The Forum* is a powerful tool for recovery. Make it part of your program by:

- Sharing your story with the magazine
- Sharing the magazine with a newcomer
- Using *The Forum* in your meetings!

Encourage your group to pass around a *Forum* envelope, so the group can have a monthly drawing and award personal subscriptions in the spirit of fellowship.

*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](http://www.al-anon.org) | [www.al-anon.org/members](http://www.al-anon.org/members)

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