

Favorite Quotes from 2018 International Convention

I had a fabulous time at the Al-Anon International Convention in Baltimore! I appreciated every minute and am extremely grateful for the opportunity to attend! The diversity of members attending was awesome and I came away with many nuggets of wisdom. Here are a few of my favorite quotes. ☺

Hugs, Marcia

- “Gratitude reaches forward, not backward.”
- “There are two ways we come into the program: like a turtle hiding in their shell, or a porcupine ready to explode everywhere!”
- “The attitude I bring will reflect back on me.”
- “Were you volunteered or ‘volun-told’?”
- “Religion is celebrating others experiences, Spiritualism is celebrating my experiences.”
- “Trust the process.”
- “Our structure is like a grandfather clock. The face of the clock are our meetings. When you open up the clock you see the inner workings.... Service.”
- “If you say ‘no’ to Service you won’t grow.”
- “Justified anger isn’t any better than unjustified. It still eats you up.”
- “Being judgmental was one of my pastimes.”
- “All of us can be Angels in someone else’s life.”
- “It’s not my job to change other people’s attitude.”
- “I bring my best attitude to every situation.”
- “If you cant change the situation, change your attitude.”
- “Being involved with Service has been my ‘Bridge Over Troubled Waters’.”
- “Make that call before you fall!”
- “You are going to get well whether you like it or not!”
- “‘Figure it out’ is not a slogan. But ‘They’ll figure it out’ could be.”
- “Bless them, change me.”
- “You have to surrender to get strength.”

(NOTE: This page of quotes might be fun to use in an Al-Anon/Alateen meeting. ☺)