

REFERENCE MATERIALS:

This is but a small list of Conference Approved Literature pages and booklets to use for Service and Gratitude. This is not an all-inclusive list. There are numerous places to find inspiration. Do not forget the Forum!

Read the Al-Anon/Alateen Service Manual. There is a wealth of knowledge and information in there.

Facing our fears. We may have fears on Assuming Responsibility, Making Mistakes, Making a Commitment, Fear of Failure, Fear of Success:

P-78 "When I got busy, I got better." pages 3 to 6.

P-3 "Alcoholism, a merry go round called denial."

B-30 "Discovering Choices." Pages 139, 174-174, 190-191, 206, 208, 249.

B-32 "How Al-Anon works for families and friends of Alcoholics." pages 88-89, 94-96.

P-4 "Alcoholism is a family disease."

In giving we receive. Al-Anon is a place where hearts are healed. A great deal of Al-Anon members find that Service provides welcome, healing benefits. Life a Reason to Keep Coming Back, A New View Of Recovery, Fellowship, Group Support:

P-78 "When I got busy, I got better." pages 7-12.

B-32 "How Al-Anon works for families & friends of Alcoholics." Pages 00-101, 193-198.

B-21 "From survival to recovery." Page 105.

B-30 "Discovering Choices." Pages 133-135, 243-245, 249, 257-258.

P-31 "Sponsorship, What it's all about."

Our common welfare. Service offers many of us a new experience in group participation. No longer isolated, we share a common welfare with other Al-Anon members and with people still seeking help. A common bond unites us, despite our multitudes of differences.

B-24 "Paths to Recovery." pages 131, 135-144.

B-21 "Survival To Recovery." pages 267-268.

S-57 "Joy of Service."

B-32 "How Al-Anon works for families and friends of alcoholics." Pages 42-64, 104-124, and 125-140.

The Concepts are a fabulous resource that are seldom discussed. Might we suggest a monthly Concept Study?

P-92 "Reaching for Personal Freedom" has great talking points and questions to open dialogue and get people thinking. Pages 123-171.